

**Highland  
One Stop Shop  
March Newsletter  
Issue 81**

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*First Quarter: 2nd, Full moon (Crow Moon): 9th, Last Quarter: 16th, New Moon: 24th,  
A warm welcome to all who are reading this newsletter.*

**Walk for Autism. Get Active. Raise Funds.**

Walk for Autism is taking place this year from Thurs 26th March - Thurs 2nd April. If you would like to challenge yourself to walk 10,000 steps each day for 8 days whilst raising funds for Autism Initiatives then us the link to sign up...

<https://www.walkforautism.co.uk/>

After registering, you will receive a welcome pack, including a Walk for Autism t-shirt and a pedometer to help track you progress.

**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](mailto:jennifer.pacitti@aiscotland.org.uk)

**Contact details for our Outlying Areas:**

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

Drop-in Session: TBC

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

Drop-in Session: TBC

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

Drop-in Session: TBC

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

Please contact: [jennifer.pacitti@aiscotland.org.uk](mailto:jennifer.pacitti@aiscotland.org.uk)

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

## Dungeons and Dragons groups

Although we will continue to have our Fortnightly Friday session for Dungeons and Dragons we have been unable to arrange a time that was suitable to all on a Wednesday.

We have a Dungeon master who is happy to run a group between 3-5pm so if you are interested in joining the Wednesday session at that time please contact Jeni and let her know or we will be unable to run a Wednesday Session for the time being.

## Creative Writing and Crafting Session

We have decided to remove the Creative Writing and Crafting session from the Calendar due to poor attendance and apologise if you were planning on starting to attend.

You are of course welcome to come along to any of the Drop-in sessions and try some crafting or feel free to bring along your own crafts to continue working on while you are here.

### Pool Group

This month we will be going to play Pool on Tuesday 3rd, 17th and 31st at "The 147 Club" in Union Street and on Friday 13th and 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 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 join us.

### Lunch Club

In January the lunch Club's will be meeting on Friday 6th at "R&B's" and Tuesday 10th at "The Auctioneers" and Tuesday 24th 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 20th at 12:30pm.

We will be going to " Number 27 Bar and Kitchen" 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 we will be going to Eden Court on **Monday 16th**, meeting at 1.15 in the foyer to see “**Military Wives**” which starts at **1.30pm**.

We will also be going on **Wednesday 25th** meeting at 12:45 in the foyer to see “**Call of the Wild**” which starts at **1pm**.

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.

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:**  
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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**

## Home-made Custard Creams

You will need:

A preheated oven 180c or Gas mark 4.  
A lightly greased baking tray. A Mixing Bowl. Kitchen Scales.  
A wooden spoon. A fork.

You will also need:

100 grams of Butter. 100 grams of Plain Flour. 50 grams of Caster Sugar.  
50 grams of Custard Powder. A few drops of Vanilla Essence.

For the filling you will need:

75 grams of Icing Sugar and 35 grams of Butter.

1. Add your butter and sugar to the mixing bowl and begin to mix together.
2. Fold in the flour and Custard powder with the vanilla to create a pliable dough.
3. You can then form small balls of dough on a lightly floured surface. You should be able to make approximately 16.
4. Place the balls of dough onto a baking tray and carefully using the back of a fork flatten down gently.
5. Bake for approximately 10 minutes until lightly golden.
6. Remove from the oven and allow to cool down.
7. To make the filling, gradually beat the icing sugar into the softened butter using a wooden spoon.
8. Carefully sandwich pairs of biscuits lightly together to create custard creams.
9. Take to the table, eat and enjoy

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