

Highland One Stop Shop

Spring 2025

Newsletter

Issue 111

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A warm welcome to all who are reading this newsletter.

Wishing all our service users and their families, friends, carers
and all who support our service a very happy spring time.

Here at HOSS as always we look forward to seeing you attend our groups and activities as well as our coffee clubs and outreach Drop-in sessions across the Highlands.

If you have any suggestions for alternative venues to meet up in or if you might like to start a Coffee Club in your area please let us know and we might be able to help you to facilitate that happening.

Don't forget that we have Roller Bowl coming up at the end of April and we will look forward to a day out in July when there are also 5 Wednesday's in the month so we will plan an extra event to take part in together. Look out for updates being posted on Social media.

Staff Contact Details

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Walk for Autism

What a great success our Walk for Autism event was.
Raising over £562,318 across the country for Autism Initiatives to help services like ours continue to provide support to all of our service users, their families, friends and carers.

7401 walkers took part completing 372 million steps, how amazing is that!

We would like to thank each and every one of you that took part in this event, especially those that took part in walking 10,000 steps a day to help us raise these much needed funds.

Thank you to all of you that donated, and to all that shared our posts on Social media every one's contribution is greatly appreciated.

Thank you.

Volunteering at HOSS

We are looking for some new volunteers who would kindly give up some of their free time to support our service users in a befriending /buddy type role.

Volunteers who would like to join us as we go on activities outside of Friar Street, for example:
Would you like to come along and join us at Lunch Club and Pool group or even when we visit places like Roller Bowl.

Volunteers will receive full training before they start and will be fully supported by staff in their role as a volunteer as well as being PVG checked prior to starting in their volunteer roles.

If you are non-judgemental, have an interest in supporting others and have been thinking about volunteering this may be the volunteer role for you.

If you think you might be a good fit for this role and you are looking to regularly commit to a volunteer role supporting others then please get in touch with Jeni to discuss this.

Jennifer.pacitti@aiscotland.org.uk
or text Jeni : 07741 264812

Outreach Drop-in sessions in 2025

We will be continuing to holding our out reach sessions in
Alness, Badenoch and Strathspey, Caithness , Lochaber , Skye and Sutherland.

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 Alness Drop-in session
and the Sutherland Drop-in session
email: gill.maclennan@aiscotland.org.uk
mobile:07850308237

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

Please contact Jeni regarding the Badenoch and Strathspey Drop-in session
or the Lochaber Drop-in session
email: Jennifer.pacitti@aiscotland.org.uk
or Text: 07741264812

Dates for the Out reach Drop-in sessions are usually planned in advance, if you would like to know in advance
which dates we will be attending a particular area please get in touch with the member of staff who covers
that area.

Out reach dates for your Diary

Alness Drop-in session—The next Drop-in sessions will be held on:
13th May @ 11am—Capstone Cafe

Caithness Drop-in session - the next Drop-in sessions will be held on:
26th May @ 4:30-6:30pm—Stepping stones

Lochaber Drop-in session - the next Drop-in sessions will be held on:
Monday 19th May 1-3pm @ Corpach Community Centre

Sutherland Drop-in session - The next Drop-in sessions will be held on:
Monday 12h May @ 10:30am

Out reach Coffee Club Diary Dates

Badenoch and Strathspey Coffee Club in Aviemore will meet on
Monday 12th and 26th May, Monday 9th and 23rd June
between 12-1pm @ The Hub

Dornoch Coffee Club will meet on Monday 12th May
@ Milk and Honey Café between 1-2pm.

Please contact Gill or Jeni directly to find out more about these Coffee clubs.

Pool Group and Lunch Club

We continue to meet on the first and third Wednesday's each month between
12:30-2pm for our Lunch Club at The Auctioneers
and we meet at The Chieftain Hotel to play pool
between 1-3pm on the 2nd and 4th Wednesday each month.

Wednesday evening Drop-in sessions

We have started to hold a fortnightly Wednesday evening Drop-in session for those of you that would like to
come along a little later in the day to meet up.

We will open between 4-6pm on the 2nd and 4th Wednesday each month.

If you would like further information about our Drop-in sessions
or about our groups and activities please get in touch with Jeni.

Jennifer.pacitti@aiscotland.org.uk
or you can text: 07741 264812

Gourmet Group

Our Gourmet group meets once a month and we get to 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