

# Highland One Stop Shop

## May Newsletter Issue 47

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Save a great May! 1st quarter 3rd; full moon (Budding Moon) 10th; last quarter 19th; new moon 25th;

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

### Changes to our service

Autism Initiatives has made some changes to the management structure within its One Stop Shops.

From now on, there will be no local team leaders, and all of the service delivery staff will be OSS Co-ordinators, with a shared responsibility for the day to day running of the service.

These staff will be line managed by the National OSS Manager, Matthew Day, who is in turn responsible to the National Director for Scotland Cathy Steedman.

For Albion House, this will mean that Gill, Jeni, Kirsten and Andrew have a shared responsibility for the day to day management of the service, and Angela will continue to provide them with support as the Administrator.

This shouldn't have much impact on how individuals use the service, and any of the staff can be approached with suggestions or concerns about the service.

### Changes to our Groups starting in June.

Following feedback from our female service users we have decided to dedicate Wednesday's between 12-2pm as a Drop-in time for women only in Albion House.

The general Drop-in time will now be open between 3-8pm on a Wednesday.

If you currently attend the Re-Action discussion group this will still be taking place between 1:30-3pm in the Training room upstairs and will not be affected by the changes to the general Drop-in times.

The Discussion group will now be held between 3:30-4:30pm on alternate Wednesday's.

We will also be changing the Creative Writing group from the 3rd Tuesday to the 2nd Tuesday each month.

This is because we would like to start a new group "The Pub Grub Club" which will meet on the 3rd Tuesday of every other month.

OOAnd as the name suggests we will be trying the food on offer in our local bars in and around Inverness.

Please speak to Jeni for further information.

### Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 8th : at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 18th : 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, 29th : 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 8th and Monday 22nd May 1-3pm for those on the waiting on the 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 10th May at 11:30 @ The Velocity Café.

The Women's Coffee Morning will meet on Tuesday, 23rd May at 11am in Starbucks @ The Palace Hotel.

The open to all Coffee Club will meet on Thursday, 4th May and Thursday, 18th May at 11am in Costa, Inglis Street. We will be upstairs in the Café.

Look forward to seeing you soon.

### **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 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 May we will be going to play Pool on Tuesday 2nd and on Friday 19th 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 12th and 26th May between : 11-12:30.

Our Universal Credits Drop-in session will be held on Friday 5th and 19th May.

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

We also have a current job vacancy list from the Inverness Job Centre for those who are looking for a new job if you would like a copy.

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

This month we will be going to the cinema to see “Guardians of the Galaxy”.

On 9th May.

Please meet in Albion house at 2:30pm, or you can meet us at Eden Court at 2:45pm. The film will start prompt at 3pm and entry cost is £2.50.

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 “Number 27” for our Gourmet group lunch outing.

We will be going on Friday 26th May , 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 19th May if you would like to join us so we can confirm our table booking in advance.

Thank you.

### **Drop-in Open Times at Albion house**

Monday: 3-6pm  
Tuesday: 11-5pm  
Wednesday: 12-8pm  
Thursday: By appointment only  
Friday: 12-5pm

We also have a monthly Saturday Drop-in on the third Saturday each month between 11-2pm

Please be aware of the Drop-in times as you will be unable to access the building outside these times, unless you are experiencing a crisis or are having to deal with an emergency, or have a prearranged appointment with a member of staff.

The staff use the time before the Drop-in's to hold 1-1 appointments and to have meetings with representatives from other services.

We appreciate your understanding and your co-operation. Thank you.



**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.**

**An original poem written during our  
Creative Writing Group  
by  
Marcel.**

I am now one of them  
Green grass without flowers  
Covered with bodies of men  
Militia in Civil War Uniforms

The only cloud is the one  
Coming out of a factory Chimney  
How can this be undone?  
How did we get here?

My father always said  
"Don't be a hero, stay safe  
You're too young to understand  
Your heart is innocent and naïve."

[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.