

**Highland  
One Stop Shop  
October Newsletter  
Issue 104**

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

### **Evening Nature Watch at the Speyside Wildlife Hide**

We have been given a fantastic opportunity to attend an Evening Nature Hide on Friday 28th October to watch the Badger family and their friends come and play as they eat their evening meal.

This will be an event lasting several hours and we will need to have our evening meal before we travel through to the hide because it is recommended that we do not take food with us.

Because of this we will be meeting @HOSS at 3pm and leaving at 3:15pm sharp to travel by minibus through to Aviemore where we are booked in a local restaurant to eat an evening meal together before we travel to the Speyside Wildlife Nature Hide out at Inchriach for a 6pm viewing.

You would need to contribute £5 each towards the cost of the minibus and you would need to pay for your own meal at the restaurant but the cost of attending the nature hide has been kindly paid for us.

We have very limited places so would need to book places on a first come basis for those who are interested so please speak to Jeni asap if you are interested.

Please speak to Jeni for further information about this Social activity.

You can text Jeni on:07741 264812 or email Jeni on: [Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk)

#### **NOTICE : UPDATE ON COVID RESTRICTIONS**

Following updated guidance, we are informing you that our One Stop Shop Staff no longer have to routinely wear a face mask at work. We are aware that some people still prefer to wear a mask and there may be anxieties about masks not being worn. We will continue to have masks available, and if you have any concerns, please contact or speak to a member of staff. Thank you.

#### **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.

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 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.

If so contact Jeni for further information  
[Jennifer.pacitti@aiscotland.org.uk](mailto:Jennifer.pacitti@aiscotland.org.uk)  
or text on: 07741 264812