

**Highland  
One Stop Shop  
July Newsletter  
Issue 103**

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

### **Changes to our service**

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.

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.

We are very pleased to let you know that we no longer have to book your place, so if you wake up on the day and want to come along and join us you can.

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 Lunch Club at The Auctioneers and 2-3:30pm to attend The 147 Club to play Pool together.

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

### **Gourmet Group**

Gill has restarted our Gourmet group meeting once a month. If you would like to join her or would like any further information please get in touch with her directly.

You can email Gill : gill.maclennan@aiscotland.org.uk or mobile: 07850308237

### **Skype Sessions we are holding**

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

## **We have restarted our outreach Drop-in sessions again.**

We will be holding our out reach sessions in Sutherland, Caithness and Fort William.

Please let us know if you would like to attend a Drop-in session in these areas and we will ensure you are on the mailing list for that area and then we can let you know in advance when we will be meeting.

Please contact Gill regarding the Sutherland Drop-in

email: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk)

mobile:07850308237

Please contact Kirsten regarding the Caithness Drop-in

email: [Kirsten.smail@aiscotland.org.uk](mailto:Kirsten.smail@aiscotland.org.uk)

mobile:07741264814

Please contact Jeni regarding the Fort William Drop-in

email: [Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk)

or Text: 07741264812

## **New Groups and Activities**

We are always looking to adapt the way HOSS works to suit our service users and we would like to remind you that if you have any ideas for groups that you think we should try please let us know and we can look into how we could make them work here at HOSS.

If there is an activity coming up that you think other service users would like to attend then please let us know, as we may be able to organise it as a day out we can enjoy together if there is a group activity that is being held outside of Inverness you would like to take part in, and we have enough interest.

We have had a few people enquire about restarting our Creative Writing group , so we are looking at adding that back into the Calendar after the Summer Holidays are over.

Would you like to join our Creative Writing group?

If so contact Jeni for further information

[Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk)

or text on: 07741 264812