

WINTER & SPRING 2023 ACTIVITIES



WELCOME TO OUR NEW PROGRAMME

Since April 2022, we have welcomed over 1000 participants who have enjoyed a wide variety of Activities ranging from creative, digital and staying active.

This Season we have chosen the most popular classes from the
Autumn & Winter 2022 Programme

Thank you to the **Auchernack Trust** and these amazing funders for their support to fund and host these activities:



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



WEEKLY ACTIVITIES

Restart on Tuesday 10th January 2023

From
Tuesday
10
January

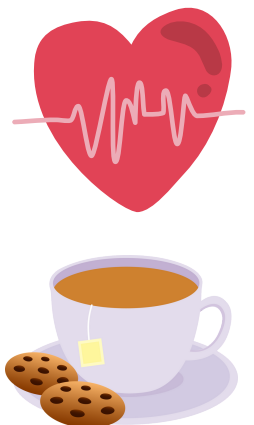
GENTLE SEATED EXERCISE & DRUMMING

**Tutors: Mollie Powney
& Esther Banks**

Starts on Tuesday 10th January

**EVERY TUESDAY
10.30 - 11.30am**

with a cuppa until 12 noon



From
Tuesday
10
January

CRAFT & CHATTER

Starts on Tuesday 10th January

**EVERY TUESDAY
1pm - 3pm**

£2.00 per week

**Bring your own Craft Project
& a cup or mug.**

Tea, coffee & biscuits included

Everyone is welcome

**Craft and Chatter is a Group run
by a Crafter for other Crafters
in Forres Town Hall.
Pop in & enjoy crafting together -
make new friends & get ideas
about new Crafts.**



Find more details at www.forresarea.org/whatson

WEEKLY ACTIVITIES ...continued

From
Tuesday
10
January

FORRES ONLINE - Digital Drop In

Get help on your digital journey

EVERY TUESDAY
2.00pm - 4.00pm

From
Thursday
12
January

FORRES ONLINE - Employability Drop In

Get help with job hunting

EVERY THURSDAY
2.00pm - 4.00pm

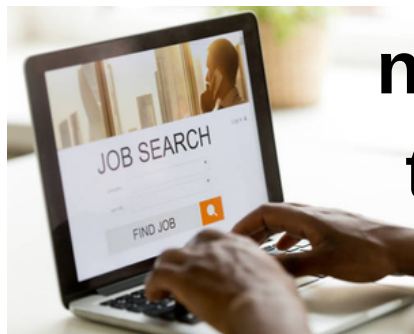
From
Friday
13
January

FORRES ONLINE - Digital Drop In

Get help on your digital journey

EVERY FRIDAY
1.00pm - 3.00pm

*Donations to FACT for digital support
would be most appreciated.*



Do you need help to find a job?

Our ESF Employability Officer,
Michelle, can help you to:

- Make a plan to get you a job
- Explore careers & choose the right one for you
- Searching for jobs, including on the internet
- Develop your CV
- Complete Application Forms & a Covering Letter
- Develop your Interview Skills
- Get your identity & right to work evidence ready for starting a new job
- Help you cope with the first weeks in a new job

Call 01309 674338 to make an appointment with
Michelle or email michelle@forresarea.org

& see what she can
do to help you.



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



ONE DAY WORKSHOPS

DECORATIVE PATTERNED PAPERS

One day Workshop

Friday
17
February

Tutor: Dawn Cawthra - Smith

Friday 17th February: 10am - 4pm

£20 per person to cover materials

Minimum age of participant - 8 years old
Children must be accompanied by an adult

Please bring your own lunch. Teas and coffees will be provided.

£20

NEEDLE FELTING

One day Workshop

Friday
17
March

Tutor: Dawn Cawthra - Smith

Friday 17th March: 10am - 4pm

£20 per person to cover materials

Minimum age of participant - 8 years old
Children must be accompanied by an adult

Please bring your own lunch. Teas and coffees will be provided.

£20



Find more details at www.forresarea.org/whatson

BOOK A COURSE

Begins
Wednesday
11
January

YOGA CLASSES 6 week Block

Tutor: Valentyna Chychkun

Starts on Wednesday 11th January
Last session 15th February

Ends
Wednesday
15
February

DANCE YOGA 9.30am - 10.30am

SLOW YOGA 10.45am - 11.45am

Minimum Age: 16 years

Begins
Tuesday
17
January

BORO DARNING 4 week Block

Tutor: Kirsty Wallace

Starts on Tuesday 17th January
Last session 7th February

Ends
Tuesday
7
February

10am - 12noon

Minimum age: 8 years

Children must be accompanied by an adult

Begins
Thursday
2
February

DRAWING & PAINTING for all levels of experience 5 week Block

Tutor - Andrea Turner

Starts on Thursday 2nd February
Last session 2nd March

Ends
Thursday
2
March

2pm - 4pm

Minimum age: 16 years

Begins
Thursday
2
February

SINGING FOR CONFIDENCE 5 week Block

Tutor: Andrea Turner

Starts on Thursday 2nd February
Last session 2nd March

Ends
Thursday
2
March

6pm - 8pm

To book, please email info@forresarea.org

*Donations towards Town Hall running costs
would be most appreciated*



Could YOU be a Befriender?



What is a Befriender?

**A little bit of your time
could make a HUGE
difference to someone who
is feeling isolated.**

**If you think that YOU can help,
then call Frances on **01309 674388**
or email frances@forresarea.org to
find out more**

Find more details at www.forresarea.org/whatson

Do you need help with your iPad, tablet, emails, laptop or mobile phone?

Pop in to our Forres Online Drop Ins or Outreach Visits for FREE advice.



**forres
online**



OUTREACH VISITS

We will be doing outreach digital drop-ins at Findhorn, Kinloss & Dyke. Check out the dates on our website.

The digital advice is free .



HOW TO BOOK A PLACE

All of our activities are free, except where stated.

We do welcome donations towards the running costs of the Town Hall.

All you need to do is call or email us to reserve a place. Please bear in mind we often have waiting lists, so we courteously ask you **to only reserve a place if you intend to participate.**

If you cannot attend, please try and give us plenty of notice to cancel your place so that we can offer it to someone else. We reserve the right to refuse to reserve places for persistent non-attenders.

If you are attending a chargeable activity you will need to visit the Town Hall to pay with cash or a cheque before the activity starts to secure your place.

If you cancel your place, we will only refund fees if it is for a medical reason.

If we cancel the course, we will give you a full refund of fees paid.

The only class you don't need to enrol for is the Forres Online Drop-ins - you can just turn up to these sessions.

TO BOOK:



01309 674388



info@forresarea.org



visit Forres Town Hall



**Forres Area
Community Trust**
Forres Town Hall
High Street
Forres
IV36 1PB

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.

Find more details at www.forresarea.org/whatson