

Highland One Stop Shop

November Newsletter

Issue 65

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*New moon; 7th: First Quarter; 15th: Full Moon (Frost Moon); 23rd: Last Quarter; 30th:
A warm welcome to all who are reading this newsletter.*

Sports and Fitness Group

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

It will run from 10.15 – 1.00 and Gill will be there during these times on Monday, 12th and 26th November.

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, however with Gill being in the building, she will meet folk at the front door at 10.15 and will be at the coffee/bistro shop upstairs at 12.15 for anyone wanting to get a drink or some lunch before they head off.

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, 12th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 15th: at Caol Community Centre Fort William 2—4pm

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

Drop-in Session: Monday, 19th: 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 Friars Street on the first and third Monday of each month between 12-2pm.

In November we will be meeting on Monday 5th and Monday 19th.

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

jennifer.pacitti@aiscotland.org.uk

or phone Jeni on: 07741264812

Roller Bowl Visit

On Friday November 30th we will be going to Roller Bowl between 12-3pm.

Jeni will be at the bus stop outside SoBar at 11:30am to meet with those of you that get the bus.

We plan on having our lunch in the Café and then playing a couple of games of Bowls.

You will need money to pay for your lunch, Bus fare if you do not have a bus pass and £3:50 to pay for the game of Bowls.

As we have a buy 1 game and get 1 game free voucher we will get 2 games for £3:50.

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

If you have any questions or would like to know more about this activity please speak to Jeni.

Pool Group

In November we will be going to play Pool on Tuesday 13th and 27th at "The 147 Club"

in Union Street

and on

Friday 9th and 23rd November

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 2nd at "Wild Pancakes" at 12.30pm and on Tuesday 6th at "The Auctioneers" at 12:30 and on Tuesday 20th 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 "Zizzi's"

on Friday 16th November meeting outside at 12:30.

The cost of something to eat and a drink will be approximately £15/20.

If you would like to join us for the Gourmet group please speak to Jeni or Gill as we do book our table in advance.

HOSS Cinema Club @ Eden Court

This month we will be going to Eden Court on 5th November, to see “Bohemian Rhapsody” meeting in the foyer at 11am and we will be going to Eden Court on Tuesday 27th November, to see “Black 47” meeting in the foyer at 11am. Both films start prompt at 11.15am.

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

Craft Sessions

We will be 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 7th and 21st 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 they are ready to sell.

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:

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Gill Maclennan:

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07850308237

Jeni Pacitti:

jennifer.pacitti@aiscotland.org.uk
07741264812



Coffee & Cake club-Friday weekly

Coffee Club @ Velocity Café—Tuesdays
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

A Winter Warmer Recipe

Quick Sausage Stew

You will need:

**A deep frying pan, a sharp knife, a wooden spoon, a tin opener,
and a heated ring on top of a cooker.**

You will also need:

**1 tbsp. Olive oil, 12 chipolatas, 1 onion chopped,
410g can of chickpeas, rinsed and drained,
350g jar ready made Tomato sauce,
150g chicken/vegetable stock,
1 clove of garlic, finely chopped,
and some Crusty bread.**

This recipe serves 4 people you can reduce the amounts of ingredients to suit the portions you would like to make.

Method:

- 1: Heat the oil in the deep frying pan and fry the sausages for 4-5 minutes until golden brown. Then remove from the pan and put to 1 side to use later.**
- 2: Using the same deep frying pan add the onions and fry for 5-6 minutes until softened, add a little water if they start to stick to the pan.**
- 3: Add the chickpeas, tomato sauce and stock and bring to the boil.**
- 4: Return the sausages to the pan and lower the heat to a simmer.**
- 5: Scatter the garlic into the pan and stir thoroughly.**
- 6: You can dish up your stew in shallow dishes and serve with crusty bread.**
- 7: Take to the table, eat and enjoy.**

This recipe can be adapted to use vegetarian sausages and vegetable stock, which will make this a vegetarian dish.

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.