



May
2025

GRAMPIAN

Wellbeing

festival

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

mind
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mind

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.



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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



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.



Runs throughout May

Bike Month

Bike Month is a challenge during May for individuals and workplaces to hop on their bike, log rides and win prizes for cycling anywhere at any time.

Runs throughout May

- Sign up at www.lovetoride.net/abz
- shona@lovetoride.net



Runs throughout May

Free e-Bike Try Outs

This is your opportunity to try from a range of e-bikes with the opportunity to go for a led ride with cycle training (if required) and the option to loan an e-bike for free.

Runs throughout May

- For adults.
- Booking by appointment - Paula.campbell@cyclinguk.org



Runs throughout May

Walk Moray Health Walks

Health walks are short, safe, social, low-level and accessible walks, which are led by trained volunteers. Please see our Facebook page, or follow the link to the Paths for All website. Both provides days, times and locations of each of our 18 Health Walks across Moray, throughout May.

Runs throughout May

- Open to all.
- Children under 16 must be accompanied by an adult.
- www.facebook.com/walkmoray
- www.pathsforall.org.uk



Runs throughout May

Active Schools Term Time Programme

The Active Schools team coordinate a regular programme of free, extra-curricular sport and physical activity sessions, across the whole of Moray.

Runs throughout May

- Sessions available for school age children.
- To find out what is on go to <https://sportinmoray.co.uk/active-schools-moray/>





Thursday 1st May

Online Mental Health Peer Support Group

Any mother or birthing person experiencing mental ill health is welcome to join us for a cuppa, cake and a supportive, judgement free chat about mental health, parenthood and more.

Online event

Thursday 1st May, 8.30pm to 9.30pm

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

Friday 2nd May

Mindfulness Flow

Join us online to be guided with simple mindfulness practices to help calm the mind, to re-set and relax. The class will be facilitated by a registered and licenced Mindfulness Meditation Teacher who is a trauma informed practitioner.

Online event

Friday 2nd May, 10am to 10.45am

- Aged 16 plus.
- For all enquiries and to book a space email: Info@MindfulnessFlow.co.uk or 07721656412.
- The weblink will be sent following reserving your place.

All Abilities Cycling (Adaptive Bikes)

An opportunity to come along a try a range of adaptive bikes (trikes, hand bike, recumbent bike) at Moray Sports Centre.

Moray Sports Centre, Linkwood Road, Elgin IV30 8AR

Friday 2nd May, 10am to 2pm

- Adults and children accompanied by an adult.
- paula.campbell@cyclinguk.org or 07501743716.

Taking notice of the present moment can improve your mental health and help you understand yourself and the world better.



Tomintoul Health Walk

Join us for a short, safe, local walk with friendly trained leaders to show you in the UK's most Northerly Dark Skies Park and feel better! No matter whether you are able to walk 10 minutes or an hour, we'd be pleased to welcome you.

Meet at Tomintoul Outdoor Bowling Club, 8 Lecht Dr, Tomintoul, Ballindalloch AB37 9EH

Friday 2nd May, 10am (walk runs weekly on Friday mornings)

- Open to all, assistance dogs only please.
- No booking required, but for more information please contact healthwalks@cairnforms.co.uk or call 07850 644 076.

Memories Scotland Reminiscence Session

Information session for those living with dementia or other forms of memory loss and experience a positive emotional effect from reminiscence. Anyone may attend if being part of the group helps you feel connected within your local community, or because the conversation and interaction improves your mood. You may wish to attend if you have a keen interest in local history while others simply come to enjoy a cup of tea and a chat.

Keith Library, Union Street, Keith AB55 5DP

Friday 2nd May, 11am to 12 noon

- All ages.
- No booking required/drop in.
- 01542 882223 or keith.library@moray.gov.uk

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



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Runs online throughout May

Mindfulness

The session is totally seated. It starts with time to get participants minds into the present moment through breathing. This is followed by a chat and the next part of the session is a period of mindfulness.

Online – from the comfort of your own home

Every Friday throughout May, 10.30am to 11.30am

- Open to all ages.
- No booking required/drop in.
- Zoom access code 867 002 729.
- Telephone Ian Gourlay on 01224 820453
or email ian.gourlay@youraims.org for more information.

Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong. The session is mainly a seated workout with an option for some standing to test the balance of those who are able.

Online – from the comfort of your own home

Every Monday throughout May, 10.30am to 11.30am

- Open to all ages.
- No booking required/drop in.
- Zoom access code 8499 8617 350.
- Telephone Ian Gourlay on 01224 820453
or email ian.gourlay@youraims.org for more information.

Seated Yoga

Our seated yoga session starts with a time to get relaxed and is followed by low intensity yoga poses, mainly seated but with an option to stand to test their balance for those who feel able.

Online – from the comfort of your own home

Every Wednesday throughout May, 11am to 12 noon

- Open to all ages.
- No booking required/drop in.
- Zoom access code 881 0351 4498.
- Telephone Ian Gourlay on 01224 820453
or email ian.gourlay@youraims.org for more information.

Sunday 4th May

Walk and Talk with Skeddadle Speyside and Freedom Coaching

Enjoy a gentle 5k walk around the gorgeous Gordon Castle grounds in Fochabers, then finish at Skeddadle Speyside Shop for a healthy snack and a blether with Health Coach Deidre' about ways to sneak more activity into your life!

Skeddadle Speyside Shop, 55 High Street, Fochabers IV32 7DU

Sunday 4th May, 1.30pm to 3pm

- All welcome.
- deidre@freedomcoaching.live or 07795 006057.



Connections help to build a sense of belonging, allowing you to share experiences, and support each other.

Monday 5th May

Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong.

The session is a mainly seated workout with an option for some standing to test the balance of those who are able.

Online - join from the comfort of your own home

Monday 5th May, 10.30am to 11.30am
(runs every Monday throughout May)

- No booking required/drop in on Zoom.
- Zoom access code 8499 8617.
- Contact Ian Gourlay on 01224 820453 or email ian.gourlay@youraims.org for further information.

Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

Monday 5th May, 6pm to 6.45pm

- Aged 16 years and above.
- www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator



Memories Scotland Reminiscence Session

Information session for those living with dementia or other forms of memory loss and experience a positive emotional effect from reminiscence. Anyone may attend if being part of the group helps you feel connected within your local community, or because the conversation and interaction improves your mood. You may wish to attend if you have a keen interest in local history while others simply come to enjoy a cup of tea and a chat.

Buckie Library, Cluny Place, Buckie AB56 1HB

Monday 5th May, 4pm to 5pm

- All ages.
- No booking required/drop in.
- 01543 832121 or buckie.library@moray.gov.uk

Tuesday 6th May

Mayhem in May

Exploration through play for babies and toddlers.

Rafford Village Hall, Rafford, Forres IV36 2RU

Tuesday 6th May, 9.30am to 11am

- Children under 5 with carers/parents.
- No booking required/drop in.
- raffordvillagehall@gmail.com

Mindfulness Flow for Neurodivergence

Join us online to try mindfulness. To be introduced to what mindfulness is, what mindfulness is not and to learn simple ways to practice. The class will be facilitated by a registered and licenced Mindfulness Meditation Teacher who is a trauma informed practitioner with over 25 years experience of working with neurodivergent individuals. Everyone is always welcome.

Online event

Tuesday 6th May, 7.30pm to 8.30pm

- 16 years plus.
- To make an enquiry and/or to reserve an online place at the event contact Info@MindfulnessFlow.co.uk or 07721 656412.

LGBT+ Sexual Health Workshop

Explore the topic of Sexual Health from the perspective of the LGBT+ community, looking at their specific needs and cultural differences.

Online event

Tuesday 6th May, 12 noon to 1pm

- To book visit www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.

Silver Swords

Fencing fun session for children and their grandparents/guardians.

Moray Sports Centre, Elgin

Tuesday 6th May, 3.30pm to 4.30pm

- Suitable for Primary P3 - P7 children and adults.
- CWDevelopmentTeam@moray.gov.uk

Unhealthy Teeth Food Groups

Create a collage about the food that's unhealthy for our teeth.

Buckie Library, 12 Cluny Place, Buckie

Tuesday 6th May, 11am to 1pm

- No booking required/drop in.
- buckie.friendship.group@gmail.com



Tomintoul Dark Skies Health Walk

Join us for a short, safe, local walk with friendly trained leaders to show you in the UK's most Northerly Dark Skies Park and feel better! No matter whether you are able to walk 10 minutes or an hour, we'd be pleased to welcome you.

Meet at Tomintoul Outdoor Bowling Club, 8 Lecht Dr, Tomintoul, Ballindalloch AB37 9EH

Tuesday 6th May, 7pm to 8pm (every Tuesday)

- Open to all, assistance dogs only please.
- No booking required, but for more information please contact healthwalks@cairnforums.co.uk or call 07850 644 076.

Bookbug Session

Bookbug session with stories, songs and rhymes.

Forres Library, Forres House, High Street, Forres IV30 1BU

Tuesday 6th May, 10am to 10.30am

- 0-5 years accompanied by mum, dad, grandparent, or carer.
- <https://moraylibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>



Techniques for Preventing Anxiety and Panic - Age 12+

Understand why and how children and young people experience anxiety. Learn how to spot the signs and gain practical strategies for supporting your child.

Online event

Tuesday 6th May, 6pm to 8.30pm

- www.exchange-counselling.com/the-parent-project-moray

Tai Chi and Yoga Inspired Chair Based Gentle Exercise

Tai chi and yoga inspired chair based exercise for all including anyone with an arthritis or other musculoskeletal condition.

Fochabers Institute, 15 High Street, Fochabers

Tuesday 6th May, 2pm to 3pm (every Tuesday through May)

- No need to book, just drop in.

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



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Wednesday 7th May

Seated Yoga

Our seated yoga session starts with a time to get relaxed and is followed by low intensity yoga poses, mainly seated but with an option to stand to test their balance for those who feel able.

Online - from the comfort of your own home

Wednesday 7th May, 11am to 12 noon
(runs every Wednesday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 881 0351 4498.
- Contact Ian Gourlay on 01224 820453 or email ian.gourlay@youraims.org for more details.

Nature Walk for Wellbeing

Nature Walks for Wellbeing are 90 minute sessions that use nature walks to provide mindful nature-based therapy to those suffering from poor mental health, and those just taking care of themselves. Participants meet at a pre-determined location in Moray each week, with different leaders each week to provide varied activities. The sessions emphasise experience in and benefiting from, nature. Art, storytelling, poetry, nature tracking and wildlife watching may form part of the session and mindfulness activities are a regular focus. As part of the walk, the group have tea made on a fire with a wee snack and the chance to chat together in a beautiful natural spot. Always a very slow and gentle walk, so hiking boots definitely not required!

The Wards, Elgin. Meeting at the car park on Edgar Road.

Google map link: <https://maps.app.goo.gl/nct3UTzGiCDQPsITA>

Wednesday 7th May, 1.30pm to 3pm

- Open to all (under 16s to be accompanied by an adult).
- No booking required/drop in.
- info@n4h.co.uk for enquiries.



Thursday 8th May

Bookbug Sessions

Bookbug sessions with stories, rhymes and songs.

Buckie Library, Cluny Place, Buckie AB56 1HB

Thursday 8th May, 11am to 11.30am

- 0-5 years accompanied by mum, dad, grandparents or carers.
- <https://moraylibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

Get on a Bike Taster Session for Ladies

A guided ride for women who want to start or restart cycling to improve their wellbeing. All equipment will be provided including bike, helmet and gloves. A drink and a snack will be provided free of charge.

The Pavilion, Cooper Park, Elgin

Thursday 8th May, 6.30pm to 8.30pm

- For adults (women only).
- If more are interested we are happy to put on additional events, so please contact us admin@getonabike.org.uk

An Aging LGBT+ Population Workshop

Explore the needs of aging LGBT+ individuals and how to provide appropriate support concerning physical, mental, emotional and sexual health issues.

Online event

Thursday 8th May, 12 noon to 1pm

- To book visit www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.

A2: Practical Strategies for Helping your Anxious Child - Age 8 to 11

Understand why and how children experience anxiety. Learn how to spot the signs and gain practical strategies for supporting your child.

Online event

Thursday 8th May, 9.30am to 11am

- www.exchange-counselling.com/the-parent-project-moray

Friday 9th May

Book Chat

Informal group to chat about books, characters, adaptations rather than discussing a specific book.

Keith Library, Union Street, Keith AB55 5DP

Friday 9th May, 11am to 12 noon

- All ages.
- No booking required/drop in.
- 01542 832223

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



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Saturday 10th May

Stress to Success

Supporting people to obtain positive workplace wellbeing through empowerment, mindset development, stress management, goal setting and maintaining a healthy work-life balance.

Online event

Saturday 10th May, 10am to 12 noon

- <https://happyliueya.myflodesk.com/s2smasterclass>

Lets Talk About Substance Use

Join Arrows for a day of raising awareness around drug and alcohol use. We will be offering harm reduction advice and equipment including blood bourn virus testing, clean injecting equipment, Acuvein Machine demonstration, alcohol measurement cups and tools to track, reduce and manage substance use. Information and training on Naloxone will also be available. Naloxone is a life saving drug that temporarily reverses the effects of an opiate overdose. Staff and volunteers will be on hand to chat about what the service offers and how we can help. There will be testimonies from those who have lived experience of substance use and recovery and information on The Grampian Charter of Rights and The Medication Assisted Treatment Standards. All topped off with a lovely selection of nibbles throughout the day provided by Chef Paul and his team of volunteers at Soul Food Connections.

The Bow Cafe, The Square, 61 - 63 High Street, Elgin IV30 1EE

Saturday 10th May, 11am to 4pm

- All ages welcome. If under 16 accompanied by an adult.
- No booking required however contact Arrows Office for further information about the day on 01343 610500.



Get on a Bike Taster Session

A guided ride for men who want to start or restart cycling to improve their wellbeing. All equipment will be provided including bike, helmet and gloves. A drink and a snack will be provided free of charge.

The Pavilion, Cooper Park, Elgin

Saturday 10th May, 10am to 12pm

- For adults (men only).
- If more are interested we are happy to put on more events, so please contact us.
- admin@getonabike.org.uk

Monday 12th May

Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong. The session is a mainly seated workout with an option for some standing to test the balance of those who are able and lasts for around one hour.

Online - from the comfort of your own home

Monday 12th May, 10.30am to 11.30am
(runs every Monday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 8499 8617 350.
- Further details from Ian Gourlay on 01224 820453 or email ian.gourlay@youraims.org

Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

Monday 12th May, 6pm to 6.45pm

- Aged 16 years and above.
- www.eventbrite.co.uk/e/1247185638819?aff=oddttdtcreator

LATNEM Mental Health Peer Support Group

Any mother or birthing person experiencing mental ill health is welcome to join us for a cuppa, cake and a supportive, judgement free chat about mental health, parenthood and more.

Elgin Community Centre (Willow Room), Trinity Road,
Elgin IV30 1UE

Monday 12th May, 1pm to 2.15pm

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

Big Bedtime for Bookbug Week

Special event for Bookbug week with stories, songs and rhymes.

Elgin Library, Cooper Park, Elgin IV30 1HS

Monday 12th May, 6pm to 6.30pm

- 0-5 accompanied by mum, dad, grandparents, carers.
- <https://moraylibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

Giving creates positive feelings, giving you a feeling of purpose and self-worth, and helps you connect with others.





Tuesday 13th May

NHS Grampian Virtual Breastfeeding Group

Come and join our virtual breastfeeding group - meet other people, have a chat and if you have any questions about feeding your baby, ask our trained volunteers.

Online event

Tuesday 13th May, 11am to 12 noon

- Open to all expectant parents, breastfeeding and/or expressing mothers, parents and their support network.
- No booking required/drop in.
- Head to <https://nhsattend.vc/nhsg/infantfeedinggroup>

Finance Made Easy

Busting jargons and being empowered.

Online event

Tuesday 13th May, 11am to 11.45am

Click the link to register - www.eventbrite.co.uk/e/finance-made-easy-busting-jargons-and-being-empowered-tickets-1316080826179?aff=oddtcreator

Wednesday 14th May

Seated Yoga

Our seated yoga session starts with a time to get relaxed and is followed by low intensity yoga poses, mainly seated but with an option to stand to test their balance for those who feel able.

Online - from the comfort of your own home

Wednesday 14th May, 11am to 12 noon
(runs every Wednesday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 881 0351 4498.
- Contact Ian Gourlay on 01224 820453 or email ian.gourlay@youraims.org for more details.

Online Safety for the LGBT+ Community Workshop

Explore the topic of Online Safety from the perspective of the LGBT+ community, looking at their specific needs and cultural differences, while learning techniques to keep yourself safe online.

Online event

Wednesday 14th May, 12 noon to 1pm

- To book visit www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.



Nature Walk for Wellbeing

A relaxed, gentle, walk in a local green space with a stop mid walk to brew up a cuppa and have a snack.

Grant Park, Forres. Meeting outside Forres Library
<https://maps.app.goo.gl/XKkZNCwV1DjCzzF26>

Wednesday 14th May, 1.30pm to 3pm

- Open to all.
- Under 16s to be accompanied by an adult.
- No booking required/drop in.
- info@n4h.co.uk

Laughter Yoga

A fun and energising session of Laughter Yoga to boost your mood and reduce stress.

Project Neuro, 14 Pinefield Parade, Elgin IV30 6AG

Wednesday 14th May, 11am

- For adults.
- www.eventbrite.com/e/laughter-yoga-tickets-1245425885349?aff=oddtcreator

Meditation for Pain Relief and Relaxation

Online Zoom event for people who suffer from Chronic Pain, 30 minutes.

Online event

Wednesday 14th May, 1pm to 1.30pm

- Join Zoom Meeting
<https://us04web.zoom.us/j/74924525475?pwd=IxiBzwIWi1t8Rv9sQX8T8Qa19X85zt.1>
Meeting ID: 749 2452 5475
Passcode: 4ab5Eg

Big Bedtime Bookbug Session

Special event for Bookbug week with stories, songs and rhymes.

Elgin Library, Cooper Park, Elgin IV30 1HS

Wednesday 14th May, 6pm to 6.30pm

- 0-5 years accompanied by mum, dad, grandparents, carers.
- <https://moraylibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

Learning new skills boosts your confidence, gives you a sense of purpose, and helps you connect with others.



Thursday 15th May

Liver Health Awareness

An online introduction to liver health and liver disease. Causes, risks, and prevention. Details of local support if you have a diagnosis or care for someone with liver disease and/or liver cancer.

Online event

Thursday 15th May, 10am to 11am

- Email lesley.simpson@britishlivertrust.org.uk for the online link.

Bookbug Session

Bookbug session with stories, songs and rhymes.

Forres Library, Forres House, High Street, Forres IV30 1BU

Thursday 15th May, 2pm to 2.30pm

- 0-5 accompanied by mums, dads, grandparents, carers.
- <https://moraylibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>



Friday 16th May

Integrative Healthcare Taster Treatments

Enjoy a relaxing taster massage treatment with UHI Moray Integrative Healthcare students, designed to support your mental health and wellbeing.

UHI Moray, Moray Street, Elgin IV30 1JJ

Friday 16th May, 10am to 12 noon

- For adults.
- Limited spaces, booking essential.
Email Chloe.Andrews.Moray@uhi.ac.uk
- Find us on Facebook: Complementary Therapies UHI Moray
- www.moray.uhi.ac.uk

Saturday 17th May

Marine Park Wellbeing Festival

The Marine Park Wellbeing Festival provides an opportunity to learn about a wide range of supports for your mental health and wellbeing and activities to try no matter your age.

Marine Park, Stotfield Rd, Lossiemouth IV31 6QP

Saturday 17th May, 11am to 3pm

- All ages.
- No booking required/drop in.
- You can register for updates on the link provided.
https://bit.ly/moray_wellbeing_festival_2025

CLD supporting at Marine Park Wellbeing Festival

Supporting the Moray Marine Park Wellbeing festival event with a stall: CLD/ Period Plus etc.

Marine Park, Stotfield Rd, Lossiemouth IV31 6QP

Saturday 17th May, 11am to 3pm

- All ages.
- No booking required/drop in.
- If you would like to register for updates contact
Karen.Delaney@moray.gov.uk or 07800 670 692.

Led Ride

An opportunity to join us on a ride around the local area on cycle paths and minor roads, bikes, helmets etc available for free.

Cooper Park Active Travel Hub, Elgin

Saturday 17th May, 10am to 12 noon

- For adults (18+).
- Paula.campbell@cyclinguk.org



Monday 19th May

Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong.

The session is a mainly seated workout with an option for some standing to test the balance of those who are able.

Online - access from the comfort of your own home

Monday 19th May, 10.30am to 11.30am
(runs every Monday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 8499 8617 350.
- Telephone Ian Gourlay on 01224 820453 or email ian.gourlay@youraims.org for more details.

Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

Monday 19th May, 6pm to 6.45pm

- Aged 16 years and above.
- www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator

Recharge and Refocus: A Wellbeing Session for Parents and Carers

In this interactive and restorative session, parents will be guided through a series of rhythmic Pound exercises, breathing techniques, and mindfulness practices. This session offers a safe space to unwind, recharge, and refocus, allowing you to release stress and find balance. Join us for a rejuvenating experience that supports both your mental and physical health.

Bishopmill Hall, Grove Pl, Bishopmill, Elgin IV30 4DH

Monday 19th May, 6pm to 8pm

- www.exchange-counselling.com/the-parent-project-moray

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



Aberdeenshire
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Tuesday 20th May

Therapets for Stress Relief

Drop in and visit the Therapets to relieve any stress.

The Andrew Graham Bell Centre Cafe, UHI Moray

Tuesday 20th May, 11am to 1pm

- No booking required/drop in.
- agbcevents.moray@uhi.ac.uk

Dr Bike

Bring your bike along to have your bike checked over for free and to fix minor issues (such as squeaky brakes, jumpy gears).

Cooper Park Active Travel Hub, Elgin

Tuesday 20th May, 4pm to 6pm

- Open event for all.
- No booking required/drop in.
- Paula.campbell@cyclinguk.org

Wellbeing Wheel and Rhythmical Reset: A Family Wellness Session

Join us for an engaging family session where both parents and children can explore the Wellbeing Wheel and experience a Rhythmical Reset together. Through fun, interactive activities, families will discover how to balance mental, emotional, and physical wellbeing. The Wellbeing Wheel helps families reflect on different aspects of health, while the Rhythmical Reset uses movement and rhythm to reset and recharge.

Fika Child and Family Centre, Park View, 9 N College St, Elgin IV30 1EL

Tuesday 20th May, 9.30am to 11.30am

- www.exchange-counselling.com/the-parent-project-moray



Bullying Peer Support: Empowering Families Together

In this supportive session, families will learn how to address and navigate the challenges of bullying through open communication and peer support. Focused on building resilience and self-confidence, this session equips both parents and children with practical strategies to handle bullying situations. Participants will explore ways to support each other, create safe environments, and develop a strong sense of community.

The Exchange Office, 26 Hay St, Elgin IV30 1NQ

Tuesday 20th May, 6pm to 8pm

- www.exchange-counselling.com/the-parent-project-moray

Wednesday 21st May

Nature Walk for Wellbeing

A relaxed, gentle, walk in a local green space with a stop mid walk to brew up a cuppa and have a snack, open to all.

Quarrel woods Elgin. Meeting at the Brumley Brae car park
Google map link: <https://maps.app.goo.gl/jby1RHQvKK77k7p49>

Wednesday 21st May, 1.30pm to 3pm

- Open to all.
- Under 16s to be accompanied by an adult.
- No booking required/drop in.
- info@n4h.co.uk

Wellbeing Wheel and Rhythmical Reset: A Family Wellness Session

Join us for an engaging family session where both parents and children can explore the Wellbeing Wheel and experience a Rhythmical Reset together. Through fun, interactive activities, families will discover how to balance mental, emotional, and physical wellbeing. The Wellbeing Wheel helps families reflect on different aspects of health, while the Rhythmical Reset uses movement and rhythm to reset and recharge.

Bishopmill Hall, Grove Pl, Bishopmill, Elgin IV30 4DH

Wednesday 21st May, 11am to 1pm

- www.exchange-counselling.com/the-parent-project-moray

Thursday 22nd May

Bookbug Session

Bookbug session with stories, songs and rhymes.

Buckie Library, Cluny Terrace, Buckie AB56 1HB

Thursday 22nd May, 11am to 11.30am

- 0-5 years accompanied with mum, dad, grandparents or carers.
- <https://moraylibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>

Shift-Worker Health and Wellbeing

Deliver a seminar to promote educational material supporting shift-workers health and wellbeing.

The Rowett Institute, Ashgrove Rd W, Aberdeen AB25 2ZD

Thursday 22nd May, 2pm to 3pm

- www.eventbrite.co.uk/e/shift-worker-health-wellbeing-tickets-1249429520329?aff=oddttdtcreator

Understanding Trans-Dementia Workshop

Identify the potential needs of a Trans Person with a Dementia diagnosis and explore how to support them through this stage of their lives.

Online event

Thursday 22nd May, 12 noon to 1pm

- To book visit www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.

Get on a Bike Taster Session

Guided ride for adults who want to start or restart cycling. We cater for all abilities. Equipment provided including bikes, helmets and gloves. A drink and a snack will be provided free of charge.

The Pavilion, Cooper Park, Elgin

Thursday 22nd May, 6.30pm to 8.30pm

- For adults.
- admin@getonabike.org.uk

Friday 23rd May

Take a Break at Brodie

Enjoy a relaxing day with activities for families and adults in the lovely surroundings of Brodie Castle and Estate.

Brodie Castle and Estate, Brodie, Forres IV36 2TE

Friday 23rd May

Family yoga in the playful garden (suitable for all ages)
10.30am to 11.15am

Pilates for adults in the stables
11.30am to 12.30pm

Meditation and breathing class in the stables (all ages welcome)
1.15pm to 1.45pm

Clarity walk digital detox walk for adults and all abilities
Meet at the stables 2pm

Tropic skin drop in for adults in the playful garden
2pm to 3pm

Storytime for families with craft in playful garden
3pm to 3.45pm

- Families and adults.
- No booking required/drop in.
- www.eventbrite.co.uk/o/brodie-castle-33776541243

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.



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Sunday 25th May

Cullen Bike Fest

An event bringing together local and national organisations to showcase active travel provisions available to communities across Moray. A fun day out for all the family, there are opportunities to try out a variety of bikes, including adapted bikes to show that cycling is inclusive and for everyone. On the day there will be led rides, obstacle challenge courses, smoothie bike maker, bike maintenance checks, bike theft registration as well as teas/coffees and bakes.

Meet at the car park area at Cullen beach near the footbridge

Sunday 25th May, 12 noon to 3pm

- Open to all ages and groups.
- No Booking required, however, for any queries you can email activetravel@moray.go.uk

Cooper Park Junior Park Run - Schools League Event

Inclusive park run event with 2k course around Cooper Park.

Cooper Park, Elgin

Sunday 25th May, 9.15am

- All school aged young people.
- www.parkrun.org.uk/register/?section=form&eventName=cooperpark-juniors&e=cooperpark-juniors and <https://form.jotform.com/242743459867371>



Meditation for Stress Relief and Relaxation

Relax before bedtime with mediation online for those in need of stress relief and relaxation, with Wellbeing Coach and Freedom Coach, Deidre' Christenson-Main.

Online event

Sunday 25th May, 10pm to 10.30pm

- Open to all.
- Join Zoom Meeting:
<https://us04web.zoom.us/j/72888048253?pwd=ruOHEcvb3UeBaSk9E7OMP5yvMx5xI1.1>
Meeting ID: 728 8804 8253
Passcode: 0Rgz6t

Monday 26th May

Mindful Movement

Mindful movements are done in time to breathing and is a mix of yoga, pilates and qi gong.

The session is a mainly seated workout with an option for some standing to test the balance of those who are able.

Online - from the comfort of your own home

Monday 26th May, 10.30am to 11.30am

(runs every Monday throughout May)

- Open to all ages.
- No booking required/drop in on Zoom.
- Zoom access code 8499 8617 350.
- Contact Ian Gourlay on 01224 820453 or email ian.gourlay@youraims.org for more details.

Health Coaching for Balanced Living

Health Coaching for Balanced Living is a series of four online workshops empowering you to cultivate lasting well-being through mindful eating, restful sleep, breathwork, positive mindset and sustainable habits.

Online event

Monday 26th May, 6pm to 6.45pm

- Aged 16 years and above.
- www.eventbrite.co.uk/e/1247185638819?aff=oddtcreator



LATNEM Mental Health Peer Support Group

Any mother or birthing person experiencing mental ill health is welcome to join us for a cuppa, cake and a supportive, judgement free chat about mental health, parenthood and more.

Elgin Community Centre (Willow Room), Trinity Road, Elgin IV30 1UE

Monday 26th May, 1pm to 2.15pm

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

Memories Scotland Reminiscence Event

Information session for those living with dementia or other forms of memory loss and experience a positive emotional effect from reminiscence. Anyone may attend if being part of the group helps you feel connected within your local community, or because the conversation and interaction improves your mood. You may wish to attend if you have a keen interest in local history while others simply come to enjoy a cup of tea and a chat.

Forres Library, Forres House, High Street, Forres IV36 1BU

Monday 26th May, 2.30pm to 3.30pm

- All ages.
- No booking required/drop in.
- 01309 672834 or forres.library@moray.gov.uk

Tuesday 27th May

LGBT+ and Parenting Workshop

Being a parent who is also a member of the LGBT+ community brings many challenges. Learn about their needs through different stages of parenthood and explore options for providing support.

Online event

Tuesday 27th May, 12 noon to 1pm

- To book visit www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.

Wednesday 28th May

Nature Walk for Wellbeing

A relaxed, gentle, walk in a local green space with a stop mid walk to brew up a cuppa and have a snack, open to all.

Wastebusters car park, Forres.

Google map link: <https://maps.app.goo.gl/DYuXCeykbTt5QxW27>

Wednesday 28th May, 1.30pm to 3pm

- Open to all.
- Under 16s to be accompanied by an adult.
- No booking required/drop in.
- info@n4h.co.uk

Fun in the Park

Bike repairs, sport and activities with UHI Moray and partners.

Cooper Park, Elgin IV30 1HS

Wednesday 28th May, 1pm to 3pm

- Open to all ages.
- No booking required/drop in.
- jack.whyte.moray@uhi.ac.uk

Thursday 29th May

Memories Scotland Reminiscence Session

Information session for those living with dementia or other forms of memory loss and experience a positive emotional effect from reminiscence. Anyone may attend if being part of the group helps you feel connected within your local community, or because the conversation and interaction improves your mood. You may wish to attend if you have a keen interest in local history while others simply come to enjoy a cup of tea and a chat.

Elgin Library, Cooper Park, Elgin, IV30 1HS

Thursday 29th May, 1.30pm to 2.30pm

- All ages.
- No booking required/drop in.
- 01343 562600 or elgin.library@moray.gov.uk

Living with HIV in a Care Setting Workshop

Learn more about people living with HIV who need additional care, the needs of this population and the challenges they face.

Online event

Thursday 29th May, 12 noon to 1pm

- To book visit www.fourpillarsuk.org/individual-workshop/ or call 01224 211963.

Being Active can help to raise your self-esteem by setting and achieving goals, and by causing chemical changes in your brain that have a positive impact on mood.



Friday 30th May

Mindfulness

The session is totally seated. It starts with time to get participants minds into the present moment through breathing. This is followed by a chat and the next part of the session is a period of mindfulness.

Online - from the comfort of your own home

Friday 30th May, 10.30am to 11.30am
(runs every Friday throughout May)

- No booking required/drop in on Zoom.
- Zoom access code 867 002 729.
- Telephone Ian Gourlay on 01224 820453 or email ian.gourlay@youraims.org for more information.

Saturday 31st May

Bookbug Session

Bookbug session with stories, songs and rhymes.

Forres Library, Forres House, High Street, Forres, IV36 1BU

Saturday 31st May, 10.30am to 11pm

- 0-5 years accompanied by mum, dad, grandparents, carers.
- <https://moraylibraries.spydus.co.uk/cgi-bin/spydus.exe/MSGTRN/WPAC/HOME>





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

www.mindyermind.com

[Wellbeing-Guide-MHUK_DIGI.pdf](#)

www.mentalhealth.org.uk/our-work/prevention

<https://moraywellbeinghub.org.uk>

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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01224 558504 or email: gram.resources@nhs.scot

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