

**Highland
One Stop Shop
August Newsletter
Issue 74**

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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.*

For your attention:

Please note that the Drop-in will not be open on Tuesday 13th due to staff meetings that are taking place that day.

We apologise if this causes you any inconvenience and look forward to seeing you on another day.

Menopausal Monday's

We will be holding an Open meeting on Monday 12th August between 1-3pm for all women who are currently at that stage in their lives when menopausal changes are taking place, for those who are approaching the menopause and those who's menopause has already started.

We have been asked if we can organise a new group where we can come together and talk about our experiences, the things we have tried to ease symptoms and any advice that we have been given.

If you think you would like to come to this meeting to find out about the new group we plan to start in September, or if you would like any further information about this meeting please contact Jeni.

Email: Jennifer.pacitti@aiscotland.org.uk or text :07741264812

Contact details for our Outlying Areas:

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

Drop-in Session: Monday, 12th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 15th: at Caol Community Centre Fort William 2—4pm

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

Drop-in Session: Monday, 19th 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.

HOSS go to Roller Bowl

We will be taking a visit to Roller Bowl on Friday 30th August and you are invited to join us for what is always a fun filled afternoon.

Because we have had a few problems with getting the bus to and from Roller Bowl we will be getting a taxi from Friars Street to travel there and back. We will all need to pay towards the cost of the taxis.

Jeni will confirm the cost once she knows who is travelling by taxi but it will be under £5 each. We will meet at Friars Street at 11:30am and when everyone has arrived we will make our way to Roller Bowl. If you are meeting us there we will see you there at 12.

If you are not travelling with us then you will need your bus pass or money for the bus, everyone will need money to pay for their lunch and a drink while we are there, as well as £3:50 each for the game of bowls.

If you would like to attend or 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

Pool Group

This month we will be going to play Pool on Tuesday 27th at "The 147 Club" in Union Street and on Friday 9th and Friday 23rd 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.

Lunch Club

The Lunch Club's will be meeting on Friday 2nd at " Platform 8" , Tuesday 6th at "The Auctioneers" and on Tuesday 20th 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.

Summer Party

We will be holding our Summer party on Friday 16th August between 1-4pm and you are all warmly invited to join us for our usual buffet style party with music played by our very own DJ Malcolm.

If you need to bring your support worker or a parent/ carer with you to attend please feel free to bring them with you.

Please speak to Jeni for further information.

HOSS Cinema Club @ Eden Court

This month, we will be going to see:

Photograph—Wed, 21st August at 1.15pm and,

Once Upon a Time..... In Hollywood—Wed, 28th August at 1.15pm

If you would like to know any more about the Cinema Group please contact Gill

HOSS Sports and Fitness Group @ The Aquadome

Our Sports and Fitness group now meets every Monday

Meeting on Monday 5th and 19th between 10:15-1pm and

Monday 12th and 26th 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.

If you have any queries on either activities, or want to know more you can get in touch with Gill:

Email: gill.maclennan@aiscotland.org.uk

or you can text/phone her on 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:

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Jeni Pacitti:

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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

Shortbread

You will need:

150g Soft Butter. 75g Caster Sugar. 225g Plain Flour.
A little extra flour for sprinkling and a little extra sugar for topping the shortbread.

You will also need:

A Heated oven Gas mark 6 or Electric 180*. A Baking tray. A Cooling rack. A Rolling pin. A Chopping Board. A Mixing bowl. A Fork and Cookie Cutters.

Method:

- 1- Add the flour, sugar and softened butter to the mixing bowl and using your fork mix together until a soft dough is formed.
- 2- Lightly flour your chopping board and rolling pin and carefully roll out your dough to approximately 1/2 inch thick.
- 3- Using your cookie cutters carefully cut your shortbread pieces and place on a lightly greased baking tray.
- 4- Place your baking tray in the centre of the heated oven and cook for approximately 10-15 minutes until the shortbread is a light golden brown in colour.
- 5- Remove from the oven and carefully place onto a cooling rack to cool down. You can sprinkle the shortbread with a little sugar as they cool down.
- 6- When cooled down place on a plate, 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.