

Highland One Stop Shop

September Newsletter

Issue 63

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last quarter; 3rd : new moon; 9th: First Quarter; 17th: Full Moon (Harvest Moon); 25th:

A warm welcome to all who are reading this newsletter.

Please be aware that due to staffing issues we are unable to hold the Pre-diagnosis group Drop-in session on Monday 17th September Or the Drop-in session on Tuesday 18th September, unfortunately there will be no Activities or groups on Tuesday 18th September either. We are very sorry for any inconvenience this may cause.

Changes to our Calendar.

Wednesday Movie Matinee

We have made some changes to our Activity Calendar on Wednesdays starting from Wednesday 5th.

We will now be having a movie afternoon every other Wednesday between 2-4pm and invite you to come along and join us as we watch some of our favourite movies together.

Unfortunately due to staffing issues this group will not be on again until 3rd October.

Wednesday Crafting Sessions

We will also be having a crafting session on the alternate Wednesday's starting on Wednesday 26th, where we will be looking at various types of crafting and we welcome all your suggestions.

If you would like to know more about either of these groups please speak with Jeni.

Contact details for our Outlying Areas:

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

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

Lochaber - contact: 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

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 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 like to come along and speak to someone 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 September we will be meeting on Monday 3rd.

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

Unfortunately there will be no Creative Writing group this month.

This is due to staffing issues, we do apologise for any inconvenience this may cause.

Please note the change of venue for the Tuesday Pool group

We have decided that due to a few issues recently that we will now be attending "The 147 Club" on a Tuesday when we meet to play Pool together.

We will continue to meet at Friars Street at 12:20pm or at The 147 Club at 12:30pm.

Again the only costs are £2 per person and any refreshments that you would like while you are there.

Pool Group

In September we will be going to play Pool on Tuesday 4th at "The 147 Club"

in Union Street

and on Friday 14th and 28th September

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 "The Kings Highway"- Wetherspoons" at 12.30pm and on Tuesday 11th at "The Auctioneers" at 12:30 and on Tuesday 25th 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 "Urquhart's Restaurant" on Friday 21st September 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 book our table in

HOSS Cinema Club @ Eden Court

We will be going to Eden Court on Monday 3rd September for a 2pm viewing and will be meeting in the foyer at 1:45pm.

This month we will be going to see “ Mission Impossible—Fallout”

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

Coffee Club @ The Velocity Café

This group continues to meet on the First and Third Thursday each month between 11-12.
If you would like to come along and enjoy some of the delights on offer at The Velocity Café
please come along and join us.

If you would like further information please speak to Gill.

The Spectrum Support Group

The Inverness College Spectrum Support Group will continue to meet each Thursday during term time.

The group will be meeting in room 133.
At present the group will meet between 12-1pm.

Please speak to Andrew Denovan for further information.

Staff Contact Details

Andrew Denovan:
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07741264813

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

One Pot Mushroom and Potato Curry

You will need:

1tbsp of oil, 1 onion roughly chopped, 1 large potato chopped into small pieces, 1 Aubergine, trimmed and chopped into chunks, 250 grams Button mushrooms, 2-4 tbsp. curry paste (depending how hot you like it) 150 ml vegetable stock, 400 ml can reduced fat Coconut milk. Serve with a little chopped coriander and some Naan bread.

You will also need:

A heated ring on top of the oven, a medium sized saucepan, a wooden spoon, a sharp knife, a measuring jug, a tin opener, plates and cutlery.

Method:

- 1: Heat the oil in the saucepan. Add the chopped onion and potato pieces. Cover and cook over a low heat for 5 minutes until the potatoes start to soften.
- 2: Add the aubergine and mushrooms, and cook for another 5 minutes.
- 3: Stir in the curry paste and pour in the coconut milk and the vegetable stock continually stirring.
- 4: Bring to the boil, then simmer for 10 minutes until the potatoes are tender.
- 5: Carefully dish up and add a sprinkle of coriander before you serve with the naan bread.
- 6: You can also serve with rice or salad.

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.