

Highland One Stop Shop March Newsletter

Issue 45

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Save a great March! 1st quarter 5th; full moon (Crow Moon) 12th; last quarter 20th; new moon 28th

A warm welcome to all who are reading this newsletter

HOSS—ALBION HOUSE UPDATE

We want to make you aware that a for sale sign has been put up at Albion House and we don't want you to panic when you see it.

The owner is selling all their properties in Scotland and Albion House has been for sale for a long time. It is just that now they have put a sign up.

We know that this is an extremely anxious time for all and we are looking at all options for us to stay as well as what we will need to do if it is sold.

We have raised funds towards next year and are confident that we will raise the rest! We hope to be able to confirm this as soon as possible, and we will keep you all up to date as soon as we can.



Please be aware of the following changes to £1 Pound Coins

The new £1 coin which has 12 sides will be available from 28th March.

You will be able to use the old £1 coins until 15th October but after that they will be worthless. If you have any round £1 coins saved or if you collect these £1 coins you will need to get them swapped or spent before 15th October otherwise you will lose this money.

If you have any questions or want more information about this please speak to a member of staff.

World Autism Awareness Week

This year World Autism Awareness Week will be held during March 27th until April 2nd and we would like to celebrate as usual with a Party here in Albion house.

We will be holding our party on Friday 31st March and we would like to invite you, your families and support staff to come along and join us for what is always a fun filled afternoon.

We will be providing our usual buffet and our very own DJ Malcolm Burr will be providing us with background music.

We will also be having an Information Table in the Eastgate Centre that week so if you would like to help with this please get in touch.

If you have any awareness raising ideas you would like to share with us before the party please speak to any of the staff, as we are always pleased to hear your ideas.

Contact details for our Outlying Areas:

Skye - contact: kirsten.smail@aiscotland.org.uk

Drop-in Session: Monday, 13th, at YMCA, Portree 2.30—4.30pm

Lochaber - contact: andrew.denovan@aiscotland.org.uk

Drop-in Session: Thursday, 16th : at Caol Community Centre Fort William 2:30—4:30

Caithness - contact: kirsten.smail@aiscotland.org.uk

Drop-in Session: Monday, 20th : at Stepping Stones, Thurso 5.30—7.30pm

Badenoch & Strathspey- Please contact: jeni.miller@aiscotland.org.uk

Ullapool - Please contact: 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 13th and Monday 27th March 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

Following discussions with those who have attended the Over 40's Coffee Club, they agreed to open it up to all and it is now the Coffee/Light Lunch Group. This will be held monthly at the Velocity Café and starts on Wednesday 8th March. This group will meet from 11:30-1pm.

The Women's Coffee Morning will meet on Tuesday, 21st March at 11am in Starbucks @The Palace Hotel.

The open to all Coffee Club will meet on Thursday 2nd March and Thursday 16th March at 11am in Costa, Inglis Street. We will aim to get a space upstairs so don't worry if you don't see anyone just come on up.

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

Service Users Forum

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 10th March 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

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 March we will be going to play Pool on Tuesday 7th and on Friday 17th 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 10th and 24th March between : 11-12:30.

In April we will also be starting Drop-in sessions for those on Universal Credit which will be held alternate weeks to the Employment Drop-in sessions. These sessions will be held on Friday 7th and 21st April between: 11-12.

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

HOSS Cinema Club @ Eden Court

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

On 28th March.

Please meet at Albion house at 2:30pm Or you can meet us at Eden Court at 2:45pm.

If you would like to know more about the cinema group please speak to 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 Kitchen" for our Gourmet group lunch outing.

We will be going on Friday 24th March, 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 17th March, 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 18th : 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— Alternative fortnights on Wednesdays.**

Identity

Do you ever have times?
Where you really don't know?
How you'd like to see?
Your status quo?

Do you sometimes have moments?
Where you're just not sure?
How you'd like to be seen by the people?

If the answer is yes
Welcome to my club!

If you can't define your identity
Come and find yourself a bud!

We are the kids
Who don't truly know ourselves
When we all get together
Into self-identity we shall delve.

An original poem

Written by

Ruth Strong.

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.