

Highland
One Stop Shop
October Newsletter
Issue 64

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Project Co-ordinator: andrew.denovan@aiscotland.org.uk

Project Co-ordinator: jennifer.pacitti@aiscotland.org.uk

**last quarter; 2nd : new moon; 9th: *First Quarter*; 16th: *Full Moon (Hunter's Moon)*; 24th:
*A warm welcome to all who are reading this newsletter.***

Roller Bowl Visit

On Tuesday October 30th we will be going to Roller Bowl and you are welcome to come along and join us for what is sure to be a fun filled afternoon.

Jeni will be at the bus stop outside SoBar at 11:30am to meet with those of you that get the bus to Roller Bowl and Kirsten will go directly to Roller Bowl and meet us there at 12 midday. 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 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.

Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 8th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 18th: at Caol Community Centre Fort William 2—4pm

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

Drop-in Session: Monday, 22nd: 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 who are on the waiting list for assessment or who 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.

This month we will be meeting on Monday 1st and Monday 15th.

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

jennifer.pacitti@aiscotland.org.uk

or phone Jeni on: 07741264812

Creative Writing

We will be meeting for our Creative Writing group on Tuesday 16th between 3-4pm.

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.

The Spectrum Support Group

This group meets on a Thursday in room 133 at 12 midday during term time.

This is a group is for those of you on the Autism Spectrum who are currently attending College.

If you have not been before please come along and join us.

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

Please note the change of venue for the Tuesday Pool group

Pool Group

This month we will be going to play Pool on Tuesday 2nd and 16th at "The 147 Club" in Union Street

and on Friday 12th and 26th October 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.

This activity does cost £2 per person to take part.

You can also purchase snacks and drinks if you would like to 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 5th at "The Highwayman - Wetherspoons" at 12.30pm and on Tuesday 9th at "The Auctioneers" at 12:30 and on Tuesday 23th at "The Caledonian" at 12:30pm. If you would like to join us please speak to Jeni.

Gourmet Group

This month we will be eating at "Eden Court"

following the Cinema Group on Friday 19th.

The cost of something to eat and a drink will be approximately £10-15.

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 see "Ocean's 8" on Monday 8th at 11:30am, meeting in the foyer at 11:15am.

We will also be going to see "First Man" on Friday 19th at 11am, meeting at 10:45am in the foyer. If you would like to join us for Cinema Club @ Eden Court or would just like to know more about the Cinema Group please contact Gill

You can email: gill.maclennan@aiscotland.org.uk
or text/phone : 07850308237

Coffee and Cake Club

Our Coffee and Cake Club is a very popular way to end the week on a Friday afternoon as we all get together to chat over snacks about the week we have had and any plans we have for the weekend. If you would like to come along to Friars Street on a Friday afternoon to join us but can only access us with the help of a family member or support staff please bring them with you.

The Coffee and Cake Club meets at 3pm every Friday.

New Groups on the Calendar

We have started a Wednesday Afternoon Movie Matinee to be held fortnightly between 2-4pm and on alternate weeks we will be holding Crafting Session's.

The movie Matinee will be a chance to re-watch some of our favourite movies and share them with our friends who may not have seen them meeting on Wednesday 3rd, 17th and 31st October.

If you have any movie ideas please speak with Jeni.

The Crafting Sessions will be a chance to try a few new ways of crafting on Wednesday 10th and 24th. If you have any suggestions for the crafts you would like to try please speak to Jeni.

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- 3rd Friday Monthly

Lunch Club—Alternate Tuesdays and Fridays

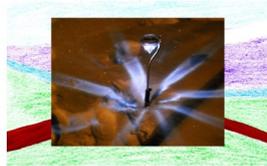
Pool Group- Alternate Tuesdays and Fridays

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

Books written by local Autistic Author

Deferred Sunlight:

Illuminating Ways Through The Darker Times



Practical Coping Strategies learned in an autistic life

In solidarity with the whole spectrum; from infrared to ultraviolet.

Katherine Highland

If Streetlights Could Glow Ultraviolet



Thoughts from a Scottish Highland Year of Autism Positives

Katherine Highland

Katherine Highland lives in Nairn and has published two books, all proceeds of which go to the Highland One Stop Shop (HOSS).

This is an Inverness based service run by Autism Initiatives for autistic adults in the Scottish Highlands.

Deferred Sunlight is a series of coping strategies written originally as individual handouts, each dealing with a specific issue. Subjects covered include travelling, moving house, working, claiming benefits, dealing with crowded events, redundancy and disciplinary action at work. There is also a chapter about supporting someone else, written for autistic people and anyone supporting an autistic person.

Adapted from a 2015 fundraising booklet, *If Streetlights Could Glow Ultraviolet* includes new and updated content. It combines personal stories with observations on being autistic in an often inaccessible society.

Both books are available on Amazon in paperback and Kindle or at the HOSS premises at 1/1A Friars Street, Inverness IV1 1RJ (£5 per book; tel 01463 717649; website highlandoss.org.uk). *Deferred Sunlight* (Kindle £3.99; paperback £6.99 plus Amazon postage*):

https://www.amazon.co.uk/Deferred-Sunlight-Top-Book-Illuminating-ebook/dp/B01HBD9W5M/ref=sr_1_2?s=digital-text&ie=UTF8&qid=1535031094&sr=1-2

If Streetlights Could Glow Ultraviolet (Kindle £1.99; paperback £4.99 plus Amazon postage*):

https://www.amazon.co.uk/Streetlights-Could-Glow-Ultraviolet-Positives-ebook/dp/B07DTDJR79/ref=sr_1_1?s=digital-text&ie=UTF8&qid=1535030706&sr=1-1

*Paperback price and postage varies if ordering with other items or from third party sellers.

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.