



Community Research Network

Mental Wealth in Moray:
Finding out what makes us thrive

WHO WE ARE

A collective of people from the community of Moray who have experienced challenges in our own mental health and wellbeing at some point in our lives and want to make positive change.



**We focus on
individuals
strengths,**

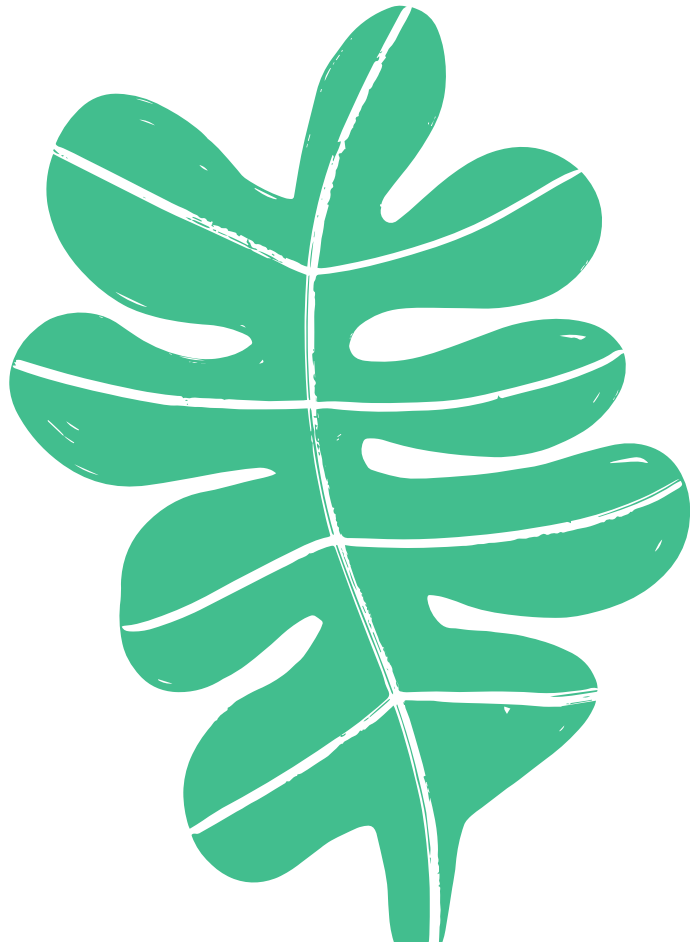


**empower people to
overcome challenges,**



**and act as a catalyst
for positive change
in mental wellbeing.**

WE BELIEVE IN THE VALUE OF C.H.I.M.E



CONNECTION

HOPE

IDENTITY

MEANING

EMPOWERMENT

(Leamy et al. 2011)

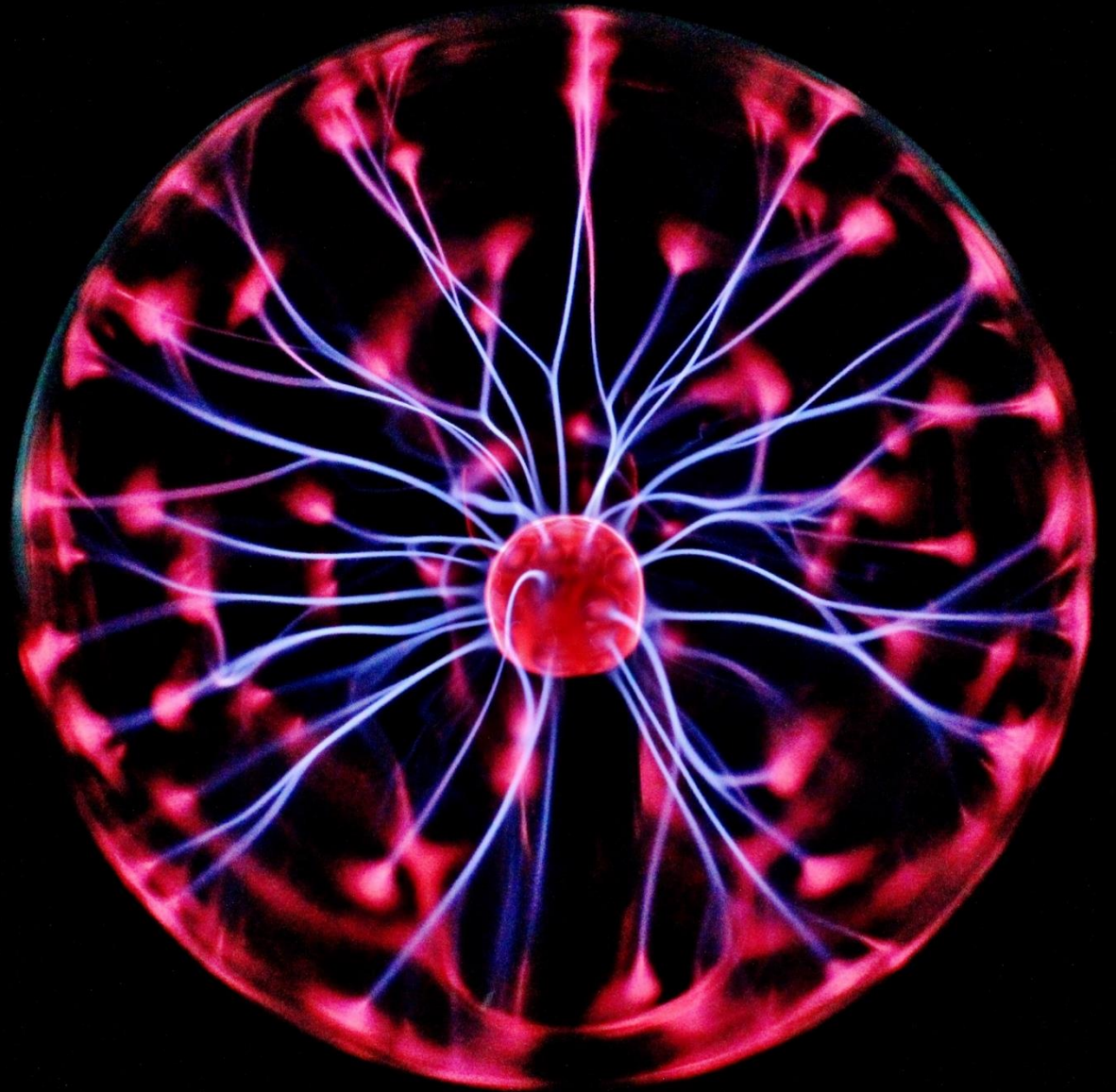
**In promoting positive mental
wellbeing for all**



Challenges in Moray are not unique.

1 Billion people worldwide are affected by mental health disorders

Depression and anxiety cost the global economy US\$ 1 trillion



Ambition

Moray's community, services, people, third sector, are brought together to promote Mental Wealth, by focussing on understanding the current gaps and co-create a roadmap for finding solutions.

We are mobilising community knowledge to effect meaningful change across Moray and beyond, shifting the dial towards Mental Wealth for all.



UK Research
and Innovation



The Young
Foundation



THINK
ABOUT
THINGS
DIFFERENTLY

Different Perspectives

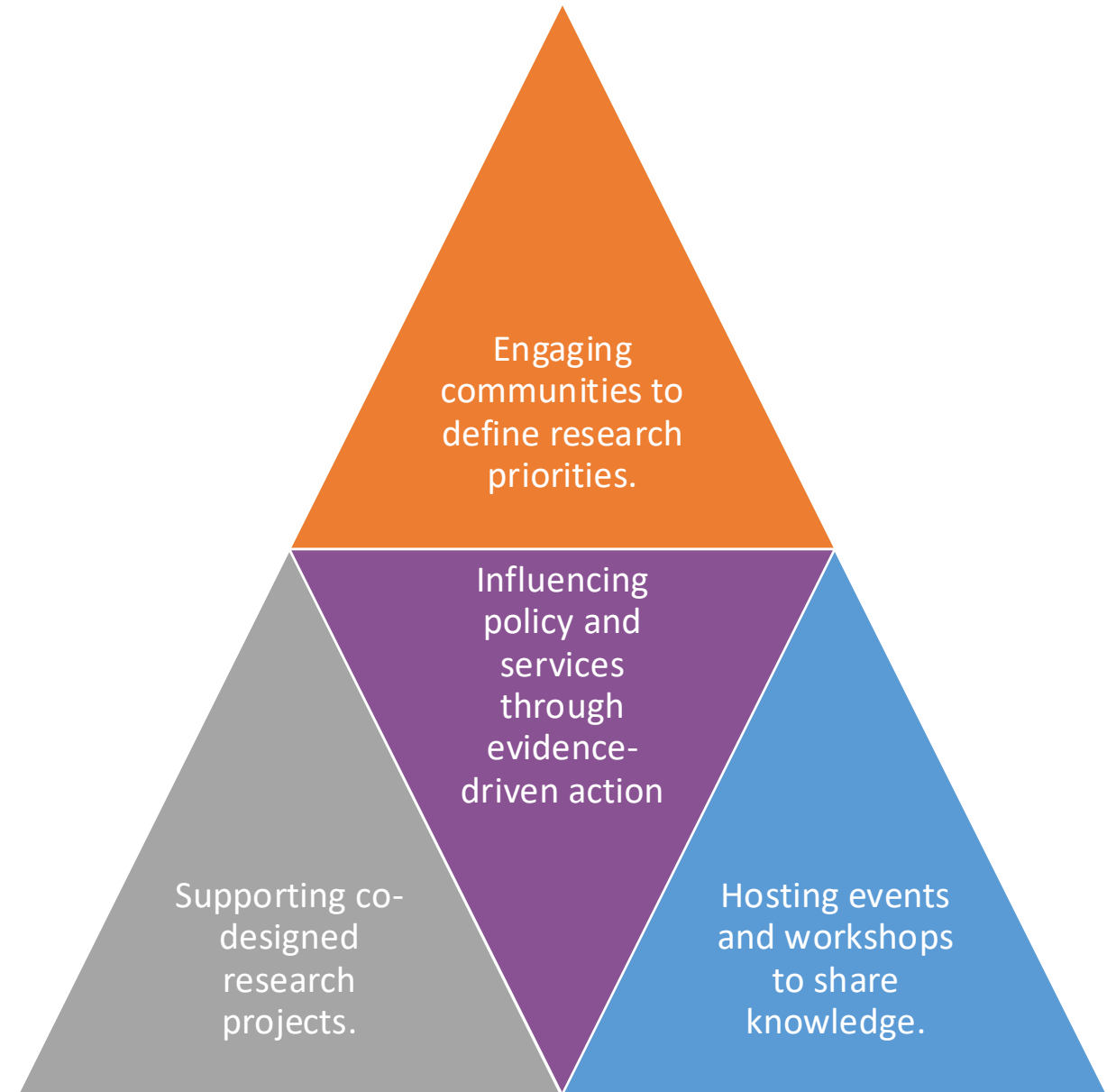
Strength-based

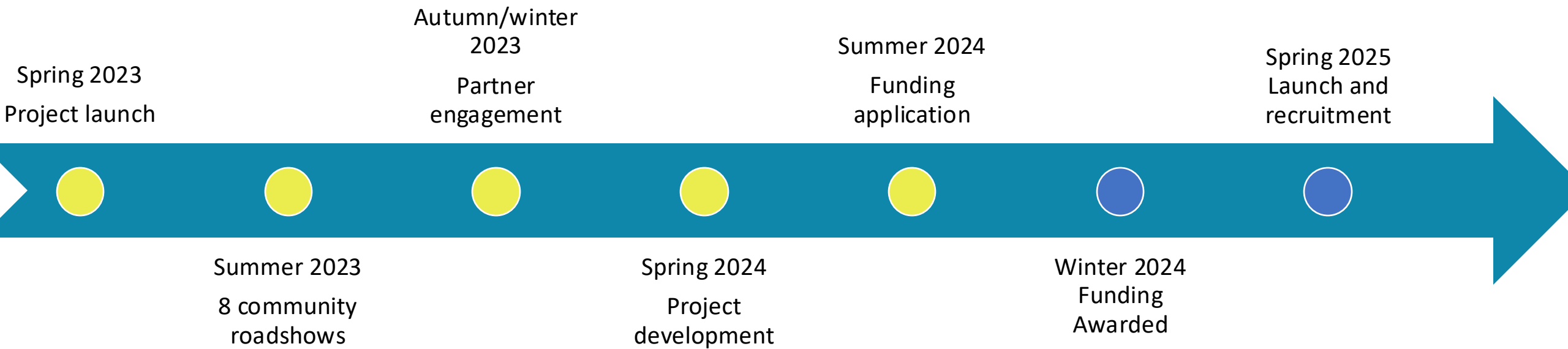
Not from a position of
“weakness”, not just as
“interesting things to study”

Key activities

Did you know every £1 of public spend leverages about £1.40 of private spend?

The evidence suggests that on average £1 of public R&D investment generates around £7 of net benefit to the UK .





1 ELGIN - 2nd May - pm
 2 BUCKIE - 9th May am
 3 CULLEN - 9th May pm
 4 KEITH - 10th May pm
 5 DUFFTOWN - 10th May pm
 6 ABERLOUR - 16th May am
 7 TOMINTOUL - 16th May pm
 8 FORRES - 24th May am
 + ONLINE

**Mental Wealth in Moray
Community Research Network:**

**Mental Wealth in Moray
Community Research Network:
The Mental Wealth Roadshow**

Share ideas, learn more about what is going on around mental health and wellbeing....

Come along, enjoy some cake and share your views with others creatively!

Coming to a location near you in May

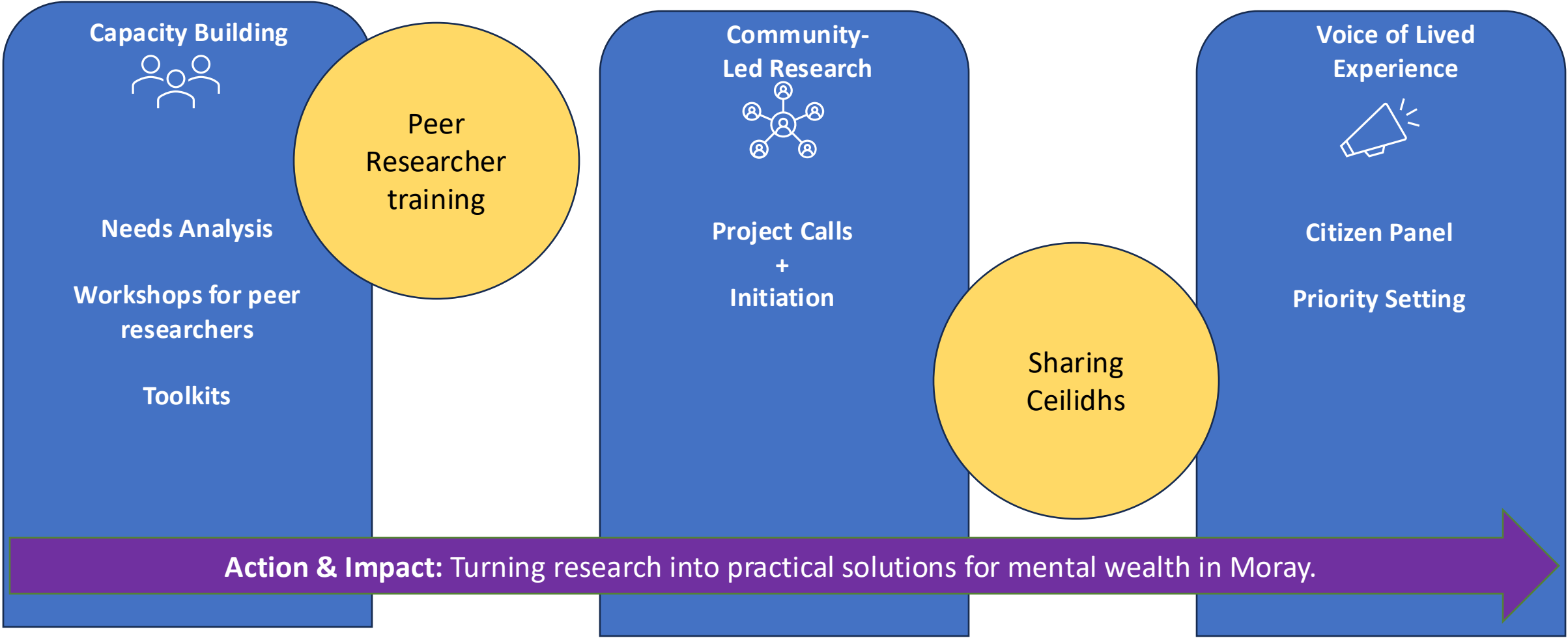
Drop in for a and a

ABERLOUR · BUCKIE · ELGIN · FORRES · KEITH · LOSSIEMOUTH · TOMINTOUL





2025 Work Programme



Objectives

“Our aim is to empower our partners to find out what works well in creating mental wealth for Moray, by tapping into community-owned knowledge and developing a sustainable research partnership to help drive mental wealth.”

1. Empower community members to be equal partners in finding out what works well in creating mental wealth for Moray using the CHIME framework

2. Foster understanding of and appetite for research into mental wealth at grassroots level

3. Share and collate knowledge with a focus on mental wealth

4. Develop infrastructure to support coordination and tools to enhance mental wealth in Moray

5. Enhance knowledge of how the CHIME framework can be applied in driving community-driven engagement to a superior standard



Collaboration for Mental Wealth in Moray

Who are the partners?

Moray Wellbeing Hub CIC (CRN host)

Digital Health & Care Innovation Centre –
Moray Rural Centre of Excellence

tsiMORAY

M:ADE

The Three Kings Cullen Association

Arrows (A Quarriers service)

Science Ceilidh



community knowledge matters

A HIGHLANDS & ISLANDS NETWORK
FOR COMMUNITY-LED RESEARCH

Including Steering Group Members
from:

 National Centre for
Remote and Rural Health and Care



Coordinated
by:



Funded by:

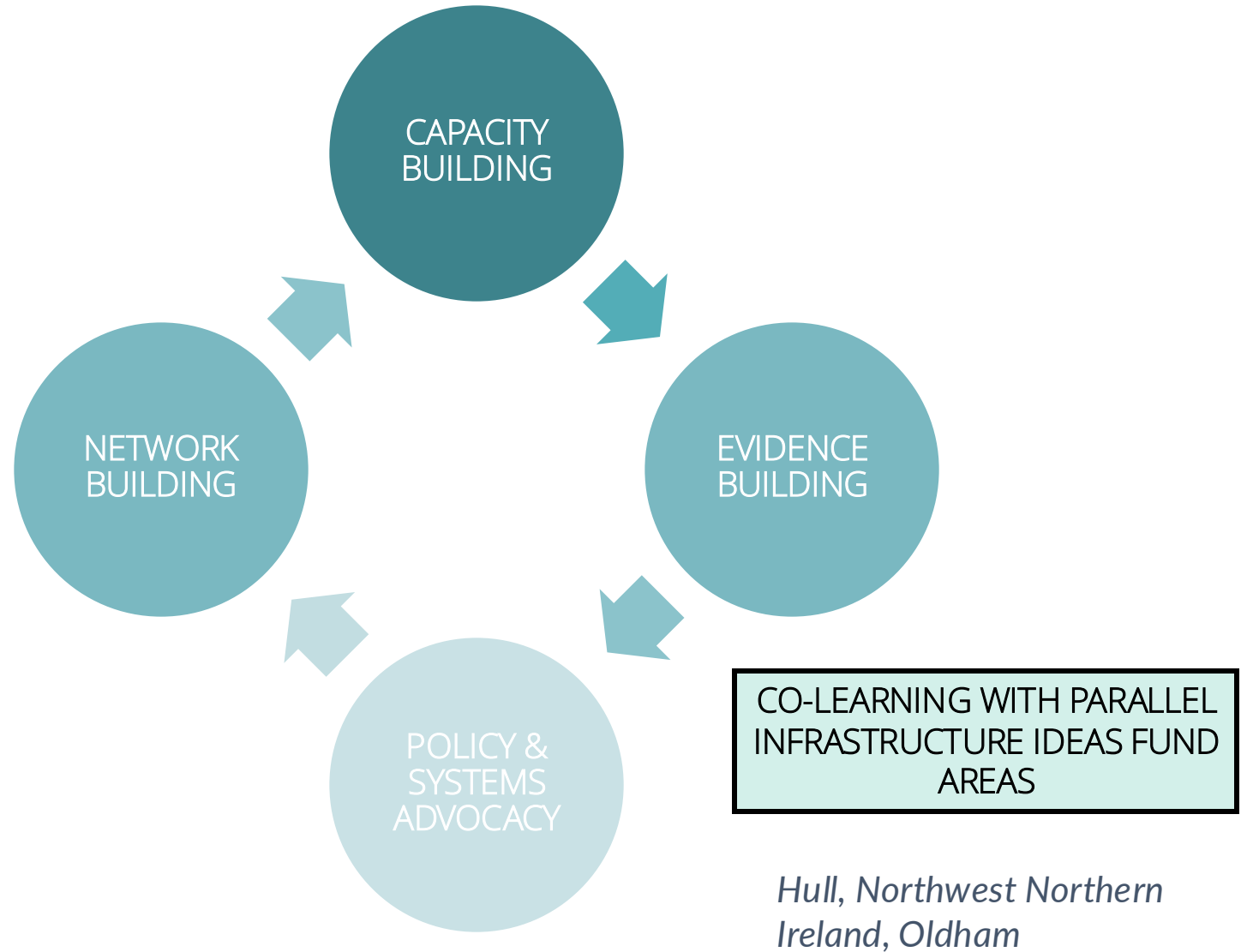


What can a grant scheme which centres communities look like?

The Ideas Fund & The Highlands & Islands Community Climate Change Network with the British Science Association



How can we build on this learning to collectively support more equitable community-researcher systems and infrastructure in the Highlands & Islands?



Including Steering Group Members from:



Coordinated by:



Funded by:



What is a community researcher network?



Including Steering Group Members from:



Coordinated by:



Funded by:



**Collective
Decision-making**

**Network
members**

**Steering
Group**

Stakeholders

**Network Contact
Points**

**Community
of Practices**

**Conversatio
n Stations**

**Online
Community
Lab & Our
Gathering**

Working Groups

**Ethics
Working
Group**

**Public
Health &
Social Care
Working
Group**

**Climate
Change &
Mental Health
& Wellbeing**

Outputs / Projects

**Participator
y Ethics
Toolkit**

**Co-Priority
Survey**

**Training,
Resource
Development,
Policy Labs**

Community of Practice

CONNECT WITH OTHERS PASSIONATE ABOUT
MORE **EQUITABLE COMMUNITY-LED RESEARCH**
IN THE HIGHLANDS & ISLANDS AND BEYOND

**all welcome to join our
next community of practice**

**Wednesday 26th
March
2.00pm - 3.30pm**

Lewis Hou + 15 + 8me
CKM: Living Glossary - COMMUNITY

How might you understand this as a community?

+

The place or space we spend the majority of time living, working or volunteering

♥ 0 ◻ 0

+ Añadir comentario

Not easy to define

Communities could be a group of people that occupy a geographic area, have similar interests or have a shared goal.

♥ 0 ◻ 0

+ Añadir comentario

Probably really varied, from a shared interest to the local neighbourhood

♥ 0 ◻ 0

+ Añadir comentario

How might you understand this as a researcher?

+

able to be defined and compared

♥ 0 ◻ 0

+ Añadir comentario

a specific group to be studied

♥ 0 ◻ 0

+ Añadir comentario

As a researcher, have never understood this word! It's so complex and thorny and means something different depending on so many things.

♥ 0 ◻ 0

+ Añadir comentario

How might you understand this word as a practitioner or service provider?

+

working to identify a particular issue people have in common and unify them to create positive change or -common-unity

♥ 1 ◻ 0

+ Añadir comentario

A group of people with a common characteristic.

♥ 0 ◻ 0

+ Añadir comentario

I find the term 'community' difficult to understand because people often use it, but rarely define what they

♥ 0 ◻ 0

+ Añadir comentario

How might you understand this word as a decision-maker?

+

complicated than first thought and is easy to over simplify!

♥ 0 ◻ 0

+ Añadir comentario

Annoying , irritating, happier to reduce this to numbers

♥ 0 ◻ 1

👤 Anónimo 8me
Just realised I can comment on this. It's true - the expression 'the usual suspects' is often used in this way.

+ Añadir comentario

a group we are obliged to consult or talk to whether we want to or not

♥ 0 ◻ 0

+ Añadir comentario

Health Practitioner Research Training

**PRACTITIONER
RESEARCH
TRAINING
PROGRAMME**

**ARE YOU A RURAL HEALTH PRACTITIONER
INTERESTED IN GETTING INVOLVED IN
RESEARCH?**



scan the
QR code to
register



Interested in helping shape a bespoke research training programme for health practitioners?

The **Community Knowledge Matters network** and the **National Centre for Remote & Rural Health & Care** are co-developing a training programme designed to support health practitioners get involved in research, with the opportunity to later apply for project funding from the National Centre for Remote & Rural Health & Care.

Join an information session to:

-  find out more about opportunities for practitioners to lead on research
-  discuss your specific training needs and help tailor a bespoke research training programme for health practitioners
-  meet with other practitioners interested in research and hear about wider opportunities for peer learning and support

**Wednesday 19th March
2-3.30pm**

OR

**Wednesday 26th March
3-4.30pm**

find out more: communityknowledgematters.com/ruralhealth

Supported by:



Co-hosted by:



Community Research Spotlights: Listen Online!




**conversation
station**

with Deepness Dementia
Online, Wed 8 May 12 - 1pm

“tune in” to hear how lived experience-led research has explored the **impact of creative activities on the experiences of agency, autonomy and mental wellbeing in people living with dementia** across Western Isles & beyond





**conversation
station**

with the GRAB Trust
Online, Tues 12 Nov 1-2pm

“tune in” to hear how lived experience-led research has **created an evidence base for reducing single use plastics** through a reusable cup trial in Oban.



What is community research?



Including Steering Group Members from:

Coordinated by:

Funded by:



What do we mean by ‘research’?

- Carefully thinking about an issue to better understand it and reach a useful conclusion
- Doesn't have to have specific outputs (like academic papers, graphs, reports etc)
- Doesn't have to be based in a university
- Can take many different forms (numbers, narratives, pictures...)
- Evaluation as research
- Can look like what you already do...

Thank you // Mòran Taing

Join the Scotland-wide network for our updates, compiled funding and resources including Co-priority Survey, Ethics Toolkit and wider capacity building Training

Monthly Community of Practices, peer research spotlights
Conversation Stations (our next one is with Discovery College, Centred, 12 Feb) and working groups.

Our next in-person Gathering will be in November

Youthworkers may also be interested in Curiosity In Action



lauren@scienceceilidh.co
scienceceilidh.com
communityknowledgematters.com





Knowledge is Power
Neurodiversity

Ideas Fund
Parent and infant mental health | Peer-support & digital

Community Research Network - UKRI
collaboration for mental wealth in Moray

Activism / campaigns "How can we have our voices heard?" → Foundation capacity "building "What is a peer-researcher?" → Gaining contacts and "building networks "Who else wants to create change?" → Exploring boundaries of mutual community led partnership "what does it take to achive parity?"

Influencing change through peer-led research

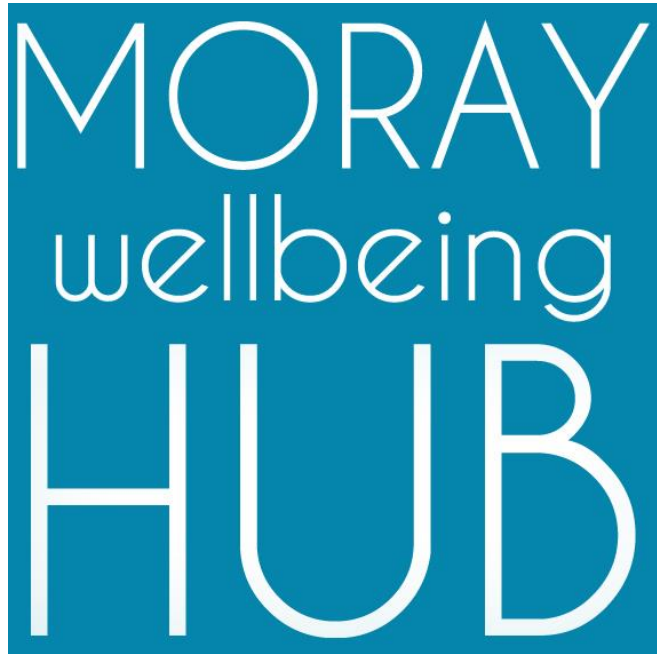


Collaboration For Mental Wealth in Moray: Community Research Network



**Existing projects
and activities**

**Supported
activities**



**the
ideas
fund**

An early opportunity for involvement
Dr Simon Bradstreet, Academic Partner



The ideas fund

- Grants programme funded by Wellcome
- Doing mental health research differently
- Communities and researchers working together
- Important driver for Moray Community Research Network
- Third round of funding for Moray Wellbeing Hub
- First two rounds focused on parental and infant mental health





Our new project

- New funding for 2025 – 28
- New topic: how **digital** tools might be used to help make **peer support** more widely available in Moray
- Currently recruiting people to become peer researchers
- Training and support provided
- But why get involved?



Empowering Through Peer Research

•What is Peer Research?

- Community members with personal experience actively involved in research.
- Transforms individuals with lived experience into researchers.

•Benefits:

- Shapes questions and methods with true insider knowledge.
- Combines professional skills with firsthand expertise.
- Leads to stronger, more impactful research.

•Our Aim:

- Empower community members as equal partners in creating mental wealth for Moray.

•Get Involved:

- Join our Ideas Fund project.
- Explore digital tools to expand peer support in Moray.

— Research creates wellbeing CHIME —
Individual & organisational



Connection

mutual collaboration

Hope

positive change through
influence

Identity

celebrate strengths

Meaning

skills in self-advocacy

Empowerment

resources

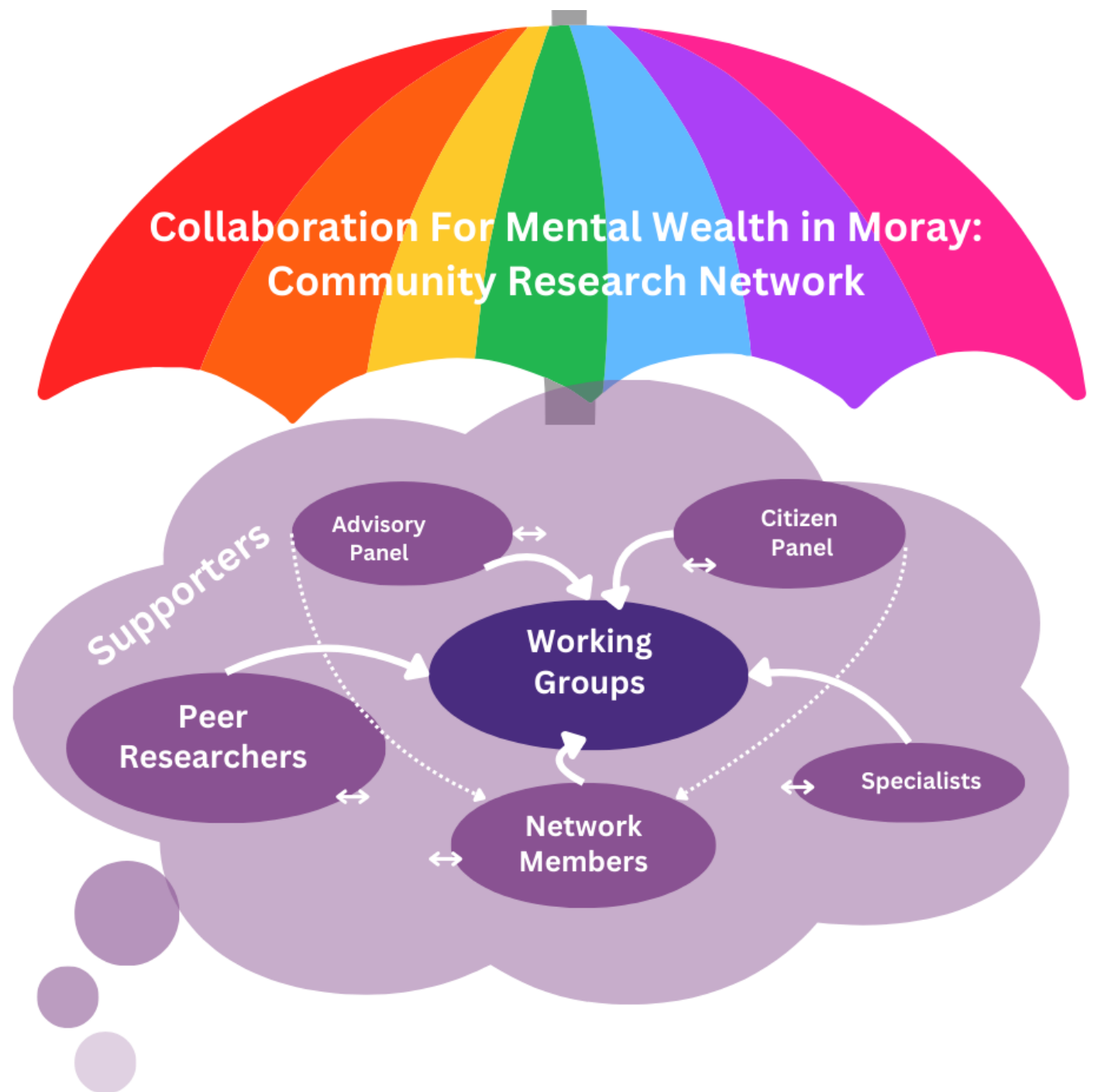


Get involved!

Everyone can be supporters of the CRN

There are opportunities of variable commitment for

- Individuals
- Organisations



Organisation opportunities:

Individual opportunities

Network Partners

- Form the Steering Group
- Make decisions supported by Advisory and Citizen Panels.

Peer Researchers

- Actively participate in research activity.
- use their lived experiences

Advisory Panel

- Act as a diverse group of professional experiences
- strategic advice and expertise to Steering Group.

Citizen Panel

- Act as a group of diverse lived experiences.
- Provide insights and feedback to support decision-making Steering Group.

Collaboration tables

1. Time capsule stall – Imagine the Future of Mental Wealth in Moray
2. Concern Cloud stall – Share your thoughts
3. Big Ideas stall – write ideas on the people chains and grow the collaboration chain
4. Mental Wealth, what is that? - Read our definitions and contribute your thoughts

Feeding back - shaping our events

1. What Worked Well?
2. What Could be Better?
3. What action are you taking forward from today?

Complete some post-its or chat with one of the event supporters.

Thank you again for coming!