



ACTIVITIES & COURSE GUIDE

SUMMER & AUTUMN 2022



EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future



Highlands and Islands Enterprise
Iomairt na Gàidhealtachd 's nan Eilean



CALL 01309 674388

OR VISIT WWW.FORRESAREA.ORG

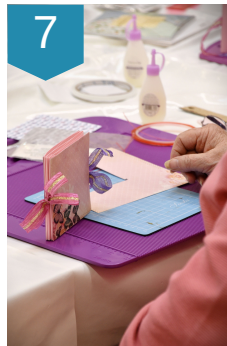
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WELCOME TO OUR SUMMER PROGRAMME

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What does this summer mean to you? Is it time for a new start, connect with others in your community, find new interests, improve your well being, or do you dream of landing yourself a new job?

.....

Whatever your interests, welcome to FACT's summer 2022 events and courses, where we hope you'll find something for you. Having listened to your comments from last season, we aim to satisfy your appetite for getting involved in what's going on in Forres and surrounding communities.

We have a fabulous network of organisations in our local area. If we don't have what you are looking for, they might have it on offer, and it is our pleasure to help connect you with other organisations. We're also happy to try and include new activities in future seasons, so keep us posted with your ideas of things you'd like to try.

It may be that you've not attended an event or course before. Don't worry, others joining us might be first timers too. We know that returning after Covid still makes some of us nervous. But have courage, we'll do everything we can to make you safe and welcome. If you're an old hand and have joined us before, then a warm welcome back. Our amazing team are here to help, so let us know what we can do to make your experience here the best it can be.

So welcome, let's get you started.

Joanna Tayler

JOANNA TAYLOR
CHAIR, FORRES AREA
COMMUNITY TRUST



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BIG **FORRES** EVENTS
YOU CAN SEE US AT

THIS YEAR FACT WILL BE **MAKING CONTRIBUTIONS TO EVENTS**
ACROSS THE TOWN ORGANISED AND SUPPORTED BY OUR
AMAZING COMMUNITY FRIENDS AND PARTNERS.

3rd June
2022

TOWN **MERCAT**

SAVE THE
date

Scottish Week happens every three years in June and is a celebration of all things Scottish. The highlight of the week is the Toun Mercat, which is back this year and is organised by the Forres Community Activities Association. It draws thousands of people to enjoy entertainment, food and general market activity. The road is closed and Forres becomes a giant town centre event. We'll be joining in this year's event, so look out for us on the street.

5th June
2022

JUBILEE PICNIC IN THE PARK

Sunday 5th June will see us all back in Grant Park for 'Picnic in the Park' supporting Forres Community Activities Association's big jubilee bash. There'll be lots going on including children's fancy dress, fun sport events, Forres & District Pipe Band and live music. As in previous years, FACT is proud to join in and support the celebrations.

DOORS
OPEN
DAYS 2022

This September we'll be opening the Town Hall doors as part of **Doors Open Days 2022**. Find out about the building history and heritage, and discover more about what goes on in your local Town Hall.





**FORRES
TOWN HALL**



WINTER WONDERLAND

**FORRES TOWN HALL
SATURDAY 3RD DECEMBER
10AM TO 4PM**



**GINGERBREAD HOUSE COMPETITION
DISPLAYS AND DEMONSTRATIONS
FESTIVE ITEMS FOR SALE TO BRIGHTEN YOUR
CHRISTMAS SEASON
FESTIVE STALLS
MORNING COFFEE & AFTERNOON TEAS**

FULL DETAILS WILL BE PROMOTED CLOSER TO CHRISTMAS BUT SAVE THE DATE!!!



GUIDED **BUGGY WALKS**

Buggy Walks are a fun way for mums, dads, grandparents and carers to meet new people, chat and share experiences on a safe and welcoming walk led by trained walk leaders. Our walks can help you to improve mood and reduce anxiety, socialise and share experiences and be active and fitter. You can get to know local buggy friendly routes and set healthy habits for our children from a young age. Our walks are free to join. We meet at the Town Hall to start our walks and they typically last around 2 hours. You can join some or all of the walks. After the first 6 weeks we may extend the programme if sufficient interest.

**9.30AM START AT FORRES TOWN HALL | WEDNESDAYS |
STARTING FROM 18TH MAY 2022 | 6 WEEKS**

ARE YOU A HEALTH PROFESSIONAL?

DID YOU KNOW?
**YOU CAN REFER PATIENTS TO OUR
BUGGY WALKS IF THEY CAN
BENEFIT FROM THE SOCIAL,
MENTAL AND PHYSICAL HEALTH
IMPROVEMENTS OUR WALKERS
EXPERIENCE.**



FITNESS AT **THE TOWN HALL**



SEATED DRUMMING & GENTLE EXERCISE

**10.30AM - 12NOON | EVERY TUESDAY |
STARTING FROM 17TH MAY 2022**

Enjoy a mixture of seated drumming and active movements to gently encourage whole body fitness and flexibility. Suitable for beginners.

TRANSFORM TUESDAY INTERMEDIATE EXERCISE

**2.00PM - 3.30PM | EVERY TUESDAY |
STARTING FROM 17TH MAY 2022**

Push your fitness to higher levels with a blend of cardio and stretch circuits to improve your functionality, flexibility and strength. Complete a health check with Esther to ensure you are ready for this class.

FREE

30 MINUTE HEALTH "MOT"

**12.30PM - 1.30PM | TUESDAYS |
STARTING FROM 17TH MAY 2022**

If you want to know your current level of health and fitness why not book in for our MOT check. Esther will look at vital signs like blood pressure and BMI, as well as checks on strength, stamina and flexibility, giving you a starting point for our exercise programme. You'll be reviewed after 6 and 12 weeks to see your progress and decide the next steps for your wellbeing.

You only need to attend this once. We have 3 spaces per week for the MOT so let us know the Tuesday you would like to attend.

FREE

There is much joy to be had by gardening and working with nature. Gardening is such a great therapy for us and central to our wellbeing. Why not join us for our gardening tasters with Martin Allen, and see what benefits it can bring to your life? We are starting simply with some indoor gentle tasters at the Town Hall which are suitable for all.

GARDENING WORKSHOPS AT THE TOWN HALL

GREEN FINGERS GARDENING TASTER

2.00PM - 4.00PM | THURSDAY | 2 SESSIONS

26TH MAY 2022 & 9TH JUNE 2022

Join Martin for light sessions of indoor gardening activities, meet friends and learn some new skills. We'll sow seeds, pot up plants and explore low cost materials on our way to creating some simple food and flower displays for small spaces. This includes projects like windowsill salads, aromatic herbs on the cheap, gorgeous floral planters and up-cycling pots. You'll learn about techniques for seed sowing and plant division, handling young plants, watering and feeding. These are cost effective projects for you to get involved in gardening. We've designed the activities so that, without lots of investment in fancy tools at home, you'll be able to carry out these projects using tool hacks like substituting old cutlery for small tools, kitchen trays for seed trays.

Spaces are limited on these workshops, and you can enrol for both or just one session. All materials will be provided.

FREE

Some days, you simply have to put jobs aside, enjoy some down time, and get stuck into something that lifts your spirits. Here nature craft guru Oonagh Brady will guide you through beautiful activities to get you started on relaxing crafts that are inspired by the world around us.

NATURE CRAFT AT THE TOWN HALL

NATURE CRAFT

2.00PM - 4.00PM | THURSDAY |

2 SESSIONS - 19TH MAY & 2ND JUNE 2022

Attend these two sessions and you can learn to produce beautiful projects inspired by nature. These table top crafts will teach you how to make items like wood cookie coasters decorated and lacquered with flowers, hand sewing of lavender rice bags, sustainable pine cone bird feeders, and producing stick mobiles adorned with natural treasures. This course can suit all abilities, and be both relaxing and therapeutic. You will develop new skills and find a connection with nature through each project, whilst enjoying the company of others. You can attend one or both sessions. All materials will be provided for these sessions.



FREE



CRAFT AND CHATTER

1.00PM - 3.00PM | TUESDAY |
STARTING FROM 17TH MAY 2022

Join this informal club led by Eileen Nicoll to explore and develop your own craft projects and hobbies, whilst enjoying company, conversation and a good cuppa with fellow crafters. Enjoy the opportunity to share your skills and problem solve crafting conundrums with one another.

Bring along your own craft projects and materials, and your own mug for tea time!

Sessions are £2 per week and are payable on the day to the group leader.

£2
per session

WEAVING FOR BEGINNERS

2.00PM - 4.00PM | THURSDAY |
3 SESSIONS - 16TH JUNE, 14TH &
28TH JULY 2022

Come and join Dawn on our weaving project that anyone can do! Starting with a basic lap loom, we'll be working with recycled and leftover wool to create beautiful creative pieces to take home. Learn how to set up your loom, get the right tension, and understand the role of the warp thread as the backbone of your weave. Develop your techniques to weave the weft thread to create your patterns and design. Materials are provided. There's space between the workshops to give you time to develop your designs further.

FREE

GET CREATIVE
AT THE TOWN HALL



- ...OPENS THE HEART AND MIND TO POSSIBILITIES
- ...FUELS THE IMAGINATION
- ...MAKES YOU MORE OBSERVANT
- ...ENHANCES PROBLEM-SOLVING SKILLS
- ...BOOSTS SELF-ESTEEM
- ...PROVIDES A SENSE OF ACCOMPLISHMENT
- ...REDUCES STRESS

CAN YOU TEACH? DO YOU HAVE A SPECIAL TALENT TO SHARE? WANT TO BE PART OF OUR NEXT SEASON?

TEACH

WE ARE LOOKING FOR INSPIRING TUTORS TO JOIN OUR POOL OF
SESSIONAL STAFF THAT DELIVER OUR PROGRAMME OF EVENTS,
TASTERS AND COURSES.
RATES FROM £15-£20 PER HOUR

Send your CV and covering letter of what you are interested in teaching to caroline@forresarea.org. *Satisfactory references and PVG clearance will be required*

GET CREATIVE AT THE TOWN HALL



FIRST STEPS IN FELTING

2.00PM - 4.00PM | THURSDAY |
23RD & 30TH JUNE 2022

Over these two workshop sessions, you will make small felting items using different techniques. Whilst working through the projects you will learn how felt is made, a little of its history, and the clever and imaginative uses from folk art to modern and stylish.

Textile artist Kirsty will take you through the skills involved in laying out the fibre by hand and working through the stages to complete a small item to take home. All the materials for the workshops will be provided.

FREE

SMALL SCALE BOOK BINDING

2.00PM - 4.00PM | THURSDAY |
7TH JULY 2022

This workshop is focused on using fibre crafts to make a beautiful cover for binding small books. This is a skill that works perfectly for creating covers for personalised items like diaries and journals. You'll be shown how to make a unique cover, and most importantly how to permanently and securely hold your book together. Again working with Kirsty, you will be supported to make items to take home using the materials provided. You may particularly enjoy this workshop as a follow on from the felting workshop.

FREE

BEGINNERS SPINNING

2.00PM - 4.00PM | THURSDAY |
21ST JULY 2022

Hand spinning is the method of turning fibres, such as wool, cotton and silk into yarn which can then be woven into fabric.

Spinning has a very long history and is a core skill underpinning fibre crafts.

Spinning is still a popular skill and you too can learn from our expert Kirsty. Come along and join our spinning demonstration and try your hand at this relaxing and creative process.

All materials are provided.

FREE

FESTIVE WREATH MAKING WORKSHOP

10.00AM - 4.00PM | FRIDAY |
9TH DECEMBER 2022

In this workshop we'll help you create a wreath structure, select and attach the right bulking and feature materials, and help you design and create a pretty and visually balanced wreath. You can then use your skills every year to create a classic piece for your festive front door. The cost is £25 per person and includes all materials and light refreshments.

£25

FOOD PANTRY AND MEET AND EAT

MEET AND EAT LUNCH CLUB

Come and enjoy a delicious two course lunch in the company of fellow Forresians in the grandeur of the Lesser Hall. We welcome a suggested donation of £7.50 per person per meal, towards the cost of ingredients.

12.00 NOON UNTIL 1.00 PM AT FORRES TOWN HALL |
WEDNESDAYS | 4TH, 11TH, 18TH AND 25TH MAY



FORRES POP UP PANTRY

FORRES Town Hall is to house a new scheme to provide local people, regardless of income, with a pop up shop of food and provisions. The pop up pantry is the result of a collaboration between Moray Food Plus, Forres Area Community Trust and Moray Firth Credit Union. The aim of the pantry is to help members make their food budget go further, and give them more disposable income to spend in supporting local shops for example by helping shoppers to buy a more expensive cut of meat or bigger variety of fresh fruit & vegetables because their basics have been bought at low cost through the food pantry. Food recovery items are near their best before date so cannot be sold by the shops, but will still make a yummy meal.



MORAY FIRTH
CREDIT UNION

MORAY FOOD
HUB+



HOW IT WORKS

REGISTER AS A
MEMBER AND GET
YOUR
MEMBERSHIP
CARD



ATTEND OUR
WEEKLY POP UP
SATURDAY SHOP



PURCHASE A
£2.50 TOKEN TO
SELECT ITEMS
FROM DIFFERENT
SECTIONS



YOU WALK AWAY
WITH AN
AMAZING BAG OF
GOODIES VALUED
AROUND £10



10.00AM - 12 NOON | EVERY SATURDAY IN THE TOWN HALL |
STARTING FROM 7TH MAY 2022

Being digitally literate is no longer a luxury, it is a must have skill for everyone in order to manage information, communicate, manage money, access support and government services.

It has become an essential tool in participating in everyday life.

Forres Online offers free, face to face, digital support in the local community and in the surrounding rural areas.

You can use our drop ins to get help with all your digital challenges, and you can join our courses to take you through building your digital skills step by step.



GETTING STARTED IN IT

FREE

This course is perfect for beginners wanting to gain knowledge of the online world. We'll cover the basics of turning on and off, logging on, navigating the desktop, using a mouse and cracking how to use the keyboard. We'll also get you started with the basics of using email and the internet and how to stay safe online.

TUESDAY COURSES

10.00AM - 12.00PM | 5 WEEKS

START DATES ARE AVAILABLE ON:

24TH MAY 2022

5TH JULY 2022

16TH AUGUST 2022

27TH SEPTEMBER 2022

8TH NOVEMBER 2022

THURSDAY COURSES

12.00PM - 2.00PM | 5 WEEKS

START DATES ARE AVAILABLE ON:

2ND JUNE 2022

14TH JULY 2022

25TH AUGUST 2022

6TH OCTOBER 2022

GET TO GRIPS WITH GOOGLE COURSES

FREE

If you already have basic IT skills, or you've just completed our Getting Started in IT class, then these courses are your next step. They will help you to develop the skills for managing and sharing information online, word processing, spreadsheets, presentations, and using the communication and organisation tools like email, calendars and address books. These skills are perfect for work or for developing your digital skills for home and leisure. We're offering the course as bite size chunks, with time between each course for extra help. You can take part in as many as you want but we suggest that once you start a course you attend all 5 weeks to get the most out of it.

TUESDAY COURSES

2.00PM - 4.00PM | 5 WEEKS EACH SUBJECT

WORD PROCESSING WITH GOOGLE DOCS | STARTS 5TH JULY

ORGANISING AND COMMUNICATING WITH GOOGLE TOOLS |

STARTS 16TH AUGUST

SPREADSHEETS WITH GOOGLE SHEETS | STARTS 27TH SEPT

PRESENTATIONS WITH GOOGLE SLIDES | STARTS 8TH NOV

THURSDAY COURSES

2.00PM - 4.00PM | 5 WEEKS |

WORD PROCESSING WITH GOOGLE DOCS | STARTS 14TH JULY

ORGANISING AND COMMUNICATING WITH GOOGLE TOOLS |

STARTS 25TH AUGUST

SPREADSHEETS WITH GOOGLE SHEETS | STARTS 6TH OCT

PRESENTATIONS WITH GOOGLE SLIDES | STARTS 17TH NOV



Not sure where to start ?

Ask our Google Champions to help find the right course for you

FORRES ONLINE DROP IN

FREE

We're all about helping people to get digital and be able to meet the modern demands of doing life and work online. So if you are just getting started with IT or you are facing a computing challenge you just can't solve, pop along to one of our drop ins and get help from the team. Some of the things we can help with are:

- Setting up an email account
- Connecting to WIFI
- Applying Windows updates
- Checking your digital device is safe and secure
- Adding apps to your device
- Taking, sharing and storing photos and videos
- File storing and sharing
- Accessing music on your device
- Setting up a mobile phone
- Registering for online shopping accounts
- Doing business online with the council
- Mobile phone security
- Video calling
- WhatsApp
- Buying and selling online
- Online banking
- Adding attachments to emails
- Bookmarking your favourite internet sites
- Booking a doctors appointment online
- Social media like Facebook, TikTok, Instagram, LinkedIn
- Tracing your family history online

There are so many other challenges you might come up with, but bring them along to our support sessions and we'll do our best to solve them.

TUESDAY DROP IN

2.00PM - 4.00PM

EVERY WEEK

FRIDAY DROP IN

1.00PM - 3.00PM

EVERY WEEK



**KEEP
CALM
WE SUPPORT
ALL TYPES OF
COMPUTER &
MOBILE DEVICE**

DIGITAL DINNER TASTERS

Our short one-off tasters are designed as a bitesize look at particular "apps" you might want to get started with. Book for one or more lunchtime sessions to explore a new digital topic each time.

12.00PM - 2.00PM | FRIDAYS | 1 WEEK TASTER



WHATSAPP - WHAT'S THAT? | 1ST JULY 2022

SETTING UP A SURVEY WITH GOOGLE FORMS | 5TH AUGUST 2022

GETTING STARTED ON FACEBOOK | 2ND SEPTEMBER 2022

FIRST STEPS IN DIGITAL DESIGN WITH CANVA | 7TH OCTOBER 2022

EXPLORING YOUR ROOTS WITH ANCESTRY | 4TH NOVEMBER 2022

FORRES ONLINE

on the road

We're keen to get as many of you going digital as possible. Sometimes it's easier for us to come to you. So, like other years, we are going on the road, and bringing digital to you. You can pop along to any of our roadshow sessions, you don't need to book, just turn up and if you have a device, bring this along with you.

FINDHORN VILLAGE CENTRE

10.00AM - 12NOON | WEDNESDAY

1ST JUNE 2022

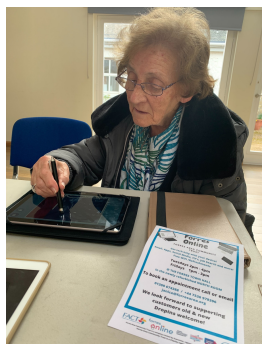
29TH JUNE 2022

27TH JULY 2022

17TH AUGUST 2022

IF YOU,
OR SOMEONE YOU KNOW,
STRUGGLES TO LEAVE HOME,
BUT STILL NEEDS DIGITAL SUPPORT
ASK US ABOUT
A HOME VISIT

MORE DATES AND VENUES WILL BE
ADDED TO OUR ROADSHOW. KEEP IN
TOUCH WITH NEW SESSIONS ON OUR
WEBSITE OR FACEBOOK. IF YOU
WANT A SESSION SET UP FOR A
GROUP IN YOUR COMMUNITY EMAIL
JANICE@FORRESAREA.ORG



UNEMPLOYED? FEELING FLUMMOXED OVER COMPUTING SKILLS FOR WORK?

WE CAN MAKE DIGITAL
SKILLS EASY AND HELP
YOU FIND **WORK** THAT
MAKES YOU FEEL GREAT

DIGITAL DROP IN
FORRES TOWN HALL - NORTH ROOM
EVERY TUESDAY 2.00PM TO 4.00PM & EVERY FRIDAY 1.00PM TO 3.00PM
ONE TO ONE APPOINTMENTS: CALL IN OR CALL US AND ASK FOR JANICE OR EUAN



Employability coaching and courses help you gain the confidence and skills you need to get you on the pathway to a job you'll love. Whether you have been out of work for a day or for a while, you are a returner after a childcare break, or you are a young person starting out, then check out our options for free support.

ONE TO ONE COACHING

FREE

2.00PM - 4.00PM MONDAY
10.00AM - 12.00NOON
TUESDAY
BOOK AN APPOINTMENT ON
01309 674388

JOB CLUB DROP IN

FREE

1.30PM - 3.30PM
EVERY THURSDAY
NO NEED TO BOOK, JUST
TURN UP

JOB COURSES

FREE

1.00PM - 3.00PM | WEDNESDAY
BOOK ON 01309 674388

MAKING GREAT APPLICATIONS

4 WEEK COURSE | STARTING 25TH MAY
We'll focus here on CV and don'ts, tips for selling yourself, matching your experience to employer's needs, refining your personal statement and learning how to structure a covering letter. We'll also show you some tools to help you build your own CV.

WHERE DO I FIND A JOB? WAYS TO SEARCH OUT OPPORTUNITIES










4 WEEK COURSE | STARTING 29TH JUNE
This short course covers a range of internet job sites and what they can do for you. We'll look at job vacancies through social media, and understanding how important your digital footprint is in finding a job. You'll begin to get your professional email address and social media profile set up.

CONFIDENT INTERVIEW & PRESENTATIONS

4 WEEK COURSE | STARTING 3RD AUG
Here we will focus on what you need to do to prepare for and deliver a great interview and follow up afterwards. We'll also practice building your public speaking skills to take away your nerves and feeling scared about how you come across to others. We'll practice some mock interviews to help get you ready to win that job.

Our job club drop in can help you with



-  Exploring careers and choosing the right one for you
-  Creating a plan to get into work
-  Searching for jobs, including on the internet and through social media
-  Developing your CV
-  Completing application forms
-  Writing a covering letter
-  Presentation and interview skills
-  Getting your identity and right to work evidence ready for starting a new job
-  Help cope with the first weeks in a new job



01309 674388



info@forresarea.org



Visit the Town Hall

STEP 1: CHOOSE A COURSE

If you need more information or guidance as to whether our courses or events are suitable, you can always get in touch with our friendly team of staff who will be pleased to help you any time. Our contact details are opposite to help you.

If you are starting exercise for the first time it is recommended that you talk to your GP or come to our health check session beforehand to make sure it is suitable for you.

If you'd like to visit the Town Hall for advice and support, please call in between 10am and 12noon Monday to Friday. You can also visit us at other times by appointment.

THERE'S MORE TO US THAN MEETS THE EYE

There's so much more to FACT than our courses and events. Find out more about our work and services at:

www.forresarea.org



<https://www.facebook.com/forresarea/>



https://twitter.com/forres_area



<https://www.instagram.com/forresarea/?hl=en-gb>

STEP 2: ENROL WITH US

Once you've chosen your course or event, please let us know that you want to reserve a space. We'll let you know any important information on what you need to bring. The only class you don't need to enrol for is the Forres Online Drop Ins, you can just turn up to these sessions. If you are attending anything where there is a fee for taking part, we will let you know when you enrol and arrange to take a payment. If you are experiencing hardship, but still want to join in, we are pleased to try and support you in any way we can, to help join in our experiences.

STEP 3: COURSE CONFIRMATION

Your place will be confirmed with a receipt e-mail once you have enrolled. All you need to do is turn up to your chosen event / course with your confirmation. You will only hear from us again if we have not gained sufficient numbers for it to run. If you have paid a fee and a course does not go ahead you will be given a full refund.

UNEMPLOYED?
WANT TO FIND
A JOB THAT
MAKES YOU
FEEL LIKE
A SUPER HERO?



ALTHOUGH
SUPER HERO ISN'T A JOB
TITLE, WE CAN MAKE
JOB SEARCHING EASY AND
HELP YOU FIND WORK THAT
MAKES YOU FEEL GREAT

DROP IN JOB CLUB
FORRES TOWN HALL - NORTH ROOM EVERY THURSDAY 1.30PM TO 3.30PM
ONE TO ONE APPOINTMENTS
CALL IN OR CALL US. ASK FOR CAROLINE



European Union



gov.scot

EUROPE & SCOTLAND
European Social Fund
Investing in a Smart, Sustainable and Inclusive Future

Forres Area Community Trust
Forres Town Hall
High Street, Forres, IV36 1PB
01309 674 388
www.forresarea.org

Forres Area Community Trust is a Company Limited by Guarantee, registered in Scotland as Company No: SC412275, and as a Charity registered in Scotland as Charity No: SC044953

DISCLAIMER

Forres Area Community Trust takes all reasonable steps to provide the services, events and courses described in this guide. However, it does not guarantee the provision of such services. The provision is dependent on there being sufficient demand and funding to make their operation viable. The information provided in this guide is, to the best of our knowledge, accurate at the time of going to print. We accept no liability for any errors or omissions and we reserve the right to alter, amend or remove provision listed without notice.