

May 2025 Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
			1 st 10am Coffee Club @ venue tbc	2 nd 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	3 rd	4 th
5 th 12:30-1:30pm Coffee/Lunch Club @ Victorian Market	6 th 12-4pm: Drop-in	7 th 12:30-2pm Lunch Club @ The Auctioneer's 2-3:30pm Pre-Diagnosis Drop-in	8 th 10am Coffee Club @ venue tbc 11.30am Cinema Club @ Eden Court - Four Mothers	9 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	10 th	11 th
12 th 10:30am Sutherland Drop-in session @ Highlife Highland, Brora 1pm Milk & Honey, Dornoch 12-1pm Aviemore Coffee Club @ The Hub	13 th 12-4pm: Drop-in 11am Ross-shire Drop-in @ Capstone Cafe	14 th 1-3pm Pool Group @ The Chieftain Hotel 4-6pm Evening Drop-in session	15 th 10am Coffee Club @ venue tbc	16 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	17 th	18 th
19 th 1-3pm Lochaber Drop-in @ Kilmallies Community Centre, Corpach	20 th 12-4pm: Drop-in	21 st 12:30-2pm Lunch Club @ The Auctioneer's	22 nd 10am Coffee Club @ venue tbc 12.30 - 2 Employment Drop-in	23 rd 12-4pm: Drop-in 12:30-2pm Gourmet Group @ tbc 2-3pm Coffee and Cake Chit Chat Club	24 th	25 th
26 th 12-1pm Aviemore Coffee Club @ The Hub 4-5pm Aviemore Autistic Youth Group @ The Hub	27 th 12-4pm: Drop-in	28 th 12:30-2pm Transitions Drop-in 1-3pm Pool Group @ The Chieftain Hotel 4-6pm Evening Drop-in session	29 th 10am Coffee Club @ venue tbc 11:30am Cinema Group @ Eden Court - Mission Impossible - The Final Reckoning	30 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	31 st	



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We are constantly adapting our service to change the way we offer support to our service users if you have any suggestions please get in touch.

We continue to provide Drop-in sessions that all registered service users are welcome to attend on Tuesday's and Friday's between 12-4pm.

We have our Lunch Club @ The Auctioneer's between 12:30-2pm that meets on alternate Wednesdays to our Pool group which meets at 2pm.

Please check the Calendar to see which venue we are meeting at each week.

Please remember that you can still get in touch with the staff if you need any help or support and we can arrange 1-1 appointments in person or phone/Skype appointments.

We run occasional Zoom coffee clubs as well as our in person Drop-in sessions.

Please be aware that we can only have Zoom groups with approximately 5 people at any time, so it is always best to book a place in the Zoom groups with the individual member of staff.



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