

# Highland One Stop Shop July Newsletter Issue 49

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Save a great July! 1st quarter: 1st ; full moon: (Thunder Moon) 9th ; last quarter: 21st ; new moon: 23rd ;

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

### Pool Competition

We will be holding our "Just for fun" Pool Competition on Tuesday 4th July between 1- 3:30pm. We will be meeting at the "SoBar" Snooker and Pool Club and all service users are welcome to come along and join us.

If you would like to join us please speak to Jeni so we can have an idea of numbers attending.

### Creative Writing Group

If you have an interest in creative writing why not come along to our newly reformed creative writing group where we are writing short stories and poems based on a topic which we chose on the day.

Our next group will be on Tuesday 11th July between 1:30-3pm.

If you would like to know more please speak to Jeni.

### HOSS Summer Party

We will be holding our summer party on Friday 14th July and we welcome all of our service users to come along and join us for what is sure to be a fun filled afternoon.

We will start the party at 1pm and serve the party food at 2pm, where we will be providing some Vegan and Vegetarian dishes as well as our usual party food.

Please speak to Jeni or Kirsten if you would like to donate any party food.

We will also have our very own DJ Malcolm providing us with music while we have our party.

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, 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, 24th : 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 July 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**

**Unfortunately due to staff Annual leave we will be unable to staff the Coffee Clubs in July.**

The open to all Coffee Club will meet on Thursday 6th and Thursday 20th at 11am in Costa, Inglis Street.

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

We will no longer be holding a Women's coffee morning as we now have the Women only Drop-in every Wednesday here at Albion house.

Please speak to Jeni or Gill if you would like to know more about these groups.

### **Badminton Club**

We are very sorry but we will not be running our Badminton Club in July.

Please look out for dates in August when the Badminton Club will return.

### **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 8th September 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 July we will be going to play Pool on Tuesday 4th and on Friday 21st July 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 7th and 21st July between: 11-12:30.

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

We will be holding our Universal Credits Drop-in Sessions on Friday 14th 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 jobs list from the Job Centre for those who are looking for a new job in the Office if you would like to look at it.

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

This month we will be going to the cinema to see “The Mummy”.

On Tuesday, 11th July. The film will start at 3pm.

Please meet at Albion house at 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 speak to Gill.

### **The Spectrum Support Group**

For those of you that are in Inverness College, the College Support Group will be taking a break over the summer holidays and will return in the new Academic Year.

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 “Little Italy” for our Gourmet group lunch outing.

We will be going on Friday 28th July, 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 July 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.**

# Easy to make Chocolate Cup Cakes

## You will need:

200 grams softened Butter, 200 grams Self Raising Flour, 200 grams Caster Sugar, 4 eggs, 2 teaspoons Vanilla Essence and 4 tablespoons Cocoa powder.

## You will also need:

A pre-heated oven Gas mark 6 or 200, a baking tray, a mixing bowl, a Tablespoon, a Teaspoon, kitchen scales, and Cupcake cases.

1. Using the kitchen scales measure out all your ingredients into individual containers.
2. Into the mixing bowl add the softened butter and the sugar and mix together until fluffy.
3. Add the eggs and the Vanilla Essence whilst continuing to mix together.
4. Fold the flour into the mix and add the Cocoa powder gradually mixing everything together.
5. Spoon the mixture into individual cupcake cases on the baking tray.
6. Place the baking tray onto the middle shelf for approximately 15 minutes.
7. Remove the baking tray from the oven and place the cakes on to the cooling rack if you have one.
8. Decorate if required, eat and enjoy.

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