

November 2025 Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3 rd	4 th Ross-shire Drop-in 11am @ Capstone Café, Alness 12-4pm: Drop-in	5 th 12:30-2pm Lunch Club @ Platform 8 2-3:30pm Pre-diagnosis Drop-in session	6 th 10am Coffee Club @ Roots	7 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	8 th	9 th
10 th 12-1pm Aviemore Coffee Club @ The Hub	11 th 12-4pm: Drop-in	12 th 1-3pm Pool Group @ The Chieftain Hotel	13 th 10am Coffee Club @ Roots	14 th 12-4pm: Drop-in 12:30-2pm Gourmet Group venue tbc 2-3pm Coffee and Cake Chit Chat Club	15 th	16 th
17 th 4:30-6:30pm Caithness Drop-in session with Kirsten @ Stepping Stones	18 th 12-4pm: Drop-in Sutherland Drop-in 10.30am @ Highlife Highland, Brora	19 th 12:30-2pm Lunch Club @ Platform 8	20 th 11am Coffee Club @ Eden Court 12 Cinema Club - I Swear	21 st 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	22 nd	23 rd
24 th 12-1pm Aviemore Coffee Club @ The Hub	25 th 12-4pm: Drop-in	26 th 1-3pm Pool Group @ The Chieftain Hotel 12:30-2pm Transitions Drop-in	27 th 11am Coffee Club @ Eden Court 12 Cinema Club @ Eden Court - Wicked For Good	28 th 12-4pm: Drop-in 2-3pm Coffee and Cake Chit Chat Club	29 th	30 th



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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 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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