Frequently Asked Questions
CRN – Community Research Network

1. What is the project about? The project aims to create and sustain mental wealth in Moray by empowering community-led research initiatives, fostering collaboration among diverse partners to enhance mental health and wellbeing.

2. Who is leading the project? The Moray Wellbeing Hub CIC is the project lead, supported by a consortium of partners including the Digital Health & Care Innovation Centre, tsiMORAY, M:ADE, Arrows (Quarriers), The Three Kings Cullen Association, and Science Ceilidh.

3. What is the vision of the project? To build a mentally wealthy Moray by empowering communities to lead research, share lived experiences, and create lasting wellbeing solutions for all.

4. How long will the project run? Until the end of October 2029

5. What are the key objectives?
- Increase community research capacity.
- Strengthen data and knowledge creation.
- Share and collate community knowledge.
- Develop values-led infrastructure and research tools to support community-led research.

6. What are the CRN's Guiding principles?
These are based on CHIME, an evidence-based framework for mental health:
- CONNECT: Focus on engaging and aiming to be a facilitator of conversation and interaction.
- HOPEFUL: Everyone should have the opportunity to live a mentally healthy life so we will take a strengths-based perspective which is focused upon assets, ambition and hope.
- IDENTITY: Constantly reflect on ensuring actions are inclusive. Actively working towards removing barriers to access, reaching out to providing opportunities for a wide diversity of people to be involved and striving to account for differences.
- MEANINGFUL: Sense checking that focus is set by community, drives change and is useable.
- EMPOWERING: Supportive – facilitating multiple forms of engagement and complementing existing community action.

7. How is the CRN funded and administered?
This initiative is made possible through £1M funding from UK Research and Innovation (UKRI) and the Young Foundation, which are supporting innovative community-led research projects that address social challenges. Their investment ensures that research is shaped by and for the people who need it most and the network in Moray is the only network in Scotland funded as part of 9 innovative networks across the UK.
Moray Wellbeing Hub CIC administers the project as host. They report to the funder and ensure that all roles have the resources they need to deliver activity.

8. How can the community get involved? Community members can participate as peer-researchers, attend events, and engage with the project through workshops, training, and co-production activities.

9. What is the governing structure of the project? The project is overseen by a Steering Committee for strategic decisions and an Advisory Group for strategic advice. A Citizen Panel provides insights from lived experience.

10. How will the project's impact be measured? Impact will be evaluated through community-led assessments, contribution analysis, and digital tools to facilitate data collection and sharing.
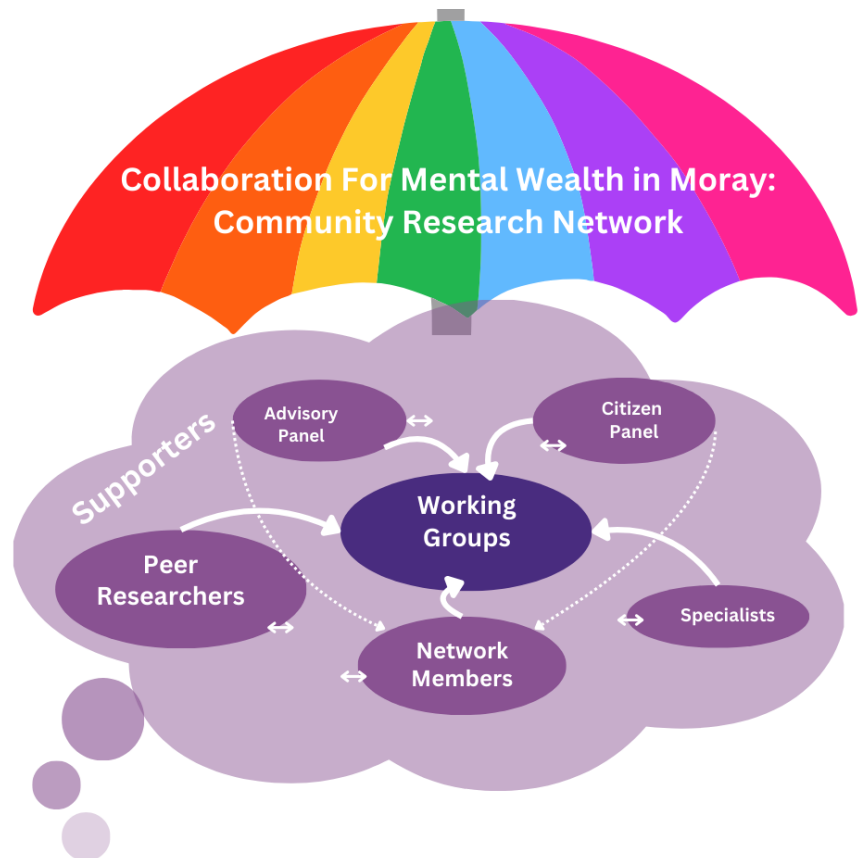
11. What are the risks and how are they managed? Risks include engagement challenges, sustainability concerns, and ethical considerations. They are managed through regular risk monitoring, trauma-informed approaches, and robust data handling procedures.

12. How will the project ensure its sustainability? By developing digital tools and partnerships, pursuing additional funding, and fostering community empowerment for ongoing action.

13 What are the different roles in the CRN, and how do they relate to each other?

The CRN welcomes everyone to get involved. At a basic level, everyone is a Supporter promoting the goals of the Collaboration for Mental Wealth in Moray by spreading awareness, sharing information, and engaging with the community to foster mental wealth. Supporters are a diverse pool of talent from which other roles are recruited, and they can re-engage between activities.

Working Groups: Specific working groups will be formed for research activity. These will be open to all roles contributing in different ways.

Collaboration For Mental Wealth in Moray: Community Research Network

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.

14 How can I get involved or find out more?

Visit the Collaboration for Mental Wealth Moray website to join the mailing list or contact the team. www.mentalwealthmoray.org.uk