



Forres Town Hall – What A Year!

They say time flies and in the case of our move into Forres Town Hall, that is certainly true! Since FACT took over managing the building on behalf of the community last July, we have been very busy.

We have hosted 50 groups holding their coffee mornings, bringing over £20,000 of funds to various groups throughout the area.

We have held 5 cleaning and sorting sessions with over 50 people coming to help. We have over 30 volunteers signed up to help us with events and other activities including our afternoon teas, the Big Lunch and our Christmas celebrations.

We have been a venue for the Findhorn Bay Festival, Community Concerts, the Flower Show, the Forres in Bloom award ceremony last year and the Forres Lights Switch on in December.

We have had many local companies and individuals come forward to give us support in kind and funding too. These have included Moray Waste Busters, ReBoot, Keith Builders Merchants, MacDonald and Munro, Tesco, Forres Community Activities Association, Moray Council Developer Contributions and Logie Steading.

We are building a fantastic network of supporters, organisations and groups that are using the building and participating in the projects we have to offer including Cameron's Champions Befriending project and the Forres Online Digital Inclusion work.

Our big news is that we have now submitted our application for the Community Asset Transfer of The Town Hall and we should hear by the middle of December. That will make one great Christmas present!

If you want to contribute to the Moray Council consultation or find out more about Community Asset Transfers, please go to: http://www.moray.gov.uk/moray_standard/page_77750.html

If you want to host an event, base your group here or see what we can do together, please get in touch on 01309 674 388.

Forres Online Continues

The Forres Online Project has continued to support local people with gaining the essential digital skills for all aspects of their lives.

Our free Drop In sessions continue to be popular, and we have new times where free advice and assistance on digital devices is given by our Community Volunteers.

These sessions are:

Tuesday 2pm – 4pm & Friday 10am-12pm, Forres Town Hall – Along with assisting with devices, we offer help with security, photographs, downloading and using apps, amongst other topics. We also have free help guides on a variety of subjects that can be taken home. The Town Hall has free secure WIFI which anyone can use to access the Internet during Drop In Sessions.

Tuesday 10-12 Forres Job Centre -These sessions at the Job Centre mainly assist people with Universal Credit Claims, Email, CV and Online Job Applications.

We also offer free IT classes for Long term Unemployed on Friday Afternoons 2pm-4pm. These classes are for beginners and include instruction on Internet, Job Searching, Email, Social Media & Universal Credit Journal Entries. Registration for Online Learning is available and learners can complete basic online courses, with a view to moving on to study Learning Steps or ECDL at the Moray College Learning Centre at Forres House Community Centre.

Everyone at FACT and Forres Online would like to congratulate Annamarie Liddle on completing her Learn My Way Digital Online Learning!

We have held two training sessions in the last few months- Instagram for Business by Margaret Soraya and a CV Workshop delivered by Susan Chalmers who gave hints and tips on how to create/update your CV. Both sessions were very well attended.

The Big Lunch

Forres Town Hall saw The Big Lunch take place on the 1st of June. Many organisations came to support the day, showcase what they are working towards and get to know everyone. Somewhere in the region of 120 - 150 people were present throughout the day. The lunch supported what we have been carrying out more recently which is about coming together around food, meeting new people and ensuring those without are being supported. A lot of what was supplied at The Big Lunch was food recovery, which is food that would otherwise go to waste. Along with Moray Food Plus (Moray Food Bank) organisations such as:

Abbey Sparkle Foundation, Altzeimers Scotland, Forres Mens Shed, Forres Online, FACT, Moray Wellbeing Hub, Royal Scottish Country Dancers, Scouts, Wildthings, alongside Costa, Tesco, Macbeths, Mcleans, Mosset Tavern and Ramnee Hotel Forres helped supply food and resources to support the day. Thank you to all our volunteers for their help, and of course the Eden Project who support The Big Lunch across the country.



The Cameron Project

A Befriending Service for people over 50 living in the Forres area

Fun New Exercise Classes for the Cameron Project



Activities from Sharon, Active Minds Moray have been well received. Every month there's a taster of different activities and Sharon will change activities according to feedback from clients.

In March we had Gentle Seated Exercises by Sharon, this involves different routines to music, using scarves, to improve core stability and co-ordination. Useful for us all, helping to reduce, slips, trips and falls.

Everyone enjoyed it so much we have now started weekly classes on a Tuesday morning from 10.30am to 12pm. There is time for a cuppa and a catch up after the class. Classes don't run on the first Tuesday of the month.

On the 25th June, there was a special guest appearance from Zephyr, the Therapet. After giving everyone a cuddle he lay on the floor watching everyone exercise, too exhausted from all the snuggles.

13 – 20th May was Death Awareness Week. Something we don't like to talk about, but a fact of life that will happen to us all. The week is about encouraging us all to consider the future and ensure that we have covered all the legal 'must dos' afore ye go, as well as documenting your wishes for care. On 16th May we welcomed Andrew Duthie from Grant Smith Law Practice in Aberdeen who spoke about the best ways to make sure your affairs are in order.

On May 23rd we held our Reminiscence Afternoon in St. Leonard's Church. It was a trip down memory lane, remembering some of the great actors, actresses and comedians of days gone by. It was a busy afternoon, as we were also joined by the Big Lunch walkers who were visiting all the communities across Scotland who were hosting a Big Lunch. The team joined in our activity and also prepared a display of Big Lunches across the UK for our Big Lunch which was held on the 1st June.

In June we had a knitting and crochet afternoon. There was a chance to learn and share skills. It was popular and has been requested again, so watch this space! We also had a visit from Bob and Jean, who were on holiday. They popped in to have a look at where they met almost 60 years ago - it was lovely to hear their story about Forres Town Hall!



For information about future events, please have a look at our "save the date" section on the back page.

FACT continue to support Community

We continue to support the community with our food larder, and can also put in food parcel referrals for the public if required. FACT is also a drop off for items for Moray Food Plus (foodbank) - Please feel free to drop off items with us.



Forres Skate Park Initiative (FSPI)

FACT is in the process of handing over the reins to Forres Skate Park Initiative. The group have been meeting for some time now, gathering experience, undertaking training and laying the foundations of governance for the organisation. More people have stepped forward to help on the committee, bringing new skills. In April a roller disco was held at the community centre to have fun and raise awareness of the park not just being about skate boards. The plan is for its design to be robust enough to support bikes, scooters, blades, boards and boots. More research is being undertaken including further surveys and we

are looking to support the group to acquire funding to support potential site investigations in Forres.

Many members of the Forres Community have put a lot of hard work into acquiring a skate park and whilst we are not there yet, a huge thanks goes to all those who have kept the fire burning over the years. That work has provided the foundations for this work to take shape.

For any further information please contact the FSPI through the FACT Office on **01309 674 388** or info@forresarea.org

Dates for your Diary

Forres Online, Forres Town Hall
Tuesdays, 2-4pm
Fridays, 10am -12pm

Forres Online, Forres Job Centre
Thursdays, 10am -12pm

Forres Online Job Seekers Classes, Forres Town Hall
Fridays, 2 – 4pm

Cameron Project - Gentle Seated Exercise, Forres Town Hall
Tuesdays, (except 1st Tuesday of month) 10:30am – 12pm

Cameron Project - Easy Art, Forres Town Hall
18th July, 2pm –4pm, Transport Available

Cameron project - Musical Bingo, Forres Town Hall
15th August, 2pm – 4pm, Transport Available

Cameron Project – Knit & Crochet
12th September, 2pm – 4pm, Transport Available

The Forres Online Roadshow will be returning, with our Volunteers visiting, Dyke, Rafford, Findhorn and more – further information about these visits will be available at a later date

Public Drop in Hours

Monday to Friday
10am to 1pm
Forres Town Hall,
Forres, IV36 1PB

Email
info@forresarea.org

Website

www.forresarea.org

Telephone

01309 674388

Social Media

Facebook.com/forresarea
Twitter.com/Forres_Area

We still have a few Coffee Morning slots available for 2020, if any group would be interested in having a slot, please contact Charlotte at the FACT office, 01309 674 388 or info@forresarea.org – or has your group considered an afternoon tea – slots available in 2019! Again, contact Charlotte.

