

**Highland
One Stop Shop
February Newsletter
Issue 80**

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

HOSS update – Jan 2020

As part of our annual stakeholder reviews, I had the opportunity, in January, to meet with some people who use the Highland One Stop Shop. It was evident from what they said, that the Highland One Stop Shop continues to be essential for them and the impact of it no longer existing would be huge.

We agree that this is an essential service and are disappointed that we haven't been able to get a financial contribution to its running from Statutory Services. Our bids to the NHS Highland Third Sector Fund were unsuccessful, however, this does not detract us from continuing to prioritise the fundraising of funds to keep us operational. Unfortunately, we can give no guarantees, but we are progressing various funding applications. If you would like to get involved in fundraising for the One Stop Shop, Gill would be delighted to hear your ideas.

With kindest regards, Cathy

Your Newsletter, your chance to decide what goes in it.

This is your Newsletter and we would like to give you the chance to make suggestions of things we put in the Newsletter for you to read about.

Are there things you would like us to share with our other service users?

Do you have any good recipes to share?

Do you have any poetry or short stories you would like to share with our service users?

Please get in touch with Jeni by text: 07741264812 or email: jennifer.pacitti@aiscotland.org.uk

Contact details for our Outlying Areas:

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

Drop-in Session: 3rd February @ YMCA Portree : 2:30-4:30pm

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

Drop-in Session: 20th February @ Caol Community Centre : 2-4pm

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

Drop-in Session: 24th February @ Stepping Stones, Thurso : 5:30-7:30pm

Badenoch & Strathspey- If you would like to make an appointment

Please contact: jennifer.pacitti@aiscotland.org.uk

Please contact the relevant member of staff if you would like a 1-1 appointment.

Changes to our Lunch Clubs

Following feedback from our service users who regularly attend our lunch clubs we have decided to try some new venues in and around Inverness.

On Friday 7th we will start with R&B's Restaurant and Bar at 73 Queensgate, which is on the corner of Church Street and just a short walk from our base at Friar Street.

Then on Tuesday 25th we will try Blackfriars on Academy Street which is also just a short walk from Friar Street.

We hope you will come and join us as we try these new venues.

If you would like any further information about the Lunch Club please contact Jeni: 07741264812 or email: Jennifer.pacitti@aiscotland.org.uk

Pool Group

This month we will be going to play Pool on Tuesday 4th and 18th at "The 147 Club" in Union Street and on Friday 14th and 28th we will be going to "SoBar" in Castle Street.

If you would like to join us, please meet at 12:20 at Friar Street.

The only costs are £2 per person and for any refreshments you might like to purchase while we are there.

Please speak to Jeni if you would like any further information about this group or

If you would like to give playing pool a try please feel free to come along and join us.

Lunch Club

In February the lunch Club's will be meeting on Friday 7th at "R & B", Tuesday 11th at "The Auctioneers" and Tuesday 25th at "Blackfriars" 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 months Gourmet group will be meeting on Friday 21st at 12:30pm.

We will be going to "Rajah" Indian Restaurant

The costs for something to eat and drink will be approximately £15-20 per person. Please speak to Gill if you would like to go as we do have to book our table in advance.

HOSS Cinema Club @ Eden Court

This month at Eden Court Cinema we will be going to see
"Bombshell"
on Monday 10th meeting in the foyer at 12:45pm. Film starts prompt at 1pm.

And

"Richard Jewell"
on Monday, 24th meeting in the foyer at 12.30pm. Film starts prompt at 12.45pm.

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
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.

This group will be meeting in room 141 during term time.

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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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

Sports and Fitness Club - 1st and 3rd Monday

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

Please keep checking the website and our Facebook page for information and news on our drop-ins, courses, groups and events.