

Highland One Stop Shop December Newsletter Issue 54

Telephone number: 01463 717649

Email: highlandoss@aiscotland.org.uk

Website: www.highlandoss.org.uk

Project Co-ordinator: gill.maclennan@aiscotland.org.uk

Project Co-ordinator: kirsten.smail@aiscotland.org.uk

Project Co-ordinator: andrew.denovan@aiscotland.org.uk

Project Co-ordinator: jennifer.pacitti@aiscotland.org.uk

Autism Project Administrator: angela.king@aiscotland.org.uk

full moon; Long night Moon 3rd: last quarter; 10th: new moon; 18th: First Quarter; 26th:
A warm welcome to all who are reading this newsletter.

New Offices

Following the recent sale of Albion house we have had to relocate our service. The staff are now be based at "Affric House" in Beechwood Park, Inverness, IV2 3BW near to Raigmore Hospital and Housing Estate. You can still contact all our staff members to make 1-1 appointments, and all of our services which we have previously offered are still available to be accessed in our new offices. Please contact the staff directly to arrange.

New Drop-in Venues

The Drop-in's will continue to be held at 3 different venues throughout the week while we are office based. Please see the new Calendar for all our upcoming Activities and times that the Drop-in's will be open.

We will be holding Drop-in's at the following venues:

CYC : Bank Street, Inverness, IV1 1QY on Monday's and Wednesday's between 12-2:30pm,
Inverness Library : Farraline Park, Inverness, IV1 1NH on Tuesday's
and

The Spectrum Centre : 1 Margaret Street, Inverness, IV1 1LS Every Friday between 3-5pm.

Please contact Jeni if you would like further information about any of our groups or Drop-in times.
Email : jennifer.pacitti@aiscotland.org.uk or mobile on 07741264812

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, 18th: at Stepping Stones, Thurso 5.30—7.30pm

Badenoch & Strathspey- Please contact: jennifer.pacitti@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.

Pre-Diagnosis Group Drop-in Sessions

Our Pre-Diagnosis Drop-in sessions will be held on Monday 4th and Monday 18th December between 12:30-2:30pm for those on the waiting on the list to have an assessment.

We will be meeting at The CYC Building in Bank Street.

Please contact Jeni if you would like any further information about this group.

HOSS Coffee Clubs

The open to all Coffee Club will meet on Thursday 7th and Thursday 21st between 11-12pm @ The Velocity Café.

If you would like to know more about this group please speak to Gill.

Service Users Forum

We will be holding our next meeting on Friday 8th December upstairs in Room 4 of The Spectrum Centre between 3-4pm if you would like to come along and join us.

This is for those service users who would like to come along and support our service by sharing their ideas. If you have any ideas you would like to share but are unable to attend you could always send us an email via the Service Users Forum email address: hoss.suf@outlook.com or you can pass on your ideas to Cal and she will share them with the rest of the group.

Book Club and Creative Writing

We will be meeting for Book club at the Library on Tuesday 5th between 12-2pm.

We will also be meeting for our Creative Writing group on Tuesday 19th between 12-2pm.

We will be holding our Drop-in's after these groups between 2-5pm if you would like to come along and join us at The Library on a Tuesday afternoon as we get together for our Drop-in session.

Snooker and Pool Group

During December we will be going to play Pool on Tuesday 12th and on Friday 8th at "The SoBar Snooker and Pool Club".

If you would like to join us, please meet outside SoBar at 1pm.

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.

Grub Club

We will be meeting at "The Caledonian" for our next Grub Club on Friday 1st December.

We will be meeting at 12:30 outside The Caledonian. Please speak to Jeni if you would like to know more about this group.

Gourmet Group

This month's Gourmet group will be at "The Filling Station" on Friday 15th December. As this is a busy period we have been asked to order our meals in advance and therefore we also have to pay for them in advance.

Please speak to Gill before Friday 8th to book your place and check the menu so you can pre-order your meal and pay in advance of the day to secure your place.

HOSS Cinema Club @ Eden Court

This month we will be going to see

“Star Wars: The Last Jedi”

We will be going on Tuesday 19th December and meeting at Eden Court at 2:45pm.

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 taking place on Thursday afternoons from 12-2pm and will meet in Room 242b.

If you would like to know any more about this group please speak to Andrew Denovan or you can speak to Jeni.

Christmas Party

This year we will be holding our Christmas Party at The Spectrum Centre on Friday 22nd December between 1-4pm for those of you who would like to come along and join us.

We will of course have our very own DJ Malcolm Burr playing all the hits for us.

As we will be holding our Christmas Party in The Spectrum Centre and will not have access to a kitchen we do have to adapt our usual party food but we hope to still provide a selection of foods for all tastes and dietary requirements including Vegan and Vegetarian.

Please remember that all food will need to be eaten on the day of the party as we do not have anywhere to store it so please speak to Jeni or Kirsten if you would like to donate any party food and we can ensure we only buy what we need.

We look forward to seeing you at the party.

Staff Contact Details

Angela King:

angela.king@aiscotland.org.uk
01463 717649

Andrew Denovan:

andrew.denovan@aiscotland.org.uk
07741264813

Kirsten Smail:

kirsten.smail@aiscotland.org.uk
07741264814

Gill Maclennan:

gill.maclennan@aiscotland.org.uk
07850308237

Jeni Pacitti:

jennifer.pacitti@aiscotland.org.uk
07741264812



Book Club— 1st Tuesday each month

Coffee & Cake club-Friday weekly

Creative Writing Group— 3rd Tuesday Monthly

Gourmet Group— 3rd Friday Monthly

Grub Club—1st Friday Monthly

Pool Group— 2nd and 4th Tuesday and 2nd and 4th Friday each Month

Pre-Diagnosis Group Drop-in Sessions —1st and 3rd Monday each month

Re-Action Discussion Group— Fortnightly on Mondays

The Highland One Stop Shop Open times and venues over Christmas and New year

Friday 22nd December Christmas Party is the last planned drop-in session until Monday 8th January 2018 when the Activity Calendar restarts.

We will be holding our usual Coffee Club on 4th January if you would like to come along for a catch up over the holiday period.

Please come along to meet Gill @ Velocity Café on Thursday 4th January between 11-12

Roller Bowl Visit

On Friday 5th January Kirsten and Gill will be at The Inverness Roller Bowl between 12-3pm if you would like to come along and join them.

The staff will meet you there at 12 midday and we will all get some lunch before we play a couple of games.

As always the only costs will be £3:50 per game per person and the cost of your lunch.

Please be aware that if you are interested in this activity you must speak to staff as we will only be holding this activity if we have enough interest from service users wishing to join us.

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.