

# Highland One Stop Shop April Newsletter Issue 46

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Save a great April! 1st quarter 3rd; full moon (Planter's Moon) 11th; last quarter 19th ; new moon 26th;

## A warm welcome to all who are reading this newsletter

### HOSS Funding Update

We want to reassure everyone that Autism Initiatives are committed to the continuation of the Highland One Stop Shop. We will remain open after 1st April and are delighted that we have raised funds towards this year's funding as well as having a financial contribution from NHS Highland.

We do still have a deficit and we are confident that we will raise this during the year. We continue to apply for funding through various avenues and our JustGiving page has already had donations which will go towards our continuation. We will also continue to fundraise locally throughout the year.

On behalf of the staff team and Autism Initiatives we would like to thank you for your support.

### Roller Bowl Visit

We have arranged a visit to the Roller Bowl on Friday 14th April for what is sure to be a fun afternoon. We plan on meeting at Albion house at 11:45am and will be getting the bus to the Roller Bowl, where we plan to have some lunch in the Café before we play a couple of games.

We will be organising a taxi for our return journey and will be back at Albion house for just after 3pm. The costs for the day are a contribution to the cost of the Taxi and £3:50 each per game played, as well as the cost of lunch/a drink while we are there.

If you would like to know more or would like to have your name added to the list of those attending please speak to Jeni.

### Contact details for our Outlying Areas:

Skye - contact: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)

Drop-in Session: Monday, 10th , at YMCA, Portree 2.30—4.30pm

Lochaber - contact: [andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)

Drop-in Session: Thursday, 20th : at Caol Community Centre Fort William 2:30—4:30

Caithness - contact: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)

Drop-in Session: Monday, 17th : at Stepping Stones, Thurso 5.30—7.30pm

Badenoch & Strathspey- Please contact: [jeni.miller@aiscotland.org.uk](mailto:jeni.miller@aiscotland.org.uk)

Ullapool - Please contact: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)

Please contact a member of staff if you would like a 1-1 appointment.

### **Pre-Diagnosis Group Drop-in Sessions**

Our Pre-Diagnosis Drop-in sessions will be held on Monday 10th and Monday 24th April between 1-3pm for those on the waiting list to have an assessment.

Please contact Jeni if you would like any further information about this group.

### **HOSS Coffee Clubs**

The Coffee/Lunch Club will be meeting on Wednesday 12th April at 11:30 @ The Velocity Café.

The Women's Coffee Morning will be meeting on 25th April at 11am in Starbucks @ The Palace Hotel.

The open to all Coffee Club will meet on Thursday 6th and Thursday, 20th April at 11am in Costa, Inglis Street. We will try to get a table in the upstairs section so come and join us.

If you would like to know more about any of these groups please contact Jeni or Gill.

### **Service Users Forum (SUF)**

This is an opportunity for our service users to come along and have their say about how our service is doing and to offer suggestions of Activities and Events which you might like to attend.

As well as being updated on all that is happening behind the scenes to keep our service going from strength to strength.

The next SUF will be held on Friday, 9th June 2017 from 2-3pm.

If you have any questions or suggestions to raise but are unable to attend on the day why not contact the Forum via email: [hoss.suf@outlook.com](mailto:hoss.suf@outlook.com)

Alternatively if you would like anything raised at the meeting you can always speak to our Service User Representative Cal and ask her to raise it for you.

### **Snooker and Pool Group**

During April we will be going to play Pool on Tuesday 4th and on Friday 21st at "The SoBar Snooker and Pool Club".

If you would like to join us, please meet at Albion house at 12:45 so we can walk down together for a 1pm start.

The only costs are for table hire and for any refreshments you might like while we are there.

Please speak to Jeni if you would like any further information about this group or if you would like to attend.

### **Employment Drop-in Session**

This months sessions will be on Friday 14th and 28th April between : 11-12:30.

### **Universal Credit Drop-in Session**

We will be holding our new Universal Credit Drop-in sessions on Friday 7th and 21st April between 11-12.

Please speak to Kirsten if you would like any further information about the Employment Drop-in or the Universal Credit Drop-in Sessions.

We also have a current local jobs list from the Inverness Job Centre for those looking for employment opportunities.

### **HOSS Cinema Club @ Eden Court**

This month we will be going to the cinema to see "Lion".

On Tuesday, 18th April.

Please note the start time is still to be confirmed.

If you would like to know more about the cinema group please contact Gill.

### **The Spectrum Support Group**

For those of you that are in Inverness College, the College Support Group will be taking place on Thursday afternoons from 12-2pm and will meet in Room 134.

If you would like to know any more about this group please speak to Andrew Denovan or you can speak to Jeni.

### **Gourmet Group**

This month we will be going to "The Filling Station" for our Gourmet Group lunch outing.

We will be going on Friday 28th April, leaving Albion house at 12:15 sharp.

Approximate costs for a meal are £15 and this will also include the cost of a drink.

Please let a member of staff know by Friday 21st April if you would like to join us so we can confirm our table booking in advance.

Thank you.

### **HOSS — Telephone Answering Service**

We are providing a telephone answering service on 01463 717649 between 10:30 and 12:30 on a Monday.

This is a time when a member of our staff will be available to take your calls, answer brief enquires and provide times when staff members will be available for 1-1 meetings, for telephone conferences and other services that are available from the Highland One Stop Shop.

### **Drop-in sessions at Albion house**

**Mondays : 3pm-6pm; Tuesdays : 11am—5pm;  
Wednesdays : 12—8pm  
and Fridays : 12—5pm.**

We also have our Monthly Saturday Drop-in on:  
Saturday 15th : 11-2pm.

These are times when Albion house is open for you to come in and meet people, use the computers, games consoles, sit and read or just relax and be yourself in a safe and friendly environment.

We look forward to seeing you there!



**Art Group— Wed every two weeks**  
**Arts and Crafts— 2nd & 4th Tuesday**  
**Coffee & Cake chit chat club-Friday weekly**  
**Creative Writing Group— 3rd Tuesday**  
**Discussion Group— Wednesday fortnightly**  
**Games Group— Wednesday weekly**  
**Gourmet Group— 4th Friday**  
**Snooker and Pool Group— 1st Tuesday and  
3rd Friday**  
**Pre-Diagnosis Group Drop-in Sessions -2nd and  
4th Monday each month**  
**Re-Action Discussion Group— Weekly on  
Wednesdays.**

## Celestial Companion

I take my restless mind for a walk  
the same walk I do every night  
where the beach is caressed by the sea  
stars are the only light.

One of the stars took pity  
descended from her celestial spot  
asked me to entertain her  
with my typical anecdote.

"You're very brave", said the star  
"I'm a big cry baby", I answered.  
"You're very intelligent", said the star  
"No. I quote brilliant people".

She twinkled  
as she laughed  
I was captivated  
I fell in love.

Since the times no one can detect  
stardust travels  
through time and space  
collecting mysterious tales

My star travelled through time and space  
to help me understand  
when I'm in a bad place  
my journey doesn't end.

I'm full of visions  
But I Can't explain them now  
my star kissed me and said:  
"Then write it down".

Then she laughed and her eyes twinkled  
she paused my restless mind  
after a very long time  
I feel my veins pulsing with life.

The most brilliant minds  
feel lost without wisdom  
I am wholesome only with her  
my Celestial companion.

An original poem by

Marcel Boreas

[www.highlandoss.org.uk](http://www.highlandoss.org.uk)

Please keep checking the website and our Facebook page for information and news on our drop-ins, courses, groups and events.