



# FACT



## Monthly Newsletter - June 2023

**Making the Forres Area a better place to live, work and visit.**

**FACT** continues to develop a variety of projects and we have been successful in receiving funding to continue our popular Activity Programme. We are introducing some new courses such as **Qigong** and **Creative Relaxation** as well as continuing with well-received courses such as **Yoga** and **Needle Felting**.

Many courses fill up quickly however we keep track of interest with Waiting Lists. People on these lists are given first refusal to book if we are able to run the course again - depending on the availability of Tutors.

**See Page 4 of this Newsletter for the list of the courses that are running this month and email [info@forresarea.org](mailto:info@forresarea.org) or phone 01309 674388 to book a place.**



Needle Felting  
by Dawn



## A huge thank you to **ALL** of the **FORRES AREA VOLUNTEERS!**

The Forres Area is a place that is **FULL of Volunteers** who provide entertainment, who support others and the green fingered folk who make our lovely area look so beautiful as well as productive. We are very fortunate to live in a place that supports **such a wide variety** of sport and music development as well as dancing and events in a range of historical and modern settings.

Everywhere you look you can see a **community that works together to support each other** to provide clubs and societies for all sorts of interests and hobbies.

At the heart of **SO many of these organisations** is a **willing group of Volunteers** who work tirelessly to provide opportunities for the young, old and everyone in between!

In **Volunteer Week** we want to **THANK YOU for EVERYTHING** that you do to make our special town, and the surrounding area, **a better place to live, work and visit.**

# Thank YOU to Craft & Chatter



Ruby

Lots of the members of the **Forres Craft & Chatter Group** have been busy making baby clothes for children in Africa and all around the world.

The clothes are taken to those in need by volunteer doctors travelling to deliver emergency care. The jumpers are made so that they can stretch to fit many ages and sizes of children and so can be used by whoever needs them.

Closer to home the Maternity Ward at Dr Gray's and ARI have been supplied with baby hats and cardigans by the talented, kind hearted knitters.

New parents have been pleased to receive the donations including the lovely Ruby - a pretty picture in her pink set!

Now the talented group have started to knit Twiddle Muffs which are used to support patients with dementia and are being distributed by Health & Social Care in Moray.

If **YOU** would like to join this friendly group it is on in Forres Town Hall every **Tuesday from 1 - 3pm**. It's £2.50 per week to cover refreshments.

Please email [lindsey@forresarea.org](mailto:lindsey@forresarea.org) for more details.



Selection of the hats and jumpers

Knitting Twiddlemuffs



## The Forres Pop Up Pantry

FACT's Pop Up Pantry is part of the FareShare scheme which is a UK's national network of charitable food redistributors, made up of 18 independent organisations. Together, they take good quality surplus food from right across the food industry and get it to nearly 9,500 frontline charities and community groups to reduce food waste and prevent it from going into landfill.

The Pantry receives the food via **Moray Food Plus** who distribute the donations from **CFINE** in Aberdeen (**C**ommunity **F**ood **I**nitiatives **N**orth **E**ast) - the FareShare organisation for NE Scotland.

**We also grateful to receive donations of fresh fruit, salad crops and vegetables directly from Transition Town Forres, Incredible Edibles - Forres and Forres Friends of Woods and Fields.**

The Pop Up Pantry is run by a **friendly group of Volunteers** every week either on a Friday or Saturday, supported by our Pantry Assistant - Graham. **Membership is free** to anyone living in the Forres Academy Catchment Area. **Each weekly shop costs £2.50 which gets you 8-10 items.** That is roughly £10.00 worth of goods and sometimes there is a selection of free items as well.

**Why don't you pop in and see what is on offer?**



**Pop Up Pantry in the Lesser Hall**  
**Friday 2nd & 16th June: 2.00pm - 3.30pm**  
**Saturday 10th & 24th June: 10.00am - 12 noon**



# Say Hello ..... wave Goodbye!



**Aggie, Graham & Iain**

We are pleased to announce that **Graham Watson** has been appointed as our new **General Assistant** and he will now lead the Cleaning Team at Forres Town Hall. He is joined by **Aggie Fraser** and **Iain Watt**, who are both a welcome addition to FACT as the new **Cleaners**. They have all been working well to ensure things are ready for every Town Hall Booking. **Graham** will also continue in his role as the **Pantry Assistant** supporting the Volunteers as well as the customers every week.

The FACT Team are very sad to say goodbye to **Esther Banks** and **Frances Anderson**. Esther is retiring to spend more time with her grandchildren. As our experienced, knowledgeable and supportive **Exercise Tutor**, Esther has made a huge impact on the participants of the Gentle Seated Exercise & Drumming Group and the Intermediate Class.

The GSE & Drumming Class will continue with Local Fitness Trainer, **Mollie Powney** on Tuesdays from 10.30 - 11.30am followed by a cuppa.

FACT is currently looking for a new **Befriending Project Co-ordinator** as **Frances Anderson** is relocating with her family. Frances has made a massive difference to the lives of residents who are isolated and lonely. She has expanded the **Cameron Project** to support people of all ages through the Befriending Matches and the Activity Programme.

Her endless energy, warmth and enthusiasm will be missed by all the Befriendees, Befrienders and Class Participants alike.



**Esther**



**Frances**

***Congratulations to Graham! Welcome to Aggie, Iain and Mollie.  
'Au Revoir' to Esther and Frances - the Team will be visiting you soon!***

## JOIN OUR TEAM Befriender Co-ordinator

An exciting and rewarding opportunity has arisen to join our FACT Team as the **Befriender Co-ordinator (Cameron Project)**

**Part Time: 16 hours per week. £28,174 pro-rata**, equivalent to £15.48 per hour. This post will continue to develop our much needed Befriending Project as well as the Activities Programme to help those who are more isolated or who need some extra support in the Forres Academy Catchment Area.

**Further details of the role and how to apply are on our website: [www.forresarea.org](http://www.forresarea.org)**

*We reserve the right to close this vacancy early if we receive sufficient applications.  
If you are interested in the role, please submit your Application as early as possible.*

# Dates for your Diary in June 2023

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

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

**FREE Employability Sessions:** Every Thursday: 2.00pm - 4.00pm



**Dungeons & Dragons Table Top Games | Minimum Age: 18 years**

**Saturday: 10th and 17th June in the North Room at 2.30pm**

Laptops, dice, paper & refreshments provided.

*The D&D Group is currently full, however there is a Waiting List. Please contact us to express your interest in this Group Activity on [info@forresarea.org](mailto:info@forresarea.org)*

**FREE Gentle Seated Exercise & Drumming Class with Mollie**

Every Tuesday: 10.30am - 12 noon including a cuppa & a chat.

**Email: [info@forresarea.org](mailto:info@forresarea.org) to book a place**



**Cameron Project Classes - supported by tsiMORAY**



**FREE Yoga Classes with Valentina** - starts 24th May | 6 week Course

Slow Yoga - Wednesdays: 10.45 - 11.45am | Minimum age: 18 years

**FREE Gentle Dance Classes with Valentina** - starts 23rd May | 6 week Course

Tuesdays: 5.00 - 6.00pm | Minimum age: 18 years

**FREE Weave Your Own Scarf with Jessica** - starts 30th May | 3 week Course

Tuesdays: 9.30am - 12.30pm | Minimum age: 18 years

**FREE Painting with Pastels with Leonora** - starts 1st June | 4 week Course

Thursdays: 2.00pm - 4.00pm | Minimum age: 18 years

**FREE Qigong Classes with Rupert** - starts 12th June | 6 week Course

Mondays: 10.00 - 11.00am | Minimum age: 18 years

**FREE Creative Relaxation with Tim** - starts 27th June | 4 week Course

Tuesdays: 10.00am - 12.00 noon | Minimum age: 18 years

**Workshop 2: NEEDLE FELTING with Dawn** - Friday 9th June: 10.00am - 4.00pm

**FREE Continuation of Workshop 1 from March 2023**

**Booking is essential for all activities.**

Contact us on [info@forresarea.org](mailto:info@forresarea.org) or 01309 674388

See our website for up-to-date listings: [www.forresarea.org](http://www.forresarea.org)

**Coffee Mornings - Saturdays: 10.00am - 12 noon**

**June 3rd** - in aid of the Forres Cycling Club

**June 10th** - in aid of the Forres Boys' Brigade

**June 17th** - in aid of Moray Firth Credit Union (MFCU)

**June 24th** - in aid of the Royal British Legion, Forres

