



# Autism Initiatives

*real partnerships, unique solutions, positive outcomes*

## **Highland One Stop Shop**

Based at Albion House in Inverness.  
Providing a free service to adults aged 16 and over who have an Autism Spectrum Condition.

## **Phone answer service**

**Mondays, 10:30-12:30pm**

We have a member of staff available to answer telephone enquiries and make appointments. Also, to arrange for staff to call you back.  
Please phone: 01463 717469.

## **1:1 support sessions**

We offer confidential 1:1 support sessions, which are tailored to meet the individual's needs.

We can attend appointments and meetings with individuals if needed.

Albion house is a safe place to be yourself, take part in activities or just relax.

## **Adult diagnosis group**

A 9 week programme for those who have been recently diagnosed and would like to learn more about living with an Autism Spectrum Condition (ASC).

We send monthly newsletters and a calendar of the month's events to all on our mail list.

## **Albion House**

### **Drop-in sessions**

**Mondays 4pm—7pm.**

**Tuesdays 11am—5pm.**

**Wednesdays 12—8pm.**

**Fridays 12—5pm.**

**And fortnightly on Saturdays.**

## **Monthly Drop-ins**

We hold monthly drop-ins for those who are registered with us but find it difficult to get to Inverness easily. The drop-ins are held in Caithness, Lochaber, Skye and Badenoch and Strathspey.

**For further information, please contact: [highlandoss@aiscotland.org.uk](mailto:highlandoss@aiscotland.org.uk)**

**You can phone us on: 01463 717469**

**Or you can visit us at Albion House,  
28 Ardconnel Terrace, Inverness, IV2 3AE.**