



FACT



Monthly Newsletter - August 2022

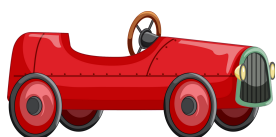
The weather has been changeable however FACT at Forres Town Hall remains a constant hive of activity.

Coffee Mornings are raising much needed funds for a variety of Groups, our Exercise Classes are becoming even more popular and Digital Skills continue to be developed.

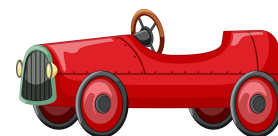
The Pop Up Pantry is also proving to be popular and is now operating on a 2 week timetable of alternate Fridays and Saturdays.



Lots of customers are getting their basic shopping at the Pantry which helps their weekly budgets go further and gives them extra cash to buy a treat. Donations of surplus fresh produce from Forres Friends of Woods and Fields as well as other local growers have been much appreciated too.



Forres Theme Day 2023



The Organisers Need You!

Forres Theme Day is looking to return on the 30th April 2023 but it needs your help! This is a popular and important part of the events calendar in Forres. The aim is for it to return to its pre-pandemic slot on the Sunday before the early May Bank Holiday.

It has always been an enjoyable event which showcases some of the finest veteran, vintage and classic cars from throughout Scotland.

With entertainment and various stalls, this annual celebration of motoring nostalgia is a fantastic day out for all the family.

However, the event needs support with new members of the committee to help organise the event in the months before, as well as people to steward and support the set-up, delivery and take-down on the day. It also needs people to spread the word far and wide about what a wonderful event it is!

The Committee usually starts to meet in October and then meets once a month until the event is complete. Volunteers are needed to take on roles such as Treasurer and Volunteer Organisers for the stewards, litter pickers, the people to set-up and take-down equipment plus arranging stalls and a market place for small businesses.

Taking part is rewarding on many levels, why not come and give it a go?

Watch out for a time and date for a Q&A session here at Forres Town Hall, which is coming soon! Meantime, to find out more or sign up to help, please contact

Robbie Paterson on robertpaterson195@btinternet.com

European Social Fund Employability Project and Forres Online



Chrissie Wilson

ESF Employability Project and Forres Online are delighted to announce successful Job Outcomes for **Chrissie Wilson & Graham Watson**! Congratulations to both on gaining employment! Graham is already a volunteer here at FACT and has now joined the team as the Town Hall Cleaner and Chrissie has secured a job locally.



Graham Watson



Our free weekly Forres Online Drop-ins

These have very busy recently with Staff and Volunteers providing digital support to so many people!

If you would like to come along to get assistance with mobile phones, tablets or laptops then you can book an appointment by phoning **07536 978396**.

You can also email janice@forresarea.org

We can also arrange one-to-one Tuition, Group Sessions for beginners as well as our Weekly Drop-ins!

Well Done to **Robin Owen** our special learner of the month! Congratulations on completing Applied Digital Skills in Google Docs, Digital Skills for Everyday Tasks & Google Drive & File Management!



Robin Owen



This month we have a **Mobile Drop-in Session** at **Findhorn Village Centre** on **Wednesday 17th August** from **10.00 am - 12 noon**.

Why not pop in & see if we can help you with any digital issues that you have?

The FACT Befriending Programme Needs You!



Befriending is a vital FACT Project that aims to reduce social isolation.

Being a Befriender can be as rewarding for the Befriender as it is for the Befriender. A small amount of time each week from the Volunteer Befriender can make a **MASSIVE** difference to the life of the person that you could support.

Originally for over 50's, this project is now available to support anyone in the Forres Area to help develop more social connections. Some people are isolated because their families no longer live in the area or their circumstances have changed. Others have moved to the area and are shy so need a bit of extra support.

**We are currently inundated with referrals for our Befriending Programme
& WE NEED YOUR HELP.**

COULD YOU:

- Phone someone for a weekly chat?
- Accompany someone to an activity or to the library?
- Pop round for a coffee or meet up for a walk in the park?
- Go along with someone to a Coffee Morning?
- Support a young parent at a Toddler Group?
- Go shopping with someone?
- Pop round and do some knitting or craft together?



If you answered yes to any of the above, then you could make the perfect Befriender!

If you have other skills or interests that you think could help with this Project then we would love to hear from you as well.

If you have a little time each week to make someone's day please get in contact with Frances by emailing frances@forresarea.org or calling 01309 674388.

Dates for your Diary in August 2022

Forres Online Drop-in Sessions: Every Tuesday: 2.00pm - 4.00pm

Forres Online Drop-in Sessions: Every Friday: 1.00pm - 3.00pm

Basic Digital Sessions for long term unemployed

Every Thursday: 2.00pm - 4.00pm

Mobile Drop-in Session at Findhorn Village Centre

Wednesday 17th August: 10.00am - 12 noon

Cameron Project Gentle Seated Exercise and Drumming Class with Esther

Every Tuesday: 10.30am - 12 noon

Fitness MOTs - Every Tuesday: 12.30pm - 1.30pm

Transform Tuesday Intermediate Exercise Class with Esther

Every Tuesday: 2.00pm - 3.00pm

Email: esther@forresarea.org to book a place

Booking is essential for all activities.

Contact us on info@forresarea.org or 01309 674388

See our website for up-to-date listings: www.forresarea.org

Coffee Mornings Every Saturday: 10.00am - 12 noon

August 6th in aid of Unicef

August 13th in aid of Forres Cycling Club

August 20th in aid of Lossiemouth Entertainment Academy

August 27th in aid of the Rotary Club of Forres



The **Pop Up Pantry** helps members make their food shopping budget go further.

Everyone is welcome, so why not pop in and give it a try? Membership is free.

£2.50 per shop for approx. £10 worth of food.

This will run on alternate **Friday afternoons** & **Saturday mornings**.

Saturday 6th & 20th Aug: 10.00am - 12 noon

Friday 12th & 26th August: 2.00pm - 4.00pm