

**Highland
One Stop Shop
May Newsletter
Issue 59**

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**last quarter; 8th : new moon; 16th: *First Quarter*; 22nd: (*Planters Moon*) Full Moon; 30th:
A warm welcome to all who are reading this newsletter.**

Welcome to our new home in Friars Street

We look forward to welcoming you all to our new building over the coming weeks and months and hope that you will soon feel at home here. We will be providing the same services here at Friars Street that we have always provided at Albion house and tried to continue to provide whilst based in Affric House.

If you would like to speak to a member of staff and arrange a 1-1 appointment with them, you can contact the staff on their current contact details which are on page 3 of this newsletter.

If you would like to know more about any of our Groups or Activities please speak with Jeni who will generally be staffing the Drop-in sessions, or you can contact Jeni via email or mobile, or by messaging our Facebook page.

If you have any suggestions for future activities, days out or indoor activities you might like to try, please speak to Jeni or any of the staff who will be happy to pass on your suggestions.

We still have a few issues with the phones and internet but hope to have these problems dealt with as soon as possible.

Thanks again for your continued support.

Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 14th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 17th: at Caol Community Centre Fort William 2—4pm

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

Drop-in Session: Monday, 28th: 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 7th and Monday 21st May in our new premises in Friars Street, between 12-2pm for those on the waiting on the list to have an assessment. 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 3rd and Thursday 17th between 11-12pm @ The Velocity Café.
If you would like to know more about this group please speak to 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.

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.

Creative Writing

We will be meeting for our Creative Writing group on Tuesday 15th between 2:30-4pm.

Why not come along and join us if you have an interest in Poetry, Writing short stories or would just like to come along and find out more.

Snooker and Pool Group

During May we will be going to play Pool on Friday 4th and 18th and on Tuesday 8th and 22nd 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.

Lunch Club

The lunch Club will be meeting on Tuesday 1st at 12:30, outside "The Caledonian" on Friday 11th at 12:30 and Tuesday 15th 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 Hotel" on Friday 25th May, 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 our Cinema Club will be going to see **Avengers: Infinity War at Eden Court on Friday, 11th May** — please note the different day! Film costs £5.00.

We will meet at Eden Court Box Office at 11.15am and the film will start promptly at 11.30am.

Feel free to turn up on the day or if you would like to know more about the Cinema Group, please contact Gill.

Games Group

We have restarted our popular games group now we are in our new building.

Our new games group will be held every Wednesday between 2-4pm.

We will of course have a selection of Board games as well as Computer games for those of you who are interested in trying some new types of gaming.

We have a PlayStation, a Wii and x-box, as well as a large collection of games to choose from.

Service Users Forum

The Service User Forum is an opportunity for you to come along and share your views on how our service is being run, to suggest ways you think we could improve our service and ideas for future groups and activities that you might like to take part in.

We will be meeting on Friday 11th May in the Training room between 2-3pm if you would like to join us.

Alternatively you can send us an email via the Service Users Forum email address:

hoss.suf@outlook.com

or you can pass your ideas on to Cal and she will share them with the rest of the group.

Staff Contact Details

Andrew Denovan:

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Kirsten Smail:

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07850308237

Jeni Pacitti:

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Coffee & Cake club-Friday weekly

Creative Writing Group— 3rd Tuesday Monthly

Gourmet Group— 4th Friday Monthly

Lunch Club—Alternate Tuesdays and Fridays

Pool Group— Alternate Tuesdays and Fridays

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

Roller Bowl Visit

We will be having another visit to Roller Bowl and we welcome you to come along and join us.

Jeni will be at the Bus stop outside SoBar Pool Hall at 11:30am to get the bus, for those of you that have bus passes

Or

If you would like to make your own way there Kirsten will be at Roller Bowl to meet you from 12.

We plan on having some lunch and then playing 2 games of Bowls before we get the bus back into town.

You will need Bus fare or a bus pass and money for your lunch as well as £3:50 for the game of Bowls.

Please speak to Jeni if you would like any further information.

12-3pm

Tuesday 29th May

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.