

# Highland One Stop Shop

## September Newsletter

Issue 75

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*First Quarter; 6th: Full moon (Harvest Moon); 14th: Last Quarter; 22nd: New Moon; 28th:*  
**A warm welcome to all who are reading this newsletter.**

### Menopausal Mondays

Following on from our meeting last month we will be starting a new group, meeting on Monday 2nd 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 meets every Monday

Meeting on Monday 2nd and 16th between 10:15-1pm

and

Monday 9th and 23rd 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, 9th: at YMCA, Portree 2.30—4.30pm

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

Drop-in Session: Thursday, 19th: 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, 23rd 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 4th and 18th September 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 3rd and 17th at  
"The 147 Club"  
in Union Street  
and  
on Friday 13th and Friday 27th  
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 6th at " Platform 8" ,  
Tuesday 10th at "The Auctioneers" and on  
Tuesday 24th 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 monthly Gourmet group outing on  
Friday 20th.

We will meet there at 12:25.

You can get something to eat and a drink for  
approximately £15-20.

Please speak to Gill if you would like any information about our Gourmet Group or to let her know that you would like to join us as we have to book the table in advance.

## HOSS Cinema Club @ Eden Court

**At the time of printing we have not confirmed any movies for this month.  
We will update our social media as soon as we have confirmed.**

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

## Dungeons and Dragons

We have been asked to start a Dungeons and Dragons game as several of our service users enjoy playing this game. So we have decided to meet up every other week to hold our own game here.

We meet every other Friday between 12:30-3pm.

If you would like to join us please check the Calendar for which week the group is on,  
In September we will be playing on Friday 13th and 27th.

If you have your own gaming equipment and would like to bring it with you that is ok.  
Please speak to Jeni if you would like any further information about this group.

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

### Staff Contact Details

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**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**

## Italian Meatballs and Spaghetti

You will need:

- 500 Grams Lean Minced Beef
- 1 Onion (peeled and chopped)
- 2 Teaspoons Dried Oregano
- 2 Cloves of Garlic (peeled and chopped)
- 2 Slices of Wholemeal Bread (made into breadcrumbs)
- Pinch of Black Pepper
- 1 Red Pepper (deseeded and chopped)
- 1x400g tin of Chopped Tomatoes or Passata
- 1 Tablespoon Tomato Puree
- 175ml Boiling water and 1 Beef stock cube
- 200g Dried Spaghetti (Cooked)

You will also need:

- A pre-heated oven 190 or Gas mark 5.
- A mixing bowl. A large saucepan. A sharp knife. A wooden spoon. An oven proof dish.
- And a small saucepan.

Method:

1. In your mixing bowl add the mince, half an onion, the oregano, Garlic, black pepper and the breadcrumbs.
2. Shape the mixture into approximately 20 meatballs.
3. Place meatballs onto an oven proof dish and into the oven for 10 minutes.
4. Combine the remaining ingredients except the Spaghetti in a saucepan and cook for 3-4 minutes.
5. Pour the sauce over the meatballs and return them to the oven covered for 20-25 minutes.
6. Cook your Spaghetti as required and serve with your meatballs when ready.

This recipe will feed 4 people, but you can reduce the recipe if you would like to make less.

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.