

**Highland  
One Stop Shop  
June Newsletter  
Issue 84**

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*Full moon (Rose Moon): 5th, Last Quarter: 13th, New Moon: 21st First Quarter: 28th*  
*A warm welcome to all who are reading this newsletter.*

### **Highland One Stop Shop Funding Update**

*'We are delighted to announce that the Highland One Stop Shop will remain operational for the rest of this financial year.*

*We are extremely grateful to the Scottish Government's Wellbeing and Resilience Funds for providing us with much needed funds,*

*and, together with funds raised locally and by our fundraisers through trusts, we are close to the amount needed to fund the service until March 2021.*

*These funds, along with the financial commitment made by Autism Initiatives, have enabled us to give you this good news so early in the year.*

*Fantastic news that we are sure you will all be as pleased to receive as we were.*

*Thanks again to all of our service user's, their families and support staff for your ongoing support during this uncertain time'.*

### **Staff Contact Details**

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**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 because of the Corona virus causing us to temporarily close at present this means that we can no longer offer face to face appointments in the office and the Drop-in has had to close for the time being.

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 the contact details on the front page for the individual staff members and contact them directly if you like would to arrange a phone or Skype appointment with them.

**Here is some information we have been asked to share with you all.**

Thom Kirkwood, Information and Participation Officer at Autism Network Scotland and or his colleagues are hosting a series of transition events next months and he is seeking input from autistic people in Highland as part of a series of themed discussions.

The collective Highland discussions will last approximately 20 to 30 minutes and will be conducted via Zoom, (fully approved by University of Strathclyde in meeting current compliance regulations) at a time to be arranged.

The recordings must be completed by [June 23<sup>rd</sup>](#).

The theme of the discussion is “Importance of Support Networks During Transitions”.

Discussion can be on anything within this theme but must remain on topic.

The recordings will be on the Autism Network Scotland website for 18 months, after which time they will be destroyed.

For further discussion please do not hesitate to contact Thom at Autism Network Scotland.

[t.kirkwood@strath.ac.uk](mailto:t.kirkwood@strath.ac.uk)

07833 152192

## 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 our first Friday Skype between 2-3pm and our second between 3:30-4:30pm.

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

Gill will be holding a Thursday Coffee club between 11-12 midday on Skype for those of you that used to join her fortnightly at The Velocity Café on a Thursday. If you would like to join Gill on a Thursday for a Skype Coffee Club please get in touch. You can email Gill : [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk) or mobile: 07850308237

On Wednesday afternoons Jeni will be holding a Skype group to chat about how we can support each other as we are coming out of lockdown, as many of us are unsure about leaving our homes which have been the safe place we have been in for the last 3 months. Some of us are worried about going back to the shops when it starts getting busy again and some of us just want to know we are not alone in having these fears. Whatever your reasons for joining us if this is something you would like to do please contact Jeni.

You can email Jeni: [Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk) or you can text Jeni on: 07741264812

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

### **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)

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

Badenoch & Strathspey- contact: [jeni.pacitti@aiscotland.org.uk](mailto:jeni.pacitti@aiscotland.org.uk)

Ullapool - Contact: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)

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