

NUMBER 6 NOVEMBER GROUPS & ACTIVITIES

MON	TUES	WED	THUR	FRI	SAT	SUN
	DROP IN: 1-7PM		DROP IN: 1-7PM	DROP IN: 1-5PM		
<p>Colour Key: Blue: at 24 Hill Street Green: at 22 Hill Street Orange: Online Red: Out & About Black: Borders Group</p>		<p>1 1-3 Gaming Group 2.30 – 3.30 Art Group (Skype) 4 – 5.30 Peer Group 3 4.30 – 5 Tai Chi (Zoom)</p>	<p>2 11-12.30 Creative Writing Group 1 1 - 3 Girls Group 2 -4 Thursday Group 5.30-7 Polish Peer Group</p>	<p>3 11 - 1 YFN 3-5 Young Men's Peer 4.30-7.30 TTRPG (One-Shots and Cyberpunk) 5.30-7 Wellbeing Group (16-24s)</p>	<p>4 11 – National Museum trip (Rachel) 11-3 Drop-in (Zaid) 1-3 Tech Club</p>	5
6 5.30-7pm Peer Group 2	7 12-1.30 Parents Group 1 5.30-7 Young Women's Peer (16-24s)	8 1-2 Girls Group (Zoom) 1-3 TEam 4 -5.30 Peer Group 4 4.30 – 5 Tai Chi (Zoom)	9 2-4 Thursday Group	10 11 - 1 YFN 3-4.30 Art Group 4.30-7.30 TTRPG (Board Games) 5.30-7 Wellbeing Group (16-24s)	11 Cinema trip (Maff) 1 - Queer Singing Group (Rowan)	12
13 11-12.30 Women's Group (over 35's) 6.30-8 Peer Group 1	14 10 – Relaxation (FB Live) 12-1.30 Parents Group 2 5.30-7.30 Gaming Group	15 2.30 – 3.30 Art Group (Skype) 4-5.30 Peer Group 3 4.30- Football 4.30-5 Tai Chi (Zoom)	16 10.30-12.30 Creative Writing Group 2 1 - 3 Girls Group 2-4 Thursday Group	17 11 - 1 YFN 1.30-2.30 History Group 3-5 Young Men's Peer 4.30-7.30 TTRPG (Lost mines and Tails of Equestria) 5.30-7 Wellbeing Group (16-24s)	18 11 – Borders Group 10.30am Costorphine Hill walk (Graeme) 11-3 Drop-in (Scott) 1-3 Tech Club	19 West Lothian Cinema Trip (Sarah)
20 2-3.30 Women's Group (25s-35s) 5.30-7pm Peer Group 2	21 12 – Culture Club (over 40s) 12 – Gourmet Club 12-1.30 Parents Group 1 5.30-7 Young Women's Peer (16-24s)	22 10 – Bus Group 1-2 Girls Group (Zoom) 1-3 TEam 4-5.30 Peer Group 4 4.30-5 Tai Chi (Zoom)	23 2-4 Thursday Group	24 11 - 1 YFN 1-4 Pool Group (Morningside Ballroom) 3-4.30 Art Group 4.30-7.30 TTRPG (Ravenloft) 5.30-7 Wellbeing Group (16-24s)	25 2 – Queer Book Group (Rowan)	26
27 11-12.30 Women's Group (over 35's) 1 – 2.30 Online Quiz 6.30-8 Peer Group 1	28 10 – Relaxation (FB Live) 12-1.30 Parents Group 2 1.30-2.30 Book Group 5.30-7.30 Gaming Group	29 4-5.30 Peer Group 3 4.30-5 Tai Chi (Zoom)	30 2-4 Thursday Group 4.30 – Curry Club (venue TBC)	Abbreviations: GASP: Gender Affirming Sports & Physical Activity. TEam: Trans, Enby & More.	Abbreviations Cont: TTRPG: Table Top Role Play Gaming. YFN: Yarn, Fibre & Needlecraft.	

Group/activity	Group Descriptions
Art Group	Meets online via Skype on the first and third Wednesday of the month from 2.30-3.30pm and in person at Number 6 on the second and fourth Friday of the month from 3-4.30pm. For more information about the Skype group please contact Ashley: ashley.mclennan@aiscotland.org.uk and for information about the in-person group contact Zaid: zaid.al-nayazi@aiscotland.org.uk
Book Group	Meets from 1.30-2.30pm on the 4 th Tuesday of every month in the Peer Room at 22 Hill Street. We choose a book to read each month, discuss that book during the group and then spend a bit of time considering the book for the next group. The group is currently full, but if you are interested in joining, then let Matthew know matthew.day@aiscotland.org.uk as there may be remote options.
Borders Group	This is a closed group for people living in the Borders. Ashley & Charlotte alternate the running of this group. This month we will be going for a walk at Langlee on Sat 18 th Nov from 11am to 1pm. For more information, please email Charlotte: charlotte.dudley@aiscotland.org.uk
Bus Group	A group for people who enjoy bus journeys! This month the group will be doing the 45 route on Wed 22 nd Nov from 10am. Please email Maff for more information: matthew.day@aiscotland.org.uk
Cinema Group	We organise a monthly Saturday trip to the cinema. Further information available in the 'weekend' section.
Creative Writing	We run two separate, monthly groups (on the 1 st & 3 rd Thursday). During the session, Karina leads one or two short writing exercises using prompts to come up with poems, prose and short stories. Participants read out their work if they feel comfortable doing so. For more information please contact Karina: karina.williams@aiscotland.org.uk
Culture Club (over-40s)	A monthly meet-up for anyone over 40 who is interested in cultural outings & events. This month we'll be visiting the Dovecot Studios for a tour of the Scottish Women Artists exhibition. We'll be meeting there at 11.50am ready for a 12 noon tour. Please contact Rachel for more information: Rachel.mcritchie@aiscotland.org.uk
Curry Club	This month's Curry Club will be on Thursday 30 th November, venue TBC. Please email Andy at least one week before if you are interested in coming as spaces are limited: andrew.horseman@aiscotland.org.uk
Drop-ins	We are open for drop-in on the following days & times: Tuesdays 1-7pm; Thursdays 1-7pm; Fridays 1-5pm, and the first and third Saturday of the month from 11am to 3pm. Anyone registered with Number 6 is welcome to come along to the building to use the computer room, pool room and any meeting rooms that are available. Tea & coffee is available.
Football	Meets on the 3rd Wednesday of the month at the World of Football, Corn Exchange. Meet outside the pitches at 4:20pm, for a 4:30pm start. Please email Ant for more information: Anthony.shek@aiscotland.org.uk
Gaming Group	The group is currently full but please email Rowan if you would like to be added to the waiting list or if you would like to join the Discord group. The Discord link is: https://discord.gg/M58yBFf4we Rowan's email is: rowan.donnachie@aiscotland.org.uk
GASP (Gender Affirming Sports & Physical Activity)	Are you Trans/Non-binary/Genderqueer? Like sports but dysphoria gets in the way? This might be the group for you. Once a month we will meet and do a different sporting activity – if there's something you've always wanted to try but didn't have the confidence (or enough other people) to do, please let Rowan know. Please email Rowan if you would like to come along: rowan.donnachie@aiscotland.org.uk
Girls Group	Alternates between Skype and Number 6. In-person sessions are on the first and third Thursday from 1-3pm. Skype sessions are on the second & fourth Wednesday of the month from 12-1pm and are self-led . The group provides the opportunity to chat with other autistic women, take part in activities and to build companionship. For more information, please contact Kim for the in-person groups: kim.maxwell@aiscotland.org.uk and Ashley for the online sessions: ashley.mclennan@aiscotland.org.uk
Gourmet Club	A monthly lunch club where we try out different eating establishments. This month we'll be meeting at 12 noon on Tuesday 21st Nov,

	venue TBC. Please email Kim for more information: kim.maxwell@aiscotland.org.uk
History Group	Meets on the 3rd Friday of the month – we meet to discuss a different topic/era of history each time. The group is currently full but please email Matthew if you would like to be added to the waiting list: matthew.day@aiscotland.org.uk
Late Diagnosis Group (LDG)	Late Diagnosis Group - Divided into 7 weekly sessions of 60—90mins, this is a discussion-based group to help you understand and adjust to your diagnosis, learn a bit about the history of autism, what it is, how it may (or may not) affect you and focus on developing your strengths and ameliorating your challenges. We run additional LDG groups specifically for Women, Minority Gender people and 16-24 year olds. Please email number6@aiscotland.org.uk and request the LDG calendar which lists all the 16 weekly LDG options. Please note that there is usually a waiting list for LDG which may be up to a few months long.
Parents Group	We run two in-person groups fortnightly on Tuesdays from 12 to 1.30pm. These groups provide the opportunity to meet other autistic parents in a relaxed environment and share the ups and downs of being a parent. There is no requirement for your child to be autistic just that you are a parent. Please contact Sarah if you would like to come along: sarah.gardiner@aiscotland.org.uk
Peer Support Groups	Monday (6:30pm) and Wednesdays (4pm) at Number 6. These peer groups are for anyone diagnosed autistic wishing to chat with other autistics, in a space that is safe, non-judgemental, and all-inclusive. Topics of discussion are not decided beforehand, but emerge organically on the day. The groups are currently full but if you'd like to be added to the waiting list, please email Karina at karina.williams@aiscotland.org.uk
Pool Group	We run a pool group at Morningside Ballroom on the 4 th Friday of the month from 1-4pm. Please email Scott if you would like to come along: scott.wright@aiscotland.org.uk
Polish Peer Group	This peer group is for any Polish people who have been diagnosed by Number 6. We meet on the first Thursday of the month from 5.30-7pm. Please note, the group is self-led (not facilitated by staff). Please contact Tim for more information: tim.hather@aiscotland.org.uk
Queer Book Group	Are you LGBT+, like reading, want to read more and have a space to talk about what you're reading? We now run a queer focussed monthly book group. Please email Rowan if you would like to come along: rowan.donnachie@aiscotland.org.uk
Queer Singing Group	Like singing? Want to try singing in a group? Just want to have fun and maybe learn some new songs? Want to extend your vocal range? This might be the group for you. We now run a singing group for our LGBTQ+ service users. It's not always easy finding a space to sing that doesn't divide people into men's and women's voices this group aims to be as inclusive as possible – we are also aware that hormone therapy can change your voice and that people may be learning how to speak (and sing) in a new vocal range – because of this we will encourage you to sing in the range that feels best for you. This is a beginners friendly, non-performing group, we'll be coming together to have fun, sing songs and make music together. For more information, please email rowan.donnachie@aiscotland.org.uk
Quiz (online)	Hosted through a closed group on Facebook on fourth Monday of the month from 1pm to 2.30pm, each quiz consists of 5 rounds containing 10 questions. Subjects for quiz rounds have been, but are not limited to, General Knowledge, Geography, Nature and the Natural World, Food and Drink, Picture Rounds, Sci-fi and 80's pop. In order to take part you will need a Facebook account and have contacted a member of staff to be added to the closed Facebook Quiz Group – from there you can watch the quiz live. For more info, please contact Stew: stewart.campbell@aiscotland.org.uk
Relaxation Group (online)	Ashley runs an online relaxation session on the second and fourth Tuesday of the month from 10-10.30am. This takes place through our closed Facebook Group 'The Virtual Drop-in'. For more information about joining the sessions, please email: Ashley.mclennan@aiscotland.org.uk

Tai Chi (online)	Wednesdays at 4.30pm on Zoom. This 30 minute session comprises of warm up and warm down stretches, breathing exercises and a set of Tai Chi moves to combine breathing and movement. For more info, please contact Andy: andrew.horseman@aiscotland.org.uk
TEam (Trans, Enby and More)	Meets on the second and fourth Wednesday of the month from 1-3pm in the Training Room at Number 6. This is a group for trans and non-binary people, as well as anyone questioning their gender. For more information please contact Rowan: rowan.donnachie@aiscotland.org.uk
Tech Club	Tech Club is a club for people at Number 6 who would like to learn about or mess around with electronics and coding. The club is mainly based around the raspberry pi and is led by a volunteer called Richard. The club meets on the first and third Saturday of the month from 1-3pm at 24 Hill Street. For more information, please email: karina.williams@aiscotland.org.uk
Thursday Group	This discussion group is currently closed.
TTRPG (Table-top role-playing games)	Our TTRPG groups are currently full, however, if you would like to be added to the waiting list, please email: rowan.donnachie@aiscotland.org.uk
*Virtual Drop-in (Facebook)	We have created a virtual social drop-in on Facebook for anyone who is registered with Number 6. This is a closed group where service users can chat to each other, share tips on how to stay well and generally stay in touch. This is a closed group so please contact Karina to request an invite: karina.williams@aiscotland.org.uk
Wellbeing Group (16-24's)	We run a Wellbeing Group for individuals aged 16-24. Over the course of 6 sessions, we explore topics such as: Sleep Hygiene, Motivation & Emotional Regulation. Please contact Ashley for more information: ashley.mclennan@aiscotland.org.uk
West Lothian Cinema Group (NEW)	Sarah will now be running a monthly cinema group for people living in West Lothian. The first trip will be on Sunday 19 th November, we'll be going to see The Hunger Games: The Ballad of Songbirds and Snakes at the Vue cinema. The film time will be confirmed nearer the time. Please email Sarah if you would like to come along: sarah.gardiner@aiscotland.org.uk . Please note that this group is only for people resident in West Lothian.
Women's Peer Group (25s-35s)(NEW)	We are now running a monthly peer group for recently diagnosed women and non-binary (AFAB) people aged 25-35. The group will meet on the third Monday of the month from 2-3.30pm at 24 Hill Street. The first meeting will be Monday 20 th November. Please email Karina for more information or to let her know that you would like to come along: karina.williams@aiscotland.org.uk
Women's Peer Group (over 35's)	This discussion-based peer group meets on the second and fourth Monday of the month and provides the opportunity to meet other late-diagnosed women in a safe space. Topics arise organically on the day. For more information please email Karina: karina.williams@aiscotland.org.uk
Yarn, Fibre & Needlecraft (YFN)	Meets every Friday 11am- 1pm at 24 Hill Street. This group provides a space to meet, work on fibre crafts, and chat about life the universe and everything. Suitable for anyone with an interest in fibre crafting. Some skills help but are not necessary although for the time being we are only working on our own projects so owning equipment is currently a must. Please email Rowan for more info: rowan.donnachie@aiscotland.org.uk
Young Men's Peer Group (16-24s)	This peer group meets on the 1 st and 3 rd Friday of the month (3-5pm). Sometimes we stay at Number 6 and play pool and have a chat, other times we go out and take part in activities. Please email Scott for more info: scott.wright@aiscotland.org.uk
Young Women's Peer Group(16-24s)	This peer support group is for recently diagnosed women and non-binary (AFAB) people. We meet on the first and third Tuesday of the month from 5.30-7pm at 24 Hill Street. For more information please email Karina: karina.williams@aiscotland.org.uk

Weekend Activities

Date	Description
<p><u>Sat 4th November</u></p> <p>11am – National Museum (Chambers Street) (Rachel)</p> <p>Drop-in 11am to 3pm (Zaid)</p>	<p>National Museum of Scotland: Rachel will be taking a group for a trip to the National Museum on Chambers Street on Sat 4th November. We'll be meeting at 24 Hill Street at 11am and taking the bus up. We'll have a wander around the free exhibitions and stop for refreshments. For more information, please email Rachel: Rachel.mcritchie@aiscotland.org.uk</p> <p>Drop-in: Anyone registered with Number 6 is welcome to drop into the building (24 Hill Street) between 11am and 3pm. Service users are welcome to use the Computer Room, Pool Room and all of the other meeting rooms will be available to hang out in. The kitchen will be open for people to make themselves a tea and coffee. We do not provide lunch but you're welcome to bring your own.</p>
<p><u>Sat 11th November</u></p> <p>Cinema Trip 'The Marvels' (Maff)</p>	<p>Maff will be taking a group to see 'The Marvels' at the cinema on Sat 11th November. Further details (location and timings) will be available nearer the time – please email Matthew if you would like to come along: matthew.day@aiscotland.org.uk</p>
<p><u>Sat 18th November</u></p> <p>10.30am Costorphine Hill Walk (Graeme)</p> <p>Drop-in 11am to 3pm (Scott)</p>	<p>Costorphine Hill Walk: Graeme will be taking a group for a walk up Costorphine Hill on Sat 18th November. We'll meet at 24 Hill Street at 10.30am and take the bus along. The walk will take approx. 2 hours then Graeme will travel back to Hill Street with the group. Please email him for more information or to book a space: Graeme.syme@aiscotland.org.uk</p> <p>Drop-in: Anyone registered with Number 6 is welcome to drop into the building (24 Hill Street) between 11am and 3pm. Service users are welcome to use the Computer Room, Pool Room and all of the other meeting rooms will be available to hang out in. The kitchen will be open for people to make themselves a tea and coffee. We do not provide lunch but you're welcome to bring your own.</p>
<p><u>Sun 19th November</u></p> <p>West Lothian Cinema Trip (Sarah)</p>	<p>Sarah will now be running a monthly cinema group for people living in West Lothian. The first trip will be on Sunday 19th November, we'll be going to see The Hunger Games: The Ballad of Songbirds and Snakes at the Vue cinema. The film time will be confirmed nearer the time. Please email Sarah if you would like to come along: sarah.gardiner@aiscotland.org.uk. Please note that this group is only for people resident in West Lothian.</p>