



## Art & Craft

- 7<sup>th</sup> Moray Feelgood Festival Launch Event**  
Live music, info, artists, stalls, food and more!  
St.Giles Church, Elgin. 10-2pm. Free
- 7<sup>th</sup> The Art of Mindfulness - Taster Session**  
Jan Grigg. Mindfulness introduction with drawing.  
St.Giles Church, Elgin. 4:30-6pm. 16+. Free
- 8<sup>th</sup> Reclaiming Our Lives From The Sea**  
Viv Hendry/John Moody. Art using found materials.  
Findhorn (by Kimberly Inn) 10am-5:30pm 16+ Free
- 9<sup>th</sup> PaperShift - Therapeutic Paper Making Workshop**  
Alison Simpson. Family workshop. u12+adult  
Moray Art Centre. 10-1pm. £27.50
- 9<sup>th</sup> PaperShift - Therapeutic Paper Making Workshop**  
Alison Simpson. Family workshop. u12+adult  
Moray Art Centre. 1:30-4:30pm. £27.50
- 9<sup>th</sup> Reclaim and Up-craft (Family)**  
Earthtime. Up-cycling & crafting.  
Earthtime, Cooper Park. 10-12am. Family. Free
- 9<sup>th</sup> Reclaim and Up-craft (Adult)**  
Earthtime. Up-cycling & crafting.  
Earthtime, Cooper Park. 2-4pm. 16+. Free
- 10<sup>th</sup> Inspirational Colours - Free Craft Taster Session**  
Social arts for those with mental health issues.  
Lhanbryde Community Centre. 12-4pm. 10/17/24th
- 10<sup>th</sup> PaperShift - Therapeutic Paper Making Workshop**  
Alison Simpson. Reclaim rags to paper.  
Moray Art Centre. 10-4:30pm. 16+. £57.50
- 10<sup>th</sup> Guided Tour of the Art of Computer Reclamation**  
ReBoot. Inc. a tour of the ReBoot recycling facility.  
ReBoot, Forres. 11-1pm. Free
- 10<sup>th</sup> Phoenix Centre Art Exhibition**  
Mixed media local art exhibiton.  
Phoenix Centre Buckie 10-4pm Tue/Fri till 27th Free
- 11<sup>th</sup> Back to Your Roots - Reclaim a Place in the World**  
Mindful growing and harvesting of food.  
Transition Town Gardens, Forres. 2-4pm. Free
- 12<sup>th</sup> Taste of Yarns**  
Drop-in if you love knitting, crochet, craft.  
Buckie Yarns, West Church St., Buckie. 2-6pm. Free
- 13<sup>th</sup> Art From Natural Movement - Workshop**  
Beverley A'Court. Shapes from your body sense.  
Moray Art Centre. 9:30-12:30pm. 16+. £27.50
- 13<sup>th</sup> Art From Natural Movement - Workshop**  
Beverley A'Court. Shapes from your body sense.  
Moray Art Centre. 1:30-4:30pm. 16+. £27.50
- 15<sup>th</sup> Reclaiming the Imagination - Magical Family Fun**  
Food, fairy craft, sculpture & more for all the family.  
Transition Town, Forres. 2-4:30pm. Free
- 16<sup>th</sup> Awakenings - Fine Art Photography Exhibition**  
Hannah Laycock. Living with MS captured in images  
Long Room, Logie Steading. Till 22nd,10-5pm. Free
- 16<sup>th</sup> No Negatives - Photography Exhibition**  
Group f/63. "Reclaiming individual expression".  
Long Room, Logie Steading. Till 22nd,10-5pm. Free
- 17<sup>th</sup> Use Your Loaf - Reclaim Breadmaking**  
Learn easy creative bread recipes & relieve stress.  
Transition Town, Forres. 2-4pm. Free
- 18<sup>th</sup> Be Kind to Your Mind - Posters by Primary 7's**  
Posters about mental health on display in various  
community centres. Till 28th. Free
- 20<sup>th</sup> Waste Watchers Drop In Session**  
Waste Watchers. See how recycling is processed.  
Waste Watchers, Buckie. 1-4pm. Free
- 20<sup>th</sup> Awakenings - Artist Talk**  
Hannah Laycock. Artist explores MS based work.  
Long Room, Logie Steading. 7:30-9pm. 16+. Free
- 23<sup>rd</sup> Reclamations - Art Exhibition**  
Burghead Art Group. Reclaim wellbeing through art  
Old Bakery, Burghead. 12-5pm. Till 28th. Free
- 24<sup>th</sup> Embroidery at In Stitches**  
In Stitches. Try embroidery on a big machine.  
In Stitches, 15 High Street, Elgin. 1-4pm. Free
- 24<sup>th</sup> Guided Tour of the Art of Computer Reclamation**  
ReBoot. A tour of the ReBoot recycling facility.  
ReBoot, Forres. 11-1pm. Free
- 27<sup>th</sup> Reclaiming the Sea - Abstract Art Workshop**  
Artist Daniel Fairbairn explores abstract seascapes.  
Phoenix Centre, Buckie. 10-12:30am. Free
- 28<sup>th</sup> Reclaiming Beauty - Nature and Creativity (Adult)**  
Earth for Life. Foraging, eco-therapy, willow craft.  
Outside Forres Library. 10:15-1:30pm. 16+. £18
- 28<sup>th</sup> Reclaiming Beauty - Nature and Creativity (Family)**  
Earth for Life. Foraging, eco-therapy, willow craft.  
Outside Forres Library. 2:15-4:30pm. £16/19



## Literary

- 5<sup>th</sup> BookBug Session**  
Moray Library Service. For babies and toddlers.  
Elgin Library. 10-10:30am. Free
- 10<sup>th</sup> "Nowse" - Men's Writing Workshop**  
Orla Broderick. Meditation and creative writing.  
Elgin Library. 7:30-9pm. Men 16+. Free
- 11<sup>th</sup> BookBug Session**  
Moray Library Service. For babies and toddlers.  
Elgin Library. 2-2:30pm. Free
- 11<sup>th</sup> Your Inner Writer - Women's Writing Workshop**  
Orla Broderick. Meditation and creative writing.  
Elgin Library. 6-9:30pm. Women 16+. Free
- 12<sup>th</sup> Spellchasers - Author Reading and Workshop**  
Lari Don. Readings and talk with the author.  
Elgin Library. 2-3pm. 8-12 years. Free
- 12<sup>th</sup> Mind Blind - Author Reading and Workshop**  
Lari Don. Readings and talk with the author.  
Elgin Library. 3:30-4:30pm. 11-14 years. Free
- 12<sup>th</sup> Writing Young Readers - Always Happy Ever After?**  
Lari Don. Workshop and talk with the author.  
Elgin Library. 7:30-9pm. 16+. Free
- 16<sup>th</sup> BookBug Session**  
Moray Library Service. For babies and toddlers.  
Elgin Library. 10:30-11am. Free
- 16<sup>th</sup> THRIVE: Reclaim Your Self - Discussion Group**  
Shaaron Skinner. Theme: Mental health and media.  
Elgin Library. 3-4:30pm. 12-16 years. Free
- 16<sup>th</sup> THRIVE: Reclaim Your Self - Discussion Group**  
Shaaron Skinner. Theme: Mental health and media.  
Elgin Library. 7-8:30pm. 16+ years. Free
- 17<sup>th</sup> THRIVE: Reclaim Your Self - Discussion Group**  
Shaaron Skinner. Theme: Mental health and media.  
Keith Youth Cafe. 3-4:30pm. 12-16 years. Free
- 17<sup>th</sup> Your Inner Writer - Women's Writing Workshop**  
Orla Broderick. Meditation and creative writing.  
Lossie Library. 6-9:30pm. Women 16+. Free
- 18<sup>th</sup> Magic Casements - Talk with Howie Firth, Author**  
Exploring new horizons, place & space... intriguing!  
Elgin Library. 7:30-9pm. 16+. Free
- 19<sup>th</sup> Moonwrite - Reclaiming Our Lunar Connection**  
Helen Moore. Creative writing/poetry workshop.  
Transition Town, Forres. 7-9pm. 16+. Free
- 25<sup>th</sup> Writing and Reading for Wellbeing**  
Liz Thompson. Share writing of personal meaning.  
Elgin Library. 7-8:30pm. 16+. Free
- 26<sup>th</sup> BookBug Session**  
Moray Library Service. For babies and toddlers.  
Elgin Library. 2-2:30pm. Free
- 26<sup>th</sup> Writing and Reading for Wellbeing**  
Liz Thompson. Share writing of personal meaning.  
Lossie Library. 7-8:30pm. 16+. Free
- 28<sup>th</sup> BookBug Session**  
Moray Library Service. For babies and toddlers.  
Elgin Library. 11-11:30pm. Free
- Wellbeing Book Display - 10th - 30th October**  
Moray Library Service.  
Elgin Library. 10-8pm. Free
- Reclaiming Time Lost to Screens**  
Coffee places and restaurants across Moray.  
Various locations and times during the festival.



## Film

- 14<sup>th</sup> Inside Out (2015 - U)**  
Disney/Pixar animation about emotions in a girls  
head. Forres Town Hall, 2-4pm, by donation
- 19<sup>th</sup> Feelgood Festival Film Night (18+)**  
Drouthy Cobbler, Elgin, 7:30-Midnight  
3 locally made short films, followed by Q & A, with  
mental health focus including Alzheimers, fear and  
the impact of stroke:  
- "Father's Footsteps", Diane Smith  
- "Shedding", Ian Moore  
- "Survivors Not Victims", Yvonne M. Findlay, CVM  
Followed by Q&A with the film makers.
- 27<sup>th</sup> Silver Linings Playbook (2012 - 18+)**  
Comedy. Having lost his teaching post, his wife and  
his hold on sanity, Pat Solanto (Bradley Cooper)  
returns from hospital to move in with his parents  
and try to rebuild his life. things get complicated  
when Pat meets Tiffany (Jennifer Lawrence)  
Followed by discussion.  
Hosted by U3A, University of the Third Age.  
Inkwell, Youth Cafe, Elgin. 10-12:30am, by donation



## Drama Dance & Music

- 7<sup>th</sup> Reclaim the Vibe - Samba Drumming Workshop**  
The Penguins Tuxedo. Family friendly drumming.  
St.Giles Church, Elgin 3-4pm Donation, 8+ welcome
- 7<sup>th</sup> Reclaim the Beat - Community Drum Jam**  
Carol Scorer. All welcome, u8 accompanied.  
St.Giles Church, Elgin. 7-9pm. £5 adult, £4 u16
- 12<sup>th</sup> Big Fat Electric**  
Original electronic music from Moray producer.  
The Drouthy Cobbler, Elgin. 9-11pm. 18+. Free
- 13<sup>th</sup> Reclaiming the Outdoors - Waddle Toddle**  
Earthtime. Activity for 1-3 years, parents/carers.  
Earthtime HQ, Cooper Park, Elgin. 10-11am. £3
- 20<sup>th</sup> Dance Movement Therapy Taster Session**  
Ruby Worth. Explore body, mind and emotions.  
Memorial Hall, Hopeman. 10:30-12noon. 16+. Free
- 21<sup>st</sup> Dance Walking on Findhorn Beach - Ruby Worth**  
Bring music & headphones, all weather.  
Meet at end of Dunes Road. 11-12:30pm. Free
- 21<sup>st</sup> Pop Goes The Golf Ball - Reclaiming Who I Am**  
Let the ball fly & swing to the beat with Living Golf.  
Covesea Golf Links. 10-3pm. 8+
- 21<sup>st</sup> Reclaiming Verse - Poetry Readings**  
forWORDS. Bring your own poetry/favourite poem.  
Bookshop, Logie Steading. 11am & 2pm. Free
- 26<sup>th</sup> Sing for Life - Choral Performance**  
Sing for Life Speyside, Songs from all genres. Free  
Glasgow School of Art, Creative Campus. 6:30-8pm.
- 28<sup>th</sup> Have You Taken Your Tablets?**  
Biff Gladman. Comic theatre followed by Q&A.  
Memorial Hall, Hopeman. 7:30-8:30pm. 16+. Free

- Reclamation - Yarn Bombed Bicycles**  
Look out for brightly bound bikes!  
Across Moray. Throughout Festival. Free
- Artists and Sculptors in Residence at ReBoot**  
Artwork on display at ReBoot throughout October.  
ReBoot, Forres. Free

- Family friendly events
- Please check website for ticket details

MORAY

# Feelgood

FESTIVAL

Book online now at:  
[moraywellbeinghub.org.uk](http://moraywellbeinghub.org.uk)

The information in this leaflet is subject to change.  
Please visit our website for up to date event listings.

