



Directory of Services for People 50+ in the Forres Area

Prepared by Forres Area Community Trust (FACT)
Summer 2015



Dear Reader

We hope you will find this directory useful and that it sits by your phone or computer as a ready reference for when you need to contact a service or group that is there for you.

The idea for this directory came from our 'Spirit of Community' event held last October in the Town Hall as a joint working 'experiment' between Findhorn and Kinloss Community Council, Forres Community Council, Forres Area Forum and FACT.

A concern raised was that there is a lot going on for older people, but information is lacking about what is on offer and where to find more information. With this in mind, a small working group met to find the funds to produce this directory aimed at older members of the community and their families.

We would like to have your views on this first edition. We know that there may be activities or group details that are missing so we welcome your feedback to improve any future editions.

This directory was funded by the 'Change Fund', a grant aided source to support community led initiatives that help adults and older people to maintain their wellbeing. Age Scotland, NHS Grampian, Moray Council and FACT worked together to bring what we feel is a useful source of information and a help towards maintaining independence and wellbeing.

Thank you to our funders and those who supported this project

All the best

Lorna Creswell

Lorna Creswell, FACT Volunteer Director

Contents

- 4 Community Groups and Volunteering**
Throughout the Forres Area there are many groups that are open to new members and that offer support.
- 6 Faith and Worship**
There is a range of faith based services available in the area.
- 7 Finance and Benefits**
Locally there are several organisations that can help you.
- 8 Halls and Venues**
Do you need a place to hold a party, set up a new group or have a meeting?
- 9 Help, Health and Wellbeing**
Do you need help, support and advice with keeping healthy and active?
- 14 Social Groups and Leisure**
There is lots going on in the area. Why not try something new or have a go at an activity you enjoy.
- 21 Transport**
This information was supplied by the Moray Transport Forum.



Community Groups and Volunteering

Dyke Landward Community Council Dyke & District Village Hall
Meet 1st Wednesday of the month, 7pm
01309 641551 dlcc@phonecoop.coop

Findhorn & Kinloss Community Council
01309 691718 findhornkinlosscc@gmail.com

Findhorn Foundation
01309 690311 www.findhorn.org

Findhorn Residents Association Contact Carol James
07814 189 384 hjames@dsl.pipex.com

Findhorn Village Conservation Company
Contact Marjory Barber
01309 692339 findhornvillage@yahoo.co.uk

Forres Area Community Trust
01309 674388 info@forresarea.org www.forresarea.org

Forres Area Forum Contact Secretary 01309 676939

Forres Community Activities Association
Help to organise community events in Forres
01309 672679

Forres Community Council The Tolbooth, contact Secretary
Meet 3rd Thursday of the month, 7.15pm
01309 676430 forrescc@gmail.com

Forres Community Woodlands Trust Contact Graham Hilditch
01309 672244 fcwt.secretary@gmail.com
www.forrescommunitywoodlands.org

Forres Footpaths Trust Contact Brad Chappell
01309 675501 forresfootpathstrust@gmail.com
www.forresfootpathstrust.org.uk

Forres Heritage Trust

Volunteer at The Tolbooth, Nelson Tower or join the Board
01309 676149 www.forresheritage.org

Forres Highland Games Committee Contact Mike Scott
01309 673289 michaelwscott@lineone.net

Forres in Bloom Contact Sandra MacLennan
Volunteers are needed to help keep Forres beautiful
01309 641342 www.forresinbloom.co.uk

Forres Theme Day Committee Contact Sharon Paterson
Help organise the annual Forres Vintage Car Theme Day
01309 675389 info@vintageforres.com

Friends of the Falconer Museum
Help to maintain the Museum's collection
01309 696261 friends@falconermuseum.co.uk

Kinloss Abbey Trust Contact Kirsteen Mitcalfe
01309 690775 info@kinlossabbey.org
www.kinlossabbey.org

Moray Wastebusters
01309 676056 moraywastebusters@btconnect.com
www.moraywastebusters.org

New Findhorn Association
01309 692223 www.findhorn.cc

Newbold Trust
01309 672659 office@newboldhouse.org
www.newboldtrust.org

Ray's Opportunities
Volunteer in the Forres Community Café
01309 672236 volunteers@raysopportunities.com

Transition Town Forres
01309 358010 ttforres@gmail.com



Faith and Worship

Caroline Street Gospel Hall

Breaking of Bread Sunday 10:30am, Sunday Gospel meeting 6:30pm
01309 674375

Church of Scotland, Dyke Sunday meeting 10am
01309 641257

Church of Scotland, Edinkille Parish
Sunday meeting 11:30am

Church of Scotland, Kinloss & Findhorn
Sunday meeting alternating weekly between Kinloss & Findhorn, 10am
01309 690162

Church of Scotland, Rafford
Sunday meeting 9:30am with Sunday School followed by tea and coffee
01309 672930

Forres Dhamma Friends Buddhist Group
Twice weekly meetings, contact for details
07921 211434

Kingdom Hall of Jehovah's Witnesses, Forres
Sunday public meeting 10am
01309 676795

Nichiren Buddhism
Please contact for meetings details
01309 358394 / 07752 617 708 www.sgi-uk.org

Quaker Meetings Findhorn Village Centre
Meet 10:30am, 1st & 3rd Sunday of the month
01309 690140

St John's Episcopal Church, Forres
Sunday services at 8am (Communion) and 10am (Family Communion)
01309 672856

St Laurence Parish Church, Forres
Sunday service 10am followed by tea and coffee
01309 672260 www.stlaurencechurchforres.org.uk

St Leonard's Church, Forres
Sunday service 10:30am followed by tea and coffee
01309 672380 www.stleonardschurchforres.com

St Margaret's Catholic Church, Forres Sunday service 10.30am

St Michael's Church, Dallas Sunday meeting 12 noon

The Lighthouse Church, Forres
Baptist Church Sunday service 10:30am & Sunday evening meeting 6:30pm
01309 676974

Finance and Benefits

Bank of Scotland, High Street, 01309 542001

Essential Skills Adult Learning, Forres House Community Centre
Numeracy and budgeting help and advice
01309 672838 / 07528 973 481 adult.learning@moray.gov.uk

Forres Area Credit Union, 138 High Street, Forres
01309 676735 facu@phonecoop.coop
www.forresareacreditunion.co.uk

Forres Post Office, 172 High Street, Forres
Open Monday to Sat 8am-6pm
01309 672106



Job Centre Plus Tytler Street, Forres
0845 606 0234 www.gov.uk/jobsearch

Moray Welfare Map Access Point

Forres Area Community Trust Office
Online welfare benefit help and advice
01309 674388 info@forresarea.org www.welfaremap.gov.uk

Royal Bank of Scotland, 57 High Street, Forres
01309 672228 www.rbs.co.uk

The Moray Council Money Advice Service

Call to book a free appointment with a Money Adviser
03001 234561

TSB, 156 High Street Forres
0345 9758758 www.tsb.co.uk

Halls and Venues

Alves Hall Contact Denise Kelly
01343 850310 denise.kelly21@yahoo.co.uk

Dyke & District Village Hall Contact John Channon
01309 641608 dykevillagehall@gmail.com

Edinkillie Community Hall Contact Karen Astell
01309 611736 karenastell69@gmail.com

Findhorn James Milne Institute 01309 692365

Findhorn Village Centre
01309 692339 findhornvillagecentre@gmail.com

Forres Area Community Trust 1 Leask Road, Forres
01309 674388 info@forresarea.org

Forres House Community Centre 01309 672838

Forres Town Hall 01309 675140

Houldsworth Institute, Dallas Contact Denise Frankland
01343 890246

Masonic Lodge, Forres Contact Brian Laird
01309 672034

Rafford Village Hall Contact Gordon Smith
01309 675949 raffordvillagehall@yahoo.com

St Leonards Church Hall Forres 01309 672380

The Tolbooth, Forres Contact Tom Logie
01309 674903

Help, Health and Wellbeing

Alcohol Anonymous 0845 769 7555
help@alcoholics-anonymous.org.uk
www.alcoholics-anonymous.org.uk

Alzheimer's Scotland Moray Branch
01343 552080 morayServices@alzscot.org

Annie Griffiths Physiotherapy 01309 676050

Back in Balance Osteopathy
01309 694824 www.backinbalance.co.uk

Boots Pharmacy, Forres 01309 673370

Breathing Space
Phone line open Mon to Thurs 6pm-2am & Fri 6pm-6am
0800 838 587 www.breathingspacescotland.co.uk

Brenda Findlay Chiropodist, Forres 01309 696994



Citizens Advice Bureau, Moray

01343 550088 enquiries@moraycab.casonline.org.uk
www.moraycab.org.uk

Citizens Advice Bureau, Nairn

01667 456677 bureau@nairncab.casonline.org.uk
www.nairncab.org.uk

Clear Pharmacy, Forres 01309 672614**Cruse Bereavement Care Scotland (Moray branch)**

Bereavement support
0845 600 2227 moray@crusescotland.org.uk

Dementia Café The Bowling Green Pavilion Forres
1st Tuesday monthly, 10:30-12pm, 01343 552080

Dental Information & Advice 0845 456 5990

Different Strokes

Support and advice for stroke survivors
01908 317618 www.differentstrokes.co.uk

Dr Govan and Partners, Varis Medical Centre Forres Health & Care Centre Grantown Road, IV36 1JG
03453 371120 www.forreshealthcentre.co.uk

Dr Gray's Hospital Physiotherapy 01343 567322

Dr Gray's Hospital, Elgin 08454 566000

Forres Area Community Trust Digital Help

01309 674388 info@forresarea.org www.forresarea.org

Forres Area Housing Office, Auchernack Forres

0300 1234566 housing@moray.gov.uk

Forres Be Active Life Long (BALL) Group

Social group for health & wellbeing for those aged over 50
01309 672838

Forres Hearing Concern Support Group

Support and social group meetings in Forres Town Hall
01309 675140

Forres Library, Forres House 01309 672834

Helen Hepple Foot Health Practitioner

For all foot care needs in the comfort of your own home
01309 673002 or 07763 053 477

Hidden Hearing

Free hearing tests available by appointment in Forres,
Elgin & Inverness
01463 223412

Leancoil Hospital, Forres 08454 566000

Leys Dental Practice, Knockomie Braes

01309 673553 office@leysdp.co.uk

Living Life Phone line for guided self-help
Monday to Friday 1pm -9pm 0800 328 9655

M J Housden Optician, Forres

01309 673801 www.mjhoussden.co.uk

Massage and Reflexology

Contact Samantha Bacon
Swedish, Remedial & Aromatherapy
massage and reflexology
01667 452805 smbcm@aol.com

McClintock Home Eyecare

01309 673635 info@mchomeeyetests.co.uk
www.mchomeeyetests.co.uk

McLachlan Opticians, Forres

01309 675089 www.yourlocalopticians.co.uk



Moray Council Community Support Officer, Sylvia Jamieson
01343 563911 / 0777 9999 228

Moray Council Older People's Development Team
01542 886020

Moray Council, Elgin 01343 543451

Moray Council, Forres 01309 694000

Moray Diabetes UK Group
moraydiabetesukgroup@yahoo.co.uk
moray.diabetesukgroup.org

Moray Disability Forum
A forum to promote the welfare of disabled people in Moray
01343 567187

Moray Drug and Alcohol Partnership
01343 543792 www.madp.info

Moray Food Bank (by referral)
01343 208293 www.communityfoodmoray.co.uk

Swimming and Hydrotherapy Pool, Fitness Centre, Forres
01309 672984 www.morayhydrotherapypool.co.uk

Moray Lifeline and Telecare
Moray Council Community alarm and telecare service
01343 546512

Moray Osteopath
01309 671413 www.morayosteopaths.co.uk

Moray Women's Aid
Helpline hours: Mon to Fri 24 Hrs, Sat & Sun 4pm – 8am
01343 548549

NHS 24
111 www.nhs24.com

NHS Grampian Dental Information and Advice
Monday to Friday, 8.05am and 5.45pm
0845 456 5990

NHS Grampian Healthpoint
Monday to Friday 9 – 5pm
0500 202 030 healthpoint@nhs.net
www.know-who-to-turn-to.com

NHS Inform Helpline
Health and illness helpline open 7 days 8am – 10pm
0800 22 44 88

North East Sensory Services 10 Victoria Crescent, Elgin
01343 547617

Orchard Road Dental Practice 01309 675544

Police Station 101

Quarriers Carer Support Service
Providing advice and support for unpaid carers
01343 556 031 carersmoray@quarriers.org.uk
www.quarriercareerservices.org.uk

Rape and Abuse Support
01224 620772 www.rasane.org.uk

RH Counselling
01309 358098 ramona@rhcounselling.co.uk
www.rhcounselling.co.uk

Rowlands Pharmacy, Forres 01309 672784

SAMH Mental Health Group
Meet at Forres House Community Centre Thursday 12pm
01309 672838

Samaritans

01343 543000 www.samaritans.org

Shelter 8am – Midnight

0808 800 4444

Silverline

Helpline for older people, open everyday 24 hours

0800 470 8090

The Moray Housing Partnership

01343 543210 enquiries@m-h-p.org.uk

www.m-h-p.org.uk

Victim Support Moray 01343 544607

Wheelchair Care 01309 676677

Social Groups and Leisure

50+ Club Forres House Community Centre

1st Monday, 12:30-1:30pm & 3rd Tuesday of the month 7-9pm

01309 672838 forres.house@moray.gov.uk

Adult Badminton Sessions Forres House Community Centre

Entry fee applies. Tuesday & Thursday 7-10pm

01309 672838

Be Active Life Long Group (BALL)

Forres House Community Centre. Wednesday 10-12pm

01309 672838

Bum, Tums & Thighs Forres House Community Centre

Friday 9:30-10:30am 01309 672838

Christians Together Drop In The Tolbooth

Friday 10.30-12.30, refreshments provided

Cross Stitch Group Forres House Community Centre

Cross stitch, knitting & tapestry Wednesday 1-4pm

Contact Elizabeth 07708 664865

Culbin Singers St Leonards Church Hall, Thursday 7:30-9:30pm

aldasdair@mannachie.eclipse.co.uk

Dancercise Forres House Community Centre

Tuesday 10-11am, Contact Pam Watson 01309 672971

Embroidery Group Forres House Community Centre

Wednesday 10-12pm, 01309 672838

EXTENDForres Contact Kath Todd

Gentle exercise for wellbeing

01309 674128 toddextend@yahoo.com

Film Forres Film screenings in Forres Town Hall

07971 999537 www.filmforres.co.uk

Findhorn Bowling Club

All welcome. Contact Joan Tomkinson 01309 673847

Findhorn Over 60's James Milne Institute

For residents of Findhorn or Kinloss only, every 2nd Thursday

(Feb to May & Sept to Dec) 2-4pm

Findhorn SWI James Milne Institute

All ages welcome, women only, 1st Tuesday of the month 7:15pm

Contact Joan Tomkinson 01309 673847

Findhorn Tennis Club

Contact Janet Barcis / Dave Till

dave.till@findhorn.org

Findhorn Village Art Club

Findhorn Village Centre

Tuesday 9:30-12pm, 01309 692339



Fitness League – Forres Branch Forres House Community Centre
Low impact exercise for ages 30+, Tuesday 10-11am
Contact Pam Watson 01309 672971

Forres & District Social Dance Club Victoria Hotel, Forres
2-4:30pm, contact Jenny Duncan 01309 675219

Forres 50+ Walking Group Contact to confirm space
Every 2nd Friday of the month
Contact Dave Spalding 013096 671724

Forres Accordion & Fiddle Club Contact Ann Sharp
01309 672672

Forres Angling Association
01309 690097

Forres Archers Forres House Community Centre
Wednesday 7-10pm, contact Mike Alexander 01343 552877

Forres Arthritis Support Group Behind Forres Town Hall
Social and support network for those living with arthritis,
3rd Thursday of the month Sept-Jun 7pm
Contact Marie McKay 01309 673505

Forres Big Choir
Contact Bill Henderson 01309 672951 info@forresbigchoir.info

Forres Bridge Club Forres Golf Course
Monday 7pm, Winter months only, contact Isobel Ferguson
01309 641297

Forres House Bridge Club Forres House Community Centre
Wednesday 7-10pm, contact Isobel Ferguson 01309 641297

Forres Camera Club Upper Room, Forres Town Hall
Thursday 7:30pm www.forrescameraclub.org.uk

Forres Crafters
Local craft group developing skills, socialising and arranging
craft fairs
07565 499 598 forrescrafters@gmail.com

Forres Curling Club
Group meets in Forres from September and curl in Elgin,
Monday training 5pm, contact Ann Munro 01309 690332

Forres Lace Group Forres House Community Centre
Tuesday 10-12pm, contact Rona Russell 01309 673367

Forres Library 01309 672834

Forres OAP Association Forres Town Hall
New members very welcome, meetings start again Wednesday
September 2nd, 1:30pm, contact June Kirk 01309 673194

Forres Over 60s Lunch Group St Leonards Church Hall
3 course meal for £4, open to people aged 60+, Friday 12pm,
contact Joan Lobbert 01309 671150

Forres Pipe Band
On the look out for new players of all ages and abilities
secretary@forrespipeband.co.uk

Forres Quilters Forres House Community Centre
Tuesday 1:30-3:30pm, contact Maureen Brooks 01309 675962

Forres Scottish Country Dancers Forres Town Hall
Classes start 7th September 2015,
beginners 7:30pm, main class 8pm 07906 306 160

Forres Squash & Fitness Club
Contact John Mackenzie 01309 672103

Forres Stepping Out Forres House Community Centre Foyer
A weekly free volunteer led walk in Forres followed by a
café visit, 1:30pm, contact Janet 01309 358394

Forres Victoria Indoor Bowling Club Forres Academy
Group meets from September on Monday, Thursday and Friday,
contact Ann McIntosh 01309 641513

Forwards Writing Group

Creative writing group, Tuesday 7-9pm
Contact Andy Allan andy@airnoir.force9.co.uk

Friends of the Falconer Museum

Help to maintain museum collections
01309 696261 friends@falconermuseum.co.uk

Grant Park Bowling Club

Contact James Hasman 01309 673062

Kinloss & Forres Model Club Findhorn Village Centre

2nd and 4th Friday of the month 6:30-9:30pm
Contact Tom Docherty 01309 675059

Kinloss Knit & Natter Kinloss Church Hall, Friday 2-4pm

Knit and Natter Findhorn Village Centre

Tuesday 6:30-8:30pm 01309 692339

Lace Group Forres House Community Centre

Wednesday 7:30-9:30pm
01309 672838 forres.house@moray.gov.uk

Line Dance-ercise Forres House Community Centre

Wednesday 1:30pm
07552 222 142

Line Dancing for over 50s Masonic Lodge, Forres

Wednesday 2pm 01463 233151 or 01309 672019

Mixed Media Art Forres House Community Centre

Tuesday 2-4pm 01309 672838

Moray & Nairn Floral Art Club Ramnee Hotel, Forres
Wednesday 7pm

Moray Chess Club Forres Costa Café in Tesco

Players of all ages and abilities welcome, Tuesday 5-7pm
07745 556 690

Moray Duo Physical & Sensory Disabilities Group

Forres House Community Centre, Friday 2:30- 4:30pm
Contact Alice Duncan 01343 551339

Moray Gaelic Group

Tesco Costa Café, Forres, Thursday 12-1pm
01343 576000 www.moraygaelicgroup.weebly.com

Moray Heritage Connections

Promoting the culture and heritage of Moray through centres and
museums, contact Liz Trevethick
01309 696261 www.morayconnections.com

Moray Mens Shed Moray Wastebusters, Forres

A place to socialise, share skills and ideas and companionship,
Monday and Thursday 07974 107 481

Needle Art North Forres House Community Centre

2nd Friday of the month 10-1pm 01309 672838

Needlecraft Group Findhorn Village Centre

Wednesday 1:30-4pm, contact Karin Middlemass
01309 692339

Public Badminton

Forres House Community Centre
Monday to Friday 9-10am,
book at reception
01309 672838



Quilters Group Forres House Community Centre
Tuesday 1.30-4pm 01309 672838 forres.house@moray.gov.uk

Rafford SWI Rafford Village Hall
September to May, 3rd Wednesday of the month, 7.30pm
Contact Alison Prentice 01309 672380

Royal Findhorn Yacht Club 01309 690247

Self Help Art Forres House Community Centre
Wednesday 10-12pm 01309 672838

Senior Citizens Exercise Group
Forres House Community Centre, Friday 2-3pm
Contact Pam Watson 01309 672971 forres.house@moray.gov.uk

Soup and Sweet Findhorn Village Centre
2nd Tuesday of the month 12:30pm
Contact Karin Middlemass 01309 692339

Spin Class Forres House Community Centre
For beginners and over 50s. Tuesday 10-10:45 am 01309 672838

STEAMIE Hangout Horizon Scotland, Social Area
Enjoy a hot drink and chat about Science, Technology,
Engineering, Art, Mathematics, Innovation and Enterprise,
1st Friday of the month 10am, contact Bill Graham 01309 696242

Tai Chi Forres House Community Centre
Monday 7-8:30pm, contact Archie 07799 064 964

T-Exchange Findhorn Village Centre
Using creative thinking and skills to make new devices,
3rd Friday of the month 7pm
Contact Bill Graham 01309 696242 www.t-exchange.net

Wednesday Wifies Badminton Group
Forres House Community Centre Sports Hall
Open for ladies to drop in to play doubles badminton
Wednesday 10:30-11:30am

Yoga Forres House Community Centre
Wednesday 7-9pm & Friday 9-11am
Contact Teresa Berg 07793 718 500

WRAP (Wellness, Recovery Action Plan) 07989 331 651

Transport

GENERAL

British Red Cross
01343 554340 www.redcross.org.uk
Transport and escort service for those who have difficulty with movement

Royal Voluntary Service
01343 542862 morayorkneyhub@royalvoluntaryservice.org.uk
www.royalvoluntaryservice.org.uk
Social transport scheme for medical, hospital, dental or other visits

Traveline Scotland
08712 002233 www.travelinescotland.com
Impartial public transport journey planning and timetables

BUSES

Dial M for Moray 0300 1234565
Pre-booking bus service. Mon to Fri 8am to 5pm,
Sat 9am-12:15pm and 1-5pm

Osprey Trust Bus 01309 672399
Bookable community transport bus suitable for the elderly and disabled

Stagecoach Route 10 (daily)

Inverness to Aberdeen via Nairn and Forres

Stagecoach Route 11 (daily)

Inverness to Elgin via Nairn and Forres

Stagecoach Route 31/31B (Mon to Sat)

Elgin to Forres via Findhorn and Kinloss

www.stagecoachbus.com

www.megabus.com

TRAINS

Forres Railway Station IV36 0EL

08457 484950 (24 hours) or 03303 030111 www.scotrail.co.uk

Station office open Mon to Sat 7:45am-2:50pm

TAXIS

Forres Taxis 01309 672353

Len's Taxis 01309 673363

Mac's Eco Taxi 07936 311 924

info@macsecotaxi.co.uk www.macsecotaxi.co.uk

Mundole Taxis 01309 673168

Spot On Cabs 07989 187 015



Disclaimer

Information in this directory is provided in good faith. Every effort has been made to ensure accuracy at the time of printing and any subsequent changes will be noted and held for future editions. We take no responsibility for the conduct of services listed. Information is provided as a guide only and comes with no recommendations. We accept no liability for any loss or damage which may arise or result from any error or omission.

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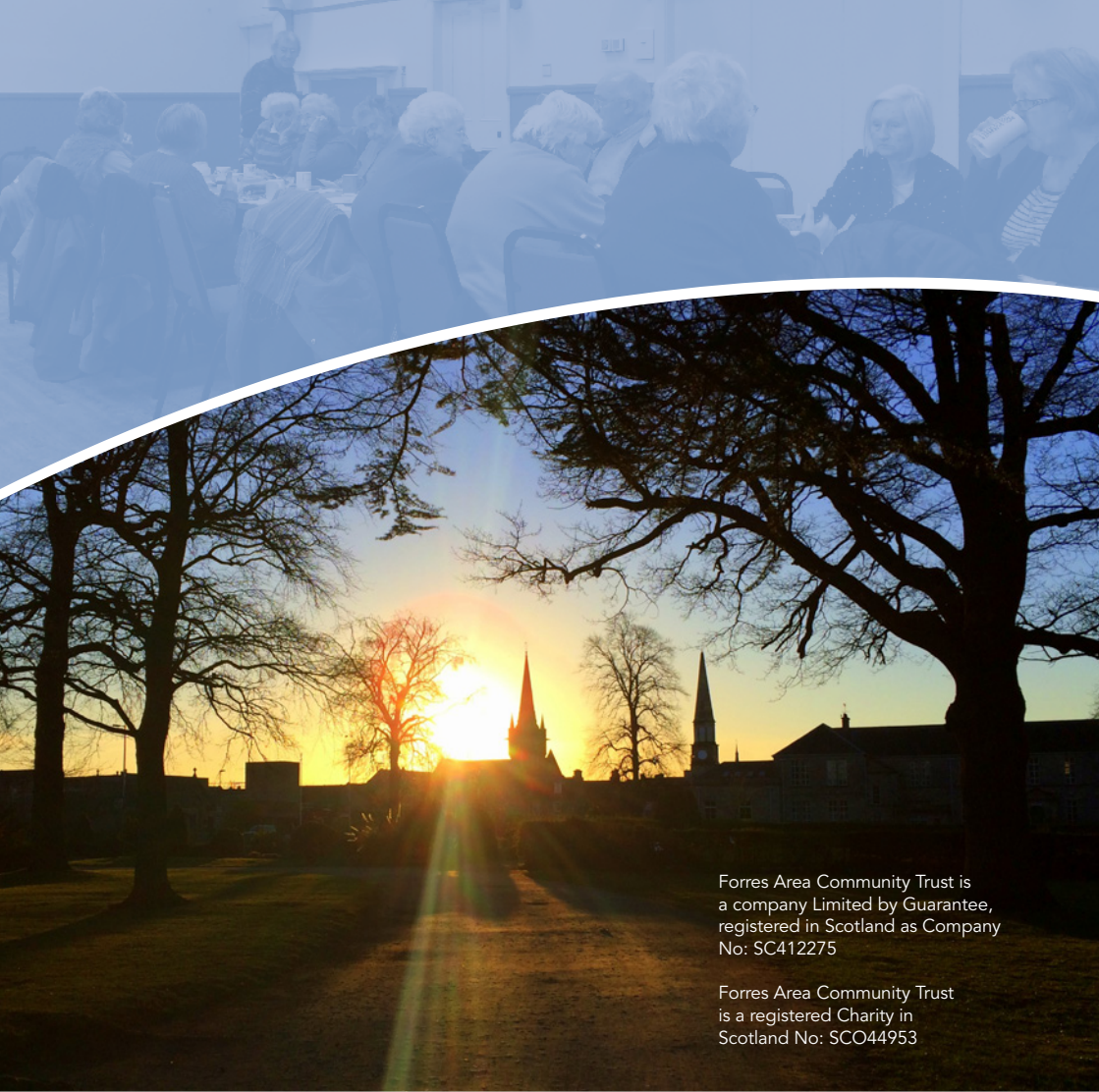
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Forres Area Community Trust is
a company Limited by Guarantee,
registered in Scotland as Company
No: SC412275

Forres Area Community Trust
is a registered Charity in
Scotland No: SCO44953

Forres Area Community Trust

1 Leask Road
Forres IV36 1SW

Tel: 01309 674388 / 07788 803 559

Email: info@forresarea.org

Web: www.forresarea.org

Facebook: www.facebook.com/forresarea

Twitter: @Forres_Area



Findhorn and Kinloss
Community Council

FORRES AREA FORUM