

**Highland
One Stop Shop
January Newsletter
Issue 67**

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***New moon; 6th: First Quarter; 14th: Full moon (Wolf Moon) : 19th: Last Quarter: 27th:
A warm welcome to all who are reading this newsletter.***

HOSS Sports and Fitness Group @ The Aquadome

We have decided to add some extra sessions for those people who expressed an interest in coming along on a Monday afternoon for this group.

We will be meeting on Monday 7th and 21st between 10:15-1pm
and
meeting on Monday 14th and 28th between 12:45-3pm.

This group is for any ability, whether you want to go to the Gym, or for a swim, try a class, meet for a coffee or have a game of Badminton or a mix of any of these.
Gill will organise a court for Badminton or if you are interested in trying another sport, such as the climbing wall, just let her know.

You can come along at any time that suits you, Gill will be in the building between these times.
If you have any queries, or want to know more, just get in touch with Gill
gill.maclennan@aiscotland.org.uk or phone her on 07850308237.

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, 21st: 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 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 Friar Street on the first and third Monday of each month between 12-2pm. In September we will be meeting on Monday 7th and Monday 21st.

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

jennifer.pacitti@aiscotland.org.uk
or phone Jeni on: 07741264812

The Spectrum Support Group

This group meets during term-time in room 108 every Thursday between 12-1pm 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

This month we will be going to play Pool on Tuesday 15th and 29th at "The 147 Club" in Union Street and on Friday 11th and Friday 25th we will be going to " SoBar " in Castle Street.

If you would like to join us, please meet at 12:20 at Friar 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 Tuesday 8th at "The Actioneers" and on Tuesday 22nd at "The Caladonian" meeting at 12:30.

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

Gourmet Group

This month we will be going to "The Kitchen" for our Gourmet Group Lunch on Friday 18th January.

We will be meeting there at 12:25.

Please let Gill know if you would like to attend the Gourmet group lunch as we do have to book the table in advance.

You can buy a drink and something to eat for between £ 15-20.

HOSS Cinema Club @ Eden Court

We will be going to Eden Court on *****

Meeting in the foyer at ****pm.

This month we will be going to see “ *****”

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

Monthly Drop-in at Aviemore

We are currently in talks with some of the Community groups in Aviemore who believe that they have enough interest through their groups for us to reopen a Monthly Drop-in in Aviemore.

We hope to have this organised so we can hold a group at the end of January for those who would prefer to attend a Drop-in in Aviemore, the suggested date and time at present is Monday 28th between 12-2:30pm. But this is still to be confirmed.

We will update you via our social media's as soon as we have confirmed this.

If this is something you would be interested in attending or would like to know more about please contact Jeni on: 07741264812 or you can email: Jennifer.pacitti@aiscotland.org.uk for further information.

Staff Contact Details

Andrew Denovan:

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07741264813

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07741264814

Gill Maclennan:

gill.maclennan@aiscotland.org.uk
07850308237

Jeni Pacitti:

jennifer.pacitti@aiscotland.org.uk
07741264812



Coffee & Cake Club-Friday weekly

Coffee Club @ Velocity Café— Alternate
Thursdays

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

Winter Warmer's Home made Potato and Leek Soup

You will need:

A sharp knife, a chopping Board, a medium saucepan with a lid, a wooden spoon, a heated cooker ring and a measuring jug.

You will also need:

25g Butter, 1 small onion chopped into small pieces, 225g Potatoes peeled and chopped into small pieces, 225g white parts of the Leeks sliced, 1 pint of vegetable stock, 70ml full fat milk, 70ml whipping cream and salt and pepper to season.

Method:

1. Put the saucepan onto the heated ring and add the butter. When the butter has melted you can add the potatoes, leek, onion, some salt and pepper and then stir well.
2. Cover the pan with the lid and simmer for 10 minutes until the vegetables start to go soft.
3. Uncover the pan and add your vegetable stock slowly bringing to the boil.
4. Reduce the heat and simmer for 5 minutes.
5. If you have a blender you can puree the soup or you can leave it as it is and have it as a chunky soup.
6. After you have blended your soup return it to the pan and put it back on a low heat, adding the milk and cream slowly as it simmers.
7. Once you have simmered for 5 minutes your soup is now ready to serve.
8. Dish up your soup and serve with crusty bread for a filling meal.
9. Enjoy.

This recipe is based on a 2 person serving so you can make a bowl of soup for today and save a bowl of soup for tomorrow.

Or if you would like to freeze this you can freeze it on the day once it has cooled down and then defrost it at a later date to eat.

If you leave it out overnight to defrost you can put it in a pan to reheat or you can put it in a microwave to reheat if you would prefer.

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.