

**Highland
One Stop Shop
January Newsletter
Issue 55**

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

Changes to our service

We are sorry to inform you that we will no longer be holding a Drop-in session on Monday's at The CYC.

Although the Pre-diagnosis Drop-in session will continue to meet on the First and Third Monday of each month between 12-2pm at The CYC Building.

We will be making changes to our Calendar on Tuesdays and will now be meeting for a Lunch Club instead of Book Club on the first Tuesday of each month between 12:30-2pm.

The Drop-in at the Library will now run between 2:30-4pm each Tuesday with the Creative Writing Group
Still meeting on the third Tuesday each month between 12:30-2:30pm.

Please check the Calendar for all activities and groups or contact Jeni if you would like further information about any of the changes.

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 be meeting at 12 to get some lunch in the café before starting to play at approximately 1pm.

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

Please be aware that this activity will only be taking place if there is enough interest from our service users so please let a member of staff know if you would like to join us.

Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 8th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 18th: at Caol Community Centre Fort William 2:30—4:30

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

Drop-in Session: Monday, 29th: 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 8th and Monday 22nd January 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 4th and Thursday 18th between 11-12pm @ The Velocity Café.

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

Service Users Fundraising group

We will be holding our next meeting on Friday 12th January 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 fundraising. 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.

Lunch Club

This group has been created following feedback from service users who would like to meet up to go out for lunch on the first Tuesday of each month as they are not always able to attend the Groups that go out for lunch on Fridays.

We will meet outside "The Caledonian" at 12:30pm on Tuesday 9th January please come along if you would like to join us for some lunch and light hearted conversation.

Snooker and Pool Group

During January we will be going to play Pool on Tuesday 16th and 30th and on Friday 12th and 26th 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

Sorry but there will be no Grub Club in January. We look forward to meeting again in February.

Gourmet Group

This month we will be going to "The Heathmount Hotel" on Friday 19th January, 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 before 12th January as we do need to book our table in advance.

HOSS Cinema Club @ Eden Court

This month we will be going to see
"Jumanji"

We will be going on Wednesday 24th January 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.

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 between 2:30-4pm
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

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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

Here are some Useful Contact Details that you may need over the winter months.

Highland Council :
Out of hours Emergency Repairs contact number:
01349 886691

Social Work :
Health and Social Care Out of hours Emergency Contact number:
0845 601 4813

NHS 24 :
For health advice when your Doctors surgery or Dental surgery is closed you can phone :
111

In Case of an Emergency :
You can contact the Police, Fire Brigade or an Ambulance by phone :
999
or for a non emergency you can phone :
101

If you need to speak to someone you can phone
Breathing Space :
0800 838587

Samaritans :
116 123

You can also text
Mikeysline :
07779303303

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.