

**Highland
One Stop Shop
March Newsletter
Issue 69**

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New moon: 6th: First Quarter: 14th: Full moon (Crow Moon) : 21st: Last Quarter: 28th:
A warm welcome to all who are reading this newsletter.

HOSS Sports and Fitness Group @ The Aquadome

Our Sports and Fitness group now meets every Monday
Meeting on Monday 4th and 18th March between 10:15-1pm
and
Monday 11th and 25th between 12:45-3pm.

This group is for any ability, whether you want to go to the Gym,
or for a swim, try a class, meet for a coffee or have a game of Badminton or a mix of any of these.
If you are interested in trying something new, such as the climbing wall, just let her know.

You can come along at any time that suits you.
If you have any queries, or want to know more you can get in touch with Gill:
gill.maclennan@aiscotland.org.uk
or you can phone her on 07850308237.

Contact details for our Outlying Areas:

Skye - contact: kirsten.smail@aiscotland.org.uk
Drop-in Session: Monday, 11th: at YMCA, Portree 2.30—4.30pm

Lochaber - contact: andrew.denovan@aiscotland.org.uk
Drop-in Session: Thursday, 21st: at Caol Community Centre Fort William 2—4pm

Caithness - contact: kirsten.smail@aiscotland.org.uk
Drop-in Session: Monday, 25th at Stepping Stones, Thurso 5.30—7.30pm

Badenoch & Strathspey- Please contact: jennifer.pacitti@aiscotland.org.uk

Ullapool - Please contact: gill.maclennan@aiscotland.org.uk

Please contact a member of staff if you would like a 1-1 appointment.

Pre-Diagnosis Support

Due to low attendance we have decided to stop the Pre-diagnosis Drop-in sessions that are currently held here every other Monday.

You will still be able to contact us for 1-1 support and to make appointments to come in to talk with the staff if you are on the waiting list or are looking for information because you think you might be on the Autism Spectrum.

If you would like to make an appointment for a Pre-diagnosis 1-1 appointment please contact jennifer.pacitti@aiscotland.org.uk or phone Jeni on: 07741264812

Pre and Post diagnosis Support in Aviemore

It is also possible to arrange Pre-diagnosis and post-diagnosis 1-1 appointment's in Aviemore if you are unable to travel into Inverness for an appointment but would like to know about our service and how we can support you as you wait for your assessment, or to give you the information you need to get you referred to the NHS Highland Adult Autism Diagnostic Service.

For further information please contact:

jennifer.pacitti@aiscotland.org.uk
or phone Jeni on: 07741264812

Pool Group

This month we will be going to play Pool on Tuesday 12th and 26th at "The 147 Club" in Union Street and on Friday 8th we will be going to " SoBar " in Castle Street.

If you would like to join us, please meet at 12:20 at Friar Street.

The only costs are £2 per person and for any refreshments you might like while we are there.

Please speak to Jeni if you would like any further information about this group or if you would like to attend.

Lunch Club

The Lunch Club's will be meeting on Friday 1st at "Platform 8", Tuesday 5th at "The Auctioneers" and on Tuesday 19th at "The Caledonian" meeting at 12:30.

If you would like to join us please speak to Jeni. You can buy a drink and something to eat for between £10-£15.

Gourmet Group

This month we will be going to "The Filling Station" for our Gourmet Group Lunch on Friday 15th March. We will be meeting there at 12:25.

Please let Gill know if you would like to attend the Gourmet group lunch as we do have to book the table in advance.

You can buy a drink and something to eat for between £ 15-20.

HOSS Cinema Club @ Eden Court

At the time of putting out the March newsletter we were unable to confirm the cinema choices for this month. Please keep an eye on our Facebook and Twitter pages for viewings which will be posted as soon as possible.

If you would like to join us please let Gill know that you would like to come.
Or If you would like to know any more about the Cinema Group please contact Gill

You can email: gill.maclennan@aiscotland.org.uk
or text/phone : 07850308237

Inverness College Spectrum Support Group

This group meets each week during term time on a Thursday between 12-1pm and can be accessed by all Autistic students attending Inverness College.
Currently meeting in room 108.

Unfortunately we are unable to use the room on Thursday 28th March so there will be no group on that date as the room will be in use. However the room is being used by the Pet Therapy group so you might want to go along and have a cuddle with 1 of the animals that they are bringing in.

The group will be meeting in room 108 the following week.

If you would like any further information in regards to the College Group please speak to Andrew.
You can email him on: Andrew.denovan@aiscotland.org.uk

Staff Contact Details

Andrew Denovan:
andrew.denovan@aiscotland.org.uk
07741264813

Kirsten Smail:
kirsten.smail@aiscotland.org.uk
07741264814

Gill MacLennan:
gill.maclennan@aiscotland.org.uk
07850308237

Jeni Pacitti:
jennifer.pacitti@aiscotland.org.uk
07741264812



Coffee & Cake Club-Friday weekly

Coffee Club @ Velocity Café— Alternate Thursdays

Gourmet Group— 3rd Friday Monthly

Lunch Club—Alternate Tuesdays and Fridays

Pool Group— Alternate Tuesdays and Fridays

Quick cook Sausage Bolognese

For this recipe you will need:

6 good quality sausages, skins removed. 1 tsp Fennel seeds.

250gram pack mushrooms, sliced.

660gram Jar pasta sauce. 300grams Penne and some grated parmesan to serve.

You will also need:

A heated oven ring. A chopping board, A sharp knife,
A wooden spoon. A medium saucepan and a Large Frying pan.

Method

1- Remove the sausage meat from the skins and crumble it into the frying pan. Place the frying pan on the heated oven ring.

2- You can now add the fennel seeds. You do not need to add any oil as the sausages will provide their own. Fry for a couple of minutes until the sausages have started to go golden and the fat has been released, stirring well to break up the meat.

3- Add the sliced mushrooms and fry for another couple of minutes until they begin to soften.

4- You can now add the sauce, stirring slowly continuing to mix the sauce through while it slowly begins to bubble.

5- Turn down the heat and put to one side while you now make the Penne.

6- Cook the Penne according to the instructions on the packet and when ready drain into a sieve.

7- Then add to the Bolognese sauce mix and stir thoroughly until all the pasta is covered with the sauce.

8- You can now dish this up in bowls, sprinkle with a little parmesan and eat with some crusty garlic bread.

Enjoy.

This recipe is for 4 servings and can be divided into containers to be refrigerated and eaten at a later date.

You can also freeze this to be defrosted and eaten another day if you would like to.

www.highlandoss.org.uk

Please keep checking the website and our Facebook page for information and news on our drop-ins, courses, groups and events.