

**Highland  
One Stop Shop  
June Newsletter  
Issue 72**

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***New moon: 3rd: First Quarter: 10th: Full moon (Rose Moon) : 17th Last Quarter: 25th:  
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 3rd and 17th between 10:15-1pm  
and  
Monday 10th and 24th 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 try and organise a court for Badminton for the afternoon sessions or if you are interested in trying  
another sport, 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 text/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, 10th: at YMCA, Portree 2.30—4.30pm**

**Lochaber - contact: [andrew.denovan@aiscotland.org.uk](mailto: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](mailto:kirsten.smail@aiscotland.org.uk)  
Drop-in Session: Monday, 17th 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.

## Creative Crafting Sessions

We have changed our Wednesday Crafting group so that those service users who would like to come along and do some Creative Writing are able to as well as those who would like to bringing their own crafts to show to the group and maybe allow us to have a try at a new craft.

We would still encourage those of you that would like to join us for arts and crafts to come and join us because you never know what other crafts might be brought along, there might be something you would like to try but never had the chance to try before.

We will be holding our new Creative Crafting sessions on  
Wednesday 5th, and the 19th June between 2-4pm.

If you would like to know more about this group please speak with Jeni.

You can text her on: 07741264812

or you can email: [Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk)

### Pool Group

This month we will be going to play Pool on  
Tuesday 4th and 18th at  
"The 147 Club"  
in Union Street  
and  
on Friday 14th and Friday 28th  
we will be going to  
"SoBar"  
in Castle Street.

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 join us.

This is a group for all abilities so even if you have never played before you are welcome to join us.

### Lunch Club

This month the lunch Club's will be meeting on  
Friday 7th at "Platform 8",  
Tuesday 11th at "The Auctioneers" and on  
Tuesday 25th at "The Caledonian"  
meeting at 12:30.

If you would like to join us please speak to Jeni.  
You can buy a drink and something to eat for  
between £10-£15.

### Gourmet Group

This month we will be going to "Number 27" for our  
Gourmet Group Lunch on Friday 21st.  
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

This month we will be going to Eden Court on Wednesday, 12th June to see **Aladdin** at 12.45pm meeting in the foyer at 12.30pm.

We will also be going to see **Secret Life of Pets 2** on Wednesday, 19th June at 1pm, meeting in the Foyer at 12.45pm.

If you would like to join us please let Gill know that you would like to come. You can just turn up on the day too.

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.

The group will be meeting in room 108 each week.

Please note that this group will not meet during College Holidays.

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:**

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07850308237

**Jeni Pacitti:**

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07741264812



**Coffee & Cake Club-Friday weekly**

**Coffee Club @ Velocity Café— 1st & 3rd Thursdays**

**Gourmet Group— 3rd Friday Monthly**

**Lunch Club—Alternate Tuesdays and Fridays**

**Pool Group— Alternate Tuesdays and Fridays**

# Easy to make Chocolate Cup Cakes

## You will need:

200 grams softened Butter, 200 grams Self Raising Flour, 200 grams Caster Sugar, 4 eggs, 2 teaspoons Vanilla Essence and 4 tablespoons Cocoa powder.

## You will also need:

A pre-heated oven Gas mark 6 or 200, a baking tray, a mixing bowl, a Tablespoon, a Teaspoon, kitchen scales, and Cupcake cases.

1. Using the kitchen scales measure out all your ingredients into individual containers.
2. Into the mixing bowl add the softened butter and the sugar and mix together until fluffy.
3. Add the eggs and the Vanilla Essence whilst continuing to mix together.
4. Fold the flour into the mix and add the Cocoa powder gradually mixing everything together.
5. Spoon the mixture into individual cupcake cases on the baking tray.
6. Place the baking tray onto the middle shelf for approximately 15 minutes.
7. Remove the baking tray from the oven and place the cakes on to the cooling rack if you have one.
8. Decorate if required, eat and enjoy.

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Please keep checking the website and our Facebook page for information and news on our drop-ins, courses, groups and events.