

**Highland  
One Stop Shop  
October Newsletter  
Issue 76**

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

**Telephone number: 01463 717649**

**Email: [highlandoss@aiscotland.org.uk](mailto:highlandoss@aiscotland.org.uk)**

**Website: [www.highlandoss.org.uk](http://www.highlandoss.org.uk)**

**Project Co-ordinator: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)**

**Project Co-ordinator: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)**

**Project Co-ordinator: [andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)**

**Project Co-ordinator: [jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)**

*First Quarter; 5th: Full moon; (Sunners Moon) 13th: Last Quarter; 21st: New Moon; 28th:  
A warm welcome to all who are reading this newsletter.*

### **Menopausal Mondays**

This month we will be meeting on

Monday 7th and Monday 28th, between 1-3pm.

This group is for those of us who are currently experiencing menopausal changes as well as those who are peri-menopausal and post menopausal.

If you would like to join us or find out a little bit more about this group please contact Jeni.

[Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk) or text on : 07741264812

### **HOSS Sports and Fitness Group @ The Aquadome**

Our Sports and Fitness group now meets every Monday

Meeting on Monday 7th and 21st between 10:15-1pm

and

Monday 14th and 28th 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, 14th : at YMCA, Portree 2.30—4.30pm**

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

**Drop-in Session: Thursday, 17th: 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, 21st 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 Writing and 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 2nd, 16th and 30th October 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 1st, 15th and 29th at "The 147 Club" in Union Street and on Friday 11th and Friday 18th 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 4th at " Platform 8" , Tuesday 8th at "The Auctioneers" and on Tuesday 22nd 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 the Gourmet group will be going to " The Kitchen" for lunch on Friday 18th.

We will be meeting there at 12:25. You will need approximately £15-20 to buy your lunch and a drink.

Please let Gill or Jeni know if you would like to join us as we have to book the table in advance.

## HOSS Cinema Club @ Eden Court

This month we will be going to Eden Court on Wednesday 2nd October  
to see "IT Chapter 2"  
meeting in the foyer at 11:45am.

This film has a run time of 2 hours and 49 minutes.

If you would like to join us please let Gill know that you would like to come.  
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 Neurodiversity Group

This group meets each week during term time on a Thursday between 12-2pm  
and can be accessed by all Autistic students attending Inverness College.

The group will be meeting in room 141

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:**  
[andrew.denovan@aiscotland.org.uk](mailto:andrew.denovan@aiscotland.org.uk)  
07741264813

**Kirsten Smail:**  
[kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)  
07741264814

**Gill Maclennan:**  
[gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)  
07850308237

**Jeni Pacitti:**  
[jennifer.pacitti@aiscotland.org.uk](mailto: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**

## Winter Warmers

### Vegetable Curry

You will need:

- 1kg Mixed Vegetables (e.g. Carrots, onions, potatoes, cauliflower, courgettes, peas or beans peeled and chopped).
- 1x400g Tin of Chickpeas (Drained).
- 1 Clove of Garlic. 1 Tablespoon Curry Powder.
- 1x400g Tin of Chopped Tomatoes.
- 1 Tablespoon Tomato Puree.
- 300ml Boiling Water with 1 vegetable stock cube.
- 200g Long grain rice.

You will also need:

- 2 Heated rings on top of your cooker. 2 Saucepans. A sharp knife.
- A chopping board. A wooden spoon. A colander. A plate, fork and spoon.

1. Carefully peel and chop all of your vegetables and add to the large saucepan.  
Add the vegetable stock to the saucepan.
2. Bring to the boil and then reduce heat to allow the mixture to simmer.  
Stirring occasionally.
3. Cook for approximately 30 minutes until the vegetables are tender and stock has reduced.
4. In the smaller saucepan following the instructions on the packet, you can now cook the rice. The average time to cook rice is approximately 10 minutes.
5. When your rice is cooked you can carefully add it to your plate.  
Then carefully add your curry to your plate.
6. Take to the table and enjoy.

[www.highlandoss.org.uk](http://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.