

Toward a stigma free Moray :

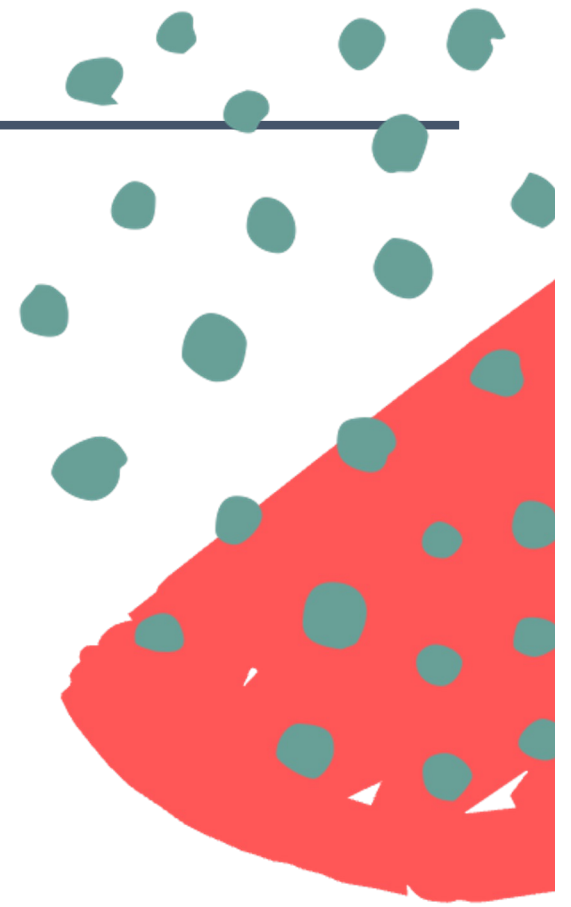
A local area approach to challenging stigma & discrimination



Heidi Tweedie, Moray Wellbeing Hub CIC

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.



Moray Wellbeing Hub

We work as a collective of peers to:

- ✓ Harness the power of life experience to inspire mentally healthy lives and a stigma free Moray
- ✓ Empower people in Moray to explore what works for them as individuals in wellbeing
- ✓ Increase access to wellbeing tools
- ✓ Have the skills to deliver these in their communities



**We focus on
individuals
strengths,**



**empower people to
overcome challenges,**



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



• CHIME

• AUTHENTICITY

• CURIOSITY

• COURAGE

OUR VALUES

• COMPASSION

• DIVERSITY

• CATALYSTS
FOR
CHANGE

• FUN



‘Playful disruption’



Delivery & testing of national resources locally

- See Me Schools, Health & Social Care, workplaces
- HOP – Honest Open Proud
- Peer 2 Peer

Showcasing local developments nationally

- Influencing Change in Health Care resource
- social movement / peer support
- Embedding alcohol and drug recovery





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 achieve parity?

MORAY
wellbeing
HUB

**Confidence in research as a method of
achieving our vision as an organisation**

Influencing change through peer-led research



Research creates wellbeing CHIME

Individual & organisational

Connection

mutual collaboration

Hope

positive change through
influence

Identity

celebrate strengths

Meaning

skills in self-advocacy

Empowerment

resources



www.moraywellbeinghub.org.uk



We are all peers of this shared human experience we call 'life'