

**Highland**  
**One Stop Shop**  
**July Newsletter**  
**Issue 73**

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*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 Sports and Fitness Group @ The Aquadome**

Our Sports and Fitness group now meets every Monday  
Meeting on Monday 8th and 22nd between 10:15-1pm  
and  
Monday 1st and 15th 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 to 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, 8th: Venue to be Confirmed 2.30—4.30pm**

**Lochaber - contact: [andrew.denovan@aiscotland.org.uk](mailto: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](mailto:kirsten.smail@aiscotland.org.uk)**

**Drop-in Session: Monday, 15th 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 3rd, 17th and 31st July 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 2nd and 16th at  
"The 147 Club"  
in Union Street  
and  
on Friday 12th and Friday 26th  
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 5th at  
"Platform 8" and on  
Tuesday 9th at "The Auctioneers" and on  
Tuesday 23rd 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 Mustard Seed"  
for our Gourmet Group Lunch on Friday 19th  
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

**We have yet to confirm Cinema dates and times so will let you know via Social Media as soon as we have confirmed them**

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.

This group will not be meeting during the 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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07741264813

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07850308237

**Jeni Pacitti:**  
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07741264812



**Coffee & Cake Club-Friday weekly**

**Coffee Club @ Velocity Café— 1st and 3rd Thursday**

**Gourmet Group— 3rd Friday Monthly**

**Lunch Club—Alternate Tuesdays and Fridays**

**Pool Group— Alternate Tuesdays and Fridays**

# Quiche Lorraine

## Ingredients:

### For the pastry

225g plain flour  
115g unsalted butter  
1 egg  
2 tbsp water

### For the filling

200g dry cure streaky bacon cut into small pieces  
2 eggs  
2 egg yolks  
300ml double cream  
60g finely grated gruyere cheese

## Method

Preheat the oven 180\* or Gas 4

- 1: Rub a little butter into the bottom of the tart tin. Make the pastry, put the flour into a big bowl and rub the butter in to the flour to make fine bread crumbs.
- 2: Separate the egg and add the egg yolk and water and mix together with a knife and then use your hands to make a dough. Roll the pastry out to line the tart tin.
- 3: Prick the base with a fork, cover with foil and beans, sit the tin on a hoy baking tray and bake blind for 10 minutes.
- 4: Take the paper and beans off, brush the pastry with the egg white and bake for another 10 minutes.
- 5: Cook the bacon until golden and scatter over the pastry base with almost all of the cheese.
- 6: Whisk the eggs, egg yolks and cream into a bowl, season with black pepper and mix together. Pour this mix over the bacon and cheese, sprinkle the remaining cheese on top.
- 7: Bake for 30-35 minutes until the mixture has set and the top is just golden.
- 8: Leave in the tin for a few minutes before taking out.
- 9: Dish up with a side salad for a tasty summer meal.
- 10: 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.