

# Highland One Stop Shop November Newsletter Issue 53

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full moon; Frost Moon 4th; last quarter; 10th; new moon; 18th; First Quarter; 26th:

*A warm welcome to all who are reading this newsletter.*

## New Offices

With effect from 30th October we will be re-opening our service from a new address. The staff will 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 members of staff to make 1-1 appointments, all of our 1-1 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 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 meeting 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 me at : [jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk) or phone my mobile on 07741264812

## Contact details for our Outlying Areas:

Skye - contact: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)

Drop-in Session: Monday, 13th: at YMCA, Portree 2.30—4.30pm

Lochaber - contact: [andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)

Drop-in Session: Thursday, 16th : at Caol Community Centre Fort William 2:30—4:30

Caithness - contact: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)

Drop-in Session: Monday, 20th: at Stepping Stones, Thurso 5.30—7.30pm

Badenoch & Strathspey- Please contact: [jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)

Ullapool - Please contact: [gill.maclennan@aiscotland.org.uk](mailto: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 6th November and Monday 20th November 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 2nd and Thursday 16th between 12-1pm in Costa Coffee, Inglis Street.

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

### **Service Users Fundraising Group**

We will be holding our next Fundraising group meeting upstairs in Costa Coffee, Inglis Street, on Wednesday 15th October between 3-4pm.

This is for those service users who would like to come along and support our service by sharing their fundraising 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](mailto:hoss.suf@outlook.com) or you can pass on your ideas to Cal who as our Service User Forum Representative also chairs the fundraising group 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 7th November between 12-2pm.

We will also be meeting for our Creative Writing group on Tuesday 21st 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 November we will be going to play Pool on Tuesday 14th and 28th and on Friday 10th and 24th 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 "Cool Ness" for our next Grub Club on Friday 3rd November.

We will be meeting at 12:30 outside the Cool Ness building.

If you would like to join us for Crepes, Ice cream or waffles then please come along.

Please speak to Jeni if you would like to know more about this group.

## HOSS Cinema Club @ Eden Court

We can confirm that we have arranged to have 2 Cinema Groups during November.

We will be meeting on Tuesday 7th at Eden Court at 2.45pm to see “ IT ”  
and we will be meeting on Tuesday 21st at Eden Court at 3.15pm to see “ The Death of Stalin ”.  
If you would like to know more about the Cinema Group please contact Gill or Jeni.

## 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.

## Gourmet Group

This month we will be going to “ The Filling Station ” for our Gourmet group lunch outing.

We will be meeting outside The Filling Station on 17th November at 12:30pm.  
Approximate costs for a meal are £15 and this will also include the cost of a drink.

Please let Jeni know by Friday 10th if you would like to join us so we can  
confirm our table booking in advance.

Thank you.

## Staff Contact Details

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**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 on 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**

## An Original Poem

by

**Mary Ross**

After the storm  
There is always silence.

Stillness of the heart  
Calmness of the spirit.

Love can be a fickle thing,  
Anger, Temper, a solid firey thing.

But love when given freely  
Releases the stresses and strife of life.

The only thing that makes the pain of sorrow bearable,  
is the Joy of days past,

the memories of good and happy times.  
And the innate knowledge of Joys to come.

[www.highlandoss.org.uk](http://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.