

**Highland
One Stop Shop
February Newsletter
Issue 56**

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; Wolf Moon 2nd: last quarter; 8th: new moon; 17th: First Quarter; 24th:
A warm welcome to all who are reading this newsletter.**

Please see below statement from Catherine Steedman, National Director for Scotland:

“We are extremely disappointed that we have been informed that NHS Highland are unable to contribute any funds to the running of the HOSS.

This leaves the future of the service in an extremely vulnerable situation and the likelihood of closure is high. We will keep all stakeholders updated on the situation.”

We are all extremely concerned by this situation.

Autism Initiatives has already raised over £100,000 each year towards the running of Highland One Stop Shop. We are committed to saving our HOSS, and despite this very uncertain time, we are continuing to investigate all options available to us. We will keep you updated.

We would also like to thank everyone who has supported and continues to support us in our efforts to continue our service. We are so grateful.

**Please be aware that we will not have any Groups or Drop-in sessions on
Tuesday 27th February due to staff meetings.**

We apologise for any inconvenience this may cause.

Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 12th: at YMCA, Portree 2.30—4.30pm

Lochaber - contact: 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

Drop-in Session: Monday, 26th: 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 5th and Monday 19th February between 12-2pm 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 1st and Thursday 15th 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 9th upstairs in Room 4 of The Spectrum Centre between 3-4pm if you would like to come along and join us.

This is an opportunity for service users who would like to support our service by sharing their ideas for the service. 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.

Creative Writing

We will be meeting for our Creative Writing group on Tuesday 20th between 12-2pm.

We will be holding our Drop-in's between 2:30-4pm 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 February we will be going to play Pool on Friday 9th and 23rd and on Tuesday 13th at "The SoBar Snooker and Pool Club".

If you would like to join us, please meet outside SoBar at 12:30pm.

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

The Grub Club will be meeting on Friday 2nd February at 12:30, outside "Wetherspoons" If you would like to join us please speak to Jeni.

Gourmet Group

This month we will be going to "Girvans"

on Friday 16th February, meeting outside at 12:30.

The cost of something to eat and a drink will be approximately £15.

If you would like to join us for the Gourmet group please speak to Jeni or Gill as we do need to book our table in advance.

HOSS Cinema Club @ Eden Court

This month we will be going to see "The Post"

We will be going on Tuesday , 13th February. The film starts prompt at 3pm and we will meet at Eden Court Box Office 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.

Drop-in Venues

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

We will be meeting at the following venues:

CYC : Bank Street, Inverness, IV1 1QY on 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 2:30-4:30pm.

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

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



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

Vegan Shepherds Pie

You will need:

500g miniature potatoes, 15g Flat leaf Parsley chopped finely
3 tbsp. olive oil, 1 onion finely chopped
625g closed cup mushrooms, halved and thinly sliced
2 garlic cloves, finely chopped
1/4 tsp crushed chillies, 2 tbsp. tomato puree
250g ready to eat puy lentils, 400g tin chopped tomatoes.

Method:

- 1- Cook the potatoes in a pan of boiling water for 12-15 minutes or until tender.
 - 2- Drain and return to pan Season then lightly crush with a potato masher or fork. Stir in half of the parsley.
 - 3- Heat 2 tbsp. of the oil in a large deep frying pan over a medium heat.
 - 4- Add the onion and cook, stirring for 2-3 minutes.
 - 5- Increase the heat to medium /high and add the mushrooms and fry for 7-8 minutes stirring occasionally until softened.
 - 6- Stir in the garlic, crushed chillies, lentils, chopped tomatoes, tomato puree and 250ml water. Simmer for 8-10 minutes or until the sauce has thickened, then add the remaining parsley and season.
- Pre-heat the grill to high.
- 7- Tip the mix into a baking dish and spoon over the crushed potatoes. Drizzle with the remaining olive oil and grill for 8-10 minutes until the potatoes are golden.
 - 8- Remove from heat, and serve.

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.