Moray Communities Mental Health and Wellbeing Fund

Projects Awarded Year 3

Group/ Organisation	Project	Project name and brief description	Grant award
Burghead Free Church	Free Share Community Café	Project to deliver weekly drop-in cafe throughout the year on Thursday afternoons, combined with our Food Bank. Providing a room on a weekly basis for local counselling and information services to offer sessions to support individuals or couples build a healthy sustainable future.	£3,969.64
Cruse Scotland Bereavement Support	Moray Early Intervention Bereavement Support Project	Early Intervention Bereavement Support project to provide small group and one-to-one support, advice and information for 40 recently bereaved people in Moray. Project created in response to sharp rise in people contacting us in early stages of bereavement who are also experiencing complicated grief.	£5,000
Dance North	Singing, Exercise & Tea (SET) Classes	Project to deliver 3 SET classes per week for isolated older people in Moray. Seated dance exercise led by specialist teachers. Facilitate social time at every session.	£12,500
Earthtime for All	Pregnancy Pathways	Nature based walks and activities for pregnant women and new mums in Moray. Project to provide a safe and secure environment where pregnant women/new mums can participate in appropriate physical exercise e.g. walking, exploring local green spaces. Will also encourage learning about environmental aspects of the parks/woods and give the opportunity to gather around a camp fire for a hot/cold drink to share conversation and build relationships.	£7,966
Edinkillie Community Association	Come and Create	Weekly workshops in drawing, writing and singing, delivered at a regular time each week, over a period of ten weeks. These workshops will be open to everyone and especially welcome people experiencing social isolation, physical and mental health issues and young people struggling with being in school. All workshops are drop in and free at the point of access. The project will use a free of charge community bus to allow people from Forrres to attend.	£2,172.50

Elgin Street Pastors	Mental Health & Suicide Prevention Training for street and school pastors	ESP meet a lot of people on the streets who are struggling to cope with traumatic events in their lives. Such stories sometimes impact on volunteers' mental health. This project will provide volunteers with a dealing with trauma course, to help them cope, but also provide them with information they can pass on to others who are struggling with trauma.	£600
Elgin Youth development Group	Bread and Banter	The Bread & Banter project will provide a safe, non-judgemental space for vulnerable young people aged 16-25 to come together, eat and socialise in a welcoming environment over a free, hot and nutritious meal. Monthly sessions will target socially isolated young people with additional support needs.	£11,050
Grampian Regional Equalities Council	Health and Diversity Network	The Health & Diversity Network project aims to empower community members from ethnic minorities to become health champions for their communities.	£9,020
Lossiemouth Men's Shed	Men's Shed Moving Forward	This project will expand venue activities, putting on supper clubs, movie nights and games nights to actively encourage all men who attend to share skills and connect.	£12,362
Lucy's Lights	Lucy's Lights	This project will offer a range of activities and opportunities adapted and made accessible to autistic females. We will work in conjunction with local groups as well as organising events, as chosen by our members	£4,063.34
Mikeysline	Mikeysline in Moray	This project will continue to develop networking in Moray areas and involvement in local events, to increase awareness and connections. This will increase knowledge of Mikeysline and highlight the importance of early intervention and prevention.	£11,611.25
Moray Men Talk	Moray Men Talk	The group started online as a Facebook group with the aim to provide a networking platform for connecting with each other and services within the local area which may help someone who is struggling with mental health. This project aims to increase the meetings to weekly, increase the number of exercise classes and provide platforms for group members to interact with each other.	£2,000

Moray Rape Crisis	Connection & Community: Groupwork Programme for Women Survivors of Sexual Violence	This project will develop and deliver groupwork for women aged 18 and over in Moray who are affected by male sexual violence. Over the next year, this project aims to support and empower women survivors to build connection and community, and increase emotional wellbeing, in a safe, supportive, trauma-informed space.	£12,350
Moray Women's Aid	Promoting Recovery Through Art	The project uses Art as a catalyst to increase the confidence of women as they recover from their experiences of gender-based violence. Moray Womens Aid have learnt that for some women who have low self-worth, 1 to 1 sessions with the artist has allowed them time and space to increase self-belief and confidence to join group work. This project will develop the 1 to 1 sessions offer to women as they enter the service.	£12,360
Mums' Days	Mums' Days	This project will continue running of Mums' Days sessions fortnightly, alongside 'Bumps & Babes' sessions once a month. Sessions will remain free of charge, including refreshments and will continue inviting local services to attend, sharing resources and information.	£10,449
Naturally Useful	The Willow Field Project	This project will provide a volunteer coordinator to support the expansion of new community work providing a tailored day service of gardening and crafting opportunities for adults with additional support needs. These groups will be inclusive, supportive, person-centred and held by support workers and volunteers, initially twice weekly. In addition, Naturally Useful envisage a third day to co-create one-off and/or regular tailored experiences with local helping organisations.	£12,335

Nature 4 Health	Nature Wellbeing in Moray	This project will match fund delivery of a 12 week Branching Out programme in Elgin for new participants who have not yet worked with N4H. Participants must be subscribed to and referred from local mental health services. The project will also fully fund delivery of bi-weekly 'Nature Walks for Wellbeing' in Aberlour and weekly walks in Forres/Elgin from for one year. 90 minutes of nature connection, easy walking, gentle and engaging activities with fire brewed cuppa, led by a trained naturalist guide. Offered free of charge and aimed at all people in the community, but particularly those who are struggling with poor mental and/or physical and social wellbeing. Nature 4 Health encourage NHS staff to link patients to this as happens in other areas. These are complementary to and a natural progression from Branching Out.	£12,350
Networks of Wellbeing	Keith & Strathisla Womens Wellbeing Project	This project aims to engage circa 60 women across Keith and Strathisla who are struggling with low mood and anxiety, and who are interested in building confidence and reducing isolation through co-produced activity sessions throughout the year. This will support women by creating safe places to meet, learn new skills, core wellbeing practices, and tools for empowerment.	£10,505
Outfit Moray	The 'Looking Up' Project	'Looking Up' is a new community-based project which will use outdoor learning activities to promote and develop the mental health and resilience of 16-24 years olds living in Moray, with a focus on preventing mental health issues occurring or escalating.	£9,600

Playlist for Life	Playlist for Life Moray	This project aims to improve the mental health and wellbeing of families affected by dementia across the Moray region using personally meaningful music, together with delivering a tried and tested model for training health and social care professionals on how to make and use a music playlist.	£10,000
Quarriers Arrows Service	Arrows: Making Recovery Fun	This project will refurbish The Bow to create an attractive recovery-orientated environment for social interaction, a recreational destination for the whole community. Through consultation with those Arrows support, initial ideas include a pool table, sound system, games, painting, and soft furnishings to make it more fun and inviting. 1000+ individuals will benefit.	£12,500
R-evolution for Good	Men's SPACE	This project will continue Men's Space in Elgin and Lossiemouth, which is a weekly 2 hour drop-in session for men to talk about things that they may be struggling with. It's an informal setting offering peer support over a cuppa and a biscuit. The group is facilitated and includes a check in, a topic discussion and check out as well as some time for social interaction. The project includes plans over the next year to grow so that there are sessions in other areas of Moray including Buckie, Forres and Speyside.	£12,500
SACRO	Supported Accommodation Transition Project	This project will provide direct support to individuals including practical and emotional support - transport costs, gym membership, volunteering opportunities, and engagement with specialist agencies.	£12,500

Social Enterprise Academy	Wide Horizons	This project will deliver 2 x 6 day "Wide Horizons" programmes for 10 young people aged 16 to 24. This is a unique partnership between ReBoot and the Academy; both parties bringing experience and specialist expertise, and the Academy brings match funding. Project partners have worked together collaboratively for 11 years; and have seen this programme change lives.	£12,090
Speyside Community car Sharing Scheme	Annual Running Costs	This project will enable Speyside Car Sharing Scheme to continue to provide an on-request transport service for members who may be socially isolated through reason of age, disability or infirmity in Speyside & Glenlivet. The main purpose is to support members to live independent lives and fulfil medical and social needs which without early intervention may lead to deteriorating physical and/or mental health. This includes taking members to medical appointments and also to shops, hairdressers, social clubs or to visit family and friends, connecting members with others in the community and helping to reduce feelings of loneliness and social isolation.	£10,000
Step by Step	Pregnancy Support Group	Through this project and based loosely on well-established First Steps/Step by Step groups, sessions will be delivered to form a peer support of expectant parents (from 24+ weeks) and raise parental confidence around the relationship with their baby. Led by a Family Worker and assisted by a volunteer, the sessions will cover topics such as attachment, play and baby brain development as well as highlighting the importance of engaging with other local services during pregnancy and postnatally.	£12,457

The Lossie 2-3 Group	Soup & Pudding Lossie Wellbeing Group	This project will provide a safe and secure space for individuals to come along once a week to have a hot meal and socialise within their community. This is open to all and is donation based to remove any barriers for individuals and families to attend. Lossie 203 Group work with agencies such as Moray Council benefits advice, REAP, Moray CAB, Social Security Scotland to attend the soup and pudding to be able to provide additional support to individuals and offer advice, especially due to the cost-of-living crisis.	£11,720

27 Projects **Total £256,030.73**