



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



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.

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 or 07779 999261



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, 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, Forres	Mon, Wed, Fri	9am to 12
Keith and District Mens Shed	The Pavilion, Seafield Park, 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

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

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 (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	www.buckiehub.com / admin@buckiehub.com
Garmouth & Kingston Community Hub	gkcommunityhub@gmail.com
The Link, New Elgin	thelinkycs@outlook.com
Lossiemouth Community Development Trust	www.lossietrust.org / dto@lossietrust.org



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 – Open to all bumps, children and their grown-ups, family and friends 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 (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

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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/>**