

# March 2026 Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2 <sup>nd</sup>	3 <sup>rd</sup> 12-4pm: Drop-in	4 <sup>th</sup> 12:30-2pm Lunch Club @ Platform 8 2-4pm Pre-diagnosis Drop-in session @ Friars Street 2-4pm Quiet Drop-in session @ Friars Street	5 <sup>th</sup> 10am Coffee Club @ Roots	6 <sup>th</sup> 12-4pm: Drop-in  12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	7 <sup>th</sup>	8 <sup>th</sup>
9 <sup>th</sup> 12-1pm Aviemore Coffee Club @ The Hub	10 <sup>th</sup> 12-4pm: Drop-in	11 <sup>th</sup> 1-3pm Pool Group @ The Chieftain Hotel	12 <sup>th</sup> 11am Coffee Club @ Eden Court  12 Cinema Club @ Eden Court - The Bride	13 <sup>th</sup> 12:30-2pm Gourmet Group - Inverness Castle Bistro 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	14 <sup>th</sup>	15 <sup>th</sup>
16 <sup>th</sup>	17 <sup>th</sup> 11am Ross-shire Drop-in session @ Capstone Café, Alness  12-4pm: Drop-in	18 <sup>th</sup> 12:30-2pm Lunch Club @ Platform 8 2-4pm Pre-diagnosis Drop-in session @ Friars Street 2-4pm Quiet Drop-in session @ Friars Street	19 <sup>th</sup> 11am Coffee Club @ Roots	20 <sup>th</sup> 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	21 <sup>st</sup>	22 <sup>nd</sup>
23 <sup>rd</sup> 12-1pm Aviemore Coffee Club @ The Hub  4-5pm Aviemore Youth Group @ The Hub	24 <sup>th</sup> 11am Sutherland Drop-in @ Brora Learning Hub 12:30 Coffee/Lunch Club @ Cocoa Skye  12-4pm: Drop-in	25 <sup>th</sup> 12:30-2pm Transitions Drop-in @ Friars Street 1-3pm Pool Group @ The Chieftain Hotel	26 <sup>th</sup> 11am Coffee Club @ Eden Court  12 Cinema Club @ Eden Court - Dog Man	27 <sup>th</sup> 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Karaoke Fun	28 <sup>th</sup>	29 <sup>th</sup>
30 <sup>th</sup> 4:30-6:30pm Caithness Drop-in session with Kirsten @ Stepping Stones	31 <sup>st</sup> 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 @ Platform 8 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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