

Albion House - August 2014 Activity Programme

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
				1 Drop-in: 12-5 Movie Matinee: 2-4.30	2 Drop-in: 11-2 Walking Group: 11.15	3
4	5 Drop-in: 11-5 Creative Writing: 1-3	6 Drop-in: 12-8 Open Discussion Group: 1.30-2.30 Art Group: 6-8	7 Tenpin Bowling - Rollerbowl Inverness 1pm meet at Albion	8 Drop-in: 12-5 Service User Forum: 2-4	9	10
11 No.3 & No.6 One Stop Shops Visit to Albion House Open Drop In: 11-4	12 Drop-in: 11-5 Arts & Crafts Group: 11-1 Photography & Video Group: 2-4	13 Drop-in: 12-8 Open Discussion Group: 1.30-2.30 (Scottish Independence Better Together session, for more information contact Andrew) Games Night: 6-8	14 Badenoch & Strathspey Drop In: 3-5.30 The Hub, Aviemore Contact Gill for more information	15 Drop-in: 12-5 Women's Mtg: 1.30-2.30 Women's Group: 3-4 (Nail Art)	16	17
18 Skye Drop-in: 2.30-4.30 YMCA Portree Contact Kirsten for more information	19 Drop-in: 11-5 Inverness Museum Visit: 11- 12.30 Creative Writing: 1-3 Employment Group: 3-5	20 Drop-in: 12-8 Open Discussion Group: 1.30-2.30 50+ mtg: 3-4 Art Group: 6-8	21 Lochaber Drop In: 3-5 Caol Youth Centre Fort William Contact Kirsten for more information	22 Drop-in: 12-5 Summer Party: 4-7	23	24
25 Glachbeg Trip - 11 - 1.30 pm Visit round farm. Bring packed lunch - if you're interested please speak to a member of staff.	26 Drop-in: 11-5 Arts & Crafts Group: 11-1 Video Documentary Group: 2-4	27 Drop-in: 12-8 Open Discussion Group: 1.30-2.30 Games Night: 6-8	28 Caithness Drop-in: 4-7 Pultney Centre, Wick Contact Kirsten for more info	29 Drop-in: 12-5 Gourmet Group: 1pm Zizzi's Italian Women's Group: 3-4 (Shopping & coffee)	30	31

Please turn over for further details.



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Adult Diagnosis Group: This is a 9 week programme for people who have received a diagnosis in their teens or as adults and would like to know more about their condition.

Art Group: This group will provide an opportunity to express yourself through the medium of drawing and painting.

Creative Writing: This group will allow you to explore your writing skills, for example short stories, poetry and scripts.

Drop-in sessions: These are times when adults can come into Albion House to have a cup of tea/coffee, meet others or take part in activities such as pool, computer games, and the use of computers as well as space to read or just to relax.

Employment Group: This group is designed to help build on the skills and confidence levels that are needed when looking for employment.

Games Night: Come along and have a go on the Wii, PlayStation 3 or Xbox 360, there's board games and table tennis too.

Gourmet Group: A monthly opportunity to experience the flavours of Inverness, dining at local restaurants. Suggestions welcomed.

Movie Matinee: Popcorn and drinks will be available. If you are keen to watch a film, please let us know and we will try to get it. We would also welcome any donations.

Open Discussion Group: A weekly forum open to all, to discuss any relevant topic or issue from Autistic lifestyle, current affairs, relationships or any experience you would like to muse upon, deliberate, examine or even consider.

Photography and Video Group: Whether you're interested, a budding amateur or want to know more about photography and videoing this group may be for you. Come along and meet our photography volunteer Alan Simpson or speak to a member of staff for more information.

Video Documentary Group: This is a group run by two of our guys who have an interest in developing a documentary about autism and Albion House. If you would like to become involved behind the scenes or in front of the camera speak to a member of staff for more details.

Walking Group: Please be aware that this can be dependent on weather; so please bring appropriate clothing.

Women's Group: An open group for women, 16 plus, to come along and be involved in discussions and conversations both serious and light-hearted.

1:1 appointments: If you would like to arrange an appointment to speak to us, please contact a member of staff. For more information on any of the above, please contact a member of staff.



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