

**Highland  
One Stop Shop  
February Newsletter  
Issue 68**

**Address: 1/1a Friar Street, Inverness. IV1 1RJ**

**Telephone number: 01463 717649**

**Email: [highlandoss@aiscotland.org.uk](mailto:highlandoss@aiscotland.org.uk)**

**Website: [www.highlandoss.org.uk](http://www.highlandoss.org.uk)**

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

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

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

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

***New moon: 4th: First Quarter: 12th: Full moon (Storm Moon) : 19th: Last Quarter: 26th:  
A warm welcome to all who are reading this newsletter.***

### **HOSS Sports and Fitness Group @ The Aquadome**

Our Sports and Fitness group now meets every Monday  
Meeting on Monday 4th and 18th February between 10:15-1pm  
and  
Monday 11th and 25th 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.  
If you have any queries, or want to know more you can get in touch with Gill:  
[gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)  
or you can phone her on 07850308237.

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

**Skye - contact: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)  
Drop-in Session: Monday, 4th: at YMCA, Portree 2.30—4.30pm**

**Lochaber - contact: [andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)  
Drop-in Session: Thursday, 21st: 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, 25th 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 Friar Street on the first and third Monday of each month between 12-2pm.

In September we will be meeting on Monday 4th and Monday 18th.

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

It is also possible to arrange a Pre-diagnosis 1-1 appointment in Aviemore if you are unable to travel into Inverness for an appointment but would like to know about our service and how we can support you as you wait for your assessment, or to give you the information you need to get you referred to the NHS Highland Adult Autism Diagnostic Service.

For further information please contact:

[jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk) or phone Jeni on: 07741264812

## Coffee Club @ The Velocity Café

In February we will be holding our regular meet up in Velocity Café on Thursday 7th and 21st. Meeting at 11am for what is sure to be an enjoyable catch up with friends over coffee/cold drink and maybe even a slice of cake or a snack from their varied selection of drinks and snacks.

Please speak to Gill if you would like any further information about this group.

You can phone/text her on: 07850308237 or email: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)

## Pool Group

This month we will be going to play Pool on Tuesday 12th and 26th at "The 147 Club" in Union Street and on Friday 8th and Friday 22nd 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.

## Lunch Club

The lunch Club's will be meeting on Friday 1st at "Platform 8", Tuesday 5th at "The Actioneers" and on Tuesday 19th 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 Heathmount Hotel" for our Gourmet Group Lunch on Friday 15th February. We will be meeting there at 12:25.

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

Please speak to Gill if you would like any further information about this group.

## HOSS Cinema Club @ Eden Court

In February we will be going to see (TBC) on (TBC) meeting in the foyer at Eden Court at (TBC).

We will also be going to see (TBC) on (TBC) meeting in the foyer at Eden Court at (TBC).

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](mailto:gill.maclennan@aiscotland.org.uk)

or text/phone : 07850308237

## Inverness College Spectrum Support Group

This group meets each week during term time on a Thursday between 12-1pm

and can be accessed by all Autistic students attending Inverness College.

Currently meeting in room 108.

Unfortunately we are unable to use the room on Thursday 28th March

so there will be no group on that date as the room will be in use.

However the room is being used by the Pet Therapy group so you might want to go along and have a cuddle with 1 of the animals that they are bringing in.

The group will be meeting in room 108 the following week.

If you would like any further information in regards to the College Group please speak to Andrew.

You can email him on: [Andrew.denovan@aiscotland.org.uk](mailto:Andrew.denovan@aiscotland.org.uk)

### 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— 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 Warmers Beef and Swede Casserole

### You will need:

A large saucepan with a lid, a Sharp knife, a chopping board, a measuring jug, a large spoon and a heated oven ring.

### You will also need:

2 tbsp. Vegetable oil, 2 onions sliced, 1 celery stick sliced, 500g swede, peeled and chopped into small cubes, 700ml beef stock, 300g floury potatoes (such as maris piper) chopped into small cubes, 500g braising beef, 3 sprigs of thyme, 1 bay leaf, and salt and pepper to taste.

### Method:

1. Heat the oil in the bottom of the saucepan over a medium heat.
2. Add the onion and celery and lightly fry until turning brown.
3. Add the beef and brown all over for 4-5 minutes.
4. Add the stock slowly, then add the potatoes, swede and the sprigs of thyme and the bay leaf.
5. You can add some seasoning and bring to the boil.
6. Reduce the heat and cover with a lid and leave for 1 hour.
7. You can make it thicken by removing the lid and allowing the steam to escape. If you turn the heat back up for 10-15 minutes it will allow the sauce to thicken.
8. Remove the sprigs of thyme and the bay leaf.
9. Serve with some crusty bread and some green vegetables for a filling winter warmer.
10. Enjoy.

This is a recipe based on 4 people sharing,.

You could follow this recipe and make enough for 4 portions.

You could eat 1 portion on the day you make this stew and when it cools down you could portion it into 3 plastic containers which you can freeze to later defrost and eat another day.

[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.