

# SALTCOATS MINDFUL MAKERS SEPTEMBER 2024

## PROGRESS TO DATE

<p><b>MEETINGS AND WORKSHOPS</b></p>	
<p><b>Year 2/3 of operation</b></p>	<p>To date this year, we have held 8 Book Group Sessions, 8 Crafting sessions and 15 drop-in sessions.</p> <p>Each session lasts two hours and every crafting session was tutored. This provided 16 hours of tuition. In addition, we provided a 4 weekly events for CLASP in Stevenston which amounted to a further 8 hours of tuition. Additional full day events held (see below) provided a further 4 hours tuition.</p> <p>Attendance at the meetings have fluctuated this year. This has been due to illness as we've seen an increase in members suffering from Covid infections. To date approximately 248 attendances, at our weekly sessions, have been recorded.</p>
<p><b>Mental Health Week/Mindfulness</b></p>	<p>We led a field trip to the Glen in West Kilbride in September '23 and the group participated in "Forest Bathing," a mindful experience. It was a clear day and all participants enjoyed the experience. Notebooks were provided and thoughts and drawings were recorded. The event lasted 2 hrs and we have received requests to make it a longer event next time.</p> <p>December 2023 - We held a Christmas lunch in Saltcoats Library provided free of charge to all members. The event was so successful we will repeat it this year.</p> <p>During Mental Health Week 2023/24 we provided a full day events in Saltcoats Library. The 2024 event 'Paint Away Stress'. lasted 5 hours with a 1-hour lunch break in between. There were 13 participants on this day and the event was provided for a minimal charge. We were fortunate on that day to be visited by our local Councillors and this allowed us to demonstrate the benefits provided within the community by Mindful Makers.</p> <p>The combination of the Saltcoats Book Group and MM led us to hold an event on the 11<sup>th</sup> September in Del Greco's in Saltcoats (a local café). The theme of the event was Ayrshire, the event title was 'A Book, A Poem and a Haddock'. The event lasted three hours where we discussed books that referenced Ayrshire and a wide variety of poems written by Ayrshire Poets. Another successful event to be repeated.</p>

<b>Future events</b>	We have scheduled a 'Positive Mental Health & Climate Day' in Saltcoats library on the 27 <sup>th</sup> September. All activities are planned in a mindful way to allow us to cater for all ranges of abilities.
<b>Participants</b>	The age range of our participants varies from participants in their 20's to participants in their late 70's. Recently some new members have joined us which is very heartening.
<b>Reduce, Reuse and Recycle.</b>	We have embraced this slogan in our craft and in some of the sessions we have used old clothing and fabrics from wardrobes and charity shops. This year we have also been recycling paper packaging making it into art journals and notebooks.
<b>Reducing Isolation</b>	<p>This was one of our main aims and we have continued to promote Saltcoats Library and our weekly group meetings as a safe and happy place. The members continue to offer each other support in a variety of ways and craft knowledge and skills have grown. We have recognised the loneliness experienced within our communities and in a small way hope to improve this by being as inclusive as possible.</p> <p>Comments from painting away stress:</p> <p><i>"Loved painting my stresses away. Good for my emotional wellbeing"</i>  <i>"Fantastic day painting. Very chilled now. Thank you so much, I've had a fabulous day."</i>  <i>"Brilliant! I painted away my stress and felt very mindful."</i></p>
<b>Equipment</b>	Our grant funding allowed us to purchase more equipment which let us try a variety of crafts as requested by members.
<b>Finance</b>	Throughout the year we have been extremely prudent with our grant funding but have managed to provide all events and sessions as discussed. Our current financial position is:
<b>Fundraising</b>	<ul style="list-style-type: none"> <li>• £300 remaining of our grant funding - This is obviously earmarked for the upcoming events.</li> </ul> <p>In October last year we participated in a Craft Fayre in Kirkgate church to raise funds for us to organise and participate in more outings. We managed to raise £400. However, the cost of bus hire and catering is prohibitive and we had insufficient funds to cover the costs of the outings we wished to participate in therefore, we have retained this funding for 2025.</p> <p>We intend to participate in a further 2 craft fayres before the end of the year to allow us increase our funds to provide 4 outings next year.</p>
<b>The way forward</b>	<p>The success of Mindful Makers in the community is possible because our meeting venue, Saltcoats Library, is central to the three towns.</p> <p>Saltcoats library is a very welcoming place with supportive staff who go out of their way to assist us in holding our sessions and events. We are extremely thankful for their support. We hope this venue remains available to all.</p>