

GRAMPIAN

# Wellbeing festival

Wednesday 1st May to Friday 31st May 2024

Find out what's happening  
in Moray



Being active is great for our physical health, but it's also really good for our mental health and wellbeing. If you are thinking about taking up an activity to boost your mental wellbeing, choose one that you will enjoy, and that you can make part of your life.



**There is lots of evidence to show that being active helps your mental wellbeing in the following ways:**

- It encourages you to set goals and when you achieve them it's good for your mood and self-confidence.
- It helps to raise your self-esteem, whether your activity is solo or in a group
- Physical activity causes chemical changes in your brain, which in turn can have a positive impact on your mood

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**5 ways to get active today**

1. Research activities available in your area
2. Look online for free workouts. there are lots to choose from!
3. Build extra activity into things you do each day
4. Practice stretches & exercise as you watch TV
5. Start walking when you can. Morning, after work, whenever suits you.



Scan for more info



**Promoting positive mental wellbeing in Grampian**

The Grampian Wellbeing Festival is an annual event which brings together communities through activities that promote and support good mental health and wellbeing.

This year there are lots of face to face and online activities available. You will find some of the larger events have been highlighted which are to promote lots of agencies coming together to provide information and activities.

Please take a look and enjoy the wide range of free opportunities available this year to support mental wellbeing.

Throughout the programme you will see information about Mind yer Mind which is an Aberdeenshire wide campaign. For more information and resources please visit [www.mindyermind.com](http://www.mindyermind.com)



The Grampian Wellbeing Festival includes events in Aberdeenshire, Aberdeen City and Moray.

Scan the QR code to find out what is happening in all the areas.

## Wednesday 1st May to Friday 31st May

### Moray Active Schools Term Time Programme

Full programme of free Active Schools activities, variety of different sports, all across Moray.

- To find out more visit [www.sportinmoray.co.uk/active-schools-moray/](http://www.sportinmoray.co.uk/active-schools-moray/)



## Thursday 2nd May

### Moray Peer Support Network and Launch of New Digital Peer Pathways Tool

Explore peer support and network event launching our new peer support pathways online tool.

**In person: The Harvest Centre, River Church,  
10 Greyfriars Street, Elgin IV30 1LF**

**Online: Zoom platform [https://bit.ly/moray\\_peer\\_network\\_may24](https://bit.ly/moray_peer_network_may24)  
10am to 12 noon**

- 40 places
- For support to book:  
[hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk) or 01343 576219

## Friday 3rd May

### Laugh, Breathe and Relax for Seniors

Seated breath and laughter exercises followed by guided relaxation.

**Treetops, 23 the Park, Findhorn Foundation IV363TD**

2pm to 3pm

- 8 places
- Seniors over 60
- [mandastretch@hotmail.com](mailto:mandastretch@hotmail.com)

Forming and maintaining good relationships with people around you is very important for your mental wellbeing. Staying in touch with family and friends can help us to feel happier and more secure.

### **Evidence shows that connecting with others can help your mental wellbeing in the following ways:**

- Good connections can help you to build a sense of belonging and self-worth
- Keeping in contact gives you an opportunity to share positive experiences.
- Good connections provide emotional support and allow you to support others



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## **5 ways to improve connections**

1. Set time to connect with family & friends
2. Listen to others without judgement
3. Ask your neighbours how they are and really listen to their answer
4. Make small talk with the postie, shop assistant, etc
5. Text a friend you haven't seen in a while



The acts of giving and showing kindness are good for our mental wellbeing as well as for those who are on the receiving end of our kindness.

### **Research suggests that acts of kindness can help improve your mental wellbeing in the following ways:**

- Giving to others creates positive feelings and a sense of reward
- Acts of kindness, no matter how small, give you a feeling of purpose and self-worth
- The act of giving helps you connect with other people, which is good for your self-esteem



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## **5 ways to give & show kindness**

1. Say 'thank you' when someone does something for you
2. Spend time with someone who you know would like company
3. Volunteer for a charity
4. Notice how your colleagues are feeling, and have a chat with them.
5. Send a card to someone you haven't seen for a long time



## Monday 6th May

### Mindfulness Flow

Mindfulness Flow online taster session for wellbeing.

#### Online

7.30pm to 8.15pm

- Adults 18+
- Facebook Page: Mindfulness Flow
- Lisa@MindfulnessFlow.co.uk

### Smart Snacking

Join certified Wellness, Health and Life Coach Deidre' Christenson-Main as she shares the research based facts on why healthy snacks are important and a healthy snack how-to session that gives you tips for making snacks that keep you full and give you energy, along with helping you create two healthy snacks to take away.

**Skeddadle Speyside, High Street, Fochabers IV32 7DU**

6pm to 7pm

- 20 places
- Adults preferred
- dchris69@aol.com or finallyfindyoucoaching@gmail.co.uk  
07795 006057

### Mental Health Peer Support Group

Come and join us for a free cuppa, cake and a chat about your mental health, parenthood and so much more.

**Elgin Library, Cooper Park, Elgin IV30 1HS**

2pm to 3.15pm

- 12 places
- Any mother or birthing person who needs support with their mental health - children are welcome.
- <http://latnem.eventbrite.com>



## Saturday 11th May

### Strolls with Poles

Have a go at Nordic Walking - especially for people affected by cancer.

**Alice Littler Park, Aberlour**

9.30am to 11am

- 8 adult places
- nordicwalkingabcd@gmail.com or 07814 315641

## Monday 13th May

### Mental Health Peer Support Group

Come and join us for a free cuppa, cake and a chat about your mental health, parenthood and so much more.

**Elgin Library, Cooper Park, Elgin IV30 1HS**

1pm to 2.15pm

- 12 places
- Any mother or birthing person who needs support with their mental health - children are welcome.
- <http://latnem.eventbrite.com>



## Saturday 11th May

### Cooper Park Wellbeing Festival

Cooper Park, Elgin IV30 1HS

11am to 3pm

This is a fun event for the whole family with food and activities for all ages.

As well as information and signposting support for good mental health and wellbeing, a range of fun activities will be offered. This will include activities offered by Cooper Park Sports Hub affiliated clubs including plastic fencing (come and try).

- Elgin Duellist Fencing Club.
- Lego free play.
- Colouring.
- Treasure hunt.
- Story time.

Moray Wellbeing Hub will be there to provide tasters of wellbeing tools like Living Life to the Full and Chime for Wellbeing, some peer-support, as well as their ever popular pop-up 'Emotional Eats' cake shop! Join us for a chin wag, a fancy piece, and some fun activities.

The event is open to everyone since good mental health is for all! Families, children, parents, grandparents and teenagers.

The event will be held indoors and outdoors. Indoor activities will be held in Elgin Library Gallery and the main Library area.

We will also launch out new online tool for accessing sports for mental health in Moray.

Information available and posted in [www.sportinmoray.co.uk](http://www.sportinmoray.co.uk)

Other activities will be confirmed closer to the time of the event.

Donations of eats welcome – just get in touch with Moray Wellbeing Hub.

Drop in – no need to book.



Scan here to find out more





### **Wednesday 1st May to Friday 31st May**

#### **Grampian 50 Plus Network**

Walking groups and more promoting health and happiness in later life.

Elgin 50+: Thursday

Fochabers: Sunday/Monday

Forres 50+ Walkers: Friday

Keith 50+: Monday

- Visit [www.grampian50plusnetwork.com](http://www.grampian50plusnetwork.com) to find a group near you.

### **Monday 13th May**

#### **Laughter Yoga**

Laughter Yoga is a unique practice that combines laughter exercises with deep breathing techniques, promoting wellness and positivity.

**Project Neuro, 14 Pinefield Parade, Elgin IV30 6AG**

11am to 12 noon

- 20 places
- Adults only
- [projectneuro22@gmail.com](mailto:projectneuro22@gmail.com) or 07742 717111
- <https://www.eventbrite.com/e/laughter-yoga-tickets-852806686757?aff=oddtcreator>

### **Tuesday 14th May**

#### **Strolls with Poles**

Have a go at Nordic Walking - especially for people affected by cancer.

**Cooper Park, Elgin**

1.30pm to 3pm

- 8 adult places
- [nordicwalkingabcd@gmail.com](mailto:nordicwalkingabcd@gmail.com) or 07814 315641

# Walk Moray Health Walks



Health walks are short, safe, social, low-level and accessible walks, which are led by trained volunteers.

- Open to all, children under 16 must be accompanied by an adult.
- No booking required.
- Just turn up.
- Walk Moray Facebook page for more information.

## Fochabers Health Walks

- **Speyside Way Car Park, Fochabers IV32 7QA**  
6th, 13th, 20th, 27th May  
10am to 11am

## Lossiemouth Health Walks

- **Gregory Place Car Park, Lossiemouth IV31 6JH**  
6th, 13th, 20th, 27th May  
1.30pm to 2.30pm

## Forres Health Walks

- **Grant Park (beside the bowling green), Clovenside Road, Forres IV36 3BT**  
6th, 13th, 20th, 27th May  
1.15pm to 2.15pm

## Aberlour Health Walks

- **War Memorial, Aberlour Square, Aberlour AB38 9PX**  
7th, 14th, 21st and 28th May  
7pm to 8pm

## Elgin Health Walks

- **Elgin Library, Cooper park, Elgin IV30 1HS**  
1st, 8th, 15th, 22nd, 29th May  
11am to 12pm, 12.15pm to 1.15pm,  
13.30pm to 2.15pm

## Buckie Health Walks

- **Buckie Swimming Pool, South Pringle Street, Buckie AB56 1PZ**  
1st, 8th, 15th, 22nd, 29th May  
7pm to 8pm

## Elgin Health Walks

- **Moray Leisure Centre, Borough Briggs Road, Elgin IV30 1AP**  
2nd, 9th, 16th, 23rd, 30th May  
10am to 11am

## Hopeman Health Walks

- **Hopeman Kirk, Farquhar Street, Hopeman IV30 5SL**  
2nd, 9th, 16th, 23rd, 30th May  
10.30am to 11.30am

## Roths Health Walks

- **Seafield Square, Land Street Corner, Roths AB38 7AZ**  
2nd, 9th, 16th, 23rd, 30th May  
10am to 11am

## Elgin Health Walks

- **Linkwood Medical Practice (meet on the grass beside it), Thornhill Drive, Elgin IV30 6GQ**  
3rd, 10th, 17th, 24th, 31st May  
10am to 11am

## Cullen Health Walks

- **Cullen Community Centre, Seafield Road, Cullen AB56 4AF**  
3rd, 10th, 17th, 24th, 31st May  
1.30pm to 2.30pm







## Wednesday 1st May to Friday 31st May

### Introduction to Suicide Prevention Training

Training covers suicide in Scotland and the associated stigma, spotting the signs, how to ask about suicide and the importance of listening, boundaries limitations and looking after yourself including signposting for support.

Note this course is not designed for crisis support and cannot guarantee a confidential, safe space as it is offered via video conference.

#### Online

Times out in April

- 20 places
- Adults only
- [northeast-suicideprevention@samh.org.uk](mailto:northeast-suicideprevention@samh.org.uk)

## Thursday 16th May

### Take a Break at Brodie

Brodie Castle and Estate will be hosting a Wellbeing Day where you can walk and talk or maybe move and meditate.

**Brodie Castle and Estate NTS, Brodie, Forres IV36 2TE**

10am to 4pm

- Drop in

## Monday 20th May

### Mindfulness Flow

Mindfulness Flow online taster session for wellbeing.

#### Online

7.30pm to 8.15pm

- Adults 18+
- Facebook Page: Mindfulness Flow
- [Lisa@MindfulnessFlow.co.uk](mailto:Lisa@MindfulnessFlow.co.uk)

## Tuesday 21st May

### Tai Chi, Shibashi and Chair Based Yoga Taster Session

This event is to introduce gentle exercise particularly for anyone that may have an arthritic or other musculoskeletal condition. The exercises help to keep joints moving, maintain muscle strength and have a meditative effect that can reduce anxiety and therefore boost mental health. We also welcome individuals with other health conditions such as MS and Parkinson's.

**The Moray Leisure Centre, Linkwood Road, Elgin**

11.30am to 1pm

- 30 places
- Over 18
- Drop in
- [livewell@versusarthritis.org](http://livewell@versusarthritis.org) or 07501 501114

Paying more attention to the present moment, also known as “mindfulness” can improve your mental wellbeing, help you to enjoy life more and understand yourself better.



### Evidence shows that pausing to take notice helps your mental wellbeing in the following ways:

- Taking notice can strengthen and broaden your awareness
- Appreciating the moment can help to reaffirm your priorities
- Heightened awareness helps you to understand your feelings better, allowing you to make positive choices based on what is important to you

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## 5 ways to be more mindful

1. Notice everyday things. The taste of food, feeling the wind on your face...
2. Spend time in nature, be aware of colours, sounds, textures and reflections
3. Sit somewhere different at work or take a different route on a walk
4. Be aware of your breathing
5. Take notice of your feelings & let them come and go



Scan for more info



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### Tuesday 21st May

#### Informing and Connecting Our Neurodivergent Families in Moray

Come and join us to connect with others and find out about resources for neurodivergent people and their families in Moray.

University of the Highlands and Island Moray, Elgin IV30 1JJ

4pm to 5pm

- 30 places
- [hello@moraywellbeinghub.org.uk](mailto:hello@moraywellbeinghub.org.uk) or 01343 576219
- <https://buytickets.at/moraywellbeinghub/1176825>

### Saturday 25th May

#### Maternal Journal - Creative Journaling

Take part in creative journaling for your mental wellbeing.

The Activities Room, Elgin Library, Cooper Park, Elgin IV30 1HS

10am to 12 noon

- 10 places
- <http://latnem.eventbrite.com>

### Sunday 26th May

#### Chronic Pain Online Zoom

Join certified Wellness, Health and Life Coach Deidre Christenson-Main as she shares her own chronic pain experience and the evidence-based steps that can help you manage your pain.

Online - Zoom

3pm to 3.40pm

- Adults preferred
- Email/telephone to receive link info  
[dchris69@aol.com](mailto:dchris69@aol.com) or [finallyfindyoucoaching@gmail.co.uk](mailto:finallyfindyoucoaching@gmail.co.uk)  
07795 006057

## Monday 27th May

### Chronic Pain In Person Chat

Join certified Wellness, Health and Life Coach Deidre Christenson-Main as she shares her own chronic pain experience and the evidence-based steps that can help you manage your pain.

**Fleming Hospital, Queen's Road, Aberlour AB38 9PR**

6pm to 6.45pm

- 35 places
- Adults preferred
- dchris69@aol.com or finallyfindyoucoaching@gmail.co.uk  
07795 006057

## Thursday 30th May

### Liver Health Awareness

An introduction to liver health awareness and the British Liver Trust, for anyone with an interest in liver disease and/or liver cancer.

**Online - Teams**

- 10am to 11am
- Adults (18 and over)
- Please email [lesley.simpson@britishlivertrust.org.uk](mailto:lesley.simpson@britishlivertrust.org.uk) for link

### Daytime Boogie

Daytime disco for the over 50s held in local nightclub.

**Joanna's Nightclub, 199 High Street, Elgin IV30 1DJ**

2pm to 4pm

- 200 places
- Wheelchair users and group parties are advised to pre-book so designated space can be reserved.
- 07779 999261 [CWDevelopmentTeam@moray.gov.uk](mailto:CWDevelopmentTeam@moray.gov.uk)

Why not think about something that you are interested in, so that learning is enjoyable and you are more likely to continue. Even if you feel like you do not have enough time, there are lots of different ways to bring learning into your life.



**Learning something new activates the release of the 'feel-good' chemical dopamine in the brain and helps to promote positive mental wellbeing in the following ways:**

- Learning new skills can boost your self-confidence and raise your self-esteem
- Learning can help you to build a sense of purpose
- Learning can help you to meet new people and form new connections

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## 5 ways to learn something new

1. Take up a new hobby - drawing, chess, learning a new language
2. Take up DIY - learn to fix things in your home
3. Learn to cook some new meals
4. Ask for extra responsibility at work
5. Sign up for an online course or one at a local college



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Scan for  
more info





## Monday 13th May to Sunday 19th May

### Bookbug Week 2024 – Bookbug says Hello!!!

Bookbug sessions taking place in various libraries across Moray. Develop a love of stories, songs and rhymes while spending quality time with mums, dads, grandparents, carers.

This year's theme is celebrating different languages and cultures.

Contact your local library for further information  
[www.moray.gov.uk/libraries](http://www.moray.gov.uk/libraries)

(Capacity issues may restrict this to one person accompanying the child).

## Do you know there are simple things you can do to look after your mental wellbeing?

Research shows that there are **5 steps** you can take to improve your mental health and wellbeing. These are; *Connections, Learning, Taking Notice, Giving and Being Active.*



### Why these 5 steps are an important:

- 1. Connections** – help to build a sense of belonging, allowing you to share experiences, and support each other.
- 2. Learning** – new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.
- 3. Taking notice** – of the present moment can improve your mental health & help you understand yourself and the world better.
- 4. Giving** – creates positive feelings, giving you a feeling of purpose & self-worth, & helps you connect with others.
- 5. Being Active** – can help to raise your self-esteem by setting & achieving goals, & by causing chemical changes in your brain that have a positive impact on mood.





Here are links to information on how to support your mental wellbeing:

[www.mindyermind.com](http://www.mindyermind.com)

[Wellbeing-Guide-MHUK\\_DIGI.pdf](#)

[www.mentalhealth.org.uk/our-work/prevention](http://www.mentalhealth.org.uk/our-work/prevention)

<https://moraywellbeinghub.org.uk>

[www.nhsinform.scot/illnesses-and-conditions/mental-health](http://www.nhsinform.scot/illnesses-and-conditions/mental-health)

**Disability Access – most venues have disability access, consult activity contact if you are in doubt.**

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