

Albion House - April 2017 Activity Programme

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3 Drop-in: 3-6 Astronomy Club: 5-6	4 Drop-in: 11-5 Snooker and Pool Group: 1-3:30	5 Drop-in: 12-8 Re-Action Discussion Group: 1:30-3 Discussion Group:1:30-3 <i>Games Group: 6-8</i>	6 Coffee Club @ Costa, Inglis Street: 11-12 <i>The Inverness College Spectrum Support Group: 12-2 in Room 134</i>	7 Drop-in: 12-5 Universal Credit Drop-in: 11-12 Book Club: 2-3 Coffee and Cake Chit Chat Club: 3-4:30	8	9
10 Drop-in: 3-6 Pre-diagnosis Drop-in: 1-3 <i>Skye Drop-in: 2:30-4:30 YMCA Portree.</i>	11 Drop-in: 11-5 Arts and Crafts: 1:30-3	12 Drop-in: 12-8 Coffee/Lunch Club @Velocity Café: 11:30-1 Re-Action Discussion Group: 1:30-3 Art Group: 6-8 <i>Games Group: 6-8</i>	13 <i>The Inverness College Spectrum Support Group: 12-2 in Room 134</i> Badminton Club: 1.30-2.30 Inverness Aquadome	14 Drop-in: 12-5 Employment Drop-in: 11-12:30 Roller Bowl: 11:45-3 Coffee and Cake Chit Chat Club: 3-4:30	15 Drop-in: 11-2 <i>Cooking Group: 11:30-1:30</i>	16
17 Drop-in: 3-6 <i>Caithness Drop-in: 5:30-7:30 Stepping Stones Thurso</i>	18 Drop-in: 11-5 Creative Writing: 1:30-3 Cinema @ Eden Court: time to be confirmed	19 Drop-in: 12-8 Discussion Group:1:30-3 Re-Action Discussion Group: 1:30-3 <i>Games Group: 6-8</i>	20 Coffee Club @ Costa, Inglis Street: 11-12 <i>The Inverness College Spectrum Support Group: 12-2 in Room 134 Lochaber Drop-in: 2:30-4:30 Caol Community Centre</i>	21 Drop-in: 12-5 Universal Credit Drop-in: 11-12 Snooker and Pool Group: 1-3 Coffee and Cake Chit Chat Club: 3-4:30	22	23
24 Drop-in: 3-6 Pre-diagnosis Drop-in: 1-3	25 Drop-in: 11-5 Women's Coffee Morning@ Starbucks, Palace Hotel: 11-12 Arts and Crafts: 1:30-3	26 Drop-in: 12-8 Re-Action Discussion Group: 1:30-3 Art Group: 6-8 <i>Games Group: 6-8</i>	27 <i>The Inverness College Spectrum Support Group: 12-2 in Room 134</i> Badminton Club: 1.30-2.30 Inverness Aquadome	28 Drop-in: 12-5 Employment Drop-in: 11-12:30 <i>Gourmet Group: 12:30-2:30</i> Coffee and Cake Chit Chat Club: 3-4:30	29	30



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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 on a fortnightly basis.

Arts & Crafts: This session is open to anyone to come and try a range of different crafts we have or bring along your own and teach us!

Book Club: This group will run once a month and will be open to anyone who would like to come along and discuss the books which they have been reading and have enjoyed or not enjoyed and we also chat about favourite books that have been made into movies and if we have enjoyed the movie.

Coffee & Cake Chit Chat Club: This group is open to all our service users, you are welcome to come along with a parent, carer or support worker to join us have coffee, cake and general chit chat in a light hearted way. This group will meet weekly on a Friday afternoon.

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

Discussion Group: A fortnightly run group to allow for discussing 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.

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.

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

1:1 appointments: This is an opportunity to come in and privately speak with a member of staff about any issue which may have been on your mind, if you feel you would benefit from a 1-1 appointment please contact any member of staff and we will be happy to arrange a suitable appointment with you.

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.



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