

**Highland  
One Stop Shop  
August Newsletter**

**Issue 98**

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*New Moon: 8th, First Quarter: 15th,*

*Full moon: (Corn Moon) 22nd, Last Quarter: 30th,*

***A warm welcome to all who are reading this newsletter.***

**Changes to our service**

The booked place Drop-in sessions are now available 3 days a week,  
We will still require you to book your place but we will now be open for  
Tuesday, Wednesday and Friday Drop-in sessions.

Please contact Jeni or Kirsten if you would like to book a place.

**Women's Group**

We currently have places available for our Women's in person meet up  
and if you would like to come along and chat with other autistic women  
then this might be the group for you.

Please contact Jeni for further information or to book your place.

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

**Andrew Denovan:**

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## Skype Sessions we are holding instead of Groups and Activities

Gill is holding a Skype Coffee Club on Monday's between 1:30-2:30pm as well as the Thursday Coffee Club held between 11-12 midday. Thursday Coffee Club will also meet out occasionally for a walk and coffee out too. If you would like to join Gill on a Monday or a Thursday for the Skype Coffee Club please get in touch.

You can email Gill : [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk) ,you can call her on: 07850308237 or you can Skype Gill and give her a wave on: [hossgillmaclennan@gmail.com](mailto:hossgillmaclennan@gmail.com) and then Gill can add you to her contact list on Skype and invite you to the call.

Why not join Jeni on a Skype call on a Tuesday afternoon between 3-4pm to have a catch up with some of our other service users who may also be missing the Drop-in sessions and the Activities that we used to attend together.

Jeni will also be holding our usual Coffee and Cake Chat Club between 3-4pm every 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.

You will need to book your place as we are limited in numbers but please speak to Jeni if you want to join in the Skype group.

We will also be holding our booked place Drop-in sessions 3 times a week on Tuesday's, Wednesdays and Fridays between 12-2pm.

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.

Unfortunately if you turn up on the day expecting to just Drop-in you will be asked to leave as we must stick to all the guidelines including those on how many people are in the building.

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

You can email Kirsten: [kirsten.smail@aiscotland.org.uk](mailto:kirsten.smail@aiscotland.org.uk)  
or you can text Kirsten: 07741264814

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