

SPIRIT OF COMMUNITY EVENT 2ND OCTOBER 2014

“We have a rich and strong foundation to build on”



*Summary Report
November 2014*



Forres Area Forum
~
Findhorn & Kinloss
Community Council

Executive Summary

Following the changes and recruitment of new Community Councillors in both Findhorn/Kinloss & Forres, and through attending monthly meetings of the Community Councils, Forres Area Forum & Forres Area Community Trust, it became apparent that each was working on similar themes and keen to engage with the community.

Willing representatives from the three organisations were brought together along with Age Scotland, a local minister, a youth representative and local business people to form a planning group to support an event called '*Spirit of Community - Coming Together*'.

The planning group achieved this aim following 4 meetings and a series of training sessions on the SOAR model of information gathering.

The format of the evening used the SOAR (Strengths, Opportunities, Aspirations and Results) technique and questions were asked in relation to 7 themes:

1. Culture and Heritage
2. Our Local Environment
3. Older person's activities and services
4. Young people's activities and services
5. Use of Community facilities
6. Health and Well-being
7. Regeneration of the High Street/town centre

Over 90 people attended the event and all feedback was very positive and insightful.

Within this report are the summaries of the different group discussion points. Key points that relate to all the themes are:

- There needs to be better communication of what is on offer (e.g. activities, organisations, events)
- A central location for information sharing
- A directory of community contacts that can be easily updated as details change
- Opportunities for various ages to come together
- Ways of addressing isolation within our community (especially for older people)

It was also noted that any projects/ activities we undertake need to:

- Be affordable, sustainable and accessible (including transport)
- Be promoted and communicated as wide as possible throughout the area and beyond
- Provide the resources, accommodation, infrastructure (e.g. paths and cycling routes) needed for us to develop and flourish

This report will be available to all local groups and organisations and we know that whatever will be taken forward will acknowledge that there is a need to ensure affordability, accessibility and the challenge of sustainability. The event itself has kick started some new connections that can be built upon, as most realised that they are no longer working in isolation and others are keen to work together with similar ideas.

The infrastructure has to be in place to support what would be seen as priorities for the future as the area grows in population with an increasing percentage of older people as we live longer and people choose to live here through their older years.

Acknowledgements

Without the following individuals and organisations it would have been impossible to organise and run this event and we want to take this opportunity to thank them.

Anna Templeton – Moray College

Bob James – Forres Heritage Trust

Bob Watson

Chas Rodger – Forres Community Council

Daniel Roberts

David Munro

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Fabio Villani – Third Sector Interface Moray

Frances Powell – Forres Area Community Trust

Francine Rietberg – Findhorn & Kinloss Community Council

George Alexander – Forres Community Activities Association

Graham Murdoch – Forres Community Council

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Jane Munro

Jenny Devlin – Third Sector Interface Moray

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Maggie Bell – Moray Council

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Mo Hyde – Findhorn & Kinloss Community Council

Ruth Whitfield

Samantha Fraser – Forres Area Community Trust

Sandra Maclennan – Forres Area Forum

Suzy Gentle – Age Scotland

Tina Coffey – Forres Area Forum

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Introduction

In August 2014 Lorna Creswell called a meeting and invited Forres Community Council (FCC), Findhorn & Kinloss Community Council (FKCC), Forres Area Forum (FAF) and Forres Area Community Trust (FACT) alongside other key stakeholders with the aim of creating an event that would bring together many local community organisations, volunteers and interested individuals to help inform what we have in common, what our priorities would be for the next 5 to 10 years, to network and to build on what we already know and can do.

The Community Councils, FAF and FACT are all local organisations that work to improve the Forres area (for descriptions of these organisations see Appendix 1). Through a contribution from the Change Fund and FAF, sufficient resources were ensured to undertake the event with support from many volunteers, the Community Councils and FACT.

Invitations were sent to all groups active in the area using contact details from an existing database that was updated last year. Invitations were sent via letter and email, and the event was publicised for public participation through the local newspaper, on social media and via the FACT website.

Eventbrite was the online portal through which people could register their attendance. In addition people could call into the FACT office, phone, and email or write to register. It was important that the opportunity to participate was circulated to as many people as possible through local networks and contacts and with this in mind the planning group circulated information and encouraged people to attend.

The format for the evening was to use a method of evaluation and information collection known as SOAR. The SOAR technique is one that encourages positive change and transformation. This technique encourages participants in a workshop to answer a series of questions for each category of the SOAR (Strengths, Opportunities, Aspirations and Results). This facilitated experience draws out diverse viewpoints and encourages positive conversations about past, current and potential future contributions by the community.

In preparation for the event 3 workshops were held during September to familiarise over 20 volunteer facilitators with the method that would be used at themed tables. This was an experiment on a community-led approach to looking to the future in light of increasing demands for services and diminishing budgets but also to demonstrate enhanced confidence in the community and to show that they are best placed to recognise what is needed and how best to seek this.

When people share knowledge and skills then more can be done to build understanding and the capacity for project ideas to evolve and have more chance of being realised and being successful for all.

During planning sessions it was agreed that the evening would have the following format:

- 6.30 p.m. Tea, coffee and networking
- 7.00 p.m. Welcome and introductions by Lorna Creswell
- 7.10 p.m. Short presentation by planning group members about their roles and purpose by Les Morgan (FKCC), Frank Allan (FKCC), Sandra Maclennan (FAF) and Heather Shaw (FACT)
- 7.30 p.m. Discussion groups (30 minutes per session) on the following themes:
 1. Culture and Heritage
 2. Our Local Environment
 3. Older person's activities and services
 4. Young person's activities and services
 5. Use of Community facilities
 6. Health and Well-being

7. Regeneration of the High Street/town centre

8.05 p.m.	Rotate to second theme group
8.35 p.m.	Summary of each group and feedback
9.15 p.m.	Close and networking

Each discussion group had 2 facilitators; one to hold the discussion and guide people through the SOAR process and one as a scribe and support to the group who recorded the points on the flipcharts throughout the discussion sessions. A feedback technique was also used as a way of evaluating the expectations and needs of the participants who attended the event.

Once the event was over volunteers and FACT staff collated the feedback and worksheets throughout October and this information was used to inform this report. Appendix 2 contains the original discussion group notes and appendix 3 contains the feedback received from participants.

The information gathered is also available via FACT's website (www.forresarea.org) and can be used as evidence by local organisations to support development, funding applications and to facilitate opportunities for organisations to work together in partnership.

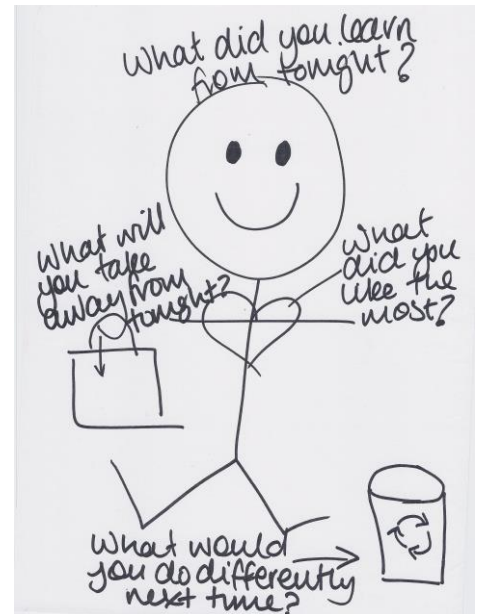


Figure 1. An illustration of the evaluation technique used, provided by Jenny Devlin

Results and Discussion

1. Culture and Heritage

“The Tolbooth is now in community ownership and we have a range of cultural events and festivals throughout the year. How do we embrace these exciting opportunities?”

Attendees: 18 over 2 sessions

All attendees identified that Forres has many strengths to support our culture and heritage, including buildings (e.g. Nelson’s Tower, the Tolbooth, and Falconer Museum), a vibrant community spirit with many volunteers and residents engaging a rich history from Macbeth, Lord Strathcona, and the connection to the digestive biscuit, to more recently the presence of the Royal Air Force and Army.

The identified opportunities that this theme has to offer to the community include:

- The Forres Pipe Band supporting events
- Forres in Bloom
- The variety of accommodation on offer for visitors

There were many ideas contributed by the group that could develop and enhance what currently exists and what can be achieved in the future. These include:

- Becoming more integrated as a community (working together on events and activities)
- Attracting more visitors to the area through providing comprehensive information about what is on offer (leaflets, events, facilities)
- Upgrading facilities on offer (e.g. paths and pavements)
- Getting more information out to a wider audience (e.g. Tourist Information Inverness)
- Creating a guide book for the area

This group felt that what we have is very positive and participants learnt that there is a lot going on in the area. However, it was felt that promotions and publicity need to be better co-ordinated.

2. Our Local Environment

“The environment means different things to different people – planting, picking litter and planning.”

Attendees: 13 over 2 sessions

There was a wide range of strengths identified in this group; from beautiful parks and woods, through to good recycling facilities including Wastebusters and Reboot, the lack of pollution and how local people have pride in and value the local environment.

It was recognised that there are many opportunities including how accessible the woods and country are, however, it was also acknowledged that there is a need to improve play facilities for young people and for a skate park to be developed. Another comment made was the need to improve the ‘infrastructure’ for the area, for example public toilets and to provide allotments closer to the town centre for ease of access.

It was felt that linking younger people and older people together in common areas of interest would be beneficial and there was a desire to involve the community in decisions that affect the area more.



Figure 2. Les Morgan facilities discussion about “Our Local Environment”

The group aspired to create ways of encouraging people to leave the car at home and to provide better facilities for dog waste disposal and to promote this facility widely.

As Forres sits at one end of the Dava Way and is linked to the Coastal Trail, it is aspired to make Forres a *Walking Friendly Town*.

Other needs / areas for development include;

- Provide better / more affordable hotel / camping facilities
- Preserve the views from Forres over to Findhorn and the Moray Firth

3. Older Person’s Activities and Services

“The area is attracting many older people to live here due to the good services on offer. What else do we need?”

Attendees: 18 over 2 sessions

The group commented that the Forres area is a good size, people feel they are safe and that the area has many friendly people. Overall there is good access to services and shops meet the needs of the older residents. It was recognised that there are a lot of activities going on for older people and many resources that can be used for older people (e.g. the Osprey bus). Age Scotland is one organisation that supports local groups that work with older people in the area.



Figure 3. Thoughtful discussion in the “Older Person’s Activities and Services” group

There were many things identified as being areas for development, including:

- Befriending / one to one meetings to tackle isolation
- Provide services such as a phone check in facility
- Intergenerational activities – cooking classes, sharing skills and learning from each other
- Travelling further afield within the Forres area and finding out what else is on offer
- Increasing opportunities for learning (e.g. through the University of the Third Age)
- Contributing to ‘town’ planning – where signage is, where pavements and kerbs are and what is accessible through the Town Centre Working Group, Community Councils and FAF

It was also recognised that communication needs to improve – how do people find out about what is on offer and how can they take advantage and contribute to what is happening? Further research shows that people find out what is happening by word of mouth, through the local paper, posters and leaflets, however, there are some older people that are very hard to reach and have very little use of social media and IT.

4. Young Person's Activities and Services

“What do young people want and how do we make it happen?”

Attendees: 20 over 2 sessions

This group discussed that there is currently a wide range of activities available for young people including sporting, social, cultural and educational. Primary and Secondary schools also have an active programme of during and after school clubs and activities.

Youth work provision in the area is supported by skilled and enthusiastic staff provided by Moray Council. These staff are very engaged with local young people and provide a range of opportunities for them. There is a strong presence of the Duke of Edinburgh award, Town Twinning, cycling and orienteering in the Forres area. In addition there are over 26 groups / organisations dedicated to working with young people in the area, alongside those groups that bring together adults and young people.

Young people use social media to communicate and interact with their peers and it was agreed that this can be used to further promote existing clubs and to discuss key matters of interest online.

It was noted that there are opportunities for development include intergenerational work and developing leadership skills and there is a huge opportunity to make better use of Grant Park for young people's activities.

The aspirations of the group include:

- Improving the range of activities for young people under 25 who have left school and who are not in training, employment or education
- Creating a networking event where members of community groups and agencies could promote their services to young people
- Interest in establishing a skate park in Forres and developing creative arts both inside and outside of schools
- Increasing the number of safe cycle routes and sharing clear information



Figure 3. Lively discussion in the “Young Person's Activities and Services” group

It was acknowledged that young people should be involved in decision making in their own communities and this can be used to develop useful transferrable skills within their own areas of interest.

There are many resources available for young people in the area; however there are areas that need to be developed. It is good to know many organisations / individuals have offered their support to see this happen. One area for continued development is the youth café facility that is based in the Community Centre.

It was suggested that a forum focus group be organised specifically for young people to address available activities in the area and to identify what young people would like to see in Forres and support seeing it happen.

Other ideas for development include;

- Having an activities directory that is publically available (in print and online) to include events, clubs, societies and community groups with up-to-date contact details. ForresWeb.net could be the key location online for the directory
- To establish youth focus groups and consult on the future of young people's activities
- Provide opportunities for interaction / cooperation between existing community groups and encourage young people to participate in different activities and learn new skills

It was commented that community spirit is very active in Forres and this can only be advantageous to developing a sense of community among young people and encouraging them to participate.

5. Use of Community Facilities

“We know there are many reviews happening at the moment and there is a risk that if we don't use it we lose it. How can we best use what we have?”

Attendees: 19 over 2 sessions

It was noted that the Forres area has a wide range of facilities including the Community Centre, Swimming Pool, many community halls, Grant Park and community woodlands. There are also many activities and events – Piping Hot Forres, Forres Theme Day, Scottish Week, Findhorn Bay Arts Festival, Bonfire Night and the Christmas Lights switch on. The group were made aware that funding and support opportunities exist through the new Berry Burn Community Benefit Fund, the 'Posties Money', and other existing funds through the Common Good Fund, local Trusts and the people of Forres.

It was recognised that there is the opportunity to develop what we already have, increase events and activities and continue to develop an 'identity' for the area. It would be fair to say that we have a rich and strong foundation to build on.

Aspirations for this group included developing all weather pitches so that sporting activities can continue all year round in good conditions.

There was discussion about identifying alternative uses for Common Good land around the area, with the aim of maximising the potential and benefit to our community.

An area that needs investment is access to mobile wifi and broadband available in the area including the more rural areas. HIE are currently investing time and resources through their digital team in line with the Scottish Governments policies and strategies.

It was suggested that accommodation for visitors in the area needs to diversify to include a hostel, camping, and caravanning and provide a 'travel lodge' type of facility. Further suggestions included that Moray Council could offer family memberships to facilities such as the swimming pool, and that booking systems and costs need to be reviewed and simplified.

The aspirations of the group include:

- To develop the community centre and provide a youth café or coffee bar



Figure 4: Table 5 think intently about Community Facilities

- To develop Grant park for visitors and local activities (e.g. a putting green, events stage, jogging track, skate park, dog agility track)
- Offering walking tours around Forres

6. Health and Well-being

“With the new health centre opening we are asking – how do we look after ourselves and keep well?”

Attendees: 26 over 2 sessions

The group identified that many of the resources in the area are strengths and these include:

- A strong sense of community
- Outdoor green spaces and sport facilities, Moray Walking Festival, orienteering and golf courses
- Health, sports and leisure facilities (swimming pool, hydrotherapy pool, sports and other halls, new health and care centre)
- Social and spiritual support: groups, (e.g. Men’s Sheds, Moray Feelgood Festival, Churches, children’s organisations, Newbold House, BALL group, coffee mornings and several choirs)

It was identified that there are many public agencies: (e.g. Council, Scottish Government, NHS) that provide a range of services and activities. These include the active schools co-ordinators, health walks booklets, database of community organisations, active travel audit and travel officer, Dial M for Moray bus. These services work with organisations such as Transition Town Forres, TSI Moray and others to offer advice and support.



Figure 5. Engaged attendees at the Health and Wellbeing group

In addition there are many informal communication routes (e.g. local newspapers, Spotlight, ForresWeb, social media, coffee mornings, public houses and shops) that could be used to make more connections and improve the delivery and access to services. The advent of the ‘Living it Up’ digital programme was discussed and was noted as being key to improving access to services for all of the community.

It was proposed that the Town Hall could be used during weekdays for food markets to encourage better diets linked with the demonstrations and classes held at the Transition Town Forres building. These demonstrations could be extended to coffee mornings, markets and designed to attract all age groups to encourage healthy eating.

It was also acknowledged that more use could be made of the spare slots in facilities such as the hydrotherapy pool, swimming pool, squash & tennis courts and local halls.

The aspiration for the future is that the people in the Forres area will have better health and wellbeing because:

- More cycle paths will exist throughout the area
- Volunteering and training in various sectors will be provided (e.g. intergenerational work for older people in looking after children)
- Exercise is easy to access
- The booking system for all Moray Council and other facilities will be simple to understand and use
- The directory of town activities will be in accessible formats and kept up to date
- There will be suitable exercise groups for every person to join no matter their ability

- The foundations of the Feel Good Festival will have been built upon to create more events inclusive of raising awareness of mental health, physical and learning abilities
- There will be adequate funding to enable all people whatever their income or ability to participate in activities beneficial to their health and wellbeing
- There is positive action taken to enthuse people who are currently not engaged with health and wellbeing issues to make them aware of opportunities
- There are regular health and wellbeing articles in the local newspaper, and health and wellbeing boards around the area with information
- The number of people enjoying sports and leisure has increased and there are no underused facilities
- Groups for very young children are introduced to water activities using the hydrotherapy pool

It was an aspiration that activity could be encouraged because:

- Cyclists will have separate routes with priority over cars, and be able to store bikes safely in a variety of places in and around town
- There will be a 'Green Gym' and 'green prescriptions' to encourage people to vary and increase their activity while walking (*a Green Gym is a programme that aims to provide people with a way to enhance their fitness and health while taking action to improve the outdoor environment. It can be seen as enabling people to get fit who would not normally attend a conventional gym or sports centre*)
- There is easy access to public transport to all areas in town (e.g. health centre and swimming pool)
- There will be support for people who want to garden throughout the area
- All children will be able to learn to swim

It was an aspiration that social support could be available to encourage wellbeing because:

- There is successful use of peer experience to run groups regarding mental health, parenting, gardening and cookery
- There is good use of local and national charities / trust funds
- There are plenty of volunteers
- All of the young people in the Forres Area will have access to a variety of musical instruments and community instruction

It was an aspiration that this would result in:

- A connected and contented community with a genuine health culture
- An understanding of how the general health and wellbeing of the community can be improved
- A 'can do' community with a sense of energy harnessed to good purpose

7. Regeneration of the High Street / Town Centre

"How do we maintain the vibrancy of the town centre?"

Attendees: 20 over 2 sessions

The group recognised how vibrant the High Street and town is with a range of activities and events such as the Christmas lights switch on making all the difference to the number of people that visit and shop in Forres. Other points that were seen as important contributor to a vibrant space included; free parking, floral displays, locally owned businesses, friendly helpful staff, and that the town is viewed as being safe and attractive.

The discussion identified that there are many opportunities including:

- Increasing the existing customer base
- Facilitating coaches, coach visitors, and attracting new business
- Supporting businesses that are keen to work together

There are clear aspirations for the town centre from businesses, community groups and individuals; these include increasing the diversity of our town centre, increasing the number of people that shop in the town and increasing the number of events and activities that happen throughout the year. We know that town centres all over the country are experiencing challenges, but there are many creative ways of addressing these challenges and increasing the appeal and attractiveness of Forres. We can learn from other towns and their use of marketing, promotion and social media. We can embrace those ideas that suit our culture and the resources we have.

It was recognised that increasing the publicity and promotion of what Forres has to offer has to be a good thing as it has the potential to increase the customer base coming to town. However, it needs to be ensured that there are sufficient facilities to support this potential increase in customers and visitors.

Conclusions and Next Steps

The event was a success in that all of the participants felt engaged and enthused about the community, the natural resources and the opportunities for working together. It is clear from the information gathered that there are areas of aspiration in common between the themes; this is advantageous as it means that in addressing one need there is the potential to positively influence other areas of need.

For example, key points that were raised in several themes include the need to:

- Improve facilities on offer in Grant Park
- Improve the infrastructure in the area (e.g. paths and signage)
- Increase / create opportunities for better internet connectivity and WiFi
- Promote the town / area across Scotland and further afield
- Increase accommodation options for visitors
- Work together in partnership
- Develop facilities for young people
- Create intergenerational opportunities for learning

It is evident that local people feel the need to contribute and support the town; it is very clear from the participation, comments and engagement from the event that there is a deep sense of care and ownership about the area and local people do have ideas and solutions to help solve local issues. There is now the opportunity and evidence needed to move forward; we can take the chance, take a few (safe) risks and SOAR.

This report will be available to all to access via the FACT website (www.forresarea.org) with the intention for it to be used by local organisations to work together to address the challenges that were highlighted from the event.

Debbie Herron and Lorna Creswell
November 2014

Appendix 1 – Organisation Descriptions

Forres & Findhorn and Kinloss Community Councils

Community Councils aim to represent all people in the area without prejudice: they are non-party political and non-sectarian. Community Councils call for nominations publicly and hold contested elections; each member of the Community Council is elected by the Community. Any person 18 years or over and resident in the Community Council area can be nominated to join.

Community Councils are regularly consulted by the local authority and public bodies on a wide range of issues which affect their area, such as planning, environment and health. All Community Council meetings are open to the public.

Forres Area Forum

The Area Forum covers the communities of Forres, Findhorn, Kinloss, Dyke, Edinkillie and surrounding places. The Forum was set up in line with the Moray Community Planning Partnership. It brings together representatives from local community organisations and local residents to tackle issues which have been identified through local consultation.

An Area Forum:

- Finds out the concerns of local people (individuals and community organisations) and listens to their views on the issues that affect them
- Brings together local people and community organisations so that they can work in partnership
- Identifies local priorities and works with others to produce an Area Action Plan
- Encourages and supports existing and newly formed community groups to engage in and take responsibility for particular actions within the Area Action Plan
- Responds to consultations from Community Planning Partners
- Works with the other Community Planning Partners to achieve the long term goals as set out in the 10 Year Plan by Moray Council

Forres Area Community Trust

Forres Area Community Trust was established to work with local communities to take forward actions that will benefit the area.

In response to the loss of RAF Kinloss, FACT was set up in September 2011 to promote the regeneration of the Forres area including Rafford, Dunphail, Brodie, Dallas, Kellas, Dyke, Findhorn, Logie, Kinloss and part of Alves. The Forres Area Forum was the incubator for the development of FACT and hosted and supported meetings since March 2011.

Being a Development Trust means that FACT:

- Are owned and managed by the local community
- Are independent but can also work with other organisations
- Aim to improve the local communities
- Aim to attract funding to invest in the local community

Appendix 2 – Original Discussion Group Notes

1. Culture and Heritage

Facilitator – George Alexander

Scribe – Mo Hyde

Strengths

- MacBeth – history and association with
- Forres Pipe Band – Involve in all the events to build links with all groups and raise its profile
- Community spirit – but too much duplication
- Cultural walks
- Theme Day
- Highland Games
- Nelson’s Tower
- Falconer Museum
- Tea and Biscuits
- History of the community
- Fabulous buildings
- Aviation History Moravia
- Railway history
- Forres in Bloom

Opportunities

- The Forres Pipe Band can support all organisations
- Forres Group sanction
- Meet people at the airport with leaflets about Forres and Forres vouchers
- Mates rates accommodation advertised
- Later catering during summer evenings
- Bike hiring in Forres
- Dial M bus for tourists using B&B postcodes
- 100 page(ish) paperback / pamphlet of Forres history – Tea and Biscuits
- Leaflets about – The Witches Stone, Nelson’s Tower, The Mint etc.
- Smaller accessible Tourist Information Centre in library / community centre during winter
- Get younger people involved
- Paint the wall at the station
- Publicity to bring folks into the area
- WeeFibies children participating by growing plants to be encouraged (Forres in Bloom)
- Co-ordinate with all interest and activity groups and clubs
- Tours around Forres
- Publicity of Forres – signs on A96
- Lack of cooperation
- Lack of coordination – projects - activities
- A child’s book (10-12 year olds) similar to I-Spy book of Forres History and historic characters
- More information boards around the town

Aspirations

- Would like to be more integrated in the whole community [The Forres Pipe Band]
- To attract the 11.5 thousand who by pass Forres daily

- Create information leaflets about Forres
- Monthly event to attract people to the area – even during the winter
- Get younger people involved
- To have the wall at the station painted to promote Forres
- To make Forres beautiful (Forres in Bloom)

Results / Resources

- Inverness Tourist information Centre has no information on Forres and area – send them leaflets
- Have a diary in a central position so people can add there events and also see what is on throughout the year
- Avoid duplication of events and helps with event planning
- Win more prizes (Forres in Bloom)

2. Our Local Environment

Facilitator – Les Morgan

Scribe – Chas Rodger

Strengths

- Clean and green
- Parks and woods
- Good access
- Connectivity
- Walkways etc. for people and wildlife
- People involvement in bettering community, their own lives and environment
- Retirement Resource
- Recycling facilities, Wastebusters and Reboot
- Variety of landscape
- Use of environment by groups and individuals
- Lack of pollution
- Clean air
- Age spread, lots of retired people with time and energy to contribute

Opportunities

- Woods and wilds very accessible
- Paint the streets, side streets and alleys
- Better bins for litter
- Increase play facilities for young
- Improve / replace toilet facilities
- Education – teaching folk to care about their environment
- North wall of station refurb / new screen for art work
- Cycle ways from Forres to surrounding villages
- More allotments and green Hub near centre of town and community centre
- Schools can involve children in caring for local environment (bridge, shops near academy)
- Tourism promote Forres as a green town
- Website Forres Web expanded tying in all pluses
- For more community involvement in developer contributions
- Huge environmental resource to south

Aspirations

- Green area days, leave your car at home
- More awareness in folk of ways to dispose of dog poo
- Make Forres a registered walking friendly town
- Make a sellable guide book for Forres with walks, history, tales etc. (Dava Way book sells a lot)
- Wanted low cost hotel / camping accommodation for town
- Find ways to use, expand, exploit the area south of Forres for community and tourism
- Preserve intact the vista views between Forres and Findhorn (stop I8 Dev)
- Accessibility
- People to care for their patch of public space
- More public open air facilities (potting / skateboard)
- More / better use of Grant Park
- People in place full time to enable and facilitate volunteers
- People / groups to donate to the upkeep of public facilities they use

Results / Resources

- Roads / Bear Scotland
- Better maintenance of A96
- North wall of station available for public art
- Wild beautiful land to South of Forres
- Better community consultation and involvement is essential
- Must look at wider area accessibility
- Keep Forres area clean

3. Older Person's Activities and Services

Facilitators – Frances Powell & Suzy Gentle

Scribe - ?

N.B. points in bold were highlighted on each sheet

Strengths

- Forres area size not too big. Size makes it safe and is friendly
- Access fairly good, paths could be wider for mobility scooters
- Good access to services
- Shops meet needs
- Free parking
- Clean air
- Men's Shed
- Lunch groups
- Exercise class 60+, Swinging Seniors
- Rambling club, organised walking, company
- People are online
- Find out via Spotlight, word of mouth and Forres
- Lots of community spaces
- Free buses
- Forres Men's Shed
- Coffee mornings – Kinloss Church – Local service

- Groups run by older people volunteering
- Exercise / socialise / talks (speakers)
- BALL – Be Active Life Long
- Exercise developed with support / agencies which move away as group become stronger
- Buddy system
- Friday lunch time club
- Forres Old Age Pensioners Association- musical afternoons, talks, demonstrations
- Groups good for support
- Agencies to visit to find out what people need
- **Men's Shed**
- **Buses / free parking**
- **Good spaces / lots of groups and variety**

Opportunities

- Snow clearance, responsible for your pavement / home area, innovative ways to help each other
- Age Scotland, support available to help aspirations
- Newbold House Trust, resource available to develop wellbeing centre and volunteering programme
- Osprey bus to take groups to other locations / do other activities
- Improve dial-a-bus service
- Vintage teas, tailor activities, linked to Rambling
- Bus to health centre improvement required / coordinating the timetable / buses need to meet needs
- Community Centre Coffee Shop needs to re-open. It was under used, how to increase business?
- **Age Scotland Support**
- **Snow clearance, help each other and be creative**
- **Tailor activities**
- **Improve busses / coordination**

Aspirations

- One-to-one company / befriending
- University of the 3rd Age for interest and learning, sub divisions of Art, demos, speakers
- Exercise groups in rural areas
- Contact the elderly, hosts and invitations to tea
- Generational skills sharing, two way exchange
- Silver Surfers, the appropriate pace of learning
- Planning ahead for signs / pavement height / disabled parking locations not great
- Intergeneration interaction, skills and activities to learn from each other. Share digital knowledge like Skype
- Go into schools for baking / cooking
- Locations beyond town like Churches
- Bus during Findhorn Bay Arts Festival good, adopt this idea / continue
- Homecare services enhanced / increased
- **Intergenerational activity- skills, training, learning**
- **Befriending / contact**
- **Outreach in rural areas**

Results / Resources

- Age Scotland grants available
- Goodwill
- Communication – message to people what’s available. How do people find out what resources are out there? Through existing groups
- Dial M for Moray Bus
- Contribute and use resources
- Be creative/ use our imaginations
- Volunteers, willing helpers
- WRUS café – community centre
- Community emergency plan/ personal support during bad weather
- Benefits of group activity/ reduce isolation
- Internet opportunities (teaching English)
- **Grants available through Age Scotland**
- **Goodwill/ volunteers**
- **Be creative**
- **Digital support**

Other Comments from Post-It Notes

- Better disabled facilities (WC’s) in particular parking areas
- Home care and dial-a-bus to Health Centre
- Volunteers for taking people to Health Centre
- Communication keynote of social contact

4. Young People’s Activities and Services

Facilitator – ?

Scribe – ?

What did you learn from tonight?

What will you take away from tonight?

- Great there are people so committed to supporting young people

What did you like the most?

What would you do differently next time?

What to do next?

- Feedback
- Ask Royal 39 Engineers to run 1 week outdoor activity courses 4 times a year and courses on basic combat, engineer build and improvise bridges, air rifle, rope way etc.
- The Duke of Edinburgh Award
- Rites of passage
- Intergenerational

Other

- Living Golf business card
- Step by Step in Moray (Forres Group) stepbystepaberlour@gmail.com
- Forres and District Twinning Association Tel: 01309 674500

5. Use of Community Facilities

Facilitator – David Munro

Scribe – Jane Munro

Strengths

- Piping Hot Forres
- Theme Day
- OAP Association
- Cycle paths
- Sporting facilities
- Soccer 7's
- Culture Day
- Scottish Week
- Footpaths
- Tolbooth
- Falconer Museum
- Sueno's Stone
- Forres swimming pool
- Use of community centre
- Forres sport hub
- Soccer 7's
- Cricket
- Volunteers
- Grant Park / Forres in Bloom
- People
- Badminton / Tennis
- Children's park
- Culbin Forest
- Active schools co-ordinator
- Bridge club / floral art club

Opportunities

- Money from Auchernack
- Bogton development
- Touring caravan site
- Hostel accommodation
- Piping Hot Forres, expansion to longer
- Weekend events for visiting crafts / stalls
- Berryburn £168,000 into Forres, what could this be used for?
- Sports development via Moray College
- Bus trips / enhance town so they will stay longer
- Tourist information leaflets for Forres
- Attract WRI bus trips to visit local areas
- Work together
- Grant Park / enhance park for visitors
- Party in the park
- Coffee bar could be delivered as an outreach facility
- Soccer 7's winter league / community centre

Aspirations

- Astro turf
- Another use for common good ground
- Accommodations / portable hotels (Commonwealth Games)
- WiFi
- Findhorn village looking at touring caravan accommodation
- Grant Park children's area to enhance / expand
- Build a sports centre / turf – Moray College to use this to train more sports dev. Workers
- Advertisement
- Local radio station
- Newtonmore – wild cats example to enhance Forres footpaths, increase revenue for Forres
- Hostel at Anderson's school if it closes
- Family membership at Forres swimming pool like is available through Highland Council
- Community centre to remain open / coffee bar
- Youth club / Friday night
- Develop Grant Park for visitors
- Putting green
- Music events / stage
- Jogging track
- Skateboarding
- Dog agility track
- Social enterprise park
- Review booking system / costs for community facilities

Results / Resources

- Grant Park to be used more bringing more visitors to the town / and centre
- Meeting needs of community
- More publicity for community centre to show it being used
- More visitors
- More people using facilities
- Promote history
- Moray Council, walking tours of history of Forres, more advertising required
- Volunteers
- People

Other Comments from Post-It Notes

- A travel lodge or holiday inn for tourists to stay
- Coordinate booking of facilities for use by clubs, activity groups, craft clubs, sports and fitness, costs and refreshment facilities
- More communication with user groups at the community centre
- Better coordination between facilities available and activities needing to book

6. Health and Well-being

Facilitator – ?

Scribe – ?

Strengths

- A strong sense of community
- Outdoor resources: Beautiful environment, with green spaces, parks and woodlands, allowing footpaths and cycle tracks, Moray walking festival, jogging and running and sports clubs, orienteering and golf courses. Soccer sevens
- Health, sports and leisure facilities: Swimming pool, hydrotherapy pool, sports and other halls to exercise in, leading to lots of clubs and societies. New Health and Care Centre
- Social and spiritual support groups: mens sheds, Moray Feelgood festival, churches, children's organisations, Newbold House. BALL group, coffee mornings. Choirs x4
- Public agencies: (Council, government, NHS and QuANGO's) active schools co-ordinator, health walks booklet, database of community organisations, active travel audit and travel officer, transition town. Dial M for Moray bus. TSI (Third Sector Interface) for advice
- Formal and informal communication routes: newspaper, Spotlight, Forres Web and Facebook, coffee mornings, pubs and shops

Opportunities

- Better communication: Improve communication using all methods (via Facebook, twitter) about beneficial groups and activities, an events calendar. Communicate to improve people's awareness about mental and physical health issues. Promote sports hub to enthuse many more people to enjoy new opportunities. Make better use of local paper and other platforms to promote better health, and wellbeing. Use and support the 'Living it up' digital programme to enhance abilities and support conditions – Forres is one of the leading areas in Scotland, developing health and wellbeing programmes using integrated high – technical equipment and programmes at home and in sports clubs
- Better food choices: Use Town Hall during weekdays for food markets to encourage better diets. Cooking groups at transition building could be extended to demonstrations at coffee mornings, markets and other areas for all age groups
- More opportunities for activity: Make more use of the spare slots in sporting facilities - hydro pool, swimming pool and local halls. Develop more cycle paths throughout area. Engage with any indoor or outdoor activity /sports clubs - Golf, Football and Badminton. Volunteering / training, intergenerational work for older people at Step by Step Playgroup

Aspirations

The people in the Forres area will be helped to have better health and wellbeing because:

- **Exercise is easy to access:** The booking system for all Moray Council and other facilities will be simple to understand and use. The directory of town activities will be in accessible formats and kept up to date. There will be suitable exercise groups every person to join -very frail people, those with breathing problems, physical disabilities mental ill-health, dementia etc. We will have built on the foundations of the Feelgood Festival. We have more events, and are inclusive and aware of people's mental health, physical and learning difficulties. There will be adequate funding to enable all people whatever their income or ability to participate in activities beneficial to their health and wellbeing. There is positive action taken to enthuse people who are currently not engaged with the opportunities available. There are regular health and wellbeing articles in the local newspaper, and health and wellbeing boards around the area with information. The number of people enjoying sports and leisure has increased and there are no underused facilities. The evidence of the benefits

arising from engagement will have been identified, and funding identified to further enhance the facilities and activities. Groups for very young children introduce them to water activities using hydro pool.

- **Activity is encouraged:** Cyclists will have separate routes with priority over cars, and be able store bikes safely in a variety of places in and around town. There will be a 'Green Gym' and 'green prescriptions' to encourage people to vary and increase their activity while walking. There is easy public transport to all areas in town like the Health centre and swimming pool. There will be support for people who want to garden throughout the area. All children will be able to learn to swim.
- **Social support is available to encourage wellbeing and improve skills:** There is successful use of peer experience to run groups for example, mental health, parenting groups gardening and cookery groups and parent and toddler groups. There is good use of local and national charities / trust funds. There are plenty of volunteers. All the young people in Forres Area will have access to a variety of musical instruments and community instruction.

Results / Resources

- A connected and contented community with a genuine health culture
- We will understand how we can improve our area's and our own health and wellbeing ourselves. We will be part of a 'can do' community with a sense of energy harnessed to good purpose

7. Regeneration of the High Street / Town Centre

Facilitator – Graham Murdoch

Scribe – Marc Hindley

Strengths

- Christmas lights
- Community groups
- Community events
- Safe
- Independent shops
- Friendly, helpful staff
- Variety
- Community spirit
- Easy to access / free parking
- Attractive / nice to visit
- History
- Attractive
- History and character
- Compact
- Free Parking
- Floral displays and parks
- Growing population (older generation)
- Locally owned businesses
- Capable of housing large events

Opportunities

- Existing potential customer base
- Facilitate coach visitors

- Positive publicity, local / national / international newspapers
- Businesses working together
- Highlight area history
- More events
- Marketing incentives
- More accommodation
- Collaboration between businesses
- Publicise vacant premises to desirable businesses
- Better signage
- Pop-up shops

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Aspirations

- To prioritise parking, short-term / long-term
- More businesses
- More variety
- More affordable
- Attract more people
- To be able to park easily

Results / Resources

- Windfarm benefits
- Piping Hot
- Forres in Bloom
- Findhorn Bay Arts Festival
- Vibrancy
- Active Business Association
- Publicity magazine / social media

Other Comments from Post-It Notes

- If Anderson's School closes under the sustainable review it will have a huge detrimental effect on High Street. Potential loss of shops / job losses
- Availability for organisations / events to put up flags on the High Street to promote events, like Edinburgh or Glasgow
- Use artists to develop empty shop fronts
- Promotion of Forres as a business opportunity to potential investors or those setting up businesses
- Shops with seats for customers to rest inside the shop between browsing

Appendix 3 – Feedback Comments

What did you learn from tonight?

- Lots of people involved
- Lots of people have the same concerns
- Fantastic community enthusiasm and desire for positivity
- There is so much already happening and that everyone wants a better life for all
- Lots of good ideas
- Great networking event
- Duplication still exists
- Forres people are interested in their home town
- Lots going on in Forres, lots of good will, community spirit high
- Publicity is needed
- Existence of Forres Web, a variety of new activities, what the different local groups represent and do, met some new and interesting people, lots and lots of other stuff
- That Forres is a nice place to live and retire in
- There is a consensus of needs and aspirations
- Lot of interest and caring
- How vibrant Forres is
- The number of different community groups active in Forres, lack of working together

What will you take away from tonight?

- It is still up to every individual to occupy their personal time
- Want to get together with others interested in improving cycle safety
- More connection opportunities for us not just to network but to do (action)
- Very inspired, living in the right place, amazed by the community spirit
- Need to publicise groups activities
- Which events to plan next
- You get out what you put in
- Belonging to a fantastic town
- I'll take away that people do want to do things for the area, they care and there are a lot of crossover
- Better overall understanding of key activities supporting future development of Forres. Opportunity to reflect on where I am best contribute to the future
- Lots of ideas about environmental issues, more consultation needed with local people
- Given me lots of things to take back to my group that we can get involved with
- Contacts through networking
- Ideas
- Am leaving with lots of questions and unsure of where to find answers if they happen
- Great there are people so committed to supporting young people
- Working together for our future of Forres

What did you like the most?

- Enthusiasm and time given by so many people
- Brilliant turn out of great people
- People trying to improve
- Enthusiasm in groups
- Great networking, putting names to faces

- Evening excellent in bringing all views to make unity for all, and all made to feel equal and wanted and they matter! Excellent!
- Positive spirit, looking into future without limitations
- Discussion group 3
- Need for move into 21st century
- Positive outlook
- Group discussions
- Atmosphere
- Meeting likeminded people
- Meeting new folk
- Great there are people so committed to supporting young people
- The high number of people wanting to improve the community
- Good positive points raised, now to move forwards

What would you do differently next time?

- Acoustics
- Acoustics in the main hall poor, new venue required
- Lights in hall
- Have more young people
- Add group represented to name badge
- Get people to bring ideas in beforehand
- Invite the people who weren't here
- More discussion on how we could actually help in making things happen. Perhaps some initial thoughts on taking action which is the key part
- Allow more time to get involved in a third table!
- Attract more 16-30 year olds

What to do next?

- Publish results in Gazette, Northern Scot, P&J
- Bring young people together for a similar event
- Promote the strength of Forres community (IV36) and use it to attract tourism to the area
- Write about the community
- We need a mental health activist group for the area
- Please create one of these events for the young people + we listen
- Health and wellbeing, emphasis on mental health and people with challenges
- Database of groups needs updating and clarification
- Improve compilation of the workshop information
- Act
- Discuss further
- Digest information
- Paint and decorate the High Street, side streets and alleys
- Paint the High Street and alleys
- Education, teach to care. Litter and bad attitude
- Disabled assist into shops access
- More groups connecting together
- More info circulated between groups, so much going on that we don't know about
- Activities for improving mental health and preventing isolation
- Feedback
- Ask Royal 39 Engineers to run 1 week outdoor activity courses 4 times a year and courses on basic combat, engineer build and improvise bridges, air rifle, rope way etc.

- The Duke of Edinburgh Award
- Rites of passage
- Intergenerational

Other

- Group working, one well conducted (3) and other poor communication skills so not all views listened to. B.C presented well! Group 3 was well chaired despite large number
- An amazing and needed event
- How much wealth of passion, energy and ideas there are in just this meeting (a microcosm of our community)
- Well done
- Improved cycle paths
- Brilliant evening, met new people
- I'm interested in the results hugely and to move forward with the results
- Forres Men's Shed, us of older men, tourist, history of Forres
- Overall a great event
- What a fab Thursday night out
- Great evening, thanks
- Living Golf business card
- Step by Step in Moray (Forres Group) stepbystepaberlour@gmail.com
- Forres and District Twinning Association Tel: 01309 674500