

**Highland  
One Stop Shop  
May Newsletter  
Issue 83**

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*Full moon (Budding Moon): 7th, Last Quarter: 14th, New Moon: 22nd, First Quarter: 30th*  
*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 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 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:**

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**Jeni Pacitti:**

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## 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 may open a second group Skype chat on Tuesday's if we have enough interest.

Please speak/Text/email Jeni for further information.

Jennifer.pacitti@aiscotland.org.uk or 07741264812

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

Again 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 on Skype for those of you that used to join her fortnightly 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.

Why not join us watching a film on a Catch up channel at 1pm on Wednesday's together but safely from your own home.

We watch our own choice film and share with each other afterwards a short piece about the film as a recommendation to others who may or may not enjoy watching it in the future.

Jeni will Skype call everyone at 3pm for us to have a chat together.

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