

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

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

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

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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

or you can text/phone her on 07850308237.

Contact details for our Outlying Areas:

Skye - contact: 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

Drop-in Session: Thursday, 18th: at Caol Community Centre Fort William 2—4pm

Caithness - contact: 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

Ullapool - Please contact: 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

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

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

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 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.

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.