

**Highland
One Stop Shop
April Newsletter
Issue 106**

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A warm welcome to all who are reading this newsletter.

Happy 10th Anniversary to HOSS

We are celebrating being open for 10 years this April and would love you to join us

We will be holding a Celebration party for all our Service Users, their carers and families and we hope that you will be able to come along and celebrate with us.

The party will be held on Friday 7th April between 12:30-2:30pm

We would love to welcome all of our services users along to Friar Street to join us especially those we haven't seen for a while.

So if you are free please pop in we would love you to celebrate with us.

As always we will have background music and a selection of buffet foods to enjoy.

If you have any special dietary requirements you might need to let Jeni know in advance to make sure she can buy the correct food in for you, but we will have a selection of Dairy free and Gluten free as well as some vegetarian and vegan options so there should be something for everyone.

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.

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
please get in touch with Jeni.

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

Gourmet Group

Our Gourmet group meets once a month.

We go to a different restaurant each month so that we can enjoy all the dining delights
that Inverness has to offer.

If you would like to join us at Gourmet group
or would like any further information please get in touch with Gill directly.

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

Cinema Group @ Eden Court

We continue to attend the cinema at Eden Court to see the latest films in a more autistic friendly way.
If you would like any information about our Cinema Group please contact Gill for further information.

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

Skype Sessions we are holding

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 and this month we are restarting our Skye Drop-in.

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
mobile:07850308237

Please contact Kirsten regarding the Caithness or Skye Drop-in
email: Kirsten.smail@aiscotland.org.uk
mobile:07741264814

Please contact Jeni regarding the Fort William Drop-in
email: 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
or text on: 07741 264812

Wednesday Evening Social Groups

Each week on Wednesday we will be running a different group, these groups will each take place once a month and we hope that there will be a group that you might want to come along and try.

On the 1st Wednesday each month we will be holding the HOSS Youth Group, which will be open between 4-6pm and all service users between 16-25 years of age will be welcome to come along and join us.

On the 2nd Wednesday each month we will be holding a Quiz Night between 4-6pm and all service users will be welcome to come along and join us. This will be a chance to team up and try some general knowledge quiz questions, you never know who will win in a general knowledge quiz.

On the 3rd Wednesday each month we will be teaming up with our colleagues to provide a safe space for a LGBTQ+ Social group and all who feel this group would benefit them will be welcomed. Again this event will be held between 4-6pm.

And on the 4th Wednesday each month we are restarting our Games/Movie Night which will be held between 4-6pm and will be an opportunity to game with friends or to sit and watch a movie together.

We have the room to hold a gaming/ games group in one part of the building and to watch a movie in a different room if different people want to do different things.

In the months which have more than 4 Wednesdays we will wait until next month and start again on the 1st Wednesday of the month.

In the months which have 5 Wednesdays we will be attending Roller Bowl as a group activity on the 5th Wednesday instead.

I hope this all makes sense , if you would like to have a list of the dates when each group will be meeting during the year please just ask and I can print you one out.

If you would like any further information please contact Jeni.

Text Jeni on: 07741 264812
email: jennifer.pacitti@aiscotland.org.uk