

November 2026 Highland One Stop Shop Activity Calendar

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
2 nd	3 rd 12-4pm: Drop-in	4 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	5 th 10am Coffee Club @ Roots This group is unstaffed	6 th 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	7 th	8 th
9 th	10 th 12-4pm: Drop-in 1-2pm Arts and Crafts with Jeni	11 th 1-3pm Pool Group at The Chieftain Hotel	12 th 10am Coffee Club @ Roots This group is unstaffed	13 th 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	14 th	15 th
16 th	17 th 12-4pm: Drop-in	18 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	19 th 10am Coffee Club @ Roots This group is unstaffed	20 th 12:30-2pm Gourmet Group Venue TBC - You must book in advance - Please speak to Kirsten to book your seat. 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	21 st	22 nd
23 rd	24 th 12-4pm: Drop-in 1-2pm Arts and Crafts with Jeni	25 th 1-3pm Pool Group at The Chieftain Hotel	26 th 10am Coffee Club @ Roots This group is unstaffed	27 th 12-4pm: Drop-in 12-1:30pm Gaming 1:30-2:30pm Coffee and Cake Chit Chat Club 2:30-4pm Quiet time	28 th	29 th
30 th						



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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 so it is best to book an appointment if you want to speak with a member of staff.

*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.
If we are unable to eat at Platform 8, we will usually go to Wetherspoons as the alternative venue.
If you arrive and no one is there, please check on Facebook to see if the venue has been changed.*

*Please remember that you can still get in touch with the staff if you need
any help or support and we can arrange to have a 1-1 appointment in person,
on the phone or via a Microsoft Teams appointments.*

