

**Highland  
One Stop Shop  
December Newsletter  
Issue 78**

**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: 4th, Full moon (Long Night Moon): 12th, Last Quarter: 19th, New: 26th*  
**A warm welcome to all who are reading this newsletter.**

### **Christmas Party**

We would like to welcome all of our service users, their parents and carers to come along on Friday 20th and join us for our Christmas party.

We will of course have our regular DJ Malcolm playing a great selection of music for us and we will provide a buffet style food.

There will be a small selection of vegan and vegetarian food for those with dietary requirements.

Please let a member of staff know if you plan on donating any food or drink for the party.

### **Christmas Open Hours**

Over the Christmas period we will close after our Christmas party on Friday 20th December.

We will have reduced hours at the Drop-in's for the next 2 weeks and will be open on Tuesday 24th and Friday 27th between 12-3pm and the following week we will be open on Tuesday 31st and Friday 3rd between 12-3pm as long as the weather does not stop the staff getting into the office.

There will be no groups until the second week of January when our calendar goes back to normal and all groups and activities will be back on the calendar for you to enjoy.

### **Contact details for our Outlying Areas:**

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

**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, 16th 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.

## **Dungeons and Dragons Club**

Due to the popularity of this group we have had to make some decisions about how it is run.

We currently have a group meeting fortnightly on a Friday and a group meeting fortnightly on a Wednesday and both of these groups now have enough members because they are at a maximum of 6 players.

However we are happy to try and facilitate additional groups if others wish to play. So please speak to a member of staff and we can arrange this.

You can contact Jeni on: [jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)  
or you can text her on: 07741 264812

Please remember that you can always pop along to Ellerium Games based in Lombard Street Inverness which is just around the corner from us and see what gaming is available to join in there. They hold open sessions for anyone to come along and join them and the staff are very friendly and approachable if you are unsure about what games to play they will be able to help you decide.

### **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 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" 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**

**There will be no Gourmet Group this month as we will be holding our Christmas Party instead.**

## HOSS Cinema Club @ Eden Court

This month we will be going to Eden Court on Tuesday 10th to see "Le Man's 66"  
meeting in the foyer at 1:45pm

We will also be going to see "Star Wars Episode 9"  
on Monday 23rd meeting in the Foyer at 1:15pm.

If you would like to know any more about the Cinema Club  
or would like to join us please speak to Gill  
You can email Gill : [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 during term time  
and will reopen when the new term begins in January.

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**

## Out of Hours Emergency Contacts.

If you have reached a crisis point or are having an emergency and require some help but Friars Street is closed please contact one of the following services for assistance.

NHS 24:

The out of hours number is free to call and is now: 111  
You can also access online help and advice via: [www.nhs24.com](http://www.nhs24.com)

The Samaritans:

This number is free to call from mobiles and landlines: 116 123  
You can also email them via: [jo@samaritans.org](mailto:jo@samaritans.org)

Citizens Advice Bureau:

You can find your nearest office for open hours and contact details via:  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

The National Autistic Society (NAS):

Has information and advice on a range of subjects, specifically tailored for autistic people.

You can email on:

[www.autism.org.uk](http://www.autism.org.uk)

You can call their help line which is free from land lines and most mobiles and is open between 10am-4pm Monday to Friday, except Bank Holidays on:  
0808 800 4104

The Hive Project:

The Hive Crisis Centre  
19 Academy Street, Inverness.  
Open most evenings between 6-10pm.

Mikeysline

07779303303

Text support for if you are feeling Anxious or Depressed.

[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.