

September 2025 Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
1 st	2 nd	3 rd 12:30-2pm Lunch Club @ The Auctioneer's	4 th 11am Coffee Club @ Eden Court 11:45am Cinema Club @ Eden Court - The Roses	5 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	6 th	7 th
8 th 12-1pm Aviemore Coffee Club @ The Hub	9 th Sutherland Drop-in 10.30am @ Highlife Highland, Brora 12-4pm: Drop-in	10 th 1-3pm Pool Group @ The Chieftain Hotel 2-3:30pm Pre-diagnosis Drop-in session 4-6pm Evening Drop-in session	11 th 11am Coffee Club @ Roots 2pm Cinema Club @ Eden Court - Life of Chucky	12 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	13 th	14 th
15 th Mindfulness for Neurodivergence Introductory session - Please speak to Gill for further information.	16 th 11am Ross-shire Drop-in @ Capstone 12-4pm: Drop-in	17 th 12:30-2pm Lunch Club @ The Auctioneer's	18 th 10am Coffee Club @ Roots	19 th 12-4pm: Drop-in 12:30-2pm Gourmet Group - The White House 2-3pm Coffee and Cake Chit Chat Club	20 th	21 st
22 nd 12-1pm Aviemore Coffee Club @ The Hub 4-5pm Aviemore Autistic Youth Group @ The Hub	23 rd 12-4pm: Drop-in	24 th 1-3pm Pool Group @ The Chieftain Hotel 12:30-2pm Transitions Drop-in	25 th 11am Coffee Club @ Roots	26 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	27 th	28 th
29 th 4:30-6:30pm Caithness Drop-in session with Kirsten @ Stepping Stones	30 th 12-4pm: Drop-in					



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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 meeting on alternate Wednesdays to our Pool group which meets at The Chieftain Hotel between 1-3pm.

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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