

July 2026 Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
		1 st 12:30-2pm Lunch Club @ Platform 8 2-4pm Pre-diagnosis Drop-in session @ Friars Street 2-4pm Quiet Drop-in session @ Friars Street	2 nd 10am Coffee Club @ Roots This group is unstaffed	3 rd 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	4 th	5 th
6 th	7 th 12-4pm: Drop-in	8 th 1-3pm Pool Group @ The Chieftain Hotel	9 th 10am Coffee Club @ Roots This group is unstaffed	10 th 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	11 th	12 th
13 th 12-1:30pm Aviemore Coffee Club @ The Hub	14 th 12-4pm: Drop-in	15 th 1-4pm HOSS Summer Party	16 th 10am Coffee Club @ Roots This group is unstaffed	17 th 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	18 th	19 th
20 th 4:30-6:30pm Caithness Drop-in session with Kirsten @ Stepping Stones	21 st 12-4pm: Drop-in	22 nd 1-3pm Pool Group @ The Chieftain Hotel	23 rd 10am Coffee Club @ Roots This group is unstaffed	24 th 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	25 th	26 th
27 th 12-1:30pm Aviemore Coffee Club @ The Hub	28 th 12-4pm: Drop-in	29 th 12:30-2pm Lunch Club @ Platform 8 2-4pm Pre-diagnosis Drop-in session @ Friars Street 2-4pm Quiet Drop-in session @ Friars Street	30 th 10am Coffee Club @ Roots This group is unstaffed	31 st 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time		



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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.

Please remember that the staff may be in meetings during the Drop-in sessions.

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 remember these groups are not always staffed.

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/Microsoft Teams appointments.



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