

**Highland
One Stop Shop
April Newsletter
Issue 82**

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

Telephone number: 01463 717649

Email: highlandoss@aiscotland.org.uk

Website: www.highlandoss.org.uk

*First Quarter: 1st, Full moon (Planter's Moon): 8th, Last Quarter: 14th, New Moon: 23rd,
A warm welcome to all who are reading this newsletter.*

Keeping in touch during these uncertain times has never been more important.

We hope that you are all keeping safe and well at home during these uncertain times. The staff at The Highland One Stop Shop are still available to support you, although sadly we can no longer offer face to face appointments in the office and the Drop-in has had to close.

We are available to contact via email, by phone, text and even Skype for those of you that would like to still see the person that you are chatting too.

Please see below for the individual staff members contact details and contact them directly to arrange a phone or Skype appointment with them.

Staff Contact Details

Andrew Denovan:

andrew.denovan@aiscotland.org.uk
07741264813
Skype email:TBC

Kirsten Smail:

kirsten.smail@aiscotland.org.uk
07741264814
Skype email: hosskirstensmail@gmail.com

Gill MacLennan:

gill.maclennan@aiscotland.org.uk
07850308237
Skype email: hossgillmaclennan@gmail.com

Jeni Pacitti:

jennifer.pacitti@aiscotland.org.uk
07741264812
Skype email: jenihosspacitti@gmail.com

Skype Sessions we are holding instead of Groups and Activities

Why not join Jeni every Tuesday afternoon between 1-2pm for a catch up using Skype to chat with some of our other service users who may also be missing the Drop-in sessions and the Activities that until recently we all attended together for some respite from the isolation.

We will also be holding our usual Coffee and Chat Club on a Friday afternoon through Skype and if you would like to join us from the comfort of your own home it would be great to see you.

We will be holding 2 Coffee and Chat Clubs sessions because we can only have a maximum of 5 people in each group, so the first session will be held between 2-3pm and the second session will be held between 3:30-4:30pm

Please contact Jeni if you would like to take part in these Skype sessions.

Gill will be holding her regular Coffee club between 11-12 midday weekly on Skype for those of you that used to join her at The Velocity Café on a Thursday. Gill will be contacting everyone by email and inviting them to join in but if you would also like to join in please let her know.

We are looking into setting up a film club where we can all watch the same film together from our own homes instead of going to Eden Court together each month.

Why not join us watching a film on BBC iPlayer at 1pm on Wednesday's together but safely from your own home and then join Jeni on Skype to chat about it afterwards.

Also we will be starting a lunch club where we can all eat our lunch from home while chatting to each other like we used to do with our Lunch Clubs and Gourmet Group.

Again we will keep you informed as we confirm details.

Stay home, stay safe, and remember to keep washing your hands.

Contact details for our Outlying Areas:

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

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

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

Badenoch & Strathspey- contact: jeni.pacitti@aiscotland.org.uk

Ullapool - Contact: gill.maclennan@aiscotland.org.uk

Please contact the relevant member of staff if you would like a Phone or Skype appointment.