

**Highland
One Stop Shop
August Newsletter
Issue 62**

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**last quarter; 4th : new moon; 11th: *First Quarter*; 18th: *Full Moon (Corn Moon)*; 26th:
*A warm welcome to all who are reading this newsletter.***

Summer Party

We will be holding our summer party on Friday 31st August and you are all welcome to join us for what is sure to be a fun filled afternoon.

We will of course be having music supplied by our very own DJ Malcolm played in the back ground.

Again we will do our best to provide food to cater for all in a buffet style.

As we do not have access to a kitchen we will only be providing cold snacks but may get some pizzas delivered during the party as we know these are popular.

If you would like to donate any food for the party please speak with Jeni or Kirsten.

Gourmet Group Suggestions

We have been thinking about the venues we visit for our Gourmet group and would like to know if you have any suggestions of Restaurants which we haven't yet been to or that you might like to go to again for the Gourmet group.

If you would like to suggest any restaurants which are in walking distance of Friars Street and are not too expensive to eat in please contact Jeni and let her know.

Email: Jennifer.pacitti@aiscotland.org.uk

Mobile: 07741264812

Contact details for our Outlying Areas:

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

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

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

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

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

Drop-in Session: Monday, 24th: 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 6th and Monday 20th 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 2nd and Thursday 16th between 11-12pm @ The Velocity Café. Please note that there will be no staff at the group on Thursday 2nd. If you would like to know more about this group please contact Gill.

The Spectrum Support Group

This group will be taking a break to coincide with the College Holidays, when the College re-opens after the summer the group will begin again. If you would like to know any more about this group please speak to Andrew Denovan.

Creative Writing

We will be meeting for our Creative Writing group on Tuesday 14th 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.

Please note the change of venue for the Tuesday Pool group

Pool Group

In August we will be going to play Pool on Tuesday 14th and 28th at "The 147 Club" in Union Street and on Friday 10th and 24th August we will be going to "The SoBar Snooker and Pool Club". If you would like to join us, please meet at 12:20 at Friars Street. 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's will be meeting on Friday 3rd at "The Kings Highway—Wetherspoons" at 12.30pm and on Tuesday 7th at "The Auctioneers" at 12:30 and on Tuesday 21st at "The Caledonian" at 12:30pm. If you would like to join us please speak to Jeni.

Gourmet Group

This month we will be going to "The Riverside Restaurant" in Bank Street on Friday 17th August 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

We have yet to confirm details for the August Cinema Club.

Please look on our social media for further updates.

If you would like to join us please let Gill know that you would like to come.

Or If you would like to know any more about the Cinema Group please contact Gill

You can email: gill.maclennan@aiscotland.org.uk

or text/phone : 07850308237

Games Group

We have made the decision to remove the Games group from the Calendar because no one was attending, as those who like gaming are using the gaming equipment during the Drop-in sessions.

If you would like to do some gaming while you are visiting a Drop-in at Friars Street please feel free to use the gaming equipment.

Suggestions for a new group on Wednesday afternoons

Does anyone have any suggestions for a new group/activity which we could hold on a Wednesday afternoon between 2-4pm.

Already suggested is a movie afternoon which we could set up in the Training room for those interested in watching a DVD whilst here at Friar Street.

If you have any other suggestions please speak to Jeni, or you can email her on:

Jennifer.pacitti@aiscotland.org.uk

or Text on: 07741264812

Staff Contact Details

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07850308237

Jeni Pacitti:

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Coffee & Cake club-Friday weekly

Creative Writing Group– 3rd Tuesday Monthly

Gourmet Group– 3rd 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

Fruity summer Charlotte

You will need:

- 500 grams summer fruit (Raspberries, Blackberries and Blueberries)
- 4 tbsp Demerara Sugar
- 7 slices of Cinnamon and raisin loaf (or any fruit loaf)
- 25 grams softened butter

Method:

1. Heat the oven to 220c/200 fan or Gas mark 7
2. Put 3/4 of the berries into a medium sized mixing bowl.
If you have a food blender you can blend the remaining berries into a smooth puree, if you do not have a blender you can use a fork to mash the berries into a smooth puree.
3. Then stir this into the baking dish with 2 tbsp. of sugar.
4. Spread the loaf slices with butter, and cut into triangles.
5. Cover the top of the fruit with the slices and sprinkle the remaining sugar on top of the slices.
6. Cover with tinfoil and bake for 10 minutes.
7. Carefully remove the tinfoil and continue to cook for another 5 minutes until the fruit is starting to bubble and the bread slices are becoming toasted.
8. Carefully serve into individual bowls.
9. You can add a scoop of Ice-cream or some Cream to go with this pudding if you would like to.

Enjoy.

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.