

**Highland
One Stop Shop
May Newsletter
Issue 71**

Address: 1/1a Friars Street, Inverness. IV1 1RJ

Telephone number: 01463 717649

Email: highlandoss@aiscotland.org.uk

Website: www.highlandoss.org.uk

Project Co-ordinator: gill.maclennan@aiscotland.org.uk

Project Co-ordinator: kirsten.smail@aiscotland.org.uk

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

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

***New moon: 4th: First Quarter: 12th: Full moon (Budding Moon) : 18th Last Quarter: 26th:
A warm welcome to all who are reading this newsletter.***

HOSS go to Roller Bowl

We will be taking a visit to Roller Bowl on Friday 31st May and you are invited to join us for what is always a fun filled afternoon.

We will be getting the bus from outside SoBar as usual at 11:30am.

If you are meeting us there we will see you there just after 12.

You will need your bus pass or money for the bus, you will need money to pay for some lunch and a drink while we are there and you will need your £3:50 for the game of bowls.

If you would like to know more please speak to Jeni.

You can text her on: 07741264812 or you can email her: jennifer.pacitti@aiscotland.org.uk

HOSS Sports and Fitness Group @ The Aquadome

Our Sports and Fitness group now meets every Monday

Meeting on Monday 6th and 20th between 10.15-1pm

and

Monday 13th and 27th 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 a mix of any of these.

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

or you can text/phone Gill on 07850308237.

Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 13th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 16th: at Caol Community Centre Fort William 2—4pm

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

Drop-in Session: Monday, 27th 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 Support

Due to low attendance we have decided to stop the Pre-diagnosis Drop-in sessions that were held here every other Monday.

This does not mean that you are now unable to access support from our service. You will still be able to contact us for support and to make an appointment to come in for a 1-1 appointment with staff if you are on the waiting list or are looking for information because you think you might be on the Autism Spectrum.

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.

If you would like to make an appointment for a 1-1 appointment please contact:

jennifer.pacitti@aiscotland.org.uk

or phone Jeni on: 07741264812

Pool Group

This month we will be going to play Pool on Tuesday 14th and 28th at "The 147 Club" in Union Street and on Friday 10th and Friday 24th 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 attend.

Lunch Club

The lunch Club's will be meeting on Friday 3rd at "Platform 8", Tuesday 7th at "The Auctioneers" and on Tuesday 21st 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 "The Heathmount Hotel" for our Gourmet Group Lunch on Friday 17th. 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 seeing:

“The Avengers - Endgame” (12A) on Friday, 10th May, meeting at the Box Office at 11:45am. Film starts prompt at 12 noon. Please note that this film does last for 3 hours so you may want to take extra snacks and drinks with you.

“Beats” (18) on Wednesday, 22nd May, meeting at the Box Office at 12.45pm. Film starts prompt at 1pm.

If you would like to join us please let Gill know, or if you would like to know any more about the HOSS Cinema Club at Eden Court

You can email: gill.maclennan@aiscotland.org.uk

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.

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

Staff Contact Details

Andrew Denovan:
andrew.denovan@aiscotland.org.uk
07741264813

Kirsten Smail:
kirsten.smail@aiscotland.org.uk
07741264814

Gill Maclennan:
gill.maclennan@aiscotland.org.uk
07850308237

Jeni Pacitti:
jennifer.pacitti@aiscotland.org.uk
07741264812



Coffee & Cake Club-Friday weekly

Coffee Club @ Velocity Café— 1st and 3rd Thursdays

Gourmet Group— 3rd Friday Monthly

Lunch Club—Alternate Tuesdays and Fridays

Pool Group— Alternate Tuesdays and Fridays

Home-made Custard Creams

You will need:

A preheated oven 180c or Gas mark 4.
A lightly greased baking tray. A Mixing Bowl. Kitchen Scales.
A wooden spoon. A fork.

You will also need:

100 grams of Butter. 100 grams of Plain Flour. 50 grams of Caster Sugar. 50 grams of Custard Powder. A few drops of Vanilla Essence.

For the filling you will need:

75 grams of Icing Sugar and 35 grams of Butter.

1. Add your butter and sugar to the mixing bowl and begin to mix together. Fold in the flour and Custard powder with the vanilla to create a pliable dough.
2. You can then form small balls of dough on a lightly floured surface. You should be able to make approximately 16.
3. Place the balls of dough onto a baking tray and carefully using the back of a fork flatten down gently.
4. Bake for approximately 10 minutes until lightly golden. Remove from the oven and allow to cool down.
5. To make the filling, gradually beat the icing sugar into the softened butter using a wooden spoon.
6. Carefully sandwich pairs of biscuits lightly together to create custard creams.

Take to the table, eat and 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.