



FACT



Monthly Newsletter - July 2023

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



The Summer Holidays are here again and here at Forres Town Hall we have been busy developing the **FACT Summer Programme of Activities**.

We are fortunate to be working with a range of talented Tutors so can offer a wide range of Classes from Yoga, Gentle Dance and Qigong to Creative Relaxation, Painting with Acrylics and Watercolour Paper Basket Weaving.

In addition we are trialling a Family Craft Workshop where parents and children can work together - see the details on Page 2 of this Newsletter.

Places are limited, so book in quickly!



Will your Project help NE Scotland move towards net zero?

Do you need Funding for your Green Project?

JUSTTRANSITION
PARTICIPATORY BUDGETING FUND

Funding for green projects
in your community!

Aberdeen, Aberdeenshire & Moray

acvo tsi NESCAN money for moray

find out more at jtpbfund.scot

Net Zero Scotland LET'S DO NET ZERO

You can apply for up to £50,000 to help support, enhance or kickstart your Project. This capital fund can help you purchase physical items, such as electric vehicles, garden equipment or energy efficient materials which will help Scotland's transition to net zero.

Applications to the Just Transition Participatory Budgeting Fund

open on 26th June 2023



Find out more at:

<https://www.jtpbfund.scot/apply>



We have welcomed **Helen Janousek** to the FACT Team as our new **Finance & Data Officer**. Helen brings a wealth of experience having worked for a bank in the City of London and run her own business. Her calm and thoughtful approach plus her positivity is a great addition to the Team. Helen's keen eye for detail as well as her friendly, supportive nature are already proving to be a great asset to us all in Forres Town Hall.



Helen



Rekha

We are also pleased to welcome **Rekha Kalia** to our Team as the new **Befriending Coordinator**. This role replaces the Cameron Project Coordinator and Rekha will continue the work with the Befrienders and Befriendeds alike, as well as developing additional ways to support those who experience social isolation in the Forres Area. Rekha has a broad knowledge of how to engage a wide range of communities and groups, together with supporting volunteers effectively. Her enthusiasm is inspiring and we all look forward to working with Rekha more as she settles in.

Family Craft Workshop

Monday 7th August

2.00pm - 3.30pm

For **Primary Aged Children** who are **accompanied by an adult**.

Enjoy crafting together and creating a new project to take home.

To book email: info@forresarea.org
or phone **01309 674388**



Well done to Brian for completing an Online Traffic Marshall Training Course.

Forres Online can help with a wide variety of digital issues from helping with **video calls, email, advice about staying safe online, banking** and **shopping online** too.

Pop in & find out if we can help YOU!



FORRES ONLINE Digital Drop In

EVERY TUESDAY: 2.00pm - 4.00pm
EVERY FRIDAY: 1.00pm - 3.00pm

**No appointment
needed**

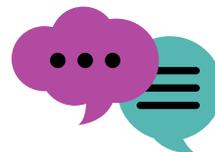
Email Janice for more information: janice@forresarea.org

Befriending aims to reduce social isolation

We currently have a Waiting List of Forres Area residents who would like a Befriender & WE NEED YOUR HELP!

COULD YOU:

- Support someone while their partner takes some time out from their fulltime caring role?
- Pop round for a coffee or meet up for a walk in the park?
- Phone someone for a weekly chat?
- Accompany someone to an activity or to the library?
- Support a parent at a Toddler Group?
- Take someone to do their weekly shop?



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

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

Dates for your Diary in July 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

Forres Online Outreach: Findhorn Village Centre
on **Wednesday 7th July: 10.00am - 12 noon**



Dungeons & Dragons Table Top Games | Minimum Age: 18 years
Saturday: 1st, 15th and 29th July in the North Room at 2.30pm
Laptops, dice, paper & refreshments provided.

FREE Gentle Seated Exercise & Drumming Class with Mollie
Every Tuesday: 10.30am - 12 noon including a cuppa & a chat.



Cameron Project Classes - supported by tsiMORAY



FREE Creative Relaxation with Tim - starts 27th June | 4 week Course
Tuesdays: 10.00am - 12.00 noon | Minimum age: 18 years

FREE Slow Yoga Classes with Valentyna - starts 12th July | 5 week Course
Wednesdays: 10.45 - 11.45am | Minimum age: 18 years

FREE Gentle Dance Class with Valentyna - starts 18th July | 4 week Course
Tuesdays: 5.00 - 6.00pm | Minimum age: 18 years

FREE Qigong Class with Rupert - starts 24th July | 6 week Course
Mondays: 10.00 - 11.00am | Minimum age: 18 years

FREE Painting with Acrylics with Leonora - starts 27th July | 4 week Course
Thursdays: 2.00pm - 4.00pm | Minimum age: 18 years

Booking is essential for all activities More details at: www.forresarea.org

To book, please email: info@forresarea.org or phone 01309 674388

Coffee Mornings - Saturdays: 10.00am - 12 noon



July 1st - in aid of St John's Church,

July 8th - in aid of the Moray Hydrotherapy Pool

July 15th - FACT Pop Up Coffee Morning

July 22nd - in aid of the Victoria Indoor Bowling Club

July 29th - FACT Pop Up Coffee Morning



Pop Up Pantry in the Lesser Hall
Saturday 8th & 22nd July: 10.00am - 12 noon
Friday 14th & 28th July: 2.00pm - 3.30pm

