

Highland One Stop Shop

August Newsletter

Issue 86

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

Telephone number: 01463 717649

Email: highlandoss@aiscotland.org.uk

Website: www.highlandoss.org.uk

Full moon (Corn Moon): 3rd, Last Quarter: 11th, New Moon: 19th, First Quarter: 25th
A warm welcome to all who are reading this newsletter.

Important changes to our service

Here at The Highland One Stop Shop we have been looking forward to being able to re-open the Drop-in, however at present we must follow Government guidelines very closely to ensure the safety of both staff and service users so following changes to guidance we are pleased to inform you that we will be opening the Drop-in in a reduced manner for one day a week from Wednesday 12th August.

We will be operating a waiting list as currently we can only have 4 service users per session. There will be 2 sessions held every Wednesday the first between 12-2pm and the second between 3-5pm with the building being thoroughly sanitized between sessions. These sessions will be booked places only and you will not be able to just Drop-in unless you have booked and confirmed you will be attending. If you have not booked to attend the Drop-in you will not be allowed in the building unless you have an appointment previously arranged with a staff member.

For any further information please contact Jeni or Kirsten.

Please see below for the individual staff members contact details and contact them directly to arrange a phone or Skype appointment with them or to find out more about the new Drop-in system.

Staff Contact Details

Andrew Denovan:

andrew.denovan@aiscotland.org.uk
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: hossgilmaclennan@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 or 2:30-3:30pm 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.

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

From Wednesday 12th August Jeni and Kirsten will be holding once a week Drop-in sessions.

There will be 2 sessions, the first between 12-2pm and the second between 3-5pm.

This will require us to conform to the current guidelines and we will need to book individuals a place rather than allowing it to be open for anyone to turn up and join us.

This may result in a waiting list but we will do our best to let everyone who would like to join us have a chance to join us.

Many of us are unsure about leaving our homes after being home alone for the last 5 months.

Many of us are worried about going out and seeing other people but are still missing our friends from the Drop-in's.

Some of us are worried about going back to the shops and travelling on public transport when it starts to get busy again and some of us just want to know we are not alone in having these fears by chatting to familiar faces.

If this is something you would be interested in please contact Jeni or Kirsten to book your place.

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

You can email Kirsten :kirsten.smail@aiscotland.org.uk
or you can text Kirsten: 07741264814

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