

**Highland  
One Stop Shop  
April Newsletter  
Issue 102**

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

### **Service Updates**

We have restarted our outreach Drop-in sessions again.

We will be holding our out reach sessions in Sutherland, Caithness and Fort William so please let us know if you would like to be added to the list of those who would like to attend a Drop-in session in these areas.

Please contact Gill regarding the Sutherland Drop-in  
[gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk) mobile:07850308237

Please contact Kirsten regarding the Caithness Drop-in  
[Kirsten.smail@aiscotland.org.uk](mailto:Kirsten.smail@aiscotland.org.uk) mobile:07741264814

Please contact Jeni regarding the Fort William Drop-in  
[Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk) mobile: 07741264812

### **Staff Contact Details**

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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.

The Drop-in sessions are a chance for you to come along and catch up with friends, play computer games, sit and chat while you craft or just sit quietly and eat your lunch.

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.

It is a great chance to socialise with each other in different environments and lots of fun and laughter will be had by all who attend.

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 for a Skype Coffee Club please get in touch.

### **Cinema Group at Eden Court**

We regularly attend Eden Court for our own private screenings.

Please contact Gill for further information about the Cinema Group.  
You can email Gill : gill.maclennan@aiscotland.org.uk or mobile: 07850308237

## HOSS goes to Rollerball

**Would you like to join us for a visit to the Roller Bowl?**

Jeni is planning a visit to the Roller Bowl on Wednesday 30th March.

Meeting at HOSS at 12 midday to get a booked taxi together  
so we don't have to wait around in the cold for buses.

This means we will need to pay £5 each for the taxi  
as well as having money to pay for a game of Bowls and to pay for something  
to eat and drink while you are at Roller Bowl.

Because we need to book the taxi we will need to know in advance  
how many people are attending

So that we can book enough taxi's to take us all

Please let Jeni know as soon as possible if you would like to attend.

### Plan for the Day:

12 midday: Meet at HOSS

Travel to Roller Bowl by taxi

Have some lunch

1pm :play 2 games of Bowls  
Have lots of fun together

3pm :Taxi back into town

Look forward to our next Social outing.



## HOSS Quick and Easy Recipes

### Teabread

You will need:

350g/12oz mixed dried fruit,  
75g/3oz Demerara Sugar,  
1 large egg and 175g/6oz Self Raising Flour.

You will also need:

A heated oven 180° or Gas mark 4.

A mixing bowl, a spoon, a measuring jug, a sieve, a (1lb) loaf tin and a wire rack.

1- Put the fruit into your mixing bowl.

Add 150ml or 1/4 pint of boiling water and leave to stand for 30 minutes.

2- Preheat the oven to 180° or Gas mark 4.

3- Grease and line the base and long sides of your loaf tin.

4- Add the sugar and egg to the fruit and mix well.

5- Sift the flour into the mix and continue to stir until combined.

6- Pour the mixture into the tin and level of the surface.  
Sprinkle with a little sugar.

7- Bake in the centre of the oven for 50 minutes, until well risen and firm to the touch.

8- When the bread is cooked, a skewer inserted into the centre of the loaf should come out without any sticky mixture on it.

9- Leave the loaf in the tin for 10 minutes before turning out onto a wire rack to cool.

10- Cut yourself a slice, you can serve just as it is or you can spread it with a little butter if you would like,

Enjoy.