

**Highland
One Stop Shop
July Newsletter
Issue 85**

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

Telephone number: 01463 717649

Email: highlandoss@aiscotland.org.uk

Website: www.highlandoss.org.uk

Full moon (Thunder Moon): 5th, Last Quarter: 13th, New Moon: 20th, First Quarter: 27th
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.

Although we are currently unable to open the Drop-in as we did before the staff at
The Highland One Stop Shop
are still available to support you, and we are constantly looking for different ways
to support you during this current crisis.

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: autismhoss@outlook.com

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

As we can only have a maximum of 5 per Skype group 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 or mobile: 07850308237

Jeni will be holding Skype groups every Wednesday between 1-2pm to chat about how we can support each other now that we are slowly 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 be interested in please contact Jeni.

You can email Jeni: Jennifer.pacitti@aiscotland.org.uk or you can text Jeni on: 07741264812

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