

**Highland  
One Stop Shop  
December Newsletter  
Issue 66**

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**Project Co-ordinator: [jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)**

*New moon: 7th: First Quarter: 15th: Full (Long Night) Moon: 22nd: Last Quarter: 29th:*  
**A warm welcome to all who are reading this newsletter.**

## **HOSS Christmas Party**

**We will be holding our Christmas Party on  
Friday 21st December between 1-4pm,  
and we would like to invite you to come along and join us.**

**You are welcome to bring your support staff or family members  
if it would help you access this activity.**

**We are delighted to inform you that we will have music  
supplied by our very own DJ Malcom who will be entertaining us all afternoon  
with a great selection of music.**

**As always we will try to cover all dietary requirements  
and will do our best to cater for all.**

**However if you would like to bring along any food to donate to the party  
please speak to Jeni or Kirsten and let them know in advance of the party.**

### **Contact details for our Outlying Areas:**

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

**Drop-in Session: Monday, 10th: at YMCA, Portree 2.30—4.30pm**

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

**Drop-in Session: Thursday, 20th: at Caol Community Centre Fort William 2—4pm**

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

**Drop-in Session: Monday, 17th: 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 Drop-in Sessions**

Our Pre-diagnosis Drop-in sessions are for those who think they might be on the Autistic Spectrum and are considering going for a diagnosis, this Drop-in is also for those who think they might be on the Autistic Spectrum and would just like to come along and speak to someone just to find out more about Autism and the impact it can have on your life.

We meet at Friars Street on the first and third Monday of each month between 12-2pm.

In December we will be meeting on Monday 3rd and Monday 17th.

If you would like to know more about this Drop-in please contact

[jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)

or phone Jeni on: 07741264812

### **Sports and Fitness Group**

Following interest expressed by some folk, we are going to try a new Sports and Fitness group which will meet at the Aquadome in Inverness.

It will run from 10.15 – 1.00 and Gill will be there to meet you on Monday 10<sup>th</sup> December.

If you have any queries, or want to know more, just get in touch with Gill.

[gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk) or phone her on 07850308237.

### **The Spectrum Support Group**

**This group meets during term-time every Thursday between 12-1pm in room 108 and can be accessed by all Autistic students that attend this college.**

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

### **Pool Group**

In December we will be going to play Pool on

Tuesday 4th and 18th at

“The 147 Club” in Union Street  
and

on Friday 14th 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 7th at  
“Wild Pancakes” at 12.30pm and on Tuesday 11th at

“The Auctioneers” at 12:30.

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

### **Gourmet Group**

**There will be no Gourmet Group  
this month as we will be having our  
Christmas Party  
on Friday 21st December instead.**

## **HOSS Cinema Club @ Eden Court**

We will be going to Eden Court on Monday 3rd, to see  
“Fantastic Beasts: The Crimes of Grindelwald” meeting in the foyer at 2:15pm.  
and

We will also be going to Eden court on Monday 17th, to see  
“Suspiria” meeting in the foyer at 12:15pm.

If you would like to join us or would like more information about the cinema group please contact Gill.  
You can email: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk) or text/phone : 07850308237

## **Craft Sessions**

We have been making Christmas Cards to sell again this year.  
If you would like to come along and help us we will be in the Training room on  
Wednesday 5th between 2-4pm  
and we would welcome you to come along and help us make some Christmas Cards.

We hope to sell these cards to help us raise some funds.

They will be selling for a suggested donation of £1 each or 6 for £5

Please speak to Jeni if you would like to come along and help us  
or if you would like to buy some of our cards when we have made them.

## **Calendars**

We still have some of our lovely Calendars to sell that were created for us by a local company.  
These Calendars contain some lovely photos taken around the local area.  
If you would like to buy a Calendar they are available for £10.  
Please speak to Jeni or any of the staff if you would like to buy a Calendar.

## **Staff Contact Details**

**Andrew Denovan:**  
[andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)  
07741264813

**Kirsten Smail:**  
[kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)  
07741264814

**Gill Maclennan:**  
[gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)  
07850308237

**Jeni Pacitti:**  
[jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)  
07741264812



**Coffee & Cake club-Friday weekly**

**Coffee Club @ Velocity Café - Tuesday  
Fortnightly**

**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**

## Out of Hours Emergency Contacts.

If you have reached a crisis point or are having an emergency and require some help but Friars Street is closed please contact one of the following services for assistance.

### NHS 24:

The out of hours number is free to call and is now: 111  
You can also access online help and advice via: [www.nhs24.com](http://www.nhs24.com)

### The Samaritans:

This number is free to call from mobiles and landlines: 116 123  
You can also email them via: [jo@samaritans.org](mailto:jo@samaritans.org)

### Citizens Advice Bureau:

You can find your nearest office for open hours and contact details via: [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### The National Autistic Society (NAS):

Has information and advice on a range of subjects, specifically tailored for autistic people. You can email on:  
[www.autism.org.uk](http://www.autism.org.uk)

You can call their help line which is free from land lines and most mobiles and is open between 10am-4pm Monday to Friday, except Bank Holidays on:  
0808 800 4104

### The Hive Project:

The Hive Crisis Centre  
19 Academy Street, Inverness.  
Open most evenings between 6-10pm.

### Mikeysline

07779303303

Text support for if you are feeling Anxious or Depressed.

[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.