

Winter Warmer

2023/24

For our BALL groups and wider community members



Information & activities
booklet





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Meet the team



OUR STORY...



The Community Wellbeing and Development Team are dedicated to supporting older people to live an active, healthy life they choose in Moray.

We want to inspire and enable people to engage in social activities within their own community and reach their own goals in life.

We achieve this through the power of our community member's providing their time to offer social group activities both in person and online that improve health and wellbeing, building confidence, re-establishing community connections and aiding resilience.



EARLY INTERVENTION .. CONVERSATION .. PERSON CENTRED .. OUTCOME FOCUSED ..



SHELTERED HOUSING
GROUPS SUPPORTED TO DELIVER ACTIVITIES

Distributed over
1000
INFORMATION AND ACTIVITY BOOKLETS
with a reach of over
2500 community members

STEADY STEPS
2 NEW MOBILITY HEALTH GROUPS LAUNCHED



FALL BALL

130 COMMUNITY MEMBERS
ATTENDED AND SUPPORTED BY STV



Supported our
WIDER COMMUNITY GROUPS
with advice and
guidance to



BUILD RESILIENCE
after the Pandemic

Launched a
NEW FRIDAY GROUP
to support with



**STRENGTH BALANCE
AND CONFIDENCE**
after consultations with our
community members

2023

Community Wellbeing &
Development Team

IMPACT!
AT A GLANCE

Awarded
81
IPADS



to our participants and wider
community members as part of the
CONNECTING SCOTLAND INITIATIVE

Set in motion a summer
programme of
GREEN SPACE ACTIVITIES
75 participants took part



MULTIPLE PARTNERSHIPS
working with
COMMUNITY PROVIDERS

Introduced a
WINTER
DIGITAL
PLATFORM
offering over



FREE
PHYSICAL ACTIVITY CLASSES

Supported **20+**
BALL & SET COMMUNITY GROUPS
to remodel successfully



ENGAGEMENT .. SELF- MANAGE .. PREVENTATIVE APPROACH .. CONFIDENCE BUILDING .. WELLBEING

PREVENTION .. CHOICE AND CONTROL .. COLLABORATIVE WORKING



And don't forget the **FALL BALL!**



What a year of events for Moray BALL Groups from 10th birthday celebrations at Buckpool BALL group to day trips that all members could access on the Fencular Railway, Keith & Dufftown Railway, Jacobite Cruise plus many more.

And of course all the amazing activities that group members have taken part in from Martial Arts to Line Dancing, Yoga, Meditation and even Belly Dancing!

There are 18 BALL groups across Moray and even if the BALL group nearest to you is full there will be another near-by which you can join.

To check if your nearest group has space and to find out more information on joining a BALL group contact the Community Wellbeing Development Team and they will be able to advise –

E-mail: CWDevelopmentTeam@moray.gov.uk

Telephone: 07779 999261





Keep safe, warm and well

HANDY TIPS – Preparing for the cold snap

Follow these tips to keep you and your family warm and well at home:

- If you're not very mobile, are 65 or over, or have a health condition, such as heart or lung disease, heat your home to at least 18C.
- Keep your bedroom at 18C all night if you can – and keep your bedroom windows closed.
- If you're under 65, healthy and active, you can safely have your home cooler than 18C, as long as you're comfortable.
- Use a hot water bottle or electric blanket to keep warm in bed – but do not use both at the same time.
- Have at least 1 hot meal a day – eating regularly helps keep you warm.
- Have hot drinks regularly.
- Draw curtains at dusk and keep doors closed to block out draughts.
- Get your heating system checked regularly by a qualified professional.

*Warm Spaces
contact the team for more
information*



Full advice found on www.nhs.uk



DRESS FOR THE WEATHER

- Make sure you have supplies of essential items in case the weather takes a turn for the worse.
- Keep simple cold, flu and sore throat remedies in the house. Your pharmacist can make suggestions and also advise you on how to manage minor illnesses.
- Order repeat prescriptions in plenty of time, particularly if bad weather is forecast. Your pharmacy may offer a prescription pick-up and delivery service.
- Keep basic food items in the cupboard or freezer in case it is too cold to go shopping.
- Keep a radio and torch handy in case of a power cut.
- Keep your mobile phone, laptop or tablet fully charged, so you can use the battery power if there is no electricity.
- Get vaccinated. Get winter strong! Flu and COVID-19 vaccines reduce the risk of serious illness in the colder months
<https://www.grampianvax.com/winter-vaccinations/>

There are grants, discount's and other benefits you might be entitled to, speak to our friends at Citizens Advice Moray.

Other information and tips can be found here:

www.ageuk.org.uk/information-advice/health-wellbeing/keep-well-this-winter/

**citizens
advice
bureau**

Moray Citizens Advice Bureau

EMPOWER PROJECT

COST OF LIVING ASSISTANCE



Our Services

- Budgeting/ Money Saving Tips
- Benefit Checks/ Income Maximisation
- Grant Searches - access to funds
- Utilities - problems/ better deals
- Benefit applications assistance
- Simple debt
- Assistance for anyone experiencing financial difficulties due to the increased cost of living

See www.moneymap.scot for online support tools
to increase your financial wellbeing

The Empower Project is funded by The Robertson Trust



01343 610620



www.moraycab.org.uk



6 Moss Street, Elgin, IV30 1LU

BE HEALTH-WISE

THIS WINTER



NHS 24's health information service includes self-help guides for a range of common conditions. Visit: nhsinform.scot/self-help-guides

When your GP and local pharmacy are closed, and you are too ill to wait, call: 111.



NHS 24



Optometrist

- Red or sticky eye
- Pain in or around your eye
- Blurred or reduced vision
- Flashes and floaters



Pharmacist

- Coughs, colds and sore throats
- Diarrhoea or constipation
- Help if you run out of your repeat prescription
- Indigestion
- Aches and pains
- Impetigo
- Urinary tract infection



GP Practice

A range of clinicians, including doctors and nurses to help you with both physical and mental health issues.



Mental Well-being

Breathing Space
0800 83 85 87
breathingspace.scot.samaritans.org

Samaritans
116 123



Dentist

- Tooth pain
- Swelling to your mouth
- Injury to your mouth
- Painful or bleeding gums
- Advice on oral hygiene



Minor Injuries Unit

- Cuts and minor burns
- Sprains and strains
- Suspected broken bones and fractures

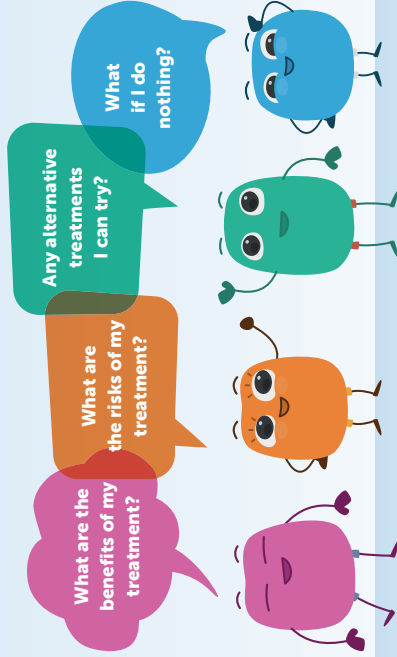


A&E or 999

- Severe injury
- Suspected heart attack or stroke
- Breathing difficulties
- Severe bleeding

It's OK to Ask

When you understand what's going on with your health, you can make better decisions around your care and treatment. That's why it's important to ask your healthcare team the right questions.



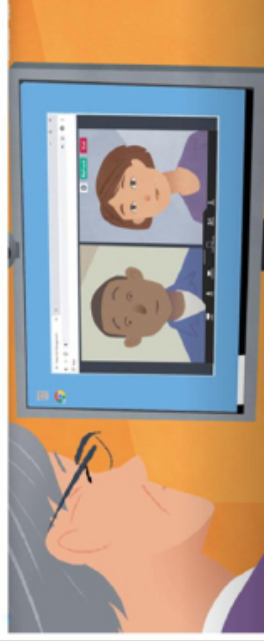
To find out more visit

nhsinform.scot/its-ok-to-ask



What is Near Me?

- Unable to get to a healthcare or public services appointment in person?
- Don't have WiFi, technology or privacy at home?
- Your library can help!
- **Near Me** is a way to access appointments remotely.
- Come to a private, dedicated room at the library.
- Use our equipment and internet access for free, with staff who can help.
- Ask your healthcare provider for a **Near Me** appointment, and contact the library to book in!





Healthpoint outreach and community hubs are available at:

Forres Medical Centre: Tuesdays 8.30-4.30

Moray Coast Practice: Fridays 1.30-4.30

Moray UHI Community HUB: Wednesday 8.30-4.30

Seafield & Cullen Medical Centre- Buckie Fridays 8.30-12 noon.

Rotating between Moray Reachout, the Hub and Cullen Community Centre

Friday afternoon's 1.30pm-4.30pm

Please contact for confirmation of dates and times

(CLOSED for lunch 12.30-1.00pm) All days and times are subject to change

Please telephone 01343 567842 or

Email: gram.healthpointelgin@nhs.scot



The healthpoint service at Dr Grays Hospital offers free information, support and advice on a range of health and wellbeing concerns. The team can support with providing information and motivational support on the following topics:

- Healthy eating
- Physical activity
- Mental health and wellbeing
- Free 1:1 support to stop smoking
- Money worries
- Alcohol
- Long term conditions e.g. COPD/ Diabetes
- Free condoms



Open Monday – Thursday 9am - 12.30pm & 1pm - 5pm

Friday 9am – 12:30pm

Please telephone 01343 567842 or

Email: gram.healthpointelgin@nhs.scot



Keep active



Here are some top tips to help older adults stay active and healthy during the winter months.

- Try an indoor exercise class, swimming, bowling, dancing, volunteering or take advantage of technology
- Build a snowman or go ice skating with the grandchildren
- Try out your local gym
- Schedule time to move each day (20 minutes is a good start)
- Have FUN!

More tips to be found here www.ageuk.org.uk



Steady Steps

Over 50's Exercise Group

With Morag Hammond
Level 4 qualified instructor

Monday 11.30am
Methodist Church Hall, Buckie

Thursday 11.30am
Health Haven, Portessie



Ideal exercise referral class for many conditions including cardiac rehab and falls prevention

To book your place or for more information contact
ann.hay@moray.gov.uk
Tel: 07779 999261

Morag Hammond is a local instructor with over 30 years' experience in the fitness industry.

Her Steady Steps classes are aimed at Over 50's looking to improve their strength & balance and general fitness levels.

A mixture of aerobic warm-up, gentle circuits and strength exercises, these classes are ideal for many conditions including cardio rehab and falls prevention.

Also ideal for pre and after operations for knee and hip pain.



Full details on poster






PROJECT NEURO

Moray's first Neurological Fitness Centre!

"Welcoming and understanding environment, includes all abilities which is so refreshing"

"I have achieved so much more than I thought I could. Great fun with lots of laughs"

T: 07742 717111
W: projectneuro.co.uk
 14 Pinefield Parade | Elgin - IV30 6AG

 Project Neuro

FIND OUT MORE

Physical Activity for Health Programme



Exercise referral from your GP/Health Professional or Self-Refer

12 week programme

You get:
 a consultation;
 scheduled gym sessions; and
 a structured support network.

Available to individuals affected by a number of conditions with specific attention aimed towards diabetes as well as those requiring weight management support.

Participating facilities:

• Forres Swimming Pool & Fitness Centre • Lossiemouth Sports & Community Centre • Buckie Swimming Pool & Fitness Centre • Keith Sports & Community Centre • Speyside Sports & Community Centre • Moray Leisure Centre • Moray Sports Centre •

Cost: £3.75 per session or free with a Fit-Life & Moray Sports Centre membership.

For more information or a referral contact:

07583093951

www.moray.gov.uk/physicalactivityforhealth



FitLife

223860





WE CAN BEAT IT



ARE YOU LOOKING FOR SOMETHING

NEW & EXCITING?

Parkinson's UK Scotland are supporting a new intuitive **EXERCISE DRUMMING** suitable for all ages & abilities

Contact

jhollandparkinsons@gmail.com
hkirkparkinsons@gmail.com
for more details or to book

Moray Sports Centre

Linkwood Road, Elgin

Monday

11:00am

BENEFITS INCLUDE

improved muscle tone
boosts cognitive ability & coordination
promotes a feeling of well being
aids emotional health by reducing stress
promotes happy hormones and
puts a smile on your face



Volunteering is a way for you to make a positive impact, keeping you connected,

enhancing your overall life satisfaction and promoting a healthy and vibrant lifestyle. There are many ways to get involved, at a pace that suits you.

How volunteering can benefit you;

- Social connection: meeting new people and connecting with groups that provide activities that may benefit you.
- Physical and Mental Health: better physical and mental health, keeping our bodies and mind active.
- Recognition and Value: rewarding experience where your contribution is recognised and valued, where you feel part of something worthwhile.
- Continuous learning: the opportunity to learn something new; it's never too late to learn something new or achieve a new goal.

Interested in volunteering?

Contact us for an informal chat by phoning 01343 563515 or email volunteering.cc@moray.gov.uk

HEALTH WALKS BENEFITS



Health walks are short, safe, social, fun and accessible low level walks, which are led by trained volunteers. There are many benefits of walking, including physical, social and mental benefits.

Physical benefits include:

- Prevention of a range of health conditions including cancer, stroke, obesity, diabetes, heart disease and high blood pressure.
- Improved sleep.
- Help managing pain.

Social benefits include:

- Reduced isolation and loneliness.
- Social support for self and others.
- Making new friends.

Socialisation increases sense of happiness and well-being and therefore improves the overall quality of a person's life.

Mental benefits include:

- Reduced stress, anxiety and depressive symptoms.
- Increased positivity.
- Improved mood.
- Overall improved mental well-being.

If you are interested in health walks, please come along and try one of our existing walks which are on the opposite side!

Any questions or queries please do not hesitate to contact the
Walk Moray Health Walk Coordinator, Morgan McKay:
Morgan.mckay3@nhs.scot/07976472156

WALK MORAY HEALTH WALKS



MONDAY

Fochabers Health Walk Speyside Way car park	10.00am
Forres Health Walk Grant Park, beside Bowling Green	1:15pm
Lossiemouth Health Walk Changes weekly, check Facebook page/email coordinator	1:30pm

TUESDAY

EDF Renewables Dufftown Health Walk Clock Tower	10.00am
CLAN High Street, Elgin (For CLAN Cancer service users only)	11.00am
Dr Grays Under clock at old entrance (For NHS staff and partners only)	12:30pm
Aberlour Health Walk Aberlour Square, at the War Memorial	7:00pm

WEDNESDAY

Elgin Library Health Walks Inside entrance	11.00am 12.15pm 1.30pm
Buckie Health Walk Buckie Swimming Pool	7.00pm

THURSDAY

Elgin (Moray Leisure Centre) Health Walk Inside at Cafe	10.00am
Hopeman Health Walk Hopeman Surgery car park	10.00am
Roths Health Walk Seafield Square, corner of Land Street	10.00am
Burnside Court (Buckie) Outside Main Entrance on benches	10.30am

FRIDAY

New Elgin Linkwood Practice Health Walk On grass at side of Practice	10.00am
Cullen Health Walk Cullen Community Centre	1.30pm



MOOD-BOOSTING FOODS

When the cold weather arrives, many of us can feel a little low. But did you know that what you eat can affect how you feel? Not only that, but there are certain foods that are proven to actually boost mood.

A balanced diet packed with fibre, vitamins and antioxidants can help beneficial gut bacteria thrive and boost production of feel-good hormones. And the best part is, it's easy to incorporate mood-boosting foods into your diet.



YAKULT'S TOP MOOD-BOOSTING FOODS

- **Berries** - strawberries, raspberries, blackberries are the perfect topping on porridge or a slice of cheesecake.
- **Lentils** - lovely legumes such as beans, pulses and lentils are often overlooked but are nutrient-packed! They are also an easy, low-cost way to bulk up a meal and a great meat alternative.
- **Oats** - are packed with all sorts of goodness. Why not start your day with a bowl of porridge and top with berries for an extra boost?
- **Nuts** - they may be small but they're big on benefits. Mixed nuts are an easy snack or a great addition to a vegetarian dish.
- **Leafy greens** - kale, spinach, cabbage and broccoli are all great and can be added to a curry, pasta dish or pie.
- **Eggs** - they really are sunny-side up. Scrambled, fried, poached or boiled - eggs make for a quick lunch or tasty weekend brunch.
- **Turkey** - a festive classic. Don't worry, you'll still get the benefits even if it's a bit dry!
- **Potatoes** - roasted, mashed or baked... whichever you prefer, load your plate up high.
- **Oranges** - and other citrus fruits are at their best during the winter months. Enjoy as a snack or try adding to salads or bakes.
- **Dark chocolate** - we've saved the best till last! Swap milk chocolate for dark chocolate - perfect with a cup of tea.

STAYING HYDRATED

Many people get dehydrated by not drinking enough fluids or by losing fluids and not replacing them.

Drinking plenty of fluids every day can...

- Increase energy levels.
- Boost your mood.
- Improve concentration.
- Reduce headaches.
- Protect against illness, such as urinary tract infections.

TOP TIPS TO STAY HYDRATED

✓ **Aim for 8 - 10 drinks a day -**

This will replace the fluids you lose naturally.

✓ **Don't wait until you're thirsty -**

Make a point of having a drink regularly.

✓ **Always keep a drink close by -**

Whether you're out and about or watching TV.

✓ **Super foods -**

You can get around 20% of the water you need from the right food. Soups and stews are good, fresh fruit and vegetables are up to 80% water.

✓ **Check it out -**

If your urine is dark, it's often a sign you need to drink a bit more.

✓ **Not just water -**

Tea, coffee, herbal teas, milk drinks, fruit juices and smoothies all help too.

For more information on mood-boosting foods, visit:
[yakult.co.uk/gut health/mood-boosting-foods](http://yakult.co.uk/gut-health/mood-boosting-foods)

HEALTHY HEART RECIPES - Salmon Burgers



INGREDIENTS

- 25g (1oz) quinoa
- 1 tsp rapeseed or olive oil
- 85g (3oz) whole spring onions, very finely chopped
- 1 tbsp chopped fresh dill (or basil or coriander leaves)
- Finely grated zest of 1 small lemon
- Freshly ground black pepper
- 500g (1lb 2oz) skinless salmon fillet
- 1 egg yolk

METHOD

1. Start the recipe the day before you want to eat the burgers. Put the quinoa in a small pot and cover with cold water. Bring to the boil, then simmer for 20 minutes until the grains are tender. Drain well and leave to cool.
2. Heat the oil in a small, non-stick frying pan and fry the spring onions for 3-4 minutes, stirring, until softened. Stir in the dill and lemon zest with a good 10-12 twists of the pepper mill. Cook for a further minute then leave to cool.
3. Blitz the salmon in a food processor for 3-4 seconds until coarsely chopped. It should look like rough mince.
4. Line a baking sheet with foil. Stir the cold quinoa and spring onion mixture into the salmon with the egg and shape into 6 burgers. It will feel very soft but don't worry. Cover with clingfilm and leave to chill overnight.
5. To cook the burgers, wipe or spray the base of a non-stick frying pan with a little oil and put over a medium heat. Slide the burgers into the pan off the baking sheet and leave to brown for 1 minute. Turn over with a fish slice and leave to brown on the other side for 1 minute. Cook, turning for a further 3 minutes, turning once more halfway through.
6. Alternatively, slide the baking sheet under a pre-heated grill and cook, turning, as above for 5 minutes.
7. Serve in toasted wholemeal buns or wholemeal pitta bread (or gluten-free alternatives), with a green salad, a squeeze of lemon juice and some Yoghurt Dressing (omit yoghurt dressing for a dairy-free diet).

For more tasty health recipes check out the British Heart foundations webpage <https://www.bhf.org.uk/informationsupport/support/healthy-living/healthy-eating/recipe-finder/salmon-burgers>

Keep connected



Anyone can struggle from feelings of loneliness and isolation especially over the winter period. Follow our top tips to stay in touch with family and friends:

- Continue to go to social events with family and friends.
- Reach out to family/friends with a phone conversation, make their day and yours!
- Learn new technology. All sorts of options exist to connect with friends and family, such as Facebook, Messenger, WhatsApp and email - ask someone to help you set it up.
- Look out for local community events you can attend and be connected to.
- Keep positive. Look after your mental health and wellbeing.



ACTIVITIES INCLUDE

WEEKLY COFFEE MORNINGS
MONTHLY MEMBERS MEETINGS
MONTHLY WALKS
WEEKLY CURLING
MONTHLY LUNCHES



FOR FURTHER INFORMATION CONTACT

JANET MUNNINGS 01343 333786
HELEN HUNTER 01343 540609

Moray Over 60's Friendship Circle aims to provide companionship, advice, assistance and social friendship to people aged 60 and over in Moray.

We hold a number of monthly events including walks, regular lunch and coffee outings and even curling in the winter.

The second Wednesday of the month you will find us in the Supper Room of Elgin Town Hall at 2pm where we have a regular programme of speakers and fun activities.

Please do come along and join our friendship circle by contacting:

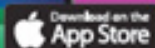
Janet Munnings (Chairperson)
on 01343 333786 or

Helen Hunter (Secretary)
on 01343 540609.

No transport ??? no problem...

M Connect can help you get from A to B in your area - download the app or give them a ring on **0300 1234565** find out where your stop is!

To find out about more community transport contact the CWDT on: **07779 999261**



Booking

You may be used to calling our booking line on 0300 1234565 to arrange your travel with us - and you still can. Alternatively, you can book your journey via our brand new, easy-to-use m.connect app.

Our app is user-friendly and can be accessed 24/7.

We're more flexible than ever - our app allows you to book travel up to 2 weeks in advance and up to 1 hour before you travel.

Simply download the app to plan and book your journey.

Fares

We've simplified our travel and fare structure, so no more complex journey info, you simply pay for the zones you travel in.

m.connect fare structure

Zone	Single	Return
1	£3.00	£5.00
2	£5.50	£9.00
3	£7.50	£9.00
4 or more	£9.00	£9.00

You can pay using a range of options, including:

- Credit Card and Debit Card (contactless)
- National (Scotland) entitlement cards and with cash

Journey enhancement

We're extending our service times and m.connect will operate from 0630-2015hrs (Mon-Fri) in Buckie, Keith and Speyside. Perfect for those wanting to make their commute with us.

We'll also be adding new electric vehicles to the m.connect fleet, so you can travel safe in the knowledge that you're contributing to reducing your carbon footprint.

Plus, we'll be offering on-board WiFi, so you can maximise your time with us.

Coming soon

Group bookings will be available from October 2023

m.connect

For full details on Group Bookings visit www.moray.gov.uk/mconnect

Free Courses

**Chime for Wellbeing in
Buckie - Starts 5th
December**
12 week creative
workshop to explore
wellness tools and self
management, share ideas
and support and create a
plan for crisis.



**Living Life to the Full,
Online - Starts January 2024**
8 week CBT group course
to give you the skills to
gain better control of your
life, feel less stressed and
more able to cope with
challenges.



Become a Community Connector

Use your own lived experience of life's ups and
downs to support another person in a positive
and mutually supportive way.

It could be over a cuppa, a walk or attending
an activity group together.

If you can spare some time
to meet a person who is
feeling currently less
connected or empowered,
for an informal chat then
please get in touch.



Come along to a Weekly Wellbeing Drop-in:

Pop by for peer support, we're here to:
listen, mutually support and help find resources for your wellbeing. As well as
support with all things tech and digital.

We are people with our own experiences of life challenges and we look forward to
chatting with you.



Mental Health and Wellbeing Practitioner

The Mental Health and Wellbeing Practitioner Service is a much needed new role created within the GP practices to help everyone who may be struggling with aspects of their mental health and wellbeing such as stress, low mood, anxiety, addiction, bereavement, loneliness, money worries, and anything else that life may throw at you. We offer an appointment of up to one hour for anyone who feels they are struggling. We will listen and give you time to talk over your issues and we work with you to find solutions that are meaningful to you, will fit with your lifestyle, and help you to become more resilient. We will help by giving you the information and tools to connect with people and places that can help you and to learn the skills that will enable you to overcome your uncomfortable feelings of stress and anxiety. Our aim is to empower you to look after and prioritise your own mental health and wellbeing. You don't need to see a GP to make an appointment with us. As long as you are over 18 you can ask any member of staff at your GP practice for an appointment with one of our skilled and enthusiastic team of Practitioners.

Lynn Dowsett

✉ hello@moraywellbeinghub.org.uk
☎ 01343 576219 (answerphone)
🌐 www.moraywellbeinghub.org.uk



MORAY
wellbeing
HUB

WHY NOT JOIN ELGIN & DISTRICT U3a TO MAKE NEW FRIENDS AND TRY NEW INTERESTS?

The u3a is an organisation that encourages older people, not in full-time employment, to keep their minds active by discovering the pleasures of learning in friendly surroundings, away from the pressures of formal academic structures. It is one of the fastest growing organisations in the UK, there being more than 1000 u3as and over 400,000 members.

Elgin & District u3a offers a variety of interest groups, each led by the members themselves. These groups range from study-based subjects such as languages, science or local history to more recreational topics, including walking, sports, dance and indoor games. They meet in members' homes or at a public venue. In the latter case, group members contribute to the room hire costs. For a nominal annual fee, members may join as many groups as they wish.

Members are spread over a wide area with at least one interest group currently meeting in Lossiemouth, Fochabers, Hopeman, Burghead, Lhanbryde, Cummingston, Dufftown and Archiestown, as well as those in Elgin itself.

General members' meetings are held about every two months in Elgin Town Hall, usually featuring a guest speaker, refreshments and the opportunity to meet with other members, group leaders and members of the committee.

To find out more, contact:

membersecretary@u3a-elgin.org.uk • www.u3asites.org.uk/elgin



Not able to get out and about right now?

Why not check out all the **FREE** online activities on the link below
<https://virtualvillagehall.royalvoluntaryservice.org.uk>

MEN'S SHED

Men's Sheds are community spaces where men can enjoy practical hobbies. They're about making friends, learning and sharing skills. Many guys come just for the tea and banter, everyone's welcome.

To find out more contact Karen:

CWDevelopmentTeam@moray.gov.uk • 07966 120585



"There are no strangers here just friends you haven't met yet."

The Fochabers Men's Shed is situated in the Fochabers Public Institute and meets there every Tuesday and Wednesday between 10.00am and 2.00pm.

The shed is open to all and a warm welcome always awaits you when you come along to see us.

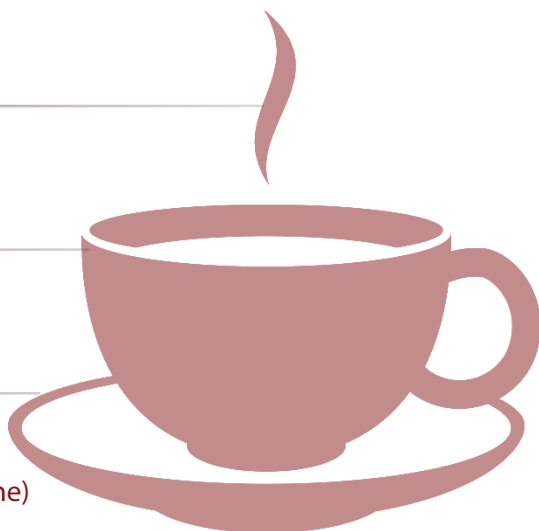
Cullen Men's Shed - Shed behind the main building of the Cullen Community Centre
Cullen Community & Residential Centre
Seafeld Road, Cullen AB56 4AF

Finechty Men's Shed
New Street, Findochty,
Buckie AB56 4PS

Forres & District Men's Shed
Greenbank Workshop,
Forres IV36 2SG

Elgin & District Men's Shed
Unit E, Pinefield Industrial Estate
Elgin

Keith & District Men's Shed
Loft Project Hall
Mid Street, Keith (West Langstane Lane)





University of the
Highlands and Islands
Moray College

Moray College UHI are running leisure courses -
If you are looking for an opportunity to learn and have a bit of fun at the same time then please explore these short course such as First Aid, Art, French and photography to name a few.
More information please contact on
01343 576000 or
email mc.registry.moray@uhi.ac.uk

Get winter ready in your home

Check out how Handy Person service in Moray can support you..
PSSST they also offer a toe clipping service!

How can Moray HandyPerson Services help?

We can help with small DIY tasks such as:

- Putting up shelves
- Replacing light bulbs
- Putting up curtain poles
- Hanging curtains
- Hang mirrors and pictures
- Supply and install key safes

This list is not exhaustive so please get in contact if you have any other small DIY tasks that you need assistance with.



Moray HandyPerson Services



Moray HandyPerson Services

SUPPORT
INFORM
FACILITATE

Practical Support for Vulnerable People

01343 559739

www.MorayHPS.org.uk

admin@MorayHPS.org.uk

Registered Charity: SC035888 Company No: SC272633

10-Father Christmas

6-Scrooge 7-Rudolph 8-Kris Kringle 9-Dasher

1-Shepherd 2-Tiny Tim 3-Wise Men 4-Angel 5-Snowman

• Christmas Characters

6-Carolling 7-Chimney 8-Tinsel 9-Decorations 10-Wreath

1-Yuletide 2-Presents 3-Mistletoe 4-Sleigh 5-Stocking

• Christmas words

World

8-Frosty the Snowman 9-O Christmas Tree 10-Joy to the

bells 5-O Holy Night 6-Deck the Halls 7-Run Rudolph Run

1-Silent Night 2-Last Christmas 3-Santa Baby 4-Jingle

• Christmas songs

Pudding 10-Pigs in Blankets

Sauce 6-Mince Pies 7-Candy Canes 8-Yule Log 9-Christmas

1-Turkey 2-Sprouts 3-Gingerbread 4-Cookies 5-Cranberry

• Festive Food Answers

9	2	4	5	8	3	7	6	1
6	3	5	9	7	1	4	8	2
1	7	8	2	4	6	3	9	5
5	8	1	3	9	2	6	7	4
3	9	2	7	6	4	5	1	8
4	6	7	1	5	8	9	2	3
8	4	3	6	1	9	2	5	7
7	1	9	4	2	5	8	3	6
2	5	6	8	3	7	1	4	9



clan's adult support service

Clan is here to provide emotional and practical support to anyone affected by a cancer diagnosis, including their family, carers and friends. Our wellbeing services have been tailored to make sure your needs are taken care of throughout your journey. They include:

- 1:1 emotional support & counselling
- Complementary therapies
- Cancer support groups
- Physical wellbeing groups
- Social & emotional groups
- Cancer specific educational events



Scan the QR
code to access
our services

Alternatively, contact the team
by calling 01224 647000 or email
enquiries@clancancersupport.org





Just for fun

GIVE THE BRAIN A WORKOUT!



Winter Wordsearch

20 Wintry Words to find...Happy Hunting!!!

F	R	O	S	T	B	I	T	E	A	K	B	W	W	S
Z	E	P	H	Y	R	H	G	G	I	B	G	A	A	O
P	D	L	V	M	A	I	T	A	A	B	F	L	O	L
I	H	D	T	U	N	D	R	A	V	P	H	R	R	S
N	M	I	T	T	E	N	S	B	A	I	E	U	N	T
E	Z	E	W	C	T	U	S	Y	L	N	O	S	A	I
T	H	V	H	O	H	O	S	I	A	E	V	S	M	C
I	E	S	D	E	O	I	W	W	N	C	E	H	E	E
N	A	Q	F	E	A	L	M	V	C	O	R	S	N	M
S	R	J	P	F	C	R	E	N	H	N	C	T	T	N
E	T	H	C	X	K	E	T	N	E	E	O	E	S	V
L	H	L	J	H	K	C	M	H	S	Y	A	D	M	J
S	H	O	V	E	L	T	C	B	R	B	T	H	M	J
S	T	O	C	K	I	N	G	M	E	U	R	E	I	M
G	J	Y	U	L	E	T	I	D	E	R	G	C	A	L

- Avalanche
- Chimney
- December
- Hearth
- Mittens
- Ornaments
- Pinecone
- Shovel
- Solstice
- Tinsel
- Woolens
- Yuletide
- Frostbite
- Overcoat
- Pine
- Stocking
- Tundra
- Walrus
- Zephyr
- Hearthrug

Christmas Anagrams

Festive Food

KEY RUT
US PORTS
ANGER BRIDGE
ICE OK SO
ARAB CURRY SCENE
MEN IS EPIC
ASCENDANCY
UGLY LEO
DISPATCHING DRUMS
ANGELS PINK BITS

Christmas Words

DUEL YETI
SERPENTS
ITEM STOLE
HIS GEL
GIN STOCK
COLLARING
MY NICHE
TINSEL
COORDINATES
THE WAR

Christmas Songs & Carols

ENGLISH TINT
MRS SACHA STILT
BABA NASTY
BEN GELS JILL
THY HOG LION
HACKLED SHELT
DR RUN UPON HURL
WORMS THEFTS ANNOY
TIRESOME CHARTS
JOLY WET HOTROD

Christmas Characters

DR SHE HEP
IT MINTY
SEW MINE
LANGE
NAN MOWS
SORE COG
HOLD PRU
GEL RINK RISK
SHARED
ARCH FISH MATTERS

ChristmasCountdown.uk

			8				9
	1	9			5	8	3
	4	3		1			7
4			1	5			3
		2	7		4		1
	8			9		6	
	7				6	3	
	3			7			8
9		4	5				1

Useful numbers



Your GP	Hopeman Minibus 07485 561007
Emergency Contact	NHS COVID Advice 111 • Testing 119
Local Pharmacy	Moray Volunteering 01343 563515
Neighbour	Silver Line Scotland 0800 470 80 90
NHS contact 111	Moray Handy Man Service 01343 559739
Samaritans 0330 094 5717	Moray Food Plus 01343 208293
TSI moray 01343 541713	Citizens Advice 01343 550088
Fuel poverty 0191 261 5677	Age Scotland 0800 12 44 222
Non-emergency services 101	Scottish Power Cut 105
M.Connect 0300 1234565	CWDevelopmentTeam@moray.gov.uk 01343 563510
Action Fund 0300 123 2040	

Message from the team

*Merry Christmas to each and every one,
and a happy New Year!*

*Looking forward to spending time with you all in
2024*

Keep safe and well.