

Make Recovery Real in Moray...today!

*Creating change need not be a massive commitment,
we can all make a difference with these small steps & top tips*

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in Moray

Connectedness	Include others as partners in your ideas, projects or service. Recognise the extra time as well as extra benefits to true coproduction.
Hope & optimism	Help celebrate what is happening already - share events, ideas and resources through word of mouth, flyers or online.
Identity	Consider your own mental health, visibly live CHIME, be authentic with others by asking for support.
Meaning	Get involved making change that matters to you. Be proactive in campaigns, join a local forum, become a Champion (ideas overleaf).
Empowerment	Learn more about what works and is available for good mental health. Attend training and personal development to improve your skills.

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Next steps & support resources

- > **Join Moray's Social Movement for Change – Become a Champion:** Sign up online with Moray Wellbeing Hub. Commitment to values not time. Support to deliver within existing roles or create new ones. All ages welcome. Regular opportunities and support.
- > **Health & Social Care Moray:** Opportunities to share your experiences, views and ideas on current and future health and social care services. Make your voice count by emailing involvement@moray.gov.uk
- > **Making Recovery Real Partnership:** Strategic planning for delivery of 'Good Mental Health For All' this group is open to new interested members from a range of backgrounds and experiences, including those who deliver services and projects. For more details email hello@moraywellbeinghub.org.uk
- > **tsiMORAY membership:** tsiMORAY connects people to create change: We help to grow and develop volunteering, community groups, charities, voluntary organisations and social enterprises across Moray. We help the groups and individuals we work with take part in local planning and decision-making processes that affect them. There are a range of forums and an action group open to new members with regular meetings and emailed updates. These include:
 1. **Health and Wellbeing Third Sector Forum:** aims to ensure the third sector are an equal partner in the health and social care in Moray, connecting third sector groups to each other and partners.
 2. **Children and Young People's Third Sector Forum:** open forum that connects charities, voluntary organisations, community groups and social enterprises that provide services to children, young people and families in Moray.
 3. **Fairer Moray Forum Action Group:** An equal partnership between public and third sector that brings partners together, to co-design and implement direct actions to reduce poverty in Moray. Co-chaired by Moray Council and tsiMORAY.

Online resources & opportunities sign up to mailing lists (most also have social media options):

www.moraywellbeinghub.org.uk

www.scottishrecovery.net

www.tsimoray.org.uk

www.hscmoray.co.uk

www.yourmoray.org.uk

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 4. **Health and Wellbeing Third Sector Forum:** aims to ensure the third sector are an equal partner in the integration of health and social care in Moray

5. **Children and Young People's Forum:** open forum that connects charities, voluntary organisations, community groups and social enterprises that provide services to children, young people and families.

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