

Sea-Walk Well Moray - CCC PET (50 words) Moray Coastal Communities Fund

“Don’t get out enough? Join light, mindful walks where laughter, movement, and sea air lift mood and melatonin. When it’s wild outdoors, we’ll gather for mindful walking inside Findhorn’s Universal Hall. While Storytellers Margot Henderson and Peter Findlay bring sea-stories alive, Mark Richards will capture our beach-born art from natural elements and litter: proof that beauty, like kindness, can be reclaimed.”

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Moray Coastal Communities Fund

Sea-Walk Well Moray: Project Debrief

(Community Caring Circle – Park Ecovillage Trust)

Overview

Don’t get out enough? Missing that lift that comes from walking with fellow nature-lovers? Come join us for light, mindful walks where movement, laughter, and sea air boost our natural melatonin. When it’s too wild outdoors, we’ll gather in the Universal Hall at Findhorn Ecovillage for mindful steps and shared warmth. Storytellers Margot Henderson and Peter Findlay will weave sea-myths between our project inauguration and celebration feasts, with our featured artworks filmed and photographed by the talented Mark Richards. Driftwood, shells, and reclaimed litter will become temporary artworks, co-created from sand, stones, and collected materials, each piece a reminder that beauty, like kindness, can always be reclaimed.

Sea-Walk Well Moray, created by the Community Caring Circle (CCC) within the Park Ecovillage Trust (PET), is a community-led wellbeing and environmental stewardship initiative designed for older adults and vulnerable individuals in the Moray region.

Combining guided nature walks with walking buddies, storytelling, litter-picking, and creative mandala-making, it nurtures inclusion, physical and mental wellbeing, and an embodied connection with the natural world. The project expresses PET’s regenerative mission: caring for people, place, and planet.

Purpose and Rationale

Many older and vulnerable residents in Moray experience social isolation and limited access to coastal and woodland environments, especially during the darker winter months.

Seasonal affective changes, reduced daylight, and decreased mobility can all diminish mood and health. Sea-Walk Well Moray offers inclusive, welcoming spaces for gentle movement, shared reflection, and creativity in nature. By walking together, participants top up their “outdoor antidepressants”: sunlight, sea breeze, and connection.

Each session turns awareness into action. During the time in between sessions, participants could gather natural materials and collect beach litter to co-create temporary *nature*

mandalas and ephemeral sculptures, transforming waste into wonder. The creative process itself fosters mindfulness and dialogue around consumption, care, and renewal.

The project also revitalises local storytelling traditions, inviting participants to share memories, myths, and reflections linked to the sea and its heritage. These stories strengthen belonging and renew community connection with the living landscape of Moray.

Key Activities

Over five months, eight fortnightly sessions will take place along accessible coastal and woodland routes. Each includes:

- **Guided Nature Walks** – paced for all abilities and supported by trained volunteers.
- **Litter-Picking & Environmental Awareness** – practical stewardship and education about marine waste.
- **Storytelling Circles** – nurturing empathy, friendship, and emotional wellbeing.
- **Nature Mandalas & Temporary Artworks** – collaborative creations from natural and recovered materials; all waste responsibly removed afterwards.
- **Closing Reflection & Refreshments** – deepening connection through conversation, music, and mindfulness.

The programme culminates in a community celebration, with photographic and video displays of the artworks and participant testimonies, engaging local stakeholders in dialogue about wellbeing through nature and art.

Expected Outcomes

- Reduced isolation and improved social inclusion.
- Enhanced mental health, calm, and confidence outdoors.
- Greater environmental literacy and stewardship.
- Strengthened intergenerational and community networks.
- Creation of a lasting visual and educational legacy (film, guide, digital archive).

Carbon Metrics & Environmental Impact

To make environmental benefits visible, *Sea-Walk Well Moray* will feature in a dedicated “**Carbon Metrics and Impact**” section on the PET website. This page will track and publish:

- **Total litter removed** (kg of coastal waste collected).
- **Plastic type data** (recyclable vs. non-recyclable proportions).
- **Estimated CO₂e savings** from waste diverted from landfill.
- **Volunteer hours converted into carbon-positive contributions.**
- **Community travel impact** via low-carbon methods.
- **A Nature Connection Index** based on participant feedback.

Through transparent, visual reporting, *Sea-Walk Well Moray* will demonstrate how small, art-based community projects can measurably support national carbon-reduction and blue-economy goals—while uplifting human wellbeing and belonging along Moray’s cherished coast.

Legacy and Sustainability

Volunteer “walk champions” will be trained to continue leading sessions after funding ends. A digital *Walk & Mandala Guide* and short film will provide tools for replication across other communities. Partnerships with local environmental and wellbeing groups will sustain momentum and deepen ecological education.

Conclusion

Sea-Walk Well Moray transforms ordinary walks into shared acts of care and regeneration. By blending art, ecology, and companionship, it leaves every shore cleaner, every participant more connected, and every story a living reminder that personal wellbeing and planetary health are one and the same.