

# Highland One Stop Shop August Newsletter

Issue 50

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full moon: ~~Corn Moon~~ 7th; last quarter: 15th; new moon: 21st; ~~First Quarter~~: 29th;

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

### River Walk

On Friday 11th August we will be taking a walk along the River and invite you to come along and join us. We will be taking a small picnic with us to sit and enjoy if the weather is nice and if it rains we can always pop into a local café for a warm drink before heading back to Albion house.

We plan on leaving Albion house at 1:30 and returning for approximately 3pm.

Please speak to Jeni if you would like to join us or if you would like to know more.

### Botanical Gardens

Would you like to join us on Tuesday 29th August as we take a walk down to the Botanical gardens for a look around the green houses and floral displays. We plan on having a picnic lunch while we are there and there is a café if you would like to purchase your lunch out.

We will be leaving Albion house at approximately 12 and will be returning for approximately 3pm.

Please speak to Jeni for further information.

### HOSS Coffee Clubs

The Coffee/Lunch Club will be meeting on Wednesday 9th August at 11:30 @ The Velocity Café.

The open to all Coffee Club will meet on Thursday 3rd and Thursday 17th at 11am in Costa, Inglis Street.

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

### Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 14th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 17th: 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, 28th : 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.

### **Pub Grub Club**

Following on from our first outing in June we have decided to go to  
“ The Caledonian ”

for our next Pub Grub Club outing on Tuesday 15th August.

We will be meeting at Albion house at 12:30 and will be back at Albion house for approximately 2:30pm if  
you would like to join us.

The average cost of a meal and something to drink will be £10-£15.

If you would like to join us please speak to Jeni.

### **Service Users Forum– Fundraising Group**

Following on from a very successful first meeting we will be holding our next meeting for the  
Fundraising group on Wednesday 16th August between 3:30-4:30pm.

If you would like to come along and share any fundraising ideas that you have with the group or if you  
would just like to come along and offer your support you will be welcome to join us.

### **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**

We will be going to play Pool on  
Tuesday 1st and on Friday 18th August 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  
4th and 18th August between: 11-12:30.

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

We will be holding our Universal Credits Drop-in  
Sessions on Friday 11th and 25th August  
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 Session.

We also have a current jobs list from the Job Centre  
for those looking for a new job in the Office if you  
would like to take a look at it.

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

This month we will be going to see 'Dunkirk' on Tuesday, 8th August at Eden Court.

Please meet at Albion at 2.30pm or at Eden Court Box Office at 2.45pm.

The film will start prompt at 3pm.

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 starting again on Thursday 31st for the new Academic year

and will be meeting every Thursday during term time from 12-2pm 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 Mustard Seed" for our Gourmet group lunch outing.

We will be going on Friday 25th August, 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 18th August 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.

## Quick and Easy Teabread

You will need:

350g/12oz mixed dried fruit, 75g/3oz Demerara Sugar,  
1 large egg and 175g/6oz Self Raising Flour.

You will also need:

A heated oven 180' or Gas mark 4.

A mixing bowl, a spoon, a measuring jug, a sieve, a (1lb) loaf tin and a wire rack.

- 1- Put the fruit into your mixing bowl. Add 150ml or 1/4 pint of boiling water and leave to stand for 30 minutes.
- 2- Preheat the oven to 180' or Gas mark 4.
- 3- Grease and line the base and long sides of your loaf tin.
- 4- Add the sugar and egg to the fruit and mix well.
- 5- Sift the flour into the mix and continue to stir until combined.
- 6- Pour the mixture into the tin and level of the surface. Sprinkle with a little sugar.
- 7- Bake in the centre of the oven for 50 minutes, until well risen and firm to the touch.
- 8- When the bread is cooked, a skewer inserted into the centre of the loaf should come out without any sticky mixture on it.
- 9- Leave the loaf in the tin for 10 minutes before turning out onto a wire rack to cool.
- 10- Cut yourself a slice, you can serve just as it is or you can spread it with a little butter if you would like,

Enjoy.

[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.