

Highland One Stop Shop September Newsletter Issue 15

Albion House, 28 Ardconnel
Terrace, Inverness, IV2 3AE



Telephone number: 01463 717649
Email: highlandoss@aiscotland.org.uk
Website: www.highlandoss.org.uk
One Stop Shop Manager: gill.maclennan@aiscotland.org.uk
Benefits/Employment Coordinator: kirsten.smail@aiscotland.org.uk
Activities Coordinator: andrew.denovan@aiscotland.org.uk

Have a great September! First quarter 2nd; full moon (Harvest Moon) 9th; last quarter 16th; new moon 24th

Developments within HOSS

Staff Update

We are delighted to welcome Jeni Miller who joins our team this month as Project Assistant and will be working 16 hrs per week based at Albion House. Her main role will be Volunteer and Activity Co-ordinator.

Andrew Denovan will be taking over the Lochaber Drop in the Caol Youth Centre in Fort William. If you have any queries, want to book a 1:1 appointment or are interested in volunteering, please contact him on 014653 717649 or email : andrew.denovan@aiscotland.org.uk.

Kirsten Smail is now taking forward the Caithness Drop in at the Pultney Centre, Wick.

Cinema Night

We are delighted that Eden Court are supporting us by providing us with a film screening at their theatre once a month.

On Tuesday, 16th Sept we are going to see Maleficent at 5pm. If you are interested in coming along, tickets cost £5 and we will be leaving Albion House at 4.30pm. If you would like any more info, please contact a member of staff.

Inverness Museum— Behind the Scenes

27 September at 11am – Explore the Archaeology Store!

This event offers you the opportunity to get up close to, see and hear about the reserve collections, including many objects never before displayed. From chert hand axes to copper chafing dishes, this is your chance to get your hands on the past!

Places are limited to 7 and the event is **FREE**— if you are interested in a place, please contact Gill by Mon, 15th Sept.

Psychological Self Defence

We have a new course starting this month created by Cal McFarlane who volunteers with us at Albion House. Led by Cal, the aim of this short course is to develop skills to cope with stressful situations and how they make us feel.

The first session will be Friday 19th September at 1.30pm to 3pm and the group will run for the following three Fridays; 26th Sept and 3rd and 10th October.

Please note that the October Service Users' forum will now be held on the 17th instead of the usual second Friday in the month. For more information please speak to Cal or a member of staff.

September outlying area's drop in details:

Skye - contact : kirsten.smail@aiscotland.org.uk

Monday, 8th at YMCA, Portree from 2.30—4.30pm.

Badenoch & Strathspey - contact :
gill.maclennan@aiscotland.org.uk

Thursday, 11th at the Hub, Aviemore from 3—5 pm.

Lochaber - contact : andrew.denovan@aiscotland.org.uk

Thursday, 18th at Caol Youth Centre, Fort William from 3—5pm.

Caithness - contact : kirsten.smail@aiscotland.org.uk

Thursday, 25th at Pultney Centre, Wick from 4—7pm.

Anyone wanting to book a 1:1 appointment, or who is interested in volunteering, please contact a member of staff. Thanks.

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.

Women's Group

Following on from the Women's meeting held last month, this group will now meet weekly on a Friday at Albion House from 3—4.30pm. There was plenty of discussion and suggestions and ideas were put forward as possible activities for the group.

If you would like to attend, please feel free to drop in to this open group. Any activities for the group will be advertised in the calendar each month.

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

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 have a trip this month and will be running 2 more trips in October and March 2015.

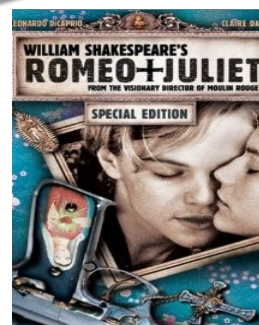
If you are interested, and want to find out more, please contact to a member of staff.

Employment Group

From August the employment group will now be held monthly on the third Tuesday of every month 3pm-5pm. The next session will be on 16th September. For more information, contact Kirsten.



Movie Matinee



Movie Matinee **Romeo & Juliet**

Friday 5th September, film starts at **2pm**

Drinks and popcorn provided.



Movie Matinee—1st Fri of the month

Creative Writing—1st & 3rd Tue of the month

Arts & Crafts—2nd & 4th Tues of the month

Photography & Video Group—3rd Tues of the month

Art Group —Wed every 2 weeks

Games Night—Wed every 2 weeks

Open Discussion Group — Wed weekly

Walking Group — held during Saturday drop in

Women's Group—Fri weekly

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, 6th September — 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, 26th September at 1pm. Meet at Albion at 12.45pm

This month we will be going to Rajah Indian - cost approximately £10

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