

Highland One Stop Shop

September Newsletter

Issue 51

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full moon; (Harvest Moon) 6th: last quarter; 13th : new moon; 20th: First Quarter; 28th:

A warm welcome to all who are reading this newsletter.

Albion house building update

Following on from the news that Albion house has been sold, we would like to share with you that the new owners have now given us notice that our lease will be terminated on 21st October 2017.

The team have already been searching for alternative accommodation for The Highland One Stop Shop, and we will continue to do so.

Ideally, we will find a suitable alternative which can house the range of Highland One Stop Shop services within the next two months, but we will also look for a contingency option of office space in the interim until we find something more suitable.

We remain committed to the provision of a One Stop Shop in the area and will keep you updated on any developments.

Pre-Diagnosis Group Drop-in Sessions

Our Pre-Diagnosis Drop-in sessions will be held on Monday 11th and Monday 25th September 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.

Women's Drop-in Session

We are currently holding women only Drop-in sessions between 12-3pm every Wednesday for those female service users who would like to come along when the building is less busy.

If you would like to come along and join us or if you would like to arrange a 1-1 appointment during the Drop-in please contact a member of staff.

Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 11th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 21st : at Caol Community Centre Fort William 2:30—4:30

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

Drop-in Session: Monday, 25th : 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.

HOSS Coffee Clubs

The Coffee/ Lunch Club @ The Velocity Cafe will be meeting on Wednesday 13th at 11:30.

The open to all Coffee Club will meet on Thursday 7th and Thursday 21st at 11am in Costa, Inglis Street.

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 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

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.

Service Users Fundraising Group

We will be holding our next Fundraising group meeting on Wednesday September 13th for those service users who would like to come along and support our service by sharing their fundraising ideas.

If you have ideas you would like to share but are unable to attend you could send us an email via the Service Users Forum email: hoss.suf@outlook.com

Or you can pass your ideas on to Cal who is our Service User Representative who also Chairs the Fundraising group and she will share them with the rest of the group at the meeting.

Snooker and Pool Group

During September we will be going to play Pool on Tuesday 5th and on Friday 15th 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 £2 per person for table hire and 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 1st, 15th and 29th between: 11-12:30.

Universal Credits Drop-in Sessions

We will be holding our Universal Credits Drop-in Sessions on Friday 8th and 22nd 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 of jobs from the Job Centre for those who are looking for a new job in the Office if you would like to take a look.

HOSS Cinema Club @ Eden Court

This month we will be going to see "Logan Lucky" on 12th September, film starts prompt at 3pm. Please meet at Albion house at 2:30pm or you can meet us at Eden Court Box Office at 2:45pm. Cost: £5.

Eden Court is also offering three other autism screenings in September; The Dark Tower - Tuesday 5th September at 5pm; The Nut Job 2: Nutty By Nature - Saturday 23rd September at 1.30pm and Victoria and Abdul - Tuesday 26th September at 5pm.

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 starting again on Thursday afternoons from 14th September between 12-2pm,
The room number has yet to be confirmed.

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 22nd September, leaving Albion house at 12:15 sharp.

Approximate costs for a meal are £15—£20 and this will also include the cost of a drink.

Please let a member of staff know by Friday 15th 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.

Super Fast Vegan Broccoli Soup

You will need:

1 Small Onion finely chopped, 1 Celery Stick finely chopped, 1 Broccoli head broken into small florets and finely chop the stalk, 1 tablespoon Sunflower oil, 1 teaspoon Cider Vinegar, 1 teaspoon Vegetable stock, 50ml Soya Milk or Soya Cream and Salt and Pepper.

You will also need:

A heated oven ring. A medium sized pan, a wooden spoon, a sharp knife and a hand blender.

Method:

- 1- Heat the oil in a medium sized pan. Add the onion, the celery and chopped broccoli stalk to the pan. Season with salt and pepper.
- 2- add the cider vinegar and gently sweat for several minutes until the vegetables begin to soften.
- 3- Add the broccoli florets to the pan and pour enough freshly boiled water to just cover the broccoli and no more.
- 4- Stir in the vegetable stock granules and allow to dissolve before simmering for 5 minutes or until the broccoli has cooked through.
- 5- Transfer the contents of the pan to your blender and blitz until smooth.
- 6- Return to the pan, add the soya milk or cream and gently heat.
- 7- Taste for seasoning and carefully serve.



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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.