



# Events in Moray

Date	Activity	Hosted/Led By	Time	Venue	Age Group/Open To
Monday 14 <sup>th</sup> May	Tell Us How Moray Can Improve Mental Health Services for Young People	Elgin Youth Cafe & Moray Wellbeing Hub	4-6pm	Elgin Youth Café, Francis Place, Elgin	S1-S6
	Therapeutic gardening session	ReapScotland – Alasdair Taylor 07873 728 587	1-4pm	Garden at rear of Maryhill Medical Practice, Elgin	Public session open to all
	Get Motivated and Achieve Your Goals	Penumbra 01343 556191	11am-1pm	Moray Coast Medical Practice, Lossiemouth	18 years and over
Tuesday 15 <sup>th</sup> May	Wellbeing Stones: Drop in Art Workshop Brighten up someone's day with wellbeing stones with Amy and Clair.	Elgin Youth Cafe & NHS Mental Health Development Officers	4.30-6pm	Elgin Youth Café, Francis Place, Elgin	S1-S3
	Mental Health & Creativity: Champion Café Conversation (Future of Feelgood Festival)	Moray Wellbeing Hub	6-8pm	Moray Resource Centre, Maisondieu Road, Elgin	Moray Wellbeing Hub Champions only. Members of the public can access via website at any time.
	Self-Management Workshop: Facing Fear	Penumbra 01343 556191	2-4pm	Phoenix Centre, Queen Street, Buckie	18 years and over



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Wednesday 16 <sup>th</sup> May	Turn Off Technology: Can you accept the challenge to stay off all technology and see how much fun you can have in 4 hours?	Elgin Youth Cafe	4pm-8pm	Elgin Youth Café, Francis Place, Elgin	S1-S6
	Self-Management Workshop: Assertiveness	Penumbra 01343 556191	11am-1pm	Moray Mental Health & Wellness Centre, Batchen Street, Elgin.	18 years and over
Thursday 17 <sup>th</sup> May	Self-Management Workshop: Healthy Eating	Penumbra 01343 556191	2-4pm	Forres House Community Centre, High Street, Forres	18 years and over
Friday 18 <sup>th</sup> May	Breakfast to Boost Yourself	Elgin Youth Cafe	9-11am	Elgin Youth Café, Francis Place, Elgin	S1-S6
	Time to Chill Out: Feel Fantastic Friday	Elgin Youth Cafe	1-3pm	Elgin Youth Café, Francis Place, Elgin	S1-S6
	Drop with a feel good theme	Elgin Youth Cafe	7pm-10pm	Elgin Youth Café, Francis Place, Elgin	S1-S6
	Phoenix Centre Open Day	Phoenix Centre	12-2pm	Phoenix Centre, Queen Street, Buckie	Public session open to all
	Self-Management Workshop: Food is Fuel - Cooking Session	Penumbra 01343 556191	2pm-4pm	Transition Town Forres, Bogton Road, Forres	18 years and over
	Living Golf Tournament – Texas Scramble. Cost £5 per person	Living Golf 075 701 39657	10am-2pm	Covesea Golf Course, between Lossiemouth and Hopeman	S1-S6
Saturday 20 <sup>th</sup> May	Conversation Menu & Emotional Eats Pop- up Café: Sit down and enjoy a wellbeing conversation of your choice from our menu. Stigma challenging tasty treats and beverages available for purchase.	Moray Wellbeing Hub	2-4pm	Greenfingers, Cooper Park , Elgin	Public event open to all includes family activities (Earthtime etc) and plant sales.