

**Highland
One Stop Shop
September Newsletter**

Issue 99

Address:

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

Telephone number: 01463 717649

Email: highlandoss@aiscotland.org.uk

Website: www.highlandoss.org.uk

New Moon: 7th, First Quarter: 13th,

Full moon: (Harvest Moon) 21st Last Quarter: 29th,

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 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.

HOSS Lunch Club

We are looking forward to starting our Lunch Clubs again
and are pleased to inform you that on the first Wednesday of each month
we will be re-starting our Pub Lunch meet ups.

These will begin on Wednesday 1st September.
We will meet outside The Auctioneer's at 12:15 and the table/tables
will be booked for us to sit down at 12:30.

You must book your place with Jeni as soon as possible
because due to Covid rules we do need to book the table/tables in advance,
you will not be able to turn up on the day and join us
unfortunately you must be booked in advance.

Please Text or email Jeni asap to get your place booked.

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 ,you can call her on: 07850308237 or you can Skype Gill and give her a wave on: 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
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.

College Support Group

We are pleased to let you know that our College Support group will be starting again
at The UHI Inverness Campus
on Thursday September 9th between 12-2pm.
Room number still to be confirmed.

This is a group for those who are attending College to offer peer support and
autisticly tailored advice to help you succeed .

If you would like any further information about attending the College support Group
please contact Andrew Directly.

You can contact Andrew via email:
Andrew.denovan@aiscotland.org.uk

Eden Court Cinema Club

We are pleased to announce that our Cinema Group at Eden Court will be meeting on
Wednesday 8th at 2:20pm for a 2:30pm showing of the Film
"Our Ladies"
and if you would like to attend please contact Gill to book your place.

We will also be meeting at Eden Court on Thursday 23rd at 2pm
for a 2:15pm showing of the Film
"Gunpowder Milkshake"
Again if you would like to attend please contact Gill to book your place.

You can contact Gill on: gill.maclennan@aiscotland.org.uk
or phone/text Gill on: 07850308237

**Please let us know if there are any groups or activities you would like to see on our
Calendar as we are allowed to open up and offer more activities and groups.**

**Then as we are allowed to offer more activities and groups we will know which
activities and groups are the most popular.**

**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:

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: hossgillmaclennan@gmail.com

Jeni Pacitti:

jennifer.pacitti@aiscotland.org.uk
07741264812
Skype email: jeniHossPacitti@gmail.com

**You can still stay home if you would like to, there is no need to rush out and go
anywhere unless you need/want to go out.**

As we are slowly moving out of restrictions and life is starting to become more familiar
it is ok to feel worried or upset about the changes.

It is still a worrying time for many of us and we keep hearing things on the news
and in the papers which is worrying but if we all keep doing our bit to stay safe
we will get through this.

Remember to still use FACTS as much as you can.

F—If you can wear a face covering in public places

A—Avoid crowded areas unless you have to visit them

C—Clean your hands using sanitiser on entering and leaving a premises

T— Two meters away if you can unless you share a household or are a family bubble

S— Self Isolate if you think you have symptoms and organise taking a test
via the NHS online web page.

If you have any questions please get in touch and we will try to help you.