



Moray Health  
& Social Care  
Partnership

# Ageing Well Moray Activities Programme 2026

Unlock a World of  
Opportunities for Healthy,  
Active, and Fulfilling Later Years



Make new friends | discover new hobbies | stay fit and active



# Unlock a World of Opportunities for Healthy, Active, and Fulfilling Later Years

## Welcome to the Community!

Are you enjoying the prime of your later years and looking for ways to keep the good times rolling? Do you like the idea of making new friends, discovering new hobbies, or staying fit and active? You're in the right place!

## Something for Every Taste

From flexing those muscles to flexing those brain cells, there are plenty of groups across the community offering activities for all interests and abilities. If you're looking to stay physically fit and socially connected, Be Active Life Long (B.A.L.L.) Groups and Health & Wellbeing Groups provide a wide range of options to help you feel healthier, happier, and more connected. Say goodbye to loneliness and hello to new opportunities!



For more community wide activities contact the team who would be happy to signpost you to the right activity  
[CWDevelopmentTeam@moray.gov.uk](mailto:CWDevelopmentTeam@moray.gov.uk) or 07779 999261

# Your Wellbeing, Your Choice

There are many groups across the community that offer choice, support, and the chance to try something new. Whether you're looking for a bit of extra help with your health or simply a friendly cuppa, you'll find welcoming spaces where people value and support one another.



Staying active is also a great way to keep your independence, boost your mood, reduce the risk of long-term health issues, and prevent falls. It helps strengthen your body, ease loneliness, and improve overall wellbeing.

## **B.A.L.L GROUPS**

### **Be Active Life Long**

#### ***A Health and Social Care Moray community group initiative for age 60+***

Be Active Life Long groups are for older people who want to stay active, healthy, and confident later in life. The sessions help improve mobility and balance, which can lower the risk of falls. They're also a great way to meet people, make friends, and feel part of your local community. There's a wide range of activities to choose from, and you can join in at your own pace. Everyone is welcome, valued, and supported.

## **UNIVERSITY OF 3rd AGE**

Elgin and District U3A offers a wide mix of talks, activities, and small interest groups for people who enjoy learning new things and keeping their mind and body active. It's a great way to meet others with similar interests in a relaxed, friendly setting.

### **Who can join?**

U3A is open to anyone who is no longer in full-time work. There's no upper age limit, and you don't need any previous experience – just an interest in learning and taking part.

## **S.E.T GROUPS**

### **Seated Exercise and Tea**

#### ***A Health and Social Care Moray, community group initiative***

S.E.T. Groups are small, friendly sessions for older people who enjoy gentle, chair-based exercises set to music. The activities help improve balance, movement, and confidence, which can reduce the risk of falls. After the exercises, there's time for a cuppa, sharing stories, and meeting new friends – helping everyone feel more connected to their community.

## **HEALTH & WELLBEING GROUPS**

These specialist groups support people to improve their physical, social, and mental wellbeing. Many people join after finishing rehabilitation following an illness, accident, fall, or hospital stay. The groups offer a helpful next step, giving people a chance to keep building strength, confidence, and routine in a friendly, community setting. Activities focus on everyday self-care, staying active, and feeling well.



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# M Connect

## Your Link to Activities, Friends and Community

m.connect is Moray's on-demand local bus service. It helps you travel to activities, appointments and social groups without needing to follow a fixed timetable.

Instead of running to a set schedule, journeys are booked in advance and planned around passengers' needs. You can book up to two weeks ahead, or as little as one hour before travelling.

### How to book

Journeys can be booked using the free m.connect smartphone app, or by phoning Moray Council on 0300 123 4565.

The service operates across key areas of Moray, including Elgin, Forres, Buckie, Keith and Speyside, helping people reach local facilities and community activities.



# Be Active Life Long (BALL) GROUPS



A friendly group of older people who enjoy gentle exercise, hosting activities, speakers, outings with coffee and chat.

**To find out about availability please contact the team directly**

| Group                   | Venue                 | Day   | Start Time |
|-------------------------|-----------------------|-------|------------|
| BALL Aberlour           | Fleming Hall          | Mon   | 10am       |
| BALL Archiestown        | Village Hall          | Fri   | 10am       |
| BALL Bishopmill         | Bishopmill Hall       | Mon   | 2pm        |
| BALL Buckie             | Guide Hut Hall        | Tues  | 10am       |
| BALL Buckpool           | Fisherman's Hall      | Wed   | 10am       |
| BALL Burghead           | Community Hall        | Wed   | 10am       |
| BALL Cullen             | Residential Centre    | Thurs | 10am       |
| BALL Dufftown           | Community Centre      | Thurs | 10am       |
| BALL Duffus             | Village Hall          | Thurs | 10am       |
| BALL Elgin              | Ex-Serviceman's Club  | Wed   | 10am       |
| BALL Findochty          | Church Hall           | Wed   | 2pm        |
| BALL Hopeman            | Memorial Hall         | Tues  | 10am       |
| BALL Lhanbryde          | Community Centre      | Tues  | 10am       |
| BALL Lossiemouth        | Marine Park Pavilion  | Wed   | 10.30am    |
| BALL New Elgin Thursday | New Elgin Hall        | Thurs | 10am       |
| BALL New Elgin Tuesday  | New Elgin Hall        | Tue   | 10am       |
| BALL Roseisle           | Roseisle Village Hall | Thurs | 10am       |
| BALL Spey Bay           | Village Hall          | Wed   | 10am       |

***A Health and Social Care Moray, community group initiative***

***Join our page to keep updated:***

***<https://www.facebook.com/ballgroups>***



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# Set (Seated Exercise & Tea ) Groups



dancenorth  
scotland

A friendly small group of older people who enjoy music and very gentle exercise whilst sharing memories over a cuppa. Our third sector partners Dance North co-deliver these sessions alongside the Community Wellbeing and Development Team.

**To find out about availability please contact the team directly**

*A Health and Social Care Moray, community group initiative*

| Group                 | Venue                        | Day | Time   |
|-----------------------|------------------------------|-----|--------|
| SET Group Elgin       | Moray Sports Centre          | Mon | 10am   |
| SET Group Elgin       | Moray Sports Centre          | Fri | 10am   |
| SET Group Lossiemouth | Marine Tennis Court Pavilion | Mon | 1.45pm |
| SET Group Dufftown    | Mortlach Memorial Hall       | Wed | 10am   |

## University of the Third Age (U3A)



Joining the U3A, you enter a stimulating organisation quite unlike others. Besides fostering friendships it encourages lifelong learning; in an entertaining and informative manner. The U3A offers excellent talks and discussions, and a chance to participate in small groups that will widen your knowledge - or cater perhaps for special interests you have already. Over 22 groups available including Latin, French, Crochet, Film, Photography, Play Reading, Flower Arranging, Walking and many more. If you are interested in finding out more, visit the website <https://elgin.u3asite.uk/>

## ALISS- A Local Information System for Scotland

For wider community based health and wellbeing services check out ALISS- A Local Information System for Scotland

<https://www.aliss.org/>



# Moray Men's Sheds



A group of men with spare time on their hands who come together to work on projects, share skills and have a blether.

**To find out about availability please contact the team directly**

| Group                         | Venue                                   | Day           | Time        |
|-------------------------------|-----------------------------------------|---------------|-------------|
| Buckie Mens Shed              | 19a High Street , Buckie                | Thurs         | 1pm -4pm    |
| Cullen Men's Shed             | Cullen Community Centre,<br>Seafield Rd | Wed           | 7pm - 9pm   |
| Elgin and District Mens Shed  | Unit E, Pinefield Industrial Estate     | Thurs         | 1pm         |
| Finechty Men's Shed           | New Street, Findochty                   | Mon, Wed, Fri | 10am to 2pm |
| Fochabers Mens Shed           | 15 High St, Fochabers                   | Tue & Wed     | 10am to 2pm |
| Forres and District Mens Shed | Greenbank Workshop,<br>Forres           | Mon, Wed, Fri | 9am to 12   |
| Keith and District Mens Shed  | The Pavilion, Seafield Park,<br>Keith   | Wed           |             |
| Lossiemouth Mens Shed (Tue)   | Kellas Avenue                           | Tue           | 10am-12pm   |
| Lossiemouth Mens Shed (Thur)  | Kellas Avenue                           | Thur          | 10am-12pm   |
| Lossiemouth Mens Shed (Sun)   | Kellas Avenue                           | Sun           | 10am-12pm   |

**For more information about Men's Sheds:**  
<https://ukmensheds.co.uk/>  
**or scan the QR Code**



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A Men's Shed is a friendly, welcoming place where men can come together to chat, share skills, and work on practical projects. It's a bit like having your own shed at home – but with company. Members use shared tools and equipment while working on projects they enjoy, in a relaxed environment. It's a great place to learn new skills, get involved in the community, and build new friendships.



## Wild Things – Silver Saplings



Opportunities for older people to reengage with their community and build new friendships whilst connecting with nature. Participants are collected by minibus and supported by experienced instructors to take part in activities in local environmental nature locations. Various opportunities available throughout the year. For details on latest adventures contact [CWDevelopmentTeam@moray.gov.uk](mailto:CWDevelopmentTeam@moray.gov.uk)

## Get On A Bike



Guided bike rides for adults who want to start or restart cycling to improve their physical or mental wellbeing. All equipment provided. Spring/Summer outdoor group sessions and in Winter enjoy indoor evening sessions.

Contact [admin@getonabike.org.uk](mailto:admin@getonabike.org.uk)

# Health & Wellbeing Groups

Groups for older people / people with long term health conditions to improve their physical, social and mental wellbeing. Through building friendships and support networks.

**To find out about availability please contact the team directly**

| Group                                                       | Venue                                                                    | Day                                                                  | Time    |
|-------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------|---------|
| Active Seniors Circuits                                     | Function Suite, Elgin Ex-Servicemen's Club                               | Tues                                                                 | 10-11am |
| Active Seniors Circuits                                     | Contact Tracey Carrington-Hume, 07973 149855, peakphysique05@yahoo.co.uk |                                                                      |         |
| Exercises for Neurological and long term chronic conditions | Project Neuro, 14 Pinefield Parade, Elgin                                | Varies, contact Molly Powney, 07742 717111/ projectneuro22@gmail.com |         |
| Knocking On a Bit over 50's Social Group                    | Mcboyle Hall, Portknockie                                                | Mon                                                                  | 11am    |
| Parkinson's Beats Exercise Drumming                         | Moray Sports Centre                                                      | Mon                                                                  | 11am    |
| Parkinson's Beats Exercise Drumming                         | Online                                                                   | Thur                                                                 | 2pm     |
| Moray Over 50's Ladies Walking Netball Club                 | Moray Sports Centre                                                      | Mon<br>(Term time Only)                                              | 10.30am |

## Community Hubs

Community Hubs provide information on services and resources to a local community and often act as a centre point for community activities and support. There are a number of Hubs in Moray which can be contacted for more information on groups in your local area

|                                         |                                                                                                                             |
|-----------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|
| The Hub, Buckie                         | <a href="http://www.buckiehub.com">www.buckiehub.com</a> / <a href="mailto:admin@buckiehub.com">admin@buckiehub.com</a>     |
| Garmouth & Kingston Community Hub       | <a href="mailto:gkcommunityhub@gmail.com">gkcommunityhub@gmail.com</a>                                                      |
| The Link, New Elgin                     | <a href="mailto:thelinkyys@outlook.com">thelinkyys@outlook.com</a>                                                          |
| Lossiemouth Community Development Trust | <a href="http://www.lossietrust.org">www.lossietrust.org</a> / <a href="mailto:dto@lossietrust.org">dto@lossietrust.org</a> |



**Walking  
Scotland**

# Walk Moray Health Walks

Health walks are short, safe, social, fun and accessible low level walks, led by trained volunteers.

| Day/Time     | Walk                                         | Where to meet                                                                                                                |
|--------------|----------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|
| Mon 10am     | Fochabers Health Walk                        | Speyside Way car park                                                                                                        |
| Mon 10am     | Monthly Mum Days Health Walk                 | Elgin Library entrance –<br>Open to all bumps, children and their grown-ups, family and friends<br>FIRST MONDAY OF THE MONTH |
| Mon 1.15pm   | Forres Health Walk                           | Grant park, beside bowling green                                                                                             |
| Mon 1.30pm   | Lossiemouth Health Walk                      | Changes weekly, check Facebook page/email coordinator                                                                        |
| Tues 10am    | Dorenell Ranger Service Dufftown Health Walk | Meeting at the Clock tower                                                                                                   |
| Tues 2pm     | Aberlour Health Walk                         | Aberlour Square, at the War Memorial                                                                                         |
| Tues 7pm     | Aberlour Health Walk                         | Aberlour Square, at the War Memorial<br>(Stopped from October – March)                                                       |
| Wed 11am     | Elgin Library Health Walk                    | Inside entrance                                                                                                              |
| Wed 7pm      | Buckie Health Walk                           | Buckie Swimming Pool                                                                                                         |
| Thur 10am    | Elgin (Moray Leisure Centre) Health Walk     | Inside at cafe                                                                                                               |
| Thur 10.30am | Hopeman Health Walk                          | Hopeman Memorial Hall                                                                                                        |
| Thur 10am    | Roths Health Walk                            | Seafeld Square, Land Street corner                                                                                           |
| Thur 10.30am | Burnside Court (Buckie)                      | Outside main entrance on benches                                                                                             |
| Fri 10am     | New Elgin Linkwood Practice Health Walk      | On grass at side of Practice                                                                                                 |
| Fri 1.30pm   | Cullen Health Walk                           | Cullen Community Centre                                                                                                      |

For more information please contact: [gram.healthpointelgin@nhs.scot](mailto:gram.healthpointelgin@nhs.scot)

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***“We don’t stop  
playing because we  
grow old,  
We grow old because  
we stop playing”***

**For information or support with your  
health and wellbeing contact:  
Community Wellbeing Development Team  
CWDevelopmentTeam@moray.gov.uk  
07779 999261  
<https://www.hscmoray.co.uk/>**



**For more sporting opportunities, check out  
Sport in Moray – Active Schools and Community  
Sport  
<https://sportinmoray.co.uk/>**