

Welcome to the latest training, events and opportunities from tsiMORAY –

13 OCTOBER 2017

This month at tsiMORAY we welcome Sandra Morrison to the office who is the new post-holder for the Moray Place Partnership – a joint arts and culture development project between Highlands and Islands Enterprise (HIE) and Creative Scotland. You can read about Sandra's post [here](#). If you're keen to get in touch with Sandra regarding any of your projects she can be contacted on sandra@tsimoray.org.uk.

If you would like further information about training, or have an event you're hosting or opportunity within your organisation to be included in a future issue, please e-mail laura@tsimoray.org.uk It would be great if you could send any text in a word file.

If you're being forwarded this e-bulletin but would like to subscribe as an individual you can sign up [here](#)

TRAINING

Legal Structures

Where: The Gallery, Elgin Library, Elgin

When: Tuesday 24th October 2017, 10.30am - 12.30pm

Trainer: FIRSTPORT

If you are dedicated to doing good for others through social enterprise but aren't sure about incorporated structures, the Legal Structure workshop will help you.

This workshop will help you to:

- Take you through the various social enterprise incorporated structures
- Highlight the benefits of the common structures
- Allow you to make a more informed choice for your own business
- Provide an open discussion format to share experiences from the group

You will have a better knowledge of the most common social enterprise structures and will be able to make a more informed decision about what will be right for you.

Book Here: <http://www.firstport.org.uk/support/training/item/609-legal-structures>

Moray Social Enterprise Surgery

Where: The Inkwell, Elgin Youth Cafe, Elgin

When: 31st October 2017, 12noon-2.30pm

Trainer: Just Enterprise

Do you answer “Yes” to any of the following?

- I’m thinking about starting up a new social enterprise – How do I go about this?
- I am a social entrepreneur—how can I increase my revenue?
- We don’t know what we are? A social enterprise or charity?
- We need to form a board – what are the responsibilities? Have we got the right legal structure?
- Our business plan needs reviewed and updated? Who can help?

Then come to this free surgery – where you can find the answers to all the questions you were always afraid to ask and find out what support is out there!

Lunch will be provided too.

Book here: <https://www.eventbrite.co.uk/e/moray-social-enterprise-surgery-networking-lunch-tickets-38329575793>

Partnership for Procurement (P4P) Workshop & One-to-One Mentoring

Where: The Inkwell, Elgin Youth Cafe, Elgin

When: Wednesday 1st November 2017, 9.30am-11am

Trainer: P4P

Partnership for Procurement (P4P) are visiting Moray on Wednesday 1st November to deliver a ‘Getting Started in Procurement’ workshop PLUS some one-to-one support sessions.

P4P provide support relating to tendering, partnership working and consortia development, targeted at the third sector. The support is free and the goal is to increase the skills and capacity of the sector with a view to accessing public sector procurement.

The workshop

Have you considered tendering but are unsure where to start? This workshop will help you to focus your efforts, guiding you through the jargon and processes involved as you seek to engage with public sector buyers. Specifically you will look at:

- Finding opportunities – where are these advertised and how can you access tender documents?
- Knowing your market – how to glean information about competitors, what contracts are being won and how much they are worth.
- Developing your own bid library – pulling together the necessary documentation to ensure you qualify to bid for tenders.
- Your own organisation – do you communicate your own strengths clearly to potential buyers?

This short workshop attempts to simplify the procurement process for you and make it as accessible as possible, the first step on your journey to being Ready for Business!

For the one-to-one sessions P4P are inviting you to get in touch where any of the following apply:

- You are actively seeking to bid for public sector contracts and are having difficulty getting started OR have bid unsuccessfully and seek assistance to improve your skills and capacity to tender.
- You are seeking to bid collaboratively for public sector contracts and are unsure of the best way to begin the process OR are actively pursuing a collaborative opportunity but require some external support.

Please book your space by contacting info@tsimoray.org.uk stating whether you would like to attend the workshop, a one-to-one support session or both

An Introduction to Motivation in the Workplace

Where: The Inkwell, Elgin Youth Cafe, Elgin

When: 2nd November 2017, 10am - 12pm

Trainer: David Jack, Ascend HR

Perhaps you are a manager or business owner who is interested in motivating your team or you are just interested in finding out about human motivation in the work place. During this interactive work shop the host will:

- Introduce motivation theory
- Dispel common myths about motivation, work and performance

Evaluate practical ways you can help motivate your work force.

To book please e-mail info@tsimoray.org.uk

Moray Social Enterprise Network Meet-Up: How Can We Support You

Where: The Inkwell, Elgin Youth Cafe, Elgin

When: 2nd November 2017, 2pm - 4.30pm

tsiMORAY are keen to offer Moray's Social Enterprises and enterprising groups the best support we possibly can and make sure we know what support you really need. As such we'd like to host a meeting where you can chat with us in an informal setting about what you need more of, what you need less of, areas of strength and weakness and ways to best communicate information and opportunities with you for the year ahead.

Refreshments will be provided. Please confirm your attendance via info@tsimoray.org.uk

If you can't make it on the day we'd still love to hear your thoughts. You can email laura@tsimoray.org.uk or give Laura a call on 01343 541713

Applying for Funding

Where: The Inkwell, Elgin Youth Cafe, Elgin

When: Thursday 9 November, 10am-12.30pm

Trainer: tsiMORAY

Taking you through the journey, before, during and after funding. Gain more confidence in applying for funding, a better understanding of funders' requirements and be given guidance to make positive progress when applying for funding.

Please book your space by contacting info@tsimoray.org.uk

Leading Growth for Aspiring Leaders

Elgin | 6 days over 3 months

15 & 16 November | 14 & 15 December | 25 & 26 January

City & Guilds/ILM Accredited (SCQF Level 9)

You may have seen that the Social Enterprise Academy has now launched its 7th year of Just Enterprise Leadership programmes.

Effective leadership is central to the growth and sustainability of organisations working for social change. This engaging and practical leadership experience will give you the support and space to reflect and take action on how you prepare for the opportunities and challenges that leading in the current climate presents.

On this six-day highly interactive programme, you will invest time in your leadership strengths, and witness the impact on the growth of your team, project and organisation.

Supporting current managers who have aspirations to increase their responsibility and impact, this programme allows to you begin your leadership journey with increased confidence.

The programme themes are:

- Leading and Understanding Yourself
- Leading and Understanding Others
- Leading in Your Organisation

For current or aspiring leaders in established third sector organisations and social enterprises who are in or expect to be in leadership roles with line management responsibility.

£300 (£50 per day) Heavily subsidised through Just Enterprise

12 places available. City and Guilds Group through the ILM, entitled Certificate in Leadership (SCQF Level 9/ILM Level 5) available for learners at additional cost.

For further details visit the [website https://www.socialenterprise.academy/scot/whats-on/leading-growth-for-aspiring-leaders-332](https://www.socialenterprise.academy/scot/whats-on/leading-growth-for-aspiring-leaders-332) or contact Donna on 0131 243 2684 donna@socialenterprise.academy

Introduction to Trauma and working with people who use substances

Date: 13 November 2017

Location: Alexander Graham Bell – Breakout Room.

Start: 09:30 prompt - 16.30

This training will introduce the theory of trauma and will enable participants to identify and implement practical strategies to support service users who may experience trauma. This will allow staff to become trauma-informed within their practice.

Learning Outcomes:

- Recognise the different types and causes of trauma which may be experienced by clients.
- Identify behaviours and coping strategies associated with trauma.
- Describe the relationship between drug/alcohol use and trauma.
- Recall techniques for managing disclosure of trauma.
- Identify how to support clients who may be experiencing trauma.

- Demonstrate trauma-informed practice.
- Identify techniques to recognise and manage issues experienced by supporting staff.

To book contact: Louise at louise.mckenzie@moray.gov.uk 01343 557230 by **06 November 2017**. Please note places are limited so get your application in early.

Understanding and responding to alcohol and drug related stigma

Date: 14 November 2017

Location: Alexander Graham Bell – Breakout Room

Start: 09:30 prompt - 16:30

This one day training will give participants a distinct set of knowledge and skills to help them understand and address alcohol and drug-related stigma.

Learning Outcomes

- Recall the meaning and theory stigma.
- Identify and understand the specific stigma attached to people who use substances, people in treatment or in recovery from substance use.
- Describe the consequences of the cycle of stigma
- Identify our own attitudes and beliefs towards treatment options and treatment outcomes for substances.
- Identify language and practice which de-stigmatises people affected by substance use.
- Challenge stigma attached to people who use substances, people in treatment or in recovery from substance use.

To book contact: Louise at louise.mckenzie@moray.gov.uk 01343 557230 by **06 November 2017**. Please note, places are limited so get your application in early.

Drugs and Bugs: An introduction to bacterial infection and drug use

Date: 15 November 2017

Location: Alexander Graham Bell – Breakout Room

Start: 09:30 prompt - 12:30

The training will give a brief overview of bacterial infection and various outbreaks; giving participants the opportunity to explore harm reduction information relevant to bacterial infection. It will provide an overview of the main signs and symptoms which practitioners should be aware of and will encourage participants to think about and develop a response relevant to their services.

Knowledge of drugs and experience of working with people who use drugs is an advantage but not essential for this training.

Learning Outcome:

- Demonstrate increased knowledge of bacterial infection.
- Demonstrate increased confidence to deliver harm reduction information to people who use drugs.
- Recognise symptoms of infection and respond effectively.
- Contribute to the development of effective responses to potential outbreaks which can be implemented in their service.

To book contact: Louise at louise.mckenzie@moray.gov.uk 01343 557230 by **06 November 2017**. Please note, places are limited so get your application in early.

'Tooting' Versus 'Shooting' and other routes & methods of drug use

Date: 15 November 2017

Location: Alexander Graham Bell – Breakout Room.

Start: 13:30 prompt - 16:30

This training will cover methods of using drugs and the risks attached to these, physiological differences for each method of use, reasons for moving from smoking to injecting and vice versa as well as practical demonstrations such as how to make a pipe.

Learning Outcomes:

- demonstrate an understanding of why people move to injecting drug use and the barriers to returning to less risky methods of drug use.
- demonstrate increased confidence in their ability to raise the conversation topic of route transition.
- describe in detail different methods of drug use.

Aimed at drug workers, housing workers, social workers, GPs, nurses, prison staff, pharmacy staff and mental health workers.

To book contact: Louise at louise.mckenzie@moray.gov.uk 01343 557230, by 06 November 2017. Please note, places are limited so get your application in early.

Healthy Minds: Mental Health Awareness Training

The aim of this training is to explore the relevance of mental health for everyone. The session explores concepts of mental health and what constitutes a mental illness. It will explore factors contributing to poor mental health in children and young people, how we might notice poor mental health and how to start that initial conversation to offer support. It will address the role of universal services within 'mental health early intervention and prevention' and clarify stepped support structures and additional mental health services available in Moray. This interactive session will give practitioners the opportunity to discuss destigmatising mental health and how to improve mental health for all.

Learning Outcomes:

- To identify concepts of mental health and mental illness
- To increase knowledge about how to identify poor mental health and mental illness in children and young people
- To increase knowledge about prevention, early intervention, support structures and signposting.

Aimed at:

All practitioners and staff who work with children and young people.

Dates (please note you can book on any training date regardless of your locality)

15/11/17 Community Suite, Elgin Academy

22/11/17 Room 43, Milnes High School

29/11/17 Buckie High Community Lounge

12/12/17 Room 2, Speyside High School

To book a place, please visit the Moray Learning and Development Group [2017](#)

[September to December Training Calendar](#)

<http://www.moray.gov.uk/downloads/file115627.pdf>

Introduction to motivational interviewing

Date: 16 & 17 November 2017

Location: Alexander Graham Bell – Breakout Room.

Start: 09:30 prompt - 16:30

Motivational Interviewing (MI) is a collaborative and empowering method which can effectively influence change through the use of person centred counselling skills and directive strategies. MI can be used with brief encounters and is shown to be more effective than traditional advice giving.

This workshop is appropriate for practitioners who are in the role of conducting one-to-one therapeutic discussions with people using drugs and alcohol with the focus on making and sustaining healthy behaviour changes. This introductory course will begin to develop knowledge and skills in motivational interviewing and seeks to support practitioners to work towards improving service user outcomes through training in how to apply this method.

Learning Outcomes By the end of the course, participants will be able to:

- Define the nature of ambivalence about change.
- Apply the spirit of motivational interviewing, integrated with the OARS counselling skills to engage a person in personal conversation.

- Analyse how motivational interviewing can influence change by intentionally evoking and strengthening natural language (change talk).
- Identify how motivational interviewing may be used within own practice setting.

To book contact: Louise at louise.mckenzie@moray.gov.uk 01343 557230, by 06 November 2017. Please note, places are limited so get your application in early.

ICT Support with Moray Libraries

Are you having problems using your Smart Phone, iPad, Tablet or Laptop? Would you like to know how to use your digital device more effectively? Are you getting confused by upgrades, plugins and apps? Do you need assistance using the Library App, eBooks, eAudio or Comics Plus?

Moray Libraries ICT Help Hubs are here for you. Choose from Buckie on Wednesdays from 10-12, Forres on Thursdays from 2-4 and Elgin on Fridays from 2-4pm.

EVENTS

REAP Community Energy Champions



REAP connecting folk, work and place
Community Energy Champions

Learn about home energy use – Save money – Help others do the same

FREE

COMMUNITY ENERGY CHAMPION TRAINING WITH REAP

Join us for a fun and interactive guide to home energy issues!

ELGIN 20TH SEPTEMBER 10AM -1PM
FORRES 24TH OCTOBER 10AM - 1PM
BUCKIE 22ND NOVEMBER 10AM -1PM
Free Energy Goodie Bags!!

BOOKING ESSENTIAL & MORE INFO:
 Email: energychamps@reapscotland.org.uk
 Call/Text 07835 068481

Funded by:

Website: www.reapscotland.org.uk

REAP: 177 Mid Street, Keith, AB55 5BL
 Charity Number: SC037986; Company number: 316989

@REAP_Scotland
 Visit us on Facebook



make. create.

REGENERATE!

creative upcycling workshops at MorayWasteBusters

30th Sept 10.30am - 3pm Simple Skirts

Simple skirts and sewing machines. Make a made-to-measure skirt or apron using upcycled cloth and a sewing machine. All materials and machines are provided. Bring any old clothes or fabric that you specially want to include.

**7th Oct
10.30am - 3pm
Art Dolls**

Make a whimsical cloth creature using fabric scraps, and paint. Add character and detail with repurposed beads, buttons and broken jewellery.



**14th Oct
10.30am - 3pm
Wall Organisers**

Turn old drawers and wooden boxes into wall mounted organisers, chalkboards and shelves using chalkpaint and power tools.

21st Oct 10.30am-3pm Leatherbound Journals

Leatherbound journals. Make your own journal or sketchbook using recycled papers and rescued leather. All materials provided. Bring any papers or leather if you have any you specially want to include.

Tea and coffee are provided but please bring a packed lunch and an apron or overalls for the messier workshops!

Workshops costs £25 per person. Workshops must be booked and paid in advance.

All materials are included in price (furniture, paint, books, leather etc)

Places are limited to 10 per workshop and are for ages 14+

for bookings and more details

email: revamparama@gmail.com

phone: 07983691879

Workshops take place at MorayWasteBusters, Waterford Recycling Centre, Waterford Road, Forres IV363TN



Clothes Swish

Saturday 28 October 11am-1pm
at Earthtime's West Lodge, Cooper Park, Elgin

Drop off a few items of your clean, good condition clothes that you no longer wear and swap them for some 'new to you' items to take home.
Saves you money, and combats climate change too.



Greener Moray

www.earthtime.co.uk

Registered Charity No. SC043507



Woodworking Workshops

*Make upcycled
garden furniture and more*

Mondays 23 & 30 October and 6 & 13 November. 2-4pm and 5.30-7.30pm

Fridays 27 October and 3, 10, 17 and 24 November, 10-12am

Learn basic woodwork skills making garden furniture (pictured above) from recycled wood, or nest boxes or Christmas crafts and gifts, or bring along an item of furniture or other wooden household item to repair or upcycle.

Also drop in sessions Fridays 2-4pm—bring your wood work queries, wooden items to repair or unfinished UP woodwork project.

All workshops are at Earthtime's West Lodge, Cooper Park, Elgin

Workshops are free but places are limited so booking is essential at paul@earthtime.co.uk

www.earthtime.co.uk/up-project



Registered Charity No. SC043507

Moray Feelgood Festival: Mental Health Arts Festival

Where: A variety of venues across Moray

When: 10-31 October

This local festival has been run successfully for three years by Health and Social Care Moray. Moray Wellbeing Hub, a social enterprise run by those with their own experiences of crisis and challenge in mental health, has taken over coordinating the festival for 2017, and is working with a range of local partners in arts and wellbeing.

With over 60 events in 21 days, the Moray Feelgood Festival has something for all the family. Find out more online or through local leaflets available from libraries and community venues.

For booking, event information and more, visit www.moraywellbeinghub.org.uk.

Moray Waste Busters Auction

Where: Moray Waste Busters, Waterford Road, Forres

When: Saturday 28 October 2017, 9.30am

There is a Moray Wastebusters Auction on Saturday 28 October!

The catalogue can be viewed below and there are a whole host of rare finds to feast your eyes on.

<https://spark.adobe.com/page/9bAWMkGoh3QNL/>

Viewing and registration from 9.30am, the auction begins at 11am. Tea, coffee and snacks available.

Macmillan Move More Moray Launch

Move More Moray, a partnership between Moray Council and Macmillan Cancer Support to help people affected by cancer get active.

Date: Friday 03 November

Location: Elgin Town Hall, 1 Trinity Place, Elgin, IV30 1UL

Time: Arrival from 11.30am with tea/coffee and networking

11.45am – Official presentations, including opening remarks from Macmillan's Partnership Manager Joanne Adamson and Council Convener James Allan, Moray Council. Local stories on the programme to date will also be presented.

12.45pm – an opportunity to take part or watch demonstrations of the sessions involved in the Move More Programme. 1.15pm close of launch.

Move More Moray includes activities specifically designed for people affected by cancer, including walking groups, gentle movement sessions, gardening projects and circuits-based activity classes.

Helping people who have been diagnosed with cancer to 'move more' is a key focus for Macmillan Cancer Support. The charity has carried out extensive research which has shown that being active during and after treatment is both safe and hugely

beneficial and should be available to everyone with a diagnosis of cancer.

The activities, which are all free of charge, will not only help people cope with the side effects of treatment, but also provide people with an opportunity to be around others in a similar situation and reduce loneliness and isolation that the disease can create for those affected. If you are interested/available to attend this launch please confirm your place by emailing Educationandsocialcare@moray.gov.uk



Sew good!

Sewing and Upcycling Workshops

Mondays 13, 20 & 27 November and 4, 11 & 18 December

6.30-8.30pm at the Elgin Community Centre

Copyright © 2017 tsiMORAY, All rights reserved.

Our mailing address is:

tsiMORAY

30/32 High Street

Elgin, Moray IV36 3TU

United Kingdom