

**Highland  
One Stop Shop  
January Newsletter  
Issue 101**

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

**Wishing a very Happy New Year 2022 to all our Service users,  
their carers, families and friends.**

We have made the decision to change how often we publish our Newsletter as we realise that some months we have no news to update you with in regards to our groups and activities.

In future we will only be publishing quarterly Newsletters and will of course update you directly via email if we need to update you of any changes prior to the publication of the next Newsletter.

If you have something you would like to share, a short story or poem that you think our other service users would enjoy reading please let us know and maybe you will see it in one of our future Newsletters.

If you need to speak with any of our staff members 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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### **Drop-in sessions**

We are open for Drop-in sessions on Tuesday's and Friday's between 12-3pm for those of you that would like to attend.

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.  
Jennifer.pacitti@aiscotland.org.uk or text on: 07741264812

### **Pool Group and Lunch Club**

We continue to meet on alternate Wednesday's between 12:30-2pm to attend the Pool Group at The 147 Club and the Lunch Club at The Auctioneers.

If you would like further information about these groups or would like to book your place to attend either of these groups please get in touch with Jeni.

Jennifer.pacitti@aiscotland.org.uk or text on: 07741264812

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

Gill will be holding a Monday Skype Coffee Club at 1:30-2:30pm and a Thursday Skype Coffee club between 11-12 midday.

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

## Shortbread treats

You will need:

150g Soft Butter. 75g Caster Sugar. 225g Plain Flour.

A little extra flour for sprinkling and a little extra sugar for topping the shortbread.

You will also need:

A Heated oven Gas mark 6 or Electric 180\*.

A Baking tray. A Cooling rack. A Rolling pin.

A Chopping Board. A Mixing bowl. A Fork and Cookie Cutters.

- 1- Add the flour, sugar and softened butter to the mixing bowl and using your fork mix together until a soft dough is formed.
- 2- Lightly flour your chopping board and rolling pin and carefully roll out your dough to approximately 1/2 inch thick.
- 3- Using your cookie cutters carefully cut your shortbread pieces and place on a lightly greased baking tray.
- 4- Place your baking tray in the centre of the heated oven and cook for approximately 10-15 minutes until the shortbread is a light golden brown in colour.
- 5- Remove from the oven and carefully place onto a cooling rack to cool down. You can sprinkle the shortbread with a little sugar as they cool down.
- 6- When cooled down place on a plate, and enjoy.
- 7- You can buy various shaped cookie cutters depending on the time of year, for example you could use stars, hearts, Circles, Triangles or even animal shapes.