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MARR AREA partnership

Dear All

Small grants still available. Funding is still available for the Marr Area Committee Small Grant Scheme 2018/2019. Grants are available for up to £2,000. Further information and application forms are available at <http://www.aberdeenshire.gov.uk/communities-and-events/funding/marr/>. Projects have to be match funded and completed by 31 March 2019. The deadline dates for the next two Marr Area Committee meetings are as follows: Wednesday 28 November 2018 and Wednesday 9 January 2019.

Mindfulness activities. Networks of Wellbeing are offering the following Mindfulness activities taking place this winter – see below and posters attached.

Winter Retreat

NoW are delighted to be offering another Mindfulness Day-Retreat. The soothing summer Retreat was a success with lots of positive feedback. The winter Retreat will follow a similar structure, with guided mindfulness meditation practices, and silent breaks/lunch-time for reflection. The Retreat is offered at a reduced rate for people who have completed a Mindfulness Based Living Course (MBLC) with us. The remaining places are available to our wider community at £40 per person. It is suitable for people who have experience of mindfulness meditation, and people who are curious about mindfulness and what it feels like to 'Retreat' from the every day busyness of life. This seems particularly relevant at this time of year, when we may wish to rest more as the dark nights close around us. Places are limited, and will be offered on a first come first serve basis.

https://Winter_mindfulness_retreat_Dec_2018.pdf

Mindfulness Skills for Difficult Times

We are pleased to be offering Mindfulness Skills for Difficult Times during the winter months. The sessions are supported by Networks of Wellbeing, so there's no cost for participants. They are aimed at people who are new to Mindfulness, and would like to find out a little more. They're also suitable for people who may have tried Mindfulness skills on their own, and would like to join others in a friendly, supportive, and informal environment. Each week a different theme and short guided meditation practice will be introduced. Maria will introduce different mindfulness skills including practices using breath, mindful movement and mindful objects. The sessions are intended to stand alone, so if you're unable to come along to all of the sessions due to other commitments, that's ok.

https://Mindfulness_for_difficult_times_nov_18.pdf

Life Changes Trust - Dementia Friendly Communities Development Funding. Dementia Friendly Communities aims to improve quality of life and well-being of people whose lives are affected by dementia – both people with dementia and unpaid carers. Through this funding, the Trust is looking to support those who are at the very earliest stages of starting a community that is Dementia Friendly. They are looking to fund both geographical Dementia Friendly Communities and communities of interest, large and small. For geographical communities, they are looking for community-led, grassroots initiatives that have included people living with dementia and unpaid carers in the planning (not just as a member on a steering group). For communities of interest, they are looking for projects that act as exemplars for others and which will also integrate with the wider community. Next deadline: 14th December.

<https://www.lifechangestrust.org.uk/people-affected-by-dementia/funding-opportunities-0>

Scotland's Gardens Scheme's Guest Charity Grant. Scotland's Gardens Scheme's Guest Charity Grants will provide funding for projects that are concerned with the physical, mental and emotional well-