

**Highland  
One Stop Shop  
June Newsletter  
Issue 48**

**Albion House, 28 Ardconnel  
Terrace, Inverness, IV2 3AE**

Telephone number: 01463 717649

Email: [highlandoss@aiscotland.org.uk](mailto:highlandoss@aiscotland.org.uk)

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

Project Co-ordinator: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)

Project Co-ordinator: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)

Project Co-ordinator: [andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)

Project Co-ordinator: [jeni.miller@aiscotland.org.uk](mailto:jeni.miller@aiscotland.org.uk)

Autism Project Administrator: [angela.king@aiscotland.org.uk](mailto:angela.king@aiscotland.org.uk)



*Have a great June! 1st quarter: 1st ; full moon: Rose Moon 9th ; last quarter: 17th ; new moon : 24th;*

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

### **Changes to our service and the Wednesday Drop-in times**

Our Wednesday Drop-in times have changed and the general Drop-in will now be open from 3pm until 8pm, this is because Albion House will open between 12-3pm for a Women only Drop-in on Wednesday's as requested by some of our female service users.

We will continue to hold the Re-Action Discussion group weekly between 1:30-3pm in the upstairs training room. This group will not be affected by the changes to the Calendar.

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

The Creative writing group now meets every 2nd Tuesday between 1:30-3pm, this month meeting on June 13th and we would like to invite you to come along and join us as we create short stories and poetry. Some of the work we create will be used for the back page of future newsletters.

### **Roller Bowl Visit**

On Friday 30th June we will be going along to Roller Bowl for what is sure to be a fun afternoon Bowling. We will be meeting at Albion house at 12 and will be returning to Albion house at approximately 3pm.

We will be getting a bus there and plan on having some lunch before we play.

If you would like to meet us there please meet us at 1pm.

The only costs for this activity are, bus fare (unless you have a bus pass) money for your lunch and a drink and £3:50 per game plus a contribution towards the taxi back to Albion house (Usually £2 each).

If you would like to know more 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, 12th: at YMCA, Portree 2.30—4.30pm

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

**Drop-in Session:** Thursday, 15th: 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, 26th: 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 12th and Monday 26th June 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 @ The Velocity Cafe will be meeting on Wednesday 7th June at 11:30am.

The Women's Coffee Morning will be meeting on 27th June at 11am in Starbucks @ The Palace Hotel.

The Open to all Coffee Club will meet on Thursday 1st June and Thursday 15th June at 11am in Costa, Inglis Street. The group will meet upstairs in Costa.

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 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 June we will be going to play Pool on Tuesday 6th and on Friday 16th 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 held on Friday 9th and 23rd June between: 11-12:30.

### **Universal Credits Drop-in Session**

We will be holding our Universal Credits Drop-in Sessions on Friday 2nd, 16th and 30th June between 11-12.

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

We also have a current list from the Job Centre for those who are looking for a new job in the office.

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

This month we will be going to the cinema to see "Miss Sloane" on Tuesday, 13th June. Film will start prompt at 3pm. We will be leaving from Albion House at approximately 2.30pm or you can meet us at Eden Court Box Office at 2.45pm.

If you would like to know more about the Cinema Group please get in touch with 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 Castle Tavern" for our Gourmet group lunch outing. We will be going on 23rd June 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 Jeni know by Friday 16th 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: 3-8pm  
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**– 4th Tuesday  
**Coffee & Cake chit chat club**-Friday weekly  
**Creative Writing Group**– 2nd 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.

## Italian Meatballs and Spaghetti

You will need:

- 500 Grams Lean Minced Beef
- 1 Onion (peeled and chopped)
- 2 Teaspoons Dried Oregano
- 2 Cloves of Garlic (peeled and chopped)
- 2 Slices of Wholemeal Bread (made into breadcrumbs)
- Pinch of Black Pepper
- 1 Red Pepper (deseeded and chopped)
- 1x400g tin of Chopped Tomatoes or Passata
- 1 Tablespoon Tomato Puree
- 175ml Boiling water and 1 Beef stock cube
- 200g Dried Spaghetti (Cooked)

You will also need:

A pre-heated oven 190 or Gas mark 5.

A mixing bowl. A large saucepan. A sharp knife. A wooden spoon. An oven proof dish.  
And a small saucepan.

Method:

1. In your mixing bowl add the mince, half an onion, the oregano, Garlic, black pepper and the breadcrumbs.
2. Shape the mixture into approximately 20 meatballs.
3. Place meatballs onto an oven proof dish and into the oven for 10 minutes.
4. Combine the remaining ingredients except the Spaghetti in a saucepan and cook for 3-4 minutes.
5. Pour the sauce over the meatballs and return them to the oven covered for 20-25 minutes.
6. Cook your Spaghetti as required and serve with your meatballs when ready.

This recipe will feed 4 people, but you can reduce the recipe if you would like to make less.

[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.