

**Highland
One Stop Shop
March Newsletter
Issue 57**

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(Crow Moon) full moon; 2nd: last quarter; 9th : new moon; 17th: First Quarter; 24th: Extra Full Moon; 31st. A warm welcome to all who are reading this newsletter.

HOSS UPDATE

We had hoped that we would have news regarding our future funding that we could share, but we are sorry that we are not in a position to give an update in time for the March Newsletter going out.

Discussions are continuing with the Scottish Government and our Autism Initiatives Board and we hope to be able to confirm an update within the next 7-10 days.

We apologise again that we cannot confirm any news at this stage, and are aware of the upset this is causing, however please be assured that we are doing everything we can to keep us going after March.

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.

Please check the Calendar for room number.

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

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, 19th: 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 March 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

There will not be a Service Users Forum this month

But if you have any ideas you would like to share with us 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 March we will be going to play Pool on Friday 9th and 23rd and on Tuesday 13th and 27th 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 £2 per person 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 March at 12:30, outside "The Auctioneers"

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

Gourmet Group

This month we will be going to "The Heathmount"

on Friday 16th March, 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 "Finding Your Feet "

We will be going on Tuesday, 27th March.

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.

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

Toad in the Hole.

Ingredients:

115g/4oz Plain Flour
large pinch of salt and black pepper
4 large eggs
300ml/1/2 pint milk
8 Pork/Beef or Vegetarian sausages
2tbsp/30g white vegetable fat

You will also need:

A Mixing Bowl, A wooden spoon, A sieve,
A non-stick frying pan, A oven proof dish,

Method

1. To make the batter, sift the flour into a large bowl. Add the salt and pepper.
2. Make a well in the centre of the flour and crack in the eggs. Using a wooden spoon, gradually beat the eggs into the flour then slowly beat in the milk until the batter is the consistency of double cream.
3. Strain and push any remaining lumps through the sieve. Cover and leave to stand for 30 minutes.
4. Preheat the oven to 200c/400f/gas mark 6.
5. Heat a large non-stick pan and cook the sausages over a medium heat until golden brown all over. Turn the heat off and set to one side.
6. Place the white vegetable fat into an ovenproof dish and heat in the oven for 5 minutes or until the dripping is hot and hazy.
7. Add sausages to the hot dish and pour in the batter. Immediately return the dish to the oven and cook for 35-40 minutes until well risen and golden brown.
8. Remove from the oven and cut into 4 portions. Dish up and serve with vegetables and potatoes for a filling winter warmer.

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.