

# May 2026 Highland One Stop Shop Activity Calendar

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



# May 2026 Highland One Stop Shop Activity Calendar

---

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.



[highlandoss@aiscotland.org.uk](mailto:highlandoss@aiscotland.org.uk)



01463 717649