



THE BIG VOTE 4

#YOUCHOOSE4 PROJECT BROCHURE

1-3PM, FRIDAY 22 NOVEMBER 2019
ALEXANDER GRAHAM BELL CENTRE
MORAY COLLEGE UHI, ELGIN



Contents

Be Healthy

West End Primary Parent Council: 5 a Day is Here to Stay!	P.3
Coyote Initiatives: Music Memories	P.3
Hopeman BALL Group: Electric Floor Standing Projector Screen	P.4
Lhanbryde Community Challenge: Lhanbryde Mums Group	P.4
Mindful Creations (CIC): Accessible Upcycling Course	P.5
Moray Food Plus: Elgin Pieman's Club	P.5
Moray School Bank - Back to School 2020	P.6
Moray School Bank: No Worries in Moray	P.6
Moray Way Association: Outdoors for All	P.7
Archiestown Village Council: Informing the Community	P.7
Elgin & District Men's Shed: New Members Welcome	P.8
REAP: Moray School Gardens	P.8
1st Lhanbryde and Urqhart Guiding: Oakwood Cooking Skills for the Future	P.9
Dufftown and District Community Council: Project Tufty	P.9
Earthtime: Families in Nature	P.10
Elgin Athletics Club: Refurbishment of Long Jump Track	P.10
Hopeman Community Association: Keep Hopeman Connected by Foot	P.11
Moray Arts Centre: Exploring creativity & well-being	P.11
Transition Town Forres: Forres Wellbeing	P.12
Calm Nest: #BagsofCalm	P.12
Army Welfare Service, Kinloss: Kinloss Guitar Group	P.13
Elgin City Council	P.13
Elgin Street Pastors: Forres School Pastors	P.14
Forres Area Community Trust (FACT): The Cameron Project	P.14
Moray Council - Active Schools: Young Sports Leaders in Moray	P.15
Moray Sports Centre: Food and Fun	P.15
Ray's Opportunities: Improving the understanding of Autism	P.16
Step by Step in Moray: Dads Group	P.16

Connecting Communities

Quarriers: Arrows Music Group - Sound Out	P.18
Body positivity- Project Lead Tini van Lujtelaar (hosted by Moray Wellbeing Hub)	P.18
Mindful Creations (CIC): Set Up Costs to Run Course	P.19
Carol Scorer: Drumming Together for Health and Wellbeing: Talking Rhythm	P.19
Forres Men's Shed: Festive Soup 'n' Social	P.20
"Create": Project lead Michael Stretch (hosted by Moray Wellbeing Hub)	P.20
Elgin & District Men's Shed	P.21
Findhorn Bay Arts - In the Mix: Creativity for Wellbeing	P.21
Buckie Roots: Building Community Spirit	P.22
Outdoor 'Write to Recovery' group: Donna Hendry project lead (hosted by Moray Wellbeing Hub)	P.22
Cullen Youth Club	P.23
SACRO: Service User Activity Funds	P.23
North East Traders: Community Computing and Printing for all	P.24
"Strands of Identity" - project lead Fiona Percy (hosted by Moray Wellbeing Hub)	P.24
Moray Reach Out: Wool Spinning for All	P.25
Mindfulness@TheBow	P.25
Transition Town Forres: New Habits	P.26
Textile for Mental Health & Wellbeing: Project Lead Fiona Percy (hosted by Moray Wellbeing Hub)	P.26
Cullen Men's Shed: Motivation via Workshop	P.27
Riverside Church: Life Challenge Outreach Bus	P.27
Arts for Wellbeing Festival (Scottish Mental Health Arts Festival - Moray)	P.28
Elgin Street Pastors: Digital Capacity Building	P.28
Cullen Community Allotment Association	P.29



This category comprises of 28 projects, from across the Moray area. All fit the criteria of the Be Healthy Theme. The priorities are:

Priority 1: Vibrant, healthy and safe places and communities

Priority 2: Early Years

Priority 3: Good mental health and wellbeing

Priority 4: Reduce the use and harm from alcohol, tobacco and other drugs

Priority 5: Sustainable, inclusive economy with equality of outcomes for all

Priority 6: Improving diet, promoting a healthy weight and increasing physical activity

SEE PROJECTS OVERLEAF

WHO WE ARE

West End Primary Parent Council

WHY WE NEED FUNDING

We wish to create nine (one per class) bespoke photographic canvas wall art panels to create vibrant eating space and combine these with activities that motivate school children to think positively about their choices, engaging with community organisations such as Moray Food Plus to help children understand more about reducing inequalities, and supporting children to feel a sense of control and responsibility for making healthy choices that can shape their future.

Potential examples of panels:

1. Display of tins
2. Fresh Scottish produce
3. Frozen fruit and vegetables
4. Superfoods etc.

THE DIFFERENCE

This project will greatly change ambience of school canteen, promote healthy eating to the children in a fun way and help children to understand that healthy eating choices do not need to necessarily be expensive.

PROJECT

West End
Primary
Parent
Council: 5 a
Day is Here to
Stay!

West End Primary Parent Council: 5 a Day is Here to Stay!

£1160

P3

WHO WE ARE

Coyote Initiatives is a non-profit Community Interest Company and Social Enterprise based in North-East Scotland - Creatively engaging education

WHY WE NEED FUNDING

We will deliver 2 "Silent Disco" (Music Memory) sessions in each of 3 care homes, and one in the ACE Ward at Dr Gray's. Participants will include residents with Alzheimer's, patients and invited family members/friends/staff. The sessions include music & movement, working with Dance North.

THE DIFFERENCE

Increased positive mental & physical health of residents and patients, increased appetite, increased connections, improved family relations.

Direct observation during the sessions, informal chats with participants, family members, key staff. This will be a follow up to a one off highly successful project we ran within GHAT's "Resonate: Disseminate" project in 2018.

PROJECT

Coyote
Initiatives:
Music
Memories

Coyote Initiatives: Music Memories

£2000

WHO WE ARE

Hopeman BALL group is part of a network of BALL (Be Active Life Long) groups and other community groups supporting older people in Moray to live healthier and independent lives in their own communities.

WHY WE NEED FUNDING

We would like to purchase a quality projector screen to enable the BALL (Be Active Life Long) Group to make presentations of slides, videos and films within their group and invited guests and to share the facility with all the other groups in the community. It is also envisaged that it will encourage community groups of differing ages to come together to facilitate understanding among each other.

THE DIFFERENCE

It will enable presenters, group members and others to provide quality visual material.

The portable electric projector screen will enable people of all ages and abilities to erect and dismantle it and to move it within the hall as appropriate for a group's need.

It will facilitate more participation by members of the BALL group to share their photographic experiences and will promote discussion and mental wellbeing.

It will encourage community groups to share their experiences and memories through presentations and photographic materials.

PROJECT

Hopeman
BALL Group:
Electric Floor
Standing
Projector
Screen

Hopeman BALL Group: Electric Floor Standing Projector Screen

£ 998

P 4

WHO WE ARE

Lhanbryde Community Challenge is a charity whose purpose is to relieve poverty, to further the health and to advance the education of the inhabitants of Lhanbryde and its environs.

WHY WE NEED FUNDING

Working in partnership with Moray Food Plus we will support the group to develop skills and knowledge with a particular emphasis on healthy choices, cooking and growing alongside confidence building and developing a shared identity. Additional volunteers will also be recruited to develop skills and knowledge.

THE DIFFERENCE

The women will be more confident and connected, not only with each other but also in the wider community. Their well-being will be increased through physical activity and working out of doors. Their improved well-being will in turn impact on their families.

PROJECT

Lhanbryde
Community
Challenge:
Lhanbryde
Mums Group

Lhanbryde Community Challenge: Lhanbryde Mums Group

£ 1220

WHO WE ARE

Mindful Creations CIC is a social enterprise committed to reducing the amount of waste needlessly going to landfill by finding creative and socially inclusive ways to reuse and upcycle this material.

WHY WE NEED FUNDING

We would use the money to fund a pilot project of creative upcycling, using hand tools. This would be offered to people in recovery of mental health, using partnership between social workers and other partner agencies to access the target group. We would run 4 taster workshops with flexible start times allowing accessibility for those with anxieties. By providing a friendly environment we will capture feedback from participants to meet the future needs of participants. Following this we would offer a 8 week course to individuals to upcycle, or make a small project. Each week we would offer a three hour session with food break provided.

THE DIFFERENCE

By making the course relatable and the skill learnt using tools that may be available at home (ie not expensive power tools) we hope the course will empower people to upcycle and repurpose in their home, live to lower landfill but also make their own environment more pleasant.

PROJECT

Mindful Creations (CIC):
Accessible Upcycling Course

Mindful Creations (CIC) : Accessible Upcycling Course

£ 1930

P 5

WHO WE ARE

Our mission is for people with direct experience of food insecurity to contribute to help shape our services, to develop and run projects that recognise the social value of food, to provide opportunities for people to contribute to projects through volunteering, and where possible, to enable people to choose what they eat in a dignified way.

WHY WE NEED FUNDING

We want to create an informal club that will bring men together to learn how to make pies from scratch, cook them and eat them together. Although the club will be supported by our female development officers we intend to involve male volunteers and male butchers, bakers and local pie makers.

THE DIFFERENCE

This idea is based on the successful Men's Pie Clubs running across Newcastle and is a proven model that brings men together, improves social connectedness, improves nutrition and improves mental health.

PROJECT

Moray Food Plus:
Elgin Pie man's Club

Moray Food Plus: Elgin Pie man's Club

£ 1785

WHO WE ARE

Moray School Bank is a charity set up for the relief of poverty. Our aim as a group of volunteers is to offer new school uniform and warm winter clothing to children living in financial hardship across Moray.

WHY WE NEED FUNDING

With the funding we will provide school uniform to pupils who are experiencing financial hardship across Moray. We accept referrals from professionals working with families and we provide support to children without means testing which means we can support working families. We help young people return to school ready to learn.

THE DIFFERENCE

The service offers opportunity for children to return to school with confidence, self-belief and equality. They will feel good about themselves and less likely to be judged or bullied. It also helps parents by removing one worry from their minds with regard to the cost of school uniform.

PROJECT

Moray School Bank - Back to School 2020

Moray School Bank - Back to School 2020

£2000

P 6

WHO WE ARE

No Worries in Moray is a project in Moray started by me, Hannah Weir, when I was 11 in 2018. I wanted to offer days out to families who may not be able to afford it so they could have a day out together away from all their worries at home and spend some relaxing quality time together. I have agreed that the project can be run through Moray School bank.

WHY WE NEED FUNDING

We want to be able to provide four trips in 2020; in the Easter, Summer(x2) and October Holidays. We want to be able to take at least 100 children on a day out with their parents so they can spend time with their families. I have already applied to MFR Cash for Kids to cover the cost of entry to the parks, and they are keen to fund but have deferred it to January as it would be that round of funding and I have agreement in principle to apply for match funding to Gordon & Ena Baxter Foundation to access funding for a minibus should we be successful with #YOUCHOOSE4.

THE DIFFERENCE

The feedback from families so far has been 10 out of 10 and they have loved the trips, saying that it was great to see their children laugh and be carefree. We want to be able to continue to offer these trips to families to support positive mental health but need a minibus to be able to do this. Our minibus would be able to be used by the whole community and would therefore pay for its maintenance and insurance. But the most important thing is we would be able to provide days out for families without the cost of hiring buses and coaches.

PROJECT

Moray School Bank: No Worries in Moray

Moray School Bank: No Worries in Moray

£2000

WHO WE ARE

The Moray Way Association's purposes include - The provision of recreational facilities and the organisation of recreational activities promoting walking, cycling and other outdoor activities, through festivals and events, for the benefit and enjoyment of the Moray community and its visitors.

WHY WE NEED FUNDING

The Moray Way Association organises the annual Moray Walking and Outdoor Festival. The Outdoors for All project will take place as part of the festival in 2020. The project will include the delivery and promotion of a selection of events specifically tailored for people with limited mobility. These events will offer a unique opportunity for individuals and communities who are often excluded from accessing Moray's wild spaces. The project will be delivered in collaboration with local community groups, who provide support services to people with limited mobility. The events will be free of charge for the participants.

THE DIFFERENCE

The project will encourage participants, often excluded from outdoor recreation, to connect with nature and gain confidence in accessing wild spaces themselves. Spending more recreational time outdoors promotes good mental health and wellbeing by encouraging people to engage with their local natural environments. As well as providing increased physical activity.

Moray Way Association: Outdoors for All

£1500

PROJECT

Moray Way Association:
Outdoors for All

P7

WHO WE ARE

Archiestown Village Council is a Scottish Reg. Charity SC001696 that promotes the wellbeing of the Community resident in Archiestown and District.

WHY WE NEED FUNDING

We would like to establish a community information hub by installing magazine/brochure display within Archiestown Village Hall (AVH). Due to significant renovation AVH is now a vibrant community activity centre, used by at least one social activity group each day plus private and public hires many week-ends.

THE DIFFERENCE

The establishment of an information hub will allow the sharing of important and beneficial detail throughout, and between, our communities.

AVH is used regularly by our over 60's BALL group, Toddlers group, Fitness group, Yoga and musical tuition plus private groups so all ages and people across our community could benefit from this project, particularly those without access to the internet.

Critical, is that this facility will be located at the centre of the local community, especially as public transport is not an option and internet capability isn't universally available.

Archiestown Village Council: Informing the Community

£500

PROJECT

Archiestown Village Council:
Informing the Community

WHO WE ARE

We provide facilities and advance the social needs and health & wellbeing of men of all ages and backgrounds in Elgin and surrounding area.

WHY WE NEED FUNDING

Now that we have premises we aim to sustain and build our membership while continuing to look for more suitable premises. In receiving this funding, we will be able to promote the Shed and increase our ability to work with and help other community organizations and projects who could help signpost men who are more vulnerable or at risk of becoming socially isolated or lonely.

THE DIFFERENCE

In this way more men in Elgin and the surrounding area could benefit from becoming a member of our Men's Shed, so they too can enjoy a safe, stable and comfortable place in which to meet and enjoy each other's company as peers. We aim to increase our membership from 60 today to 80+ by end of 2020 and work with more partners to enable us to grow our membership and wider support for the Men's Shed Movement in Moray.

Elgin & District Men's Shed: New Members Welcome

£2000

PROJECT

Elgin &
District Men's
Shed: New
Members
Welcome

P 8

WHO WE ARE

REAP (Rural Environmental Action Project) is a local environmental and sustainable development charity based in Keith. We work towards a future where everyone can afford to heat their homes, eat well, and protect our environment.

WHY WE NEED FUNDING

Building on the previous year's success through Moray Grow Smart, REAP would love to work in more school gardens in Moray, helping our schools to grow healthy fruit and veg and cooking with the harvested ingredients with school children, staff, parents and communities. Employing sessional staff and volunteers, we'd work with 6 Moray schools to set up, develop or expand existing school gardens.

THE DIFFERENCE

Benefitting the school pupils, staff, parents and those from the wider community involved with the school, REAP will help provide access to locally grown fresh produce, upskill school staff and pupils about growing and cooking skills and leave a legacy of a lovely school growing space for the future.

REAP: Moray School Gardens

£2000

PROJECT

REAP: Moray
School
Gardens

WHO WE ARE

1st Lhanbryde and Urqhart Guiding provides a safe learning environment to explore opportunities for young girls.

WHY WE NEED FUNDING

At age appropriate levels, we will work with our members to explore healthy eating and lifestyles, exploring differing lifestyles/attitudes to cooking and skills required. The members will then be empowered to contact local businesses to participate in a cooking experience. This project will empower the girls to develop skills, confidence and awareness of the importance of cooking skills.

THE DIFFERENCE

Through this project our members will have the opportunity to: use a professional kitchen; build self-esteem; explore concepts of healthy diet and lifestyle; express opinions on their learning opportunity and work as a team to make decisions. They will develop confidence in their cooking skill and complete relevant badge work.

PROJECT

1st
Lhanbryde
and Urqhart
Guiding:
Oakwood
Cooking Skills
for the Future

1st Lhanbryde & Urqhart Guiding: Oakwood Cooking Skills for the Future

£ 500

P 9

WHO WE ARE

Dufftown and District Community Council is a community organisation representing Dufftown and surrounding areas.

WHY WE NEED FUNDING

We aim to provide a solar powered pedestrian crossing to improve road safety within Dufftown. The community council has received numerous complaints and worries regarding speeding and the now lack of a school crossing patrol so wish to address this through Project Tufty.

THE DIFFERENCE

The project would dramatically improve road safety. It will be a visible presence to drivers to slow down and provide a safe crossing path for all. Primary School pupils, the disabled and our aging residents would especially benefit from something that stops the traffic to allow them to cross. We will know the difference this project makes through community feedback and Council road surveys.

PROJECT

Dufftown
and District
Community
Council:
Project Tufty

Dufftown & District Community Council: Project Tufty

£2000

WHO WE ARE

Earthtime for All is a charity that aims to develop the life skills of children, whatever their needs and abilities, to increase self-esteem and confidence building more resilient and stronger communities.

WHY WE NEED FUNDING

Earthtime will provide twelve x 2 hour sessions in five different areas of Moray for families to join together and experience a range of activities in nature. There will be choices from natural crafts, tool use, team building games and free play. These will be led by two experienced and qualified Earthtime staff. Families will be supported by the staff in the activities and there will be time for the group to come together to share refreshments and reflect on what they have achieved.

THE DIFFERENCE

The activities will be participation led which is proven to increase self-esteem, build resilience, improve social skills and connection to nature. Through engaging and exploring nature children will be physically active and mentally engaged. Spending time outside has proven well-being effects for both children and adults. Families and communities will be better connected and feel more confident in their abilities to learn, adapt and interact with each other.

Earthtime: Families in Nature

£1600

P10

PROJECT

Earthtime:
Families in
Nature

WHO WE ARE

Elgin Amateur Athletics Club keeps children and adults of all abilities participating in all aspects of the sport of athletics ranging from track and field to cross country.

WHY WE NEED FUNDING

Refurbishing the long jump track to the required standard for competition. This will allow the participants to enjoy the experience of the long jump as part of their all-round track and field.

THE DIFFERENCE

- Increase personal bests for long jump distances at the club
- Increase personal bests when competing across Scotland
- This will help improve cardiovascular health
- Low impact and less stress on the legs
- Helps increase bone density
- Helps improve mental health
- More enjoyable form of exercise

Elgin Athletics Club: Refurbishment of Long Jump Track

£2000

PROJECT

Elgin Athletics
Club:
Refurbishment
of Long Jump
Track

WHO WE ARE

Hopeman Community Association is a formally constituted community group whose purpose is to support and enhance the community assets and actions for the benefits of the residents and visitors.

WHY WE NEED FUNDING

Enhance local outdoor seating facilities to support older people and those with limited mobility to access vital services (chemist, doctors, post office) on foot. We will introduce new seating areas to the main high street in Hopeman to offer a rest place for those needing to access local services. By offering a "seat" to rest, local residents will be able to walk to their destination and plan their journey. Two locations have been identified as the main street is on a hill which is a barrier for those with limited mobility.

THE DIFFERENCE

Increase social interaction, and reduce social isolation, with people through having opportunities to meet more people by walking in the village rather than driving. Increase physical activity by walking which will help improve cardiovascular health, bone density and mental health.

PROJECT

Hopeman
Community
Association:
Keep
Hopeman
Connected by
Foot

Hopeman Community Association: Keep Hopeman Connected by Foot

£2000

P 11

WHO WE ARE

A registered charity, Moray Art Centre offers an annual programme of local and international exhibitions, events, classes and arts residencies, along with interesting and flexible spaces for rent, both for exhibitions and all types of meetings and events.

WHY WE NEED FUNDING

Moray Art Centre would like to offer a set of two weekend workshops during 2020 which explore the nature of creativity and its intrinsic connection to well-being. The weekends would create a safe nurturing space where participants could explore within a group context how to integrate simple accessible elements of creative practice into their own lives in order to build confidence and nurture health and well-being. These workshops would be open to all levels of ability and be held by an experienced facilitator and an assistant.

THE DIFFERENCE

The aim would be to help participants to gain confidence leading to increased future participation, with improved understanding of how creativity can play a role in their own well-being. The aim for the art centre would be to widen our community engagement and increase participation in creative activities by removing cost barrier.

PROJECT

Moray Arts
Centre:
Exploring
creativity &
well-being

Moray Arts Centre: Exploring creativity & well-being

£2000

WHO WE ARE

Transition Town Forres is a Company Limited by Guarantee (company number SC346142) and a registered charity (charity number SC040314). Our purpose is to encourage and promote health, choice and empowerment for the people of Forres and local community networks, within an ecologically and an ethically grounded framework.

WHY WE NEED FUNDING

We will provide free wellbeing classes and aim to reduce isolation, increase a sense of community and improve physical, social and emotional health those over 50 in the Forres area. At a time of life when many people feel a loss of identity our classes will empower and support individuals to create new identities and support networks.

THE DIFFERENCE

Classes such as gentle exercise, yoga, qigong, mindfulness, art and other creative activities will support our participants in coming together, sharing an experience, and developing a general sense of wellbeing and community. The project aims to tackle loneliness, ill health; and support people with the ageing process. We aim to decrease referrals and reliance on traditional healthcare systems.

PROJECT

Transition
Town Forres:
Forres
Wellbeing

Transition Town Forres: Forres Wellbeing

£2000

P 12

WHO WE ARE

Calm Nest is a micro enterprise set up by an experienced and qualified practitioner in the field of mental health to support people's wellbeing and reduce stigma around mental health.

WHY WE NEED FUNDING

CalmNest supports people's wellbeing by offering a selection of #BagsOfCalm. These bags are currently pre-made and available to purchase from the website, through Facebook or at some events which CalmNest attends. Wellness Toolkits can play a big part in good mental health and wellbeing and support people on their journey to recovery. With a small grant Calm Nest will hold free workshops for people in their community to share the concept of wellness toolkits and support participants to create their own personalised #BagOfCalm.

THE DIFFERENCE

People will learn how wellness toolkits such as a #BagsOfCalm can promote positive wellbeing and therefore feel in control over their wellbeing, as well as experience senses of achievement and connection with peers through creating their own #BagsOfCalm within a community workshop setting.

PROJECT

Calm Nest:
#BagsofCalm

Calm Nest: #BagsofCalm

£ 1250

WHO WE ARE

The Army Welfare Service is the Army's professional welfare provider.

WHY WE NEED FUNDING

We will develop a guitar group, initially for a block of 8 weeks with 12 children aged 7 – 10 years. Currently, we have x 2 senior youth volunteers supporting basic guitar skills with borrowed guitars and a waiting list for this group as it is very popular. We wish to further develop the group by having a local professional instructor and by having our own guitars.

THE DIFFERENCE

This club will give young people the opportunity to learn guitar skills in a fun, informal learning environment. Many of our young people are detached from their family networks due to postings in Scotland and additionally have the added challenge of a parent being deployed for up to 6 months at a time. This club will also be open to local civilian children, encouraging integration relationships with the local community.

Army Welfare Service, Kinloss: Kinloss Guitar Group

£1400

PROJECT

Army
Welfare
Service,
Kinloss:
Kinloss Guitar
Group

P 13

WHO WE ARE

Elgin City Band are a local brass band comprised of volunteers seen throughout the year at community events and concerts.

WHY WE NEED FUNDING

We would like new music stands as those currently in use are heavy and fragile, mostly no longer fit for purpose.

THE DIFFERENCE

Reliable equipment will help maintain our legacy in Moray, where our historical connection lives on through performances at Motorfun, Poppy Scotland, fundraising for sick children, and through providing a festive Christmas atmosphere for local primary schools, community centres, old people's homes and Christmas lights switch on.

New music stands will ensure that there is no physical barrier to music making, and will help to sustain the band's wealth of skill and history. Our members range from school age to retirement, highlighting the benefits of inter-generational work, supporting the mental health and wellbeing of all ages, providing a release from stress, and combating loneliness and isolation associated with old age and retirement.

Elgin City Band

£500

PROJECT

Elgin City
Band

WHO WE ARE

Elgin Street Pastors are Christian volunteers from different churches across Moray.

WHY WE NEED FUNDING

Elgin Street Pastors are seeking to work with Forres Academy to introduce Street Pastors there. School pastors are volunteers who commit themselves to the service of young people in their community, working to enhance safety, emotional and social well-being of students through caring, listening and helping. We will recruit, equip and train ten school pastors to provide Forres Academy with a lunch-time presence where volunteers will spend time engaging with pupils in the dining hall, social areas, playground and surrounding area, listening to, caring and helping vulnerable children. We already have school pastors at Elgin High School which has proven successful and would like to introduce a similar scheme in Forres Academy. We have the support of the school but need funding to make it happen.

THE DIFFERENCE

It will enhance the safety and emotional and social well-being of students through caring, listening and helping.

Elgin Street Pastors: Forres School Pastors

£2000

PROJECT

Elgin Street Pastors:
Forres School Pastors

P14

WHO WE ARE

Forres Area Community Trust is a development trust aiming to make the Forres area a better place to live, work and visit.

WHY WE NEED FUNDING

Introduce 'Back Home boxes' for older people who are discharged home from hospital and live alone. They will include essential food items and a FACT directory of services for the Forres, a knitted/ crocheted knee blankets, a kindness token and a welcome home card from a child. There will be a follow up visit from a community connector from Moray Wellbeing Hub (MWH). This work will be carried out in partnership with Moray Food Plus, Whyte Family Trust, MWH, NHS Grampian, and other local community groups and individuals.

THE DIFFERENCE

Individuals will feel supported and safe within their community and less socially isolated. They will be more informed of service and build confidence and resilience to reconnect to their community. The project will bring people together to help create a compassionate community where everyone looks out for one another across the generations.

Forres Area Community Trust (FACT) : The Cameron Project

£2000

PROJECT

Forres Area Community Trust (FACT):
The Cameron Project

WHO WE ARE

Moray Council is a Local Government organisation whose purpose is to provide Public Services. These include Active Schools and Sports Development. Active Schools is a national network of staff working across Scotland, and locally across all schools in Moray, to provide more and higher quality opportunities for children and young people to participate in sport before, during and after school.

WHY WE NEED FUNDING

We would like to support our Young Sports Leaders in Moray to gain coach education qualifications to enable them to deliver higher quality sports and first aid sessions within their local communities to Primary School pupils, their peers and potentially adults.

THE DIFFERENCE

This project will result in the Young Leaders obtaining qualifications that will be useful for their CV's for when they leave school and start a career or further education as well as improving physical wellbeing of wider community. They will develop life skills such as communication, leadership and problem solving which are qualities required throughout life.

PROJECT

Moray Council – Active Schools: Young Sports Leaders in Moray

Moray Council-Active Schools: Young Sports Leaders in Moray

£2000

P 15

WHO WE ARE

Moray Sports Centre is "Working for a fitter future for Moray". We will strive to provide a better quality of life and healthier opportunities for everyone, and make participation in sport an opportunity for all.

WHY WE NEED FUNDING

The project will provide fun, energetic family sport and fitness sessions for all ages and abilities to enjoy before enjoying tasty, healthy food afterwards from our partners at Cobbs café which is located within the centre.

We will:

- Provide weekly free fun energetic sports sessions for all ages and abilities
- Provide gym/class entries for the families out-with the Food and Fun project
- Provide healthy food for the families to enjoy
- Create a weekly newsletter
- Maintain connections with families who attend the project beyond the strategy
- Provide a discounted membership to adults to attend the gym

THE DIFFERENCE

This will allow families to take part in exercise together, as well as develop an understanding on healthy foods and lifestyles.

PROJECT

Moray Sports Centre: Food and Fun

Moray Sports Centre: Food and Fun

£1971.20

WHO WE ARE

Ray's Opportunities is a Scottish Charitable Incorporated Organisation founded in 2015, that exists to provide innovative support services for people with physical, hidden and learning disabilities in Moray.

WHY WE NEED FUNDING

To provide a programme of awareness talks, within Forres & surrounding areas, which will be delivered by a team of people who are on the Autistic spectrum. We propose to provide a series of seven sessions covering May to October 2020 aimed at people in the community and businesses to gain a better understanding of what it means to be on the Autistic spectrum, and come together as a community. The first session will showcase both programme content and presentation to #YOUCHOOSE4 Partners.

THE DIFFERENCE

The programme will benefit local people and businesses to gain a better understanding of what it means to be on the Autistic spectrum and how best to come together as a community.

Ray's Opportunities: Improving the understanding of Autism

£2000

P16

PROJECT

Ray's Opportunities:
Improving the understanding of Autism

WHO WE ARE

Step by Step in Moray is a charity which supports families who feel isolated or vulnerable. We help them to develop friendships, confidence and skills which will enhance their lives and enable them to give their children the best start in life.

WHY WE NEED FUNDING

We would like to set up and deliver weekly groups for isolated and vulnerable Dads with children 0-3 years old where they can enjoy free play and activities with their children. We will deliver 16 sessions in total to benefit a total of 20 Dads (5 at each session) and their families.

THE DIFFERENCE

Dads will have improved confidence and self-esteem; feel empowered to take control of their lives; overcome social isolation; have enhanced quality of life; go from a negative place to a place of hope and well-being; and experience community spirit and community inclusion.

Step by Step in Moray: Dad's Group

£1773

PROJECT

Step by Step
in Moray:
Dads Group



This category comprises of 22 projects, from across the Moray area. All fit the criteria of the Connecting Communities theme.

In combination with one CHIME value, the projects aim to meet, one or more of the following criteria:

1. People experience more choices and chances that promote a sense of purpose or fulfilment and that help prevent or reduce harm caused by use of drugs and alcohol
2. People experience greater sense of choice and control through making informed decisions about the role that drugs and alcohol play(s) in their lives
3. People experience more opportunities to challenge stigma and remove barriers through recovery friendly communities in Moray

[SEE PROJECTS](#)



WHO WE ARE

Quarriers Arrows Service provides drug and alcohol support in Moray. It provides a service for anyone worried about alcohol and drug use, whether their own or a loved one's. Arrows Music Group is a peer group for people with an interest in music, facilitated by an Arrows support worker.

WHY WE NEED FUNDING

We would like to increase our outreach sessions—attending open mic nights and cheap or free gigs. We would also purchase and utilise recording equipment to record jams and performances in reasonable quality. We would explore involving 1 or 2 community connectors with awareness of drug & alcohol recovery with mental health issues and provide travel expenses for individuals where this is a barrier to participation. We would provide informal sessions and performance opportunities to individuals.

THE DIFFERENCE

Arrows Music Group supports people who are often socially isolated and helps participants to build assertiveness, social skills.

This project will build on success of previous years and result in people in recovery experiencing a greater sense of wellbeing.

Members enjoy the group and gain confidence and skills taking part in the group rehearsals, through outreach and taking part in events in public places, which further helps reconnect people in recovery with community.

PROJECT

Quarriers:
Arrows Music
Group –
Sound Out

Quarriers: Arrows Music Group - Sound Out

£2000

P18

WHO WE ARE

Moray Wellbeing Hub CIC is a social enterprise and social movement set up to harness the power of lived experience to create change in mental health.

WHY WE NEED FUNDING

Because of the tendency of promoting unrealistic body and beauty ideals in the media, we often feel ashamed of what we look like. I personally have felt like I'm a less worthy human because of what I look like. This project celebrates our imperfections and creates a more realistic perspective on our body image.

- 6-8 Workshops using Cognitive Behavioural Therapeutic Strategies to challenge thought processes.
- Tools to increase awareness, comfort and confidence in the body and should also aim at being able to have fun with your body.
- Led by trained mind-body practitioner and peer-facilitator
- Reaching - 16 over 16s.
- Provide a discounted membership to adults to attend the gym

THE DIFFERENCE

This project has been developed in relation to Connecting Communities through CHIME and will aim to achieve the following outcomes:

1. People experience more choices and chances that promote a sense of purpose or fulfilment and that help prevent or reduce harm caused by use of drugs and alcohol
3. People experience more opportunities to challenge stigma and remove barriers through recovery friendly communities in Moray

PROJECT

Body
positivity-
Project Lead
Tini van
Luijtelaar
(hosted by
Moray
Wellbeing
Hub)

Body Positivity - Project Lead Tini van Luijtelaar

£2000

WHO WE ARE

Mindful Creations CIC is a social enterprise committed to reducing the amount of waste needlessly going to landfill by finding creative and socially inclusive ways to reuse and upcycle this material.

WHY WE NEED FUNDING

We are requesting project set up costs for our new venue and teaching rooms. We have already started renovations at Green Brea to make a comfortable and creative workspace that will be multi-functional and community based at its core. We aim to create workshops and long term supported job placements to help the most vulnerable in society, providing a stigma free environment for those in recovery. We intend to work in partnership with other agencies who are already connected to people in need.

THE DIFFERENCE

Our business idea supports the vision of creating a great environment for recovery where we can offer a range of learning and creative outlets, which is of vital importance for wellbeing. We will do this by reusing items going into landfill, by offering workshops to upcycle products and working with craftsmen willing to share their skills while providing volunteer and training opportunities to local people with hidden disabilities.

PROJECT

Mindful Creations (CIC): Set Up Costs to Run Course

Mindful Creations (CIC): Set Up Costs to Run Course

£1970

P19

WHO I AM

I am an experienced and encouraging teacher and hold regular drum classes in Moray which are well subscribed and have been running in term time since 2003.

WHY MY PROJECT NEEDS FUNDING

I would like to introduce Drumming for Health & Wellbeing and offer taster sessions to see if any groups would be interested in taking this forward into regular sessions.

Initially, I would like a period of consultation and dialogue with various groups and agencies to see how best to offer and structure these drumming sessions. I would then offer taster sessions as a pilot before developing a programme of drumming and percussion, such as exploring rhythm, playing together in a group, drumming for community building and bringing families of all ages together or more focussed on therapy and recovery for select groups.

THE DIFFERENCE

Drumming together has proven to be useful and effective in building communities, improving health and wellbeing and recent studies provide evidence of the health benefits of drumming together in a group. Rhythm and drumming can help in re-establishing a connection to the rhythm of life. Drumming can have long-term benefits to people and can enhance creativity, community building and group bonding.

PROJECT

Carol Scorer: Drumming Together for Health and Wellbeing: Talking Rhythm

Carol Scorer: Drumming Together & Wellbeing Talking Rhythm

£1600

WHO WE ARE

Forres Men's Shed improves the health and wellbeing of men in the Forres area by reducing isolation and promoting social connectedness of older men.

WHY WE NEED FUNDING

We want to provide soup, and a sense of connection to community and wellbeing at the church hall on 27th and 28th December between 10am and 3pm for people who may be experiencing loneliness and social isolation at what can be a difficult time of year for some.

THE DIFFERENCE

This will help relieve isolation and loneliness over the Christmas period for those from Forres and create a sense of purpose for members of the Forres Men's shed, promoting connection with the wider community and enabling those in food poverty to have a hot meal. Numbers attending and feedback from last years' event lead us to believe there is a real need in the area.

PROJECT

Forres Men's
Shed: Festive
Soup 'n'
Social

Forres Men's Shed: Festive Soup 'n' Social

£1000

P 20

WHO WE ARE

Moray Wellbeing Hub CIC is a social enterprise and social movement set up to harness the power of lived experience to create change in mental health.

WHY WE NEED FUNDING

- Using art expression to support adults facing life challenges, this project will be;
- run over 6 weeks for 1.5 hours using different art techniques.
 - a safe space for people to explore vulnerabilities, increase sense of hope and build positive identity.
 - hosted by skilled local peer-facilitators & artists.
 - applying learning and resources from local lived experiences and evidence-based research around what works for recovery.
 - using the resources and networks established by social movement Moray Wellbeing Hub.
 - looking to build a legacy beyond the funding to make future courses available.
 - using funds to support venue hire, materials, facilitator time, coordination, evaluation.

THE DIFFERENCE

This project has been developed in relation to Connecting Communities through CHIME and will aim to achieve the following outcomes:

1. People experience more choices and chances that promote a sense of purpose or fulfilment and that help prevent or reduce harm caused by use of drugs and alcohol
3. People experience more opportunities to challenge stigma and remove barriers through recovery friendly communities in Moray

PROJECT

"Create":
Project lead
Michael
Stretch
(hosted by
Moray
Wellbeing
Hub)

"Create": Project Lead Michael Stretch

£2000

WHO WE ARE

We provide facilities and advance the social needs and health & wellbeing of men of all ages and backgrounds in Elgin and surrounding area.

WHY WE NEED FUNDING

Now that we have premises we seek help with day-to-day expenses for 2020 including rent, heat and power so that we can focus on sustaining and building our membership and support base while and continue to look for more suitable premises.

THE DIFFERENCE

This funding we will help keep the Shed going for the coming year and increase our ability to engage with more people and other community organizations and projects. Our members will continue to have a safe, stable and comfortable place in which to meet and enjoy each other's company as the hunt for longer term premises continues.

We aim to increase our membership from 60 today to 80+ by end of 2020 engaging more men to take part who might otherwise find themselves socially isolated or lonely.

Elgin & District Men's Shed

£2000

PROJECT

Elgin & District
Men's Shed

P 21

WHO ARE WE

Findhorn Bay Arts organise and promote arts and cultural events and projects that engage with and reflect the vitality and creativity of Moray.

WHY WE NEED FUNDING

In the Mix is a bespoke, professionally-led project of creative activity for young people aged 10-25 years old living in Moray who are at risk from one or more of the following: experiencing isolation, out of work or school, offending, living in rural pockets of deprivation.

Working with partner organisations young people are supported through a series of workshops, one-to-ones, creative visits and creative holiday programmes led by professional, qualified creative practitioners including music making, film, DJ-ing, visual art, street art, dance and more.

The project has been running successfully for nearly 3 years and we are looking for funding to continue to deliver valuable arts and creative sessions to young people in Moray over a 4-week period.

THE DIFFERENCE

In The Mix creative learning activities helps to increase confidence, enables young people to learn new skills and, where required, supports some to stay at or return to school, or enter further education.

"I enjoy art, its therapeutic. I want to improve in every aspect. I feel better part of this project than in average life. It makes me happier." – One-to-One Art Session Participant part of the In The Mix project.

Findhorn Bay Arts - In the Mix: Creativity for Wellbeing

£2000

PROJECT

Findhorn Bay
Arts - In the
Mix:
Creativity for
Wellbeing

WHO WE ARE

Buckie Roots is a registered charity which formed from 'Friends of Buckie Square'. We are a group of volunteers who want to 'Grow our Community Spirit' by regenerating the green spaces around our town. We aim to grow community spirit and keep our town tidy and colourful.

WHY WE NEED FUNDING

Through our project we plan to reach out, creating a community space focusing on where we can make a difference for our community.

The poly-tunnel helps us keep active and growing through all weathers, and fulfil our mission to grow our own stock and keep Buckie Bonnie & to have a town where people want to live and visitors enjoy coming to.

We have taken on the upkeep of four areas in Buckie: North Church Boxes, square raised beds, start & finish of the Speyside Way. We would also like to introduce a sensory element.

THE DIFFERENCE

By encouraging participation with our group, we offer an opportunity to change the focus from disability to this-ability.

We provide a space for people to integrate, be part of their Community and see the results of their effort to keep Buckie Bonnie.

Through this project we will be able to increase our sustainability, raise awareness of our work and encourage Community Involvement through a Social Enterprise approach.

PROJECT

Buckie Roots:
Building
Community
Spirit

Buckie Roots: Building Community Spirit

£1770

P 22

WHO WE ARE

Moray Wellbeing Hub CIC is a social enterprise and social movement set up to harness the power of lived experience to create change in mental health.

WHY WE NEED FUNDING

I know first-hand the wellbeing benefit of having completed a 'Write to Recovery' workshop. As a Moray Wellbeing Hub Champion I am a passionate advocate for nature and creativity. I would like to support others with life challenges to access this but also experiment with using the outdoors as inspiration.

- People will gain a positive identity (writer), connect with new friends and natural environment.
- New group aims to become self-managing beyond the 8-week project
- Materials created shared to challenge stigma associated with recovery from addiction/mental ill-health
- Funds will support materials, guest writers, peer-facilitation and coordination of a new writing group

THE DIFFERENCE

This project has been developed in relation to Connecting Communities through CHIME and will aim to achieve the following outcomes:

1. People experience more choices and chances that promote a sense of purpose or fulfilment and that help prevent or reduce harm caused by use of drugs and alcohol
3. People experience more opportunities to challenge stigma and remove barriers through recovery friendly communities in Moray

PROJECT

Outdoor
'Write to
Recovery'
group: Donna
Hendry
project lead
(hosted by
Moray
Wellbeing
Hub)

Outdoor 'Write to Recovery' group: Project Lead Donna Hendry

£2000

WHO WE ARE

We are a youth club currently in the process of becoming constituted with a focus on young people in Cullen.

WHY WE NEED FUNDING

We aim to establish a safe place for the youth of Cullen, who currently have nothing. The environment will be positive and inclusive, giving them identity and the ability to link with the community.

THE DIFFERENCE

This project will give the youth a sense of pride and identity, while reducing anti-social behaviour, building relationships with wider community groups and overcoming the stigma attached to young people.

We will know we've made a difference through: Positive feedback from community engagement, with a variety of community groups/agencies; Positive feedback from the children and young people, and an increase in volunteering opportunities and good reports from police via community council from actively addressing issues relevant to Cullen.

Cullen Youth Club

£1500

PROJECT

Cullen Youth Club

P 23

WHO ARE WE

Scottish community justice organisation which works to create safer and more cohesive communities across Scotland. In Moray we are working with, Care Leavers, Individuals who are homeless, Veterans, Women, Young People, Men.

WHY WE NEED FUNDING

We will support clients to access activities to help fill the void left once addressing substance use, offending, homelessness and other factors which led to chaotic lives, promote new opportunities and support to gain confidence to make positive changes and increase interventions/engagement with local life.

THE DIFFERENCE

This will improve people's confidence in abilities to be active in communities and increase social inclusion, increase resilience reducing impact of challenges in recovery and improve mental and physical wellbeing.

People will experience increased senses of responsibility for own actions, of wellbeing and connectedness, build greater resilience to manage life challenges and increase their perceptible sense of hope and optimism that positive change is possible.

SACRO: Service User Activity Funds

£2000

PROJECT

SACRO:
Service User
Activity
Funds

Registered
Charity:
SC016293

WHO WE ARE

North East Traders are a Community Interest Company working towards a better future in Buckie.

WHY WE NEED FUNDING

We would purchase computers for community use, and provide access to printing facilities. We asked the community what was needed and made a plan that can benefit the wider community, and help people with computer skills, curricular vital writing, web browsing and printing documents.

THE DIFFERENCE

In Providing this service we will:

- 1) Give a safe environment for the community to use computers with support.
- 2) Help older people and peoples with disabilities to support them in computer use in a safe learning environment which in turn will help combat social isolation.
- 3) We will help members of the community use computers to be able to job search and support them through their journey to employment.

This would empower individuals and build community spirit in Buckie.

PROJECT

North East Traders:
Community Computing and Printing for all

North East Traders: Community Computing & Printing for all

£2000

P 24

WHO WE ARE

Moray Wellbeing Hub CIC is a social enterprise and social movement set up to harness the power of lived experience to create change in mental health.

WHY WE NEED FUNDING

Asking "What makes you, you?" this art-based project;

- Uses yarn (textiles) to weave threads of 'identity'
- Explores and encourages community conversation around identity and connection
- Focuses on 20 adults experiencing life challenges / in recovery
- Funds provide peer-facilitated workshops, materials, travel.
- Final exhibition of created materials and taster sessions to tour venues including doctor surgeries, community centres, hospitals etc (reaching over 100 people)
- Book will be produced to celebrate process and encourage further anti-stigma discussion on identity
- Empowers people who experience greater health inequalities to focus on strengths, explore identity, challenge self-stigma and encourage others to do the same.

THE DIFFERENCE

This project has been developed in relation to Connecting Communities through CHIME and will aim to achieve the following outcome:

3. People experience more opportunities to challenge stigma and remove barriers through recovery friendly communities in Moray

PROJECT

"Strands of Identity" - project lead Fiona Percy (hosted by Moray Wellbeing Hub)

"Strands of Identity" - Project Lead Fiona Percy

£2000

WHO WE ARE

Moray Reach Out is a Registered Charity and social enterprise, empowering adults with learning disabilities, poor mental health and other vulnerabilities to achieve new skills and better mental health and wellbeing through meaningful opportunities in real work environments.

WHY WE NEED FUNDING

We will offer opportunities for differing abilities to help process sheep fleece into beautiful hand-spun wool. There are many different stages to producing wool, from washing and preparing fleece, carding the fleece ready for spinning, hand spinning and plying, followed by making hanks ready for sale.

THE DIFFERENCE

Wool processing empowers individuals to work as part of a team, but also allows them to be expressive in their own right, creating unique spun yarn. Wool gives confidence. The soft tactile texture of wool offers relaxation and a feel good factor. People who thought they could not achieve, will find a worthwhile purpose, that makes them smile, helps them to build confidence and develop new skills.

Moray Reach Out: Wool Spinning for All

£2000

PROJECT

Moray Reach Out: Wool Spinning for All

P 25

WHO ARE WE

Yoga and mindfulness practitioner with experience of supporting people in recovery, with an interest in trauma, currently setting up as a social enterprise based in Moray. Quarriers Arrows Service provides drug and alcohol support in Moray. It provides a service for anyone worried about alcohol and drug use, whether their own or a loved one's. The Bow, being developed by Arrows, is a brand new social enterprise and Community Café for people in recovery, and the wider community, to enjoy.

WHY WE NEED FUNDING

This project would address trauma and how this affects the body, working in partnership with Arrows Project and service users, and more widely people in recovery or who may have been affected by adverse childhood experiences or trauma at any age, to deliver FREE mindfulness based activities for those in recovery at the new Community Café, The Bow. Funds would pay for the initial set up equipment which would stay at The Bow.

THE DIFFERENCE

People who are affected by adverse childhood experiences will be supported to manage their experience of trauma and how this impacts on their everyday life, for example, this would support people who take part in activities to:

- Reduce and manage anxiety
- Reduce and manage pain

This would provide people the tools to everyday life, increasing their prospects of gaining work or experiencing meaningful relationships.

Mindfulness@TheBow

£2000

PROJECT

Mindfulness @TheBow

WHO WE ARE

Transition Town Forres is a Company Limited by Guarantee (company number SC346142) and a registered charity (charity number SC040314). Our purpose is to encourage and promote health, choice and empowerment for the people of Forres and local community networks.

WHY WE NEED FUNDING

We will create a peer support group for up to 20 people. The group will comprise those who seek to improve their mental health and or reduce reliance on alcohol or drugs.

The group will meet weekly over a period of 10 weeks and will be guided in the development of 10 core healthy habits.

The presence of peer support is designed to create support and change within a small community with shared values.

The focus is on the creation of new habits.

All of the habits are designed to promote physical and psychological wellbeing and will support an identity shift.

THE DIFFERENCE

Improved self-confidence and health will result in more engagement in the labour market and a reduction in reliance on traditional healthcare systems.

PROJECT

Transition
Town Forres:
New Habits

Transition Town Forres: New Habits

£2000

P 26

WHO WE ARE

Moray Wellbeing Hub CIC is a social enterprise and social movement set up to harness the power of lived experience to create change in mental health.

WHY WE NEED FUNDING

Focusing on mindful workshops exploring hand skills (e.g. sewing, crochet, knitting) this project;

- provides access to quality art classes – this is a barrier for many (cost, accessibility etc) but I know first-hand how powerful it can be to staying well and building resilience
- makes mindful and slow stitch opportunities available for adults in recovery of life challenges (e.g. addiction, grief)
- Uses the act of physically making as a backdrop for conversation /building relationships in a group.
- Focuses on peer to peer sharing –skills & experiences to support wellbeing
- Eight fortnightly sessions – 3 hours, peer-facilitators, quality materials, inviting venues

THE DIFFERENCE

This project has been developed in relation to Connecting Communities through CHIME and will aim to achieve the following outcome:

3. People experience more opportunities to challenge stigma and remove barriers through recovery friendly communities in Moray

PROJECT

Textile for
Mental
Health &
Wellbeing:
Project Lead
Fiona Percy
(hosted by
Moray
Wellbeing
Hub)

Textile for Mental Health & Wellbeing - Project Lead Fiona Percy

£2000

WHO WE ARE

Cullen Men's Sheds provide recreational facilities, supporting improvement in health and wellbeing for the men in Cullen and the surrounding area.

WHY WE NEED FUNDING

We would like to initiate a workshop with tools and equipment to impel the Cullen Men's Shed as a priority.

THE DIFFERENCE

This will reduce stress at the Cullen Men's Shed, which being almost 10 months old, is quite a new group. It will allow us to become self-sufficient and sustainable and be able to achieve more for the community and our members.

Stress will fall, work and co-operation will ensue and individuals and the community will benefit from the work and the products we can achieve. Eg Mud kitchens, plant holders and personal projects, resulting in good relationships, a sense of peer support and community involvement.

PROJECT

Cullen Men's
Shed:
Motivation via
Workshop

SCIO -
SC049442

Cullen Men's Shed: Motivation via Workshop

£2000

P 27

WHO ARE WE

Life Challenge Outreach Bus (formally known as 'The Big Green Bus') was set up to facilitate getting the right help to people with addiction related problems as part of community outreach work, one of Riverside Church's charitable purposes, SC047565.

WHY WE NEED FUNDING

The aim of the bus is to provide an informal and safe place where people with addiction problems can connect with someone who will listen to them with confidentiality and where appropriate, point them to various organisations who can deal specifically with their type of addiction.

THE DIFFERENCE

We aim to attend various events around Moray with our bus in attendance to connect with people with addictions or their families to offer hope and any help that they may require to get well or at least to be able to maintain a semblance of normality in life.

It will allow us to be able to help more people from a wider area

PROJECT

Riverside
Church: Life
Challenge
Outreach
Bus

Riverside Church: Life Challenge Outreach Bus

£2000

WHO WE ARE

Arts for Wellbeing's purpose is the improvement of quality of life through the organisation of artistic & creative activities which are beneficial to health and wellbeing.

WHY WE NEED FUNDING

We seek funding to go towards a launch event in Elgin, printing costs for flyers, artists' fees for workshops, hire of rooms for workshops and materials.

2020 Scottish Mental Health Arts Festival theme is 'Perspectives' and we want to work around rural isolation and bringing communities together.

We are initially looking at running taster workshops in Forres, Burghead, Elgin, Dufftown, Tomintoul and Buckie during May.

We will be working with local artists and writers to deliver engaging workshops in safe spaces which facilitate peer to peer work and conversations/discussions bringing people together.

THE DIFFERENCE

People participating in these arts activities will experience a positive effect on their mental wellbeing, not just through learning new creative and expressive skills, but through reducing isolation.

Arts for Wellbeing Festival

£2000

PROJECT

Arts for Wellbeing Festival (Scottish Mental Health Arts Festival - Moray)

P 28

WHO WE ARE

Elgin Street Pastors are Christian volunteers from different churches across Moray. Every Saturday night in Elgin town centre a team of Street Pastors will go out on patrol to serve the community by being a calming presence on the streets.

WHY WE NEED FUNDING

Last year, Elgin Street Pastors successfully used funds awarded to create a video to help recruit more volunteers to become Street Pastors.

Elgin Street Pastors now request funding for two laptops that would help greatly both in running this voluntary service, which is a registered charity, and in being used to provide presentations for both recruitment and training of further volunteers

THE DIFFERENCE

Our service benefits 4-5000 people p.a. through our activities and presence on Saturday nights in Elgin High Street. The equipment enables us to motivate more people to volunteer and donate, and raise awareness of the benefit of our service and the difference it makes in our communities.

Elgin Street Pastors: Digital Capacity Building

£2000

PROJECT

Elgin Street Pastors: Digital Capacity Building

WHO WE ARE

We are the Cullen Community Allotment Association.

WHY WE NEED FUNDING

In February 2019 volunteers in Cullen Community Allotment Association (CCAA) created four raised box beds (2.4m by 1m and 600mm high) to provide gardening opportunities to those with disabilities or those who cannot manage a full-size (or half-sized) allotment. CCAA now needs to complete the project by providing paved access from the car park to the box beds. The paved access will be on a gentle slope so as to be suitable for wheel chairs and be constructed from 600 x 900mm concrete slabs on a sand base with a wooden border.

THE DIFFERENCE

This small project will make a huge difference for people with mobility issues in gaining access to the allotments and thereby enjoying the space and taking part in our activities.

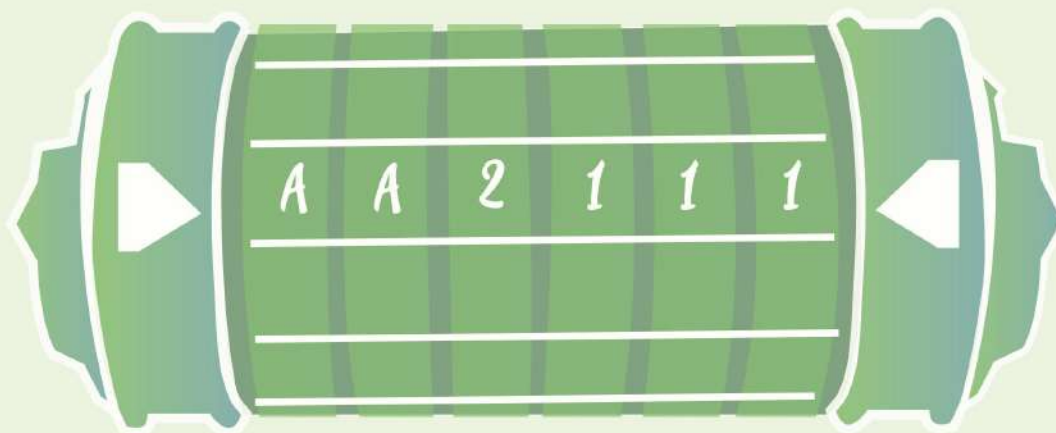
PROJECT

Cullen
Community
Allotment
Association:
Slabbed
access to
raised box
beds

Cullen Community Allotment Association

£200

P 29



THE ONLINE VOTE FOR #YOUCHOOSE4 OPENS
FROM FRIDAY 22 NOVEMBER AT 5PM TO MONDAY 9 DECEMBER AT 10PM.

VISIT WWW.TSIMORAY.ORG.UK/YOUCHOOSE4 TO FILL OUT A
REQUEST FORM, TO RECEIVE YOUR UNIQUE VOTING CODE VIA EMAIL.

THANKS FOR YOUR PARTICIPATION. IF YOU HAVE QUERIES
PLEASE CONTACT US BY:

