

# Highland One Stop Shop August Newsletter Issue 14

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Save a great August! First quarter 4th; full moon (Corn Moon) 10th; last quarter 17th; new moon 25th

## Developments within HOSS

### Badenoch and Strathspey

Gill will be running our drop in session at The Hub in Aviemore on Thursday 14th August from 3-5pm. If you would like to arrange a meeting or a 1:1 appointment to find out more please contact Gill:

Email: [gill.maclennan@aiscotland.org.uk](mailto:gill.maclennan@aiscotland.org.uk) or telephone 01463 717649.

### Lochaber

Our next Lochaber drop in will be held on Thursday 21st August from 3pm-5pm at the Caol Youth Centre. We are still looking to recruit volunteers so if anyone in the Lochaber area is interested in volunteering please get in touch. If you would like anymore information or would like to book a 1:1 session please contact Kirsten:

Email: [kirsten.smil@aiscotland.org.uk](mailto:kirsten.smil@aiscotland.org.uk) or tel 01463 717649

### Skye and Lochalsh

Our next Skye drop in will be on Monday 18th August and will be held at the YMCA in Portree running from 2.30-4.30pm.

If you would like more information or would like to book a 1:1 appointment please contact Kirsten:

Email: [kirsten.smil@aiscotland.org.uk](mailto:kirsten.smil@aiscotland.org.uk) or telephone 01463 717649.

### Caithness

Kirsten will be running our drop in session in Wick at the Pulteney Centre on Thursday 28th August, from 4-7 pm. Remember that 1:1 sessions are available should there be anything you would like to discuss. If you have any questions or want more info, please contact Kirsten:

Email: [kirsten.smil@aiscotland.org.uk](mailto:kirsten.smil@aiscotland.org.uk) or telephone 01463 717649.

### Summer Activities in August

#### Thursday 7th August—Rollerbowl Ten Pin Bowling

Meet at Albion House at 1pm to get bus to Rollerbowl Bowling Alley. 1 game = £4.20 2 games = £7.80

#### Monday 11th August—Perth & Edinburgh One Stop Shops visiting Albion House

There will be an open drop in from 11am-4pm for you to come along and meet everyone visiting from our other One Stop Shops in Scotland.

#### Tuesday 19th August—Inverness Museum trip.

Meet at Albion House at 11am

#### Monday 25th August—Glachbeg Farm Visit 11am-1.30pm

Please bring a packed lunch.

#### Friday 22nd August—Summer Party 4pm-7pm

There will be music, activities and nibbles

If you are interested in attending, or want to know more, please contact a member of staff.

Please remember you will need money for any snacks and drinks whilst out on the summer trips.

### Cromdale

#### Short Activity Breaks

We have partnered up with No6 OSS in Edinburgh and No 3 OSS in Perth to run some free short activity breaks.

These breaks will consist of 3 days and 2 overnight stays at Cromdale Outdoor Centre which is near Grantown on Spey.

We will be running 3 trips in Sept and October 2014 and March 2015.



If you are interested, and want to find out more, please speak to a member of staff.

Please keep checking the website and our Facebook page for information and news on our drop-ins, courses, groups and events.

### HOSS — Telephone Answering Service

We are providing a telephone answering service on 01463 717649 between 10.30 and 12.30pm on a Monday. We will be able to answer brief queries, but can also arrange a 1:1 appointment with staff or a time for staff to call you back.

### Scottish Independence Sessions

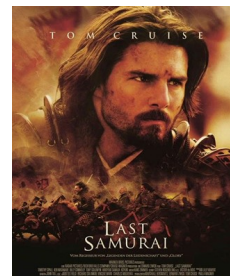
There will be two sessions held before the referendum on 18th September. The sessions will be provided during the Discussion Group held on a Wednesday. The first session will be on Wednesday 13th August 1:30-2.30pm where there will be someone from the Better Together campaign present. The second session will have someone from the Yes Campaign (date to be confirmed). Contact Andrew for more information.

### Service User Forum—new contact details:

The Service User Forum has now set up its own contact email address for those that wish to take part and express their views despite not being able to attend meetings at Albion House. The email address is: [hoss.suf@outlook.com](mailto:hoss.suf@outlook.com)



### Movie Matinee



Movie Matinee **The Last Samurai**  
Friday 1st August, film starts at  
**2pm**

Drinks and popcorn provided.



### 50 + Meeting

This meeting is an opportunity for people aged 50+ to meet together and to discuss the idea of a regular group or activities relevant to them. The meeting will be held on **Wednesday, 20th August 3-4pm.**

### Women's Meeting

This meeting is an opportunity to meet together to look at what activities or opportunities you would like to see take place through HOSS. The meeting will be held on **Friday, 15th August, 1.30-2.30pm.**

### Employment Group

From August the employment group will now be held monthly on the third Tuesday of every month 3pm-5pm, beginning on Tuesday 19th August. For more information, contact Kirsten.



Movie Matinee—1st Fri of the month

Creative Writing—Tues every 2 weeks

Photography & Video Group—3rd Tues of the month

Art Group —Wed every 2 weeks

Gaming Group—Wed every 2 weeks

Open Discussion Group — Wed weekly

Walking Group — held during Saturday drop in

Women's Group—Fri every 2 weeks

Gourmet Lunch Group—Last Fri of the month

### Drop-in

We have scheduled Drop-in times on the following days:

**Tuesdays — 11am—5pm; Wednesdays — 12pm—8pm and Fridays — 12pm—5pm.**

We also have our Saturday Drop-in on: **Saturday, 2nd August — 11am-2pm.**

These are times when you can come in, meet people, use the computers, games consoles, play pool, sit and read or just relax and be yourself in a safe and friendly environment. We look forward to seeing you there!

### Gourmet Group

**Friday, 29th August at 1pm. Meet at Albion at 12.45pm**

**This month we will be going to Zizzi's - cost approximately £7.95**

**If you are interested in going please let a member of staff know so we can book a table**