



November 2021

Trick or treat? The nights are fair drawing in and another newsletter has landed in your inbox!



A Section on Mental Health Awareness

Given we have two stories this month raising awareness of mental health, we thought it important to start the newsletter with some amazing feats from local people.

Strong Strong and Stick Together: #TeamCalum

Cromarty lass, Katie Mackay, completed her 30th Munro on Saturday the 23rd of October. This was the final hill to climb as part of her challenge to raise awareness of suicide by climbing mountains of over 3,000ft to mark what would have been her brother, Calum's, 30th birthday this year. She has raised a whopping £8000,

surpassing her target of £3000, which will be donated to charities supporting mental health and families affected by suicide, including James Support Group (more below).



Katie certainly embraced a range of weathers during her challenge, including blazing hot sunshine, gusty westerly gales, and wintry icy conditions, but she did it all with a smile, accompanied by her wee dog Kai, a wonderful group of friends and family, and (of course) some tasty treats for the summits! She carried a red bow tie with her all the way, a symbol that has since become synonymous with Calum. If you wish to support Katie and this cause, you can donate [here](#) and read a lovely piece in the Press and Journal [here](#).



Some of #TeamCalumn at the top of Cairngorm last Saturday.

James Support Group

Patrick Mullery writes:

Covid restrictions continue to frustrate us all, so we are being extra careful still with our arrangements for the face to face meetings. **Today** (Sunday 31st) is the last Sunday this month, which is always the day we hold our meeting at The Mercure in Inverness. Running from 11am for 2 hours, this is a relaxed and friendly group with sadly one thing in common. We have all been affected by suicide, some have lost a son or daughter, some a partner, some a close friend, in fact, many different relationships. The thing is, we all get something from the meetings, Wendy and I get comfort from helping others being able to speak freely about their loved ones and the memories, both funny and sad. Being able to articulate openly knowing that the people listening completely understand is the best way to grieve, and we all need to grieve.

Those of you who are on Facebook will have seen young Sophie complete a 5k in Bught Park as part of the Loch Ness challenges, and she fundraised for us a whopping £365. Sophie is second on the left in the picture below.



You may have also seen the friends and family of Frazer More having completed a 10 mile walk (picture below) from Tain back to Portmahomack which I was fortunate to attend, supplying hot drinks etc half way. Hollie's idea raised a fantastic £10040 for James Support Group - a truly astounding amount in the memory of Frazer who would have been 30 last week. Wendy and I are truly grateful for their efforts, and to all who kindly

donated, without these kind acts, we would struggle to expand our bereavement support services as planned.



We hope to begin meetings during November in Invergordon, Thurso, Nairn and Aviemore. Dingwall is on hold for now, but Inverness will continue as restrictions allow.

Our campaign "It's OK not to be OK" started on 1st October and runs until 31st March which is the peak period for suicide in The Highlands - yes that's six months/ half a year! We release a video each day of a different person saying the phrase "It's OK not to be OK" - This is shared across different Facebook groups to keep the message about poor mental health & the very real threat of suicide high in the public domain. We need over 180 of you to volunteer your 4-second clip to keep this going so please, send your clip to support@jamesupportgroup.com, or text our 24/7 helpline 07563 572471, or FB message Patrick Mullery.

This is the time to be aware of yourself, and those around you - if you need to talk please contact us and do not suffer alone. After all: it really is OK not to be OK.

Middleton Trust News

Gillian McNaught writes:

Four local organisations providing a range of activities for younger members of Cromarty & District, supported with

a Middleton Trust (MT) Award, have given details to Trustees of just how the funding has helped improve the wellbeing of those involved, particularly during this post Covid recovery period.

Cromarty Tennis & Sports Club once again ran well-attended summer coaching sessions followed by *the* rival tournament to Wimbledon - Crombledon - in the Dr Forth 'Centre Court' in the Victoria Park, with a post-tournament buffet to match any cream tea! This was followed by further coaching sessions in October, with remaining MT funding going towards much needed new tennis rackets, balls and coaching equipment specifically young players.

A two year Schools Programme with Cromarty Primary School involving the children in all aspects of film is being delivered by **Cromarty & Resolis Film Society**. Involving a trainer from the outset to assist with the challenges of online learning sessions due to Covid, was valuable in helping to engage the children and make online learning fun. With teaching from professional filmmakers, the children were able to make their own stop motion animations and learn new skills. One teacher noted these experiences, with "marked improvement in their literacy with their detail in writing, analysing skills and their IT skills" and attributed all this to the support from the C&RFS.

Cromarty Youth Café, now in its 8th year, received an award to support the post of Assistant Youth Worker and associated running costs. The Cromarty Youth Café Spectacular Summer Programme 2021 Report details the huge amount of fun, delicious food, range of activities and new experiences provided for young people. All of the 57 different activities organised were full to capacity, learning hours topped 1247 and 550 young people took part in the programme, including youth volunteers and leaders!

To help younger members of the **Cromarty Community Rowing Club** operate independently and save future potential backache, a trolley and 'capstan' style winch to recover boats from the water was purchased with funding support from the Middleton Trust.

The Middleton Trust Trustees are delighted to see the positive and practical ways young people have benefited from the Awards. They meet next week to look at the 2021 funding applications and their decisions will be announced in due course.

Looking ahead, if you or a group or organisation you are involved with has an idea or project to support young people of Cromarty & District, under the age of 24 years, then please in the first instance get in touch with the Middleton Trust Secretary: Gillian McNaught, middletontrust@gmail.com or further information can be seen at the Middleton Trust webpage on Cromarty Live: www.cromartylive.co.uk/middleton-trust.asp

The Trustees look forward to welcoming applications from new and previous applicants at the beginning of August 2022 for funding in April 2023.

Christmas Lights at Victoria Park



Laura Shepherd and Phoebe Fox write:

We are in the process of replacing all our winter tree lights in the park. The town tree will be in place soon - thanks in advance to Eric Soften, James Whiteford and members of the Sutor Creek team for helping put everything up!

We Need You!



It does feel rather early to be talking about snow, but it may be upon us in no time! The [Cromarty and District Community Council](#) are looking for volunteers to help with the organisation and running of the Cromarty gritters over the up & coming winter season (and going forward).

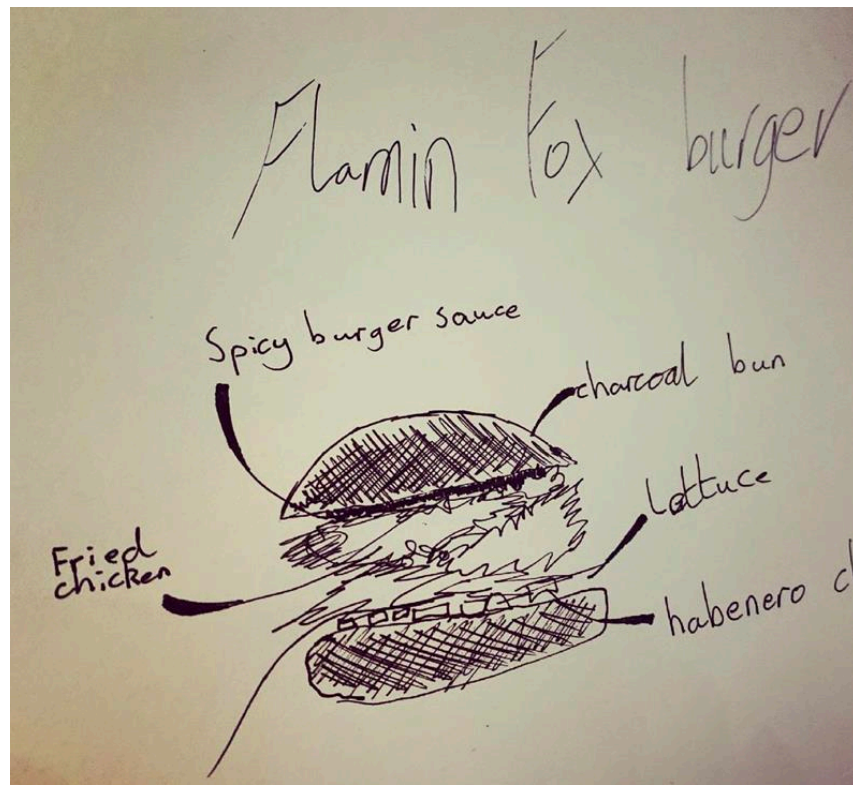
Various residents are hoping to step down after having a great involvement in the set up and continuous monitoring/running of the gritters over the last few seasons. Last year's cold spell showed how essential this service is to the community.

For further information please get in touch with the Community Council (email on cromartydistrictcc@gmail.com). The CDCC are willing to aid future volunteers if required. Thanks!

Business Updates

Sutor Creek

Following in his father's footsteps, Alistair designed a Flamin' Chicken Burger in the summer with a donation from each sale going to the RNLI. He raised £200 for the charity!



New items on the Sutor Creek menu in November include a massaman chicken curry; a bouillabaisse; and weekly wood-fired pizza specials.

Our deli offers a lovely range of goodies for the festive season. During December we will be offering pots of red cabbage and gravy to pre-order available for Christmas. We are also offering Christmas roast plates - perfect for those who may find themselves alone this Christmas. Delivery available.

The Geologist Gin from Cromarty Distillers is available in 70cl and miniatures - only a few more bottles of Batch 1 available! We also offer a great selection of single malts and Highland Gins - great for presents!

We are open Wednesday to Sunday 9am to 8pm for coffee, cake, deli and take-away.

Ingrid's House

Ingrid's House is now full of our winter stock. Our paper star lamps are selling fast. Loads of Scandinavian gifts and decorations for the perfect northern winter and Christmas. We offer video shopping evenings for those who live further away and we can also open for private evening viewings for groups of up to 10. Just get in

touch: ingridshouse@gmail.com! We are open 7 days a week up to and including Christmas Eve.



Calluna

Calluna will be closed for essential maintenance Sunday 21st to Friday 26th November. Apologies for any inconvenience caused. If anything is "needed" in an emergency just message us and we will do our best to help you!

Once reopened we will be offering private shopping evenings in addition to be open daily 10-5pm. Lots of lovely gifts available! We look forward to welcoming you.

Cromarty Cinema: A Busy Time!



Cromarty Cinema

November 2021 Programme



Date	Time	Film	Rating	Duration
FRI 05/11	19:00	Old Men Never Die(IFF)	15+	1h42
SAT 06/11	15:00	Courage(IFF)	15+	1h31
SAT 06/11	19:00	Memory Box(IFF)	12+	1h45
SUN 07/11	15:00	Wheel of Fortune and Fantasy(IFF)	15+	2h01
TUE 09/11	19:00	Adam(IFF)	12+	1h38
THU 11/11	19:00	Drive My Car(IFF/Japan Season)	15	2h59
FRI 12/11	19:00	The French Dispatch*	15	1h48
SAT 13/11	11:00	Conni and the Cat	U	1h20
SUN 14/11	15:00	The French Dispatch**	15	1h48
THU 18/11	19:00	21 st Century Girl (JS)	PG	1h57
FRI 19/11	19:00	Last Night in Soho	18	1h57
SAT 20/11	11:00	Ron's Gone Wrong*	PG	1h47
SAT 20/11	19:00	Spencer	12A	1h51
SUN 21/11	15:00	The Alpinist	12A	1h32
TUE 23/11	19:00	Azor	12A	1h40
THU 25/11	19:00	Like Father Like Son(JS)	PG	2h01
FRI 26/11	19:00	Petit Maman	U	1h12
SAT 27/11	11:00	Boss Baby 2: Family Business	PG	1h47
SUN 28/11	15:00	Mothering Sunday*	15	1h50

* - TBC ** - Captioned
Inverness Film Festival – IFF
Japan Season - JS

Adults - £7.50 Under 26 - £5.00 Friends - £6.00
For info on all films and to book tickets please visit our website:

www.cromartycinema.com

OR Eden Court Box Office at:

<https://eden-court.co.uk/booking-information>

OR Wednesdays in-person from 12:00-2:00pm at Cromarty Cinema Box Office.

Covid protocols in place for safety & comfort.

BECOMING A FRIEND

For info on Friend's Membership, visit our website.

www.cromartycinema.com

Harbour Access Road, Cromarty, IV11 8XZ admin@cromartycinema.com

This coming month brings a huge amount of activity at the cinema. We are screening our normal broad range of films including family-friendly options such as 'Boss Baby2' and 'Conni and the Cat', and the fabulous new Wes Anderson movie 'The French Dispatch' but we are also linking up with Inverness Film Festival, hosting a special Japan Season and working with Cromarty Primary School. Read on!

Inverness Film Festival features a vast array of films and runs from 5th-11th November. We will be showing six movies in Cromarty as part of the Festival with full details here: <https://eden-court.co.uk/inverness-film-festival-2021>

The Japan Season is part of a UK wide programme that Cromarty Cinema is participating in and launches on 11th November. The brochure can be found here: [Cromarty Cinema - Japan Season](#). Our unique programme features 5 weeks of films and activities including workshops, talks and Q+As with directors and artist/filmmakers. Cromarty Cinema is delighted to be part of Japan 2021: 100 Years of

Japanese Cinema, a UK-wide season supported by the National Lottery and BFI Audience Film Network. At the season's finale, we will be screening three short films including one by Natsumi Sakamoto. Her short which questions lost traditions, features a number of familiar faces and voices including that of Helen Rowson. Info on Japan 2021 can be found here: bfijapan.co.uk

Our Schools Partnership, which is supported by the Middleton Trust, continues to develop with a strong emphasis on literacy and story-telling through film. Over the coming weeks, award-winning artist Eleanor Stewart will be working closely with cinema volunteers and P6-7 school pupils to celebrate the work of pioneering filmmaker, Lotte Reiniger (1899-1981). During our weekly programme, pupils will learn about silhouette techniques and make their own work inspired by Lotte. The British Film Institute stated that '*No one else has taken a specific animation technique and made it so utterly her own.*'

All these activities are detailed on our website - <https://cromartycinema.com/>. This website is also the easiest way to book tickets as the links will take you directly to the purchase of a ticket. However, you can also buy in person at the Cinema every Wednesday between 12.00 and 2 pm or just turn up from 30 minutes before each showing and purchase at the door!

Cromarty Harbour

Colin Dickie writes:

Sadly, we report some vandalism around the shed area. Whilst small and immediately repaired, it is disappointing that such activity has actually taken place. Anyone contemplating such acts should be aware that the harbour area is covered by CCTV and that follow up action will be taken.

The harbour has now moved into its winter mode with a few boats now taking up berths on the pontoon. The finger pontoons have been removed for the season to protect them from the winter weather and to do some maintenance. They will be returned to the water in the Spring.

Lastly, the charity arm, Friends of Cromarty Harbour, would like to express thanks to those that supported the poster fundraising over the summer. Special thanks to our local businesses who helped by offering the poster to their customers. It has proven a good success and will be repeated next year. On fundraising, we still have a very small number of jigsaws that we'd like to sell to give some welcome space relief in my shed. With Christmas coming, why not purchase as a gift for a friend at the reduced price of £15? You can buy at cromartyharbour.org or at The Emporium. Once gone, they'll be gone!

Cromarty Community Development Trust

Thrift Shop Electricity Saga!

OFGEM upheld our complaint against SSE and instructed them to issue a letter of apology (received) and a credit of £100 (not yet received). We still have to deal with SSE to organise the reconnection of electricity but the procedure is now clearer and we have started the process. In the light of past experience, we are not anticipating a speedy resolution!

Campervan Site

At last, the final plans for the campsite have been approved following some minor amendments. This means we will, at last, be able to move forward with our plans. Although the site will be slightly smaller than we had hoped at the start, we will still be able to create employment and hopefully generate much-needed income for the town, as well as taking vans off the streets.

We will be going back to contractors and hope to award the project in the near future.

Funding

We applied for funding for a Development Officer to a new pot of cash, but were unfortunately unsuccessful (about 8 out of 200 applications were successful!), but there is another round soon and we are optimistic we shall beat the Faroes and progress into the Quarter Finals!

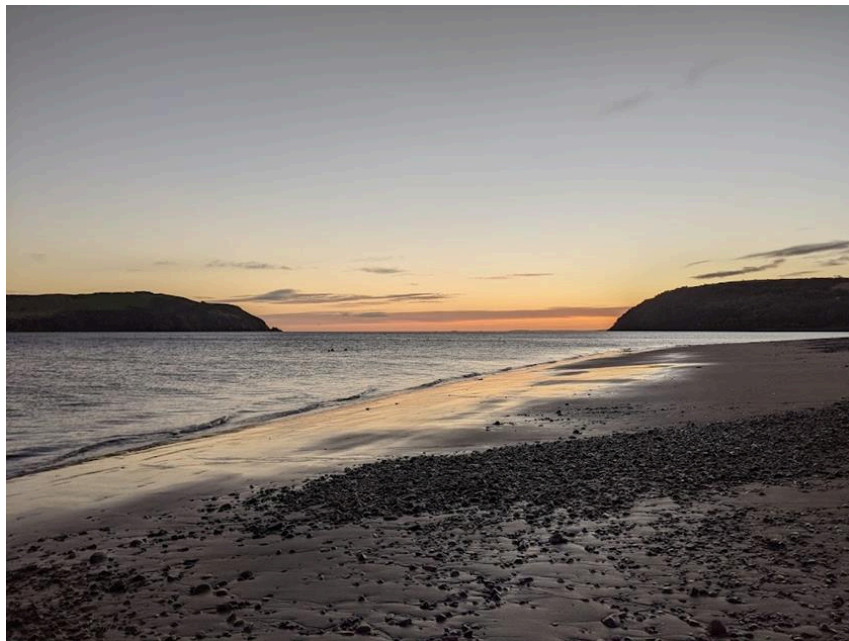
Cromarty Arts Trust

As usual, there are lots of things going on at the Cromarty Arts Trust with some exciting events and workshops happening during November. Below is a picture of just one event we have coming up with some fantastically talented young musicians gracing the stage on November 11th. It's well worth a look at what is going on so check out their website www.cromartyartstrust.org.uk or Facebook page, or get in touch via info@cromartyartstrust.org.uk or 01381 600354.



Well, that's all we have for this month! Have a brilliant November and see you next time.

- The Editorial Team



Can you spot the seals? Mermaids? Cromarty's elusive wild swimmers?

Forward

We hope you've found this an interesting and informative read. Please let us know what you think, or send suggestions and ideas for articles via editor@cromartylive.co.uk

The Cromarty Live Newsletter team is Catriona Mallows, Jon Palmer, Jeremy Price and Laura Shepherd.

The Newsletter is currently sponsored by Cromarty Rising.

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