



November 2024

Bienvenidos Amigos

On Monday 7th October members of the Youth Café hosted a group of students who had come all the way to Cromarty from Argentina. 16 young people aged 15-18 and four staff were visiting from St. Gregory school in Buenos Aires as part of an annual trip the school makes to Scotland, which offers their students an experience of a different culture.

They surely won't forget Cromarty!



Argentinian Visitors at Rowing

Great Rowing session with Fernando and our guests from Argentina, thank you so much to Roberto (our now worldwide known) famous boat builder and Karen for coxing multiple sessions, our friends and local rowers had a fabulous session.

Argentinean Visitors at Cromarty Youth Cafe

We were delighted to welcome Guest from Buenos Aires, ARGENTINA, to Cromarty Youth Cafe, after a great rowing session followed by some football, meeting the Highland U16 Football Cup Winners, A deluxe dinner, Scottish Ceilidh dancing and some Argentinian dances
A lovely cultural day with lots of learning and friendships and connections made .
Some Lovely Highland Dancing from our Iona



Community Council Report

At our October meeting we covered a lot of business.

Place & Action Plans

Some of which was commenting on, and agreeing, the latest Black Isle Community Councils' work on the Black Isle Place Plan (BILPP). This is now approaching its final stages with the creation of a Governance Body to drive forward the BILPP. There will be future updates so keep checking the Cromarty Live website www.cromartylive.co.uk

As promised previously, your C&DCC will now move on to consulting with our Cromarty community over creating a more localised Community Action Plan, to supplement the BILPP. It is planned that we will start organising sessions in the New Year, bringing together not only all community groups, with specific interests, but also everyone who lives here. So start giving it some thought as to how you want Cromarty & District to develop in the future. Everything can be 'on the table' for discussion, because it will be YOUR Plan. Again, look out for updates on the Cromarty Live website www.cromartylive.co.uk

Volunteers

We continue to prepare for winter weather, even if there are a few sunny days left!

The C&DCC Winter Resilience team have started their preparations getting all the machinery and supplies ready for action. But we need volunteers!

If you are already a regular or previous volunteer to the gritting team, we hope you are willing and able again to keep the community safe, but we are always looking for 'fresh blood'. **More volunteers are needed and welcomed** (introductory training provided), so please just contact us on cromartydistrictcc@gmail.com and join the Team. But that is not the only type of volunteer we need!

We Need Your Help

To keep the C&DCC maintaining its transparency and accountability to the community.

Sadly, due to personal family commitments (nice ones!), we are having to start the process of finding a replacement for Claire Fraser, our Minute Secretary. It is only at times like this that you realise just how much one person is doing for this community. The reality is that finding a replacement like Claire is impossible. The C&DCC and Cromarty owe Claire a lot for her dedication and professionalism. A hard act to follow. But we need to find somebody (or bodies) to take over this very important role of keeping Cromarty informed and making sure the C&DCC Members behave themselves!

If you are interested, in whatever small capacity, please contact us on cromartydistrictcc@gmail.com for more information. Lots of training and support will be available and it has been said that we are a 'fun' team to work with! Keen to help your community, then please get in touch.

Thank you

C&DCC

Development Trust Update

Community Campsite

- * A more successful season than anticipated.
- * Training and developing for apprentice (Rory Mackay) on- and off-site; including 'running' the campsite for a fortnight to relieve the warden. Broadening his work for other community needs where possible and appropriate.
- * Submitted and secured grant from North Highland Initiative for additional infrastructure/minor works programme, to include site fencing and signage.
- * Working with Community Council to seek traffic calming measures for road past the site and Bayview.
- * Starting off a community volunteer group, for out-of-hours / local presence on the site; also to start to build

knowledge of the site and wider opportunities in community members.

* Looking to get a 'Seashore Hub' set up with Moray Firth Partnership to help beach clean-ups.

Whitedykes Industrial Unit

* Various grant applications submitted to take forward community engagement, purchase and development of Unit for community use.

East Church Hall

* Grant application for refurbishment submitted.

Open Board Meeting

* Member have been invited to an open board meeting on 4 November. Agenda coming out soon - please respond if not already done so, as spaces are limited by venue.

James' Support Group

Following on from three days of tragedies on The Black Isle, James' Support Group put on support sessions in Cromarty at The Victoria Hall and in Fortrose at The Black Isle Cares offices with the Leisure Centre.

We appreciate how difficult it can be to walk into a support meeting for the first time, so are thankful to those who were able to attend these meetings.

It is also hard to seek help via our 24/7 helpline(07563 572471) even though it may be exactly what you need, so please, if you are struggling with the recent suicides please don't struggle alone - pick up the phone/send a text/send an email to support@jamesupportgroup.com.

Full details of all regular meetings are on our webpage <https://jamesupportgroup.com/group-meetings/> and you can request a personal one to one session which can be held anywhere including your home/our home etc.

SEEKING SUPPORT IS A STRENGTH NOT A WEAKNESS

The best thing you can do for yourself when struggling is to talk. Here is a Self Help Guide to help with these times. (Click on the image to enlarge)



Arts Trust

The Arts Trust shows no signs of slowing down as we go into November!

Theatre

‘**Men Don’t Talk**’ is an important new play coming to the **Victoria Hall** on **19 November** in time for International Men’s Day.

On a Scottish tour as part of the Scottish Mental Health Arts Festival with Scottish Men’s Shed Association, ‘Men Don’t Talk’ explores masculinity, men’s mental health and the myth that men don’t talk.

Scottish actors Billy Mack, Dougal Lee and Greg Powrie star in a play that sees three men find banter, bird boxes and biscuits within a fictional men’s shed that celebrates companionship, camaraderie... and custard creams.

The Victoria Hall will be converted into a fictional men’s shed to address the importance of people coming together

to talk about their emotions, feelings, trials and tribulations to promote positive masculinity.

Tickets £10 (£8 over 65, under 18, unwaged) from info@cromartyartstrust.org.uk, call 01381 600354 or just come along on the night.



Music

Tickets are selling well for prize winning solo pianist **Nikita Lukinov** on **3 November** at the Stables. Nikita will be playing Brahms, 6 pieces op.118, Debussy Images book and Mussorgsky, “Night on Bald (Bare) Mountain”

Doors open at 2.30 and Nikita will play at 3pm. Tickets are £14 which includes tea and coffee. Under 18s are free.

Tickets selling fast! **Martin Stephenson**, of Martin Stephenson & The Daintees fame, will be playing a solo gig at the Old Brewery on **Friday 8 November**. Martin was one of the first gigs here after lockdown and many will remember his great music and engaging humour.

Doors open 6.45 and Martin will be on stage at 7.30pm. £12, BYOB.

Booking for both performances through info@cromartyartstrust.org.uk, 01381 600354.

Residency Prize & Exhibition

We are delighted to announce that Dr Maria Maclennan, the renowned ‘Forensic Jeweller’, has been awarded the 2024 Cromarty Arts Trust Residency Prize. Dr Maclennan’s unique contribution to the fields of forensic science and art and design have garnered international

attention, blending her artistic expertise with innovative investigative techniques.

Her ground-breaking research in Forensic Jewellery, which supports disaster victim identification through the analyses of personal artefacts, has been a trailblazing addition to forensic science. Dr MacLennan's ability to combine creative practice with scientific precision has earned her numerous accolades, and this recent recognition further highlights the impact of her work.

Maria is currently a Senior Lecturer at Edinburgh College of Art (ECA), part of The University of Edinburgh, although she has since completed an MSc in Forensic Art and Facial Imaging with The University of Dundee's Centre for Anatomy and Human Identification (CAHID), through which she continues to push the boundaries of forensic identification through her innovative work.

Dr MacLennan will be spending a month in Cromarty. She will work at the Cromarty Arts Trust and with the Hugh Miller Museum, to produce a series of new facial depictions of Hugh Miller incorporating artefacts housed within the museum's collection, including a miniature death mask. We will celebrate her time here with a showing of work and an informal talk in the evening on **28 November** at the Old Brewery.



Art & Craft

Collected Worlds is a half day assemblage and drawing workshop run by artist Fiona Stewart who is spending two weeks with us on a residency. You will create your own miniature world in a shoe box and then use charcoal to explore drawing what you have created. This will be a relaxed workshop at the Stables (**Saturday 9th November**) and you don't need any experience. £35 includes materials, tea and coffee. Full details are on our website here www.cromartyartstrust.org.uk/events/9-nov-2024-collected-worlds-assemblage-and-drawing-workshop.asp Booking: info@cromartyartstrust.org.uk.

We have four other courses in November that are sold out but we are keeping waiting lists: Barbel from Cromarty Pottery is running a day and half on **2nd and 16th November**. Rebecca the Sewist is running a two-day course on **16th and 17th November**. Dr Maria MacLennan and Dr Tobias Hoult are running a one-day Introduction to Forensic Facial Reconstruction on **23rd November**. Anna Wimbledon is running her two-day Portrait Painting in oils over the weekend of **30th November/1st December**. If you want to go on the

mailing lists for any of these, just drop us an email: info@cromartyartstrust.org.uk.

And The Christmas Countdown Has Started...

The annual **Christmas Craft Market** is back! Starting off on **Friday 29th November** from 6 – 8pm with complementary mulled wine and mince pies, the market runs on from 10am – 4pm over **Saturday 30th November and Sunday 1st December**. Venue is the Old Brewery, and we have arts, crafts and gifts from lots of old favourites and some exciting new makers too. **Lynn Winpenny Art : Colonsay Wool Growers : Brora Enterprise Gallery : Deep Calm Foundation : Cromba Creative for Cromarty Primary School : Elspeth Shaw Fair Isle Knits & Mrs Moses Knitter : Cromarty Woodturning : Loom + Lichen : Anny Rideout Designs : These Fragile Ideas : Timber + Stitch : Beti-B Rings : Candles From The Croft : Jacqueline Moore Jewellery : KATWOLFE : Lexie Macleod Pottery**

Don't forget we sell gift vouchers, they make excellent Christmas presents, can be for any amount, used for any of our events or courses and don't have an expiry date. We also have some of our colourful CROMARTY keep cups and tote bags for sale too, pop into Ardyne to purchase. Great quality and easy to post!

Still Calling For Volunteers

We always welcome volunteers for any of our events or courses, just give Nicki a shout if you would like to help. But this is a special plea to ask if anyone regularly works or visits anywhere outside Cromarty, that might be able to take our posters and have them spread a bit wider across the Black Isle and Inverness and Dingwall. Please email or call if you can help, many thanks!

As always more information, prices and booking for any Cromarty Arts Trust event can be found on our website at www.cromartyartstrust.org.uk or give us a call during office hours on 01381 600354, or you can email Nicki and Gail at info@cromartyartstrust.org.uk

Cromarty Community Christmas Choir

Over the past years, a traditional evening of carols and readings has been held just before Christmas and many local folk see this as the start of Christmas! Under the direction of Simon Evans, the choir became stronger and the repertoire increased over the years. Sadly, Simon and Jill have now moved away from Cromarty and we thought that was it for this annual event.

However, we now have in our midst a former professional tenor and operatic singer in the form of Nigel Robson who has very kindly agreed to step into the musical director's shoes and lead the choir. Rehearsals have already started but it is not too late to join the ensemble – there are plenty more rehearsals to go before the event on **19th December**.

Nigel has some new ideas about the event and the choir will form part of the evening, which includes carol singing for everybody present!

You don't have to be a professional singer – just want to make a joyful noise in good company. So if you'd like to take part, just come along to the rehearsals and join in.

At the moment, the schedule for rehearsals is

Sunday 10th November - Old Brewery

Sunday 17th November - Old Brewery

Sunday 24th November - St Regulus' Church

Sunday 1st December - St Regulus' Church

Sunday 8th December - Old Brewery

Sunday 15th December - Old Brewery

So if you're interested, please come along! For more information please contact Jeremy on 600709.

Cromarty Courthouse



History Society

After well-attended and interesting meetings about pre-NHS hospitals and Iron Age archaeology on Skye, the Society's next talk will be held a week later than usual on Tuesday November 26th due to a clash of hall bookings.

We look forward to hearing Dingwall Museum Chair Jonathon McColl tell us about his research into the Dingwallian Diaspora. Jonathan is an Irish-Canadian who has been living in Dingwall with his family since the 1980s. He's a retired IT trainer who is happy to no longer have employment interfering with his hobbies which mostly concern family and local history.

The history of a place is the collected story of its people and their doings. Dingwall has existed for a thousand years or so and its sons and daughters have gone out into the wider world from there. The talk will show us how some of them explored, worked and lived their lives in most corners of the globe.

As usual the meeting begins at 7.30pm in the Victoria Hall and there will be time afterwards for refreshments and chat. Meetings cost £5 or £15 for annual membership which covers the rest of meetings for the year 2024-2025. We look forward to seeing you all on the 26th.

Poetry and Creative Writing Sharing Session

Takes place at Cromarty Library,

On the second Tuesday of every month. (12th Nov/10th Dec/and beyond!)

Free. 5.30pm-6.45pm

Business Updates

Cromarty Post Office

Don't forget we're open till 8pm on Friday November 1st along with Calluna, Ingrid's House and The Foundling Home. We'll have some special offers for that evening only and maybe even a free chocolate or two to taste! Please come along if you can.

The price of 2nd class stamps didn't increase when 1st class went up so you can still send your Christmas cards without too much pain (although you still have to write them!) The last posting date for 2nd class is December 18th. 1st class is December 20th, and the rest of the world the last week of November. You can leave it a bit later in each case if you use a tracked/guaranteed service. A leaflet with all the dates is available in the PO now. Christmas stamps go on sale on November 5th.



Gallery 48

This month we have been busy stocking up for Christmas and have already met many organised customers buying their presents! If you are looking for a unique gift handmade by UK and local artists/makers, pop in for a look! Whether it be mini stocking fillers, jewellery,

knitwear or a piece of artwork, our gallery and gift rooms have plenty to offer. We will be taking part in the Cromarty Christmas Shopping Trail again this year, from 5 pm - 8 pm on Friday 15th November. We look forward to seeing you over the next few months!

Cromarty Pottery

It has been a busy month for the team at Cromarty Pottery, preparing our autumn/winter stock for our customers. We have been working on a range of decorative and functional pieces and we will be stocking smaller, affordable ceramics, as well as bigger one of a kind pieces! We also stock work by Rupert Blamire, Michelle Lowe, Leon Patchett and Daisy Hain. In addition to our usual opening hours, we will be open on Friday 15th November, from 5 pm - 8 pm, as a part in the Cromarty Christmas Shopping Trail.

From Monday 4th November, we will be updating our opening hours - closed on Mondays, open Tuesday - Sunday, 10.30 am - 5 pm.

Royal Hotel

How is it November already?!

Thanks so much for all your support over this past season, it is much appreciated.

We are now closed for our annual winter break and will reopen – fully recharged and ready for the festive season – on **Wednesday 4th December**.

Our pre-Christmas menu starts on **Friday 6th December**. It's the perfect way to celebrate the festive season with family, friends or work colleagues. Choose from 2 or 3 courses, includes a glass of fizz on arrival! No min or max number, and parties of over 18 will have exclusive use of our private dining room. Regular visitors will know how lovely the Royal is at Christmas-time – with real Christmas trees, candles and log fires – not to mention Christmas cocktails! – and we would love for you to join us too!

Email info@royalhotel-cromarty.co.uk to book (we can still take reservations even though we are closed for our winter break so please do get in touch to ensure you get your date of choice!)



Pre-Christmas Menu

The perfect way to celebrate the festive season with friends, family or work colleagues. Choose from 2 or 3 courses, includes a glass of fizz, Christmas crackers & lots of festive cheer!

Celeriac & pear soup , Cromarty Bakery bread

Homemade chicken liver pate, oatcakes, dressed leaves, Arran chutney

Fraser Bros haggis bonbons, clapshot, peppercorn & Drambuie cream sauce

Mushroom & Strathdon Blue cheese risotto, fresh parmesan shavings

Roast festive turkey with a rich roasting gravy, chipolata sausages, roast potatoes, roasted root vegetables, Brussel sprouts

Slow-cooked featherblade of Ross-shire beef, buttery mash, rich red wine jus, roasted root vegetables

Pan-fried filled of North Sea cod, leek, saute potatoes, lemon cream sauce

Nut roast, flaked almond, pomegranate, roast potatoes, cranberry compote

Christmas pudding, brandy butter, Mackie's vanilla ice cream

Black Forest decadence, rich cherry compote, cream, Kirsch liqueur

Trio of Highland cheeses, oatcakes, chutney, grapes (supplement £8)

Lemon posset, homemade shortbread

Two courses £35 Three courses £42 (Must be booked in advance)

Includes a glass of fizz on arrival. (Menu items subject to change)

Available on dates between 5th – 22nd December for lunch or dinner

01381 600217 info@royalhotel-cromarty.co.uk

Sutor Creek

PIZZA OFFER

November Buy One Pizza Get One Half Price

ALL Take-Away pizzas EVERY Wednesday and Thursday from 12-8pm in November.

Offer applies to full size take-away pizzas - lesser priced pizza half price.

CHRISTMAS PARTIES

We are now taking reservations for Christmas Parties at Sutor Creek. Whether a small family get together or a work gathering to celebrate the season, you are guaranteed a warm welcome, exceptional festive fare and attentive service. Book online or call us on 01381 600 855.

NEW YEAR'S EVE BOOKINGS

We have limited availability for dinner on New Year's Eve - please book soon if you are planning on dining out before the bells!

CHEFS DINNER IN USA

Graham has just returned from cooking a Guest Chef Dinner in the Highlands of US with co-chefs Phil Vickery and Beverly Hills Four Seasons Executive Chef Colin Bedford. 30 years since meeting and working together, the 3 chefs were invited to cook at the 5 star Old Edwards Inn property in NC where they presented a fabulous British menu - Graham introduced the guests to Cranachan, Haggis Truffles & a dram!



Calluna

Early Bird Christmas Shopping Night on **Friday 1st November 5-8pm**. Join Calluna, Ingrid's House, The Post Office and Foundling Home for a preview of our Christmas Collections. All welcome. Shopping in Cromarty ensures what's spent locally stays local ❤️

Our new season stock includes fluffy slippers, chunky jumpers, sparkly sequins and a selection of brand new jewellery & books - selected specially with gift giving in mind - pop in and see what's new. Open daily 10-5pm, 24 hours online and late night shopping on Friday 1st and 15th December.

Ingrid's House

At Ingrid's House we love this time of year as it's time for our Christmas open evening (as above). We are so excited to show you all our new Winter stock. We will of course have our beautiful Star lamps, no home is complete without one! Cosy lights to warm your home for the winter, gorgeous Scandinavian gifts and all beautifully wrapped for you. Shoppers are welcome to join us at the Fishertown Inn for a complimentary glass of Mulled wine and a mince pie during the evening.

We then have a second Christmas shopping evening on the **15th November** for those who can't make the 1st.

If you can't make either of these evenings and can't make it into the shop during the day, please get in touch to arrange your own private shopping evening.

We are open 7 days a week right up to and including Christmas Eve.

Our next quiz night is on the 23rd of November in aid of Cromarty Primary Parent Council. More details will be out soon on social media and posters around town. Please come along to support our wonderful school.

Fishertown Inn

Our Christmas dinners will be starting again very soon, our menus will be publicised shortly. If you have a work group, family group or indeed a group of friends that would like to come and have a Christmas meal with us please get in touch to arrange a suitable date and time. info@fishertowninn.com

Games nights are proving popular now that we are into the darker nights. These are every Wednesday night, although you are welcome to come any time to play one of our many games.

We are excited to be joining in Cromarty's Christmas shopping evening on the **15th of November** when The Cromarty Brewing Company will be setting up shop in our snug, be sure to pop along to see their brilliant gifts and even more brilliant beer!

And talking of gifts...

Local poet Caroline Burrows has copies of her first collection **Verse Cycles** available to buy in person or online in time for Christmas gifts.

This is what BBC Radio 4 had to say:

"It was great featuring Caroline's fresh approach to poetry on Sketches. We loved being taken outdoors in all weathers through her poems." **Maggie**

Ayre. Producer, *BBC Radio 4.*

Copies are £8 (+£2.30 if being posted)

Online: <https://versecycle.sumupstore.com/> or contact Caroline to arrange purchase in person in Cromarty: versecycle@outlook.com

Cromarty Care Project

Community Sharing Larder

We are delighted to announce that we have received generous funding from Foundation Scotland for a full year of stock for our Community Sharing Larder. The grant will begin when our current funding ends in February. This means that basic Larder stock is covered right up until January 2026. It is a great relief to have secure funding for that length of time and it means that we can pass on that security to all the families and individuals in Cromarty who rely on the Larder. As costs continue to increase, we hope this will go some way towards taking the pressure off many household budgets.

Toiletries are among the most expensive items to buy. The Larder does supply toothpaste and sanitary products, but we are always grateful to receive donations of shower gel, shampoo, etc. Please leave all donations in the box beside the shed. If donating foodstuffs, please make sure they are within the use-by date. Alternatively, if you would like to make a financial donation, you can do so online at www.cromartycareproject.co.uk

Cromarty Care Project AGM

We held our Annual General Meeting on Tuesday 22nd October. In her Annual Report, our Chairperson, Denise McIntosh, highlighted the many projects that CCP has been involved in over the past year, including: a new storage shed for the Larder, an extension of the Lunch Club at Cromarty Primary School, a doubling of film showings by the Classic Film Club and a new bench outside the sheltered housing at Townlands.



All of this (and more) has been achieved thanks to successful funding applications, the generosity of our funders and, as ever, the continued support of volunteers, donors and the community.

Earlier in the year, we said good-bye to Jill Stoner, our founder and former Chairperson, and our wishes for a happy retirement go to Jim Templeton who has resigned as Trustee. New to the Board are Jane Bentley and Sarah Hall. Jane will be taking over from Alison Seller as Secretary.

Monday Lunch Club

The Monday Lunch Club for the over-60s meets in the Fishertown Inn at 12 noon.

Please telephone the Fishertown to reserve your place **no later than the day before, on 01381 600988** and please let them know if you won't be able to attend, so your booking can be offered to someone else. If you are not currently a member and would like to join, please contact Alison on 07470 583641.



Lunch Club meets at 12.00 p.m. Charge: £3

Please note that, although costs have risen, the reduced charge to members remains the same as last year, thanks to new funding received from the Bank of Scotland Foundation.

Classic Film Club

The Classic Film Club for the over-60s shows twice-monthly films in our very own Cromarty Community Cinema. The cinema is fully accessible and the films are selected by the members themselves – golden oldies or contemporary classics. If you would like to join the Club (entirely free!), or for further information, please contact Helen Charley on 07889 181529 or email helen.charley@doctors.org.uk

Meetings this month will be at **2.30 p.m. on Wednesday 13th and Wednesday 27th**. Please arrive early to avoid disappointment! The films being screened are **Khartoum** (135mins) and **Pool of London** (85mins) respectively.

The Classic Film Club is funded by the Port of Cromarty Firth.

The pre-cinema lunch will be available this month at the Fishertown Inn in Church Street, Cromarty at 12.30pm. The same things apply : Book your place, and choice of food, by 5pm on the Monday (11th and 25th). Payment is direct to the Inn. Tel no 01381 600988, or email info@fishertowninn.com

Table Tennis

Table Tennis continues throughout November. Open to all, at any level. Please join us on Monday mornings, **10.30 – 12 noon at the Victoria Hall**. Suggested donation is £3 per session.

Baby and Toddler Playgroup

The Playgroup will meet throughout November. Parents and carers with their babies and toddlers are very welcome to join us at the **Victoria Hall, 10 – 11.30 on Tuesdays** Charge: £2 per session.

Carers for the Black Isle

Could you be a home carer? Homecare is urgently needed in Rosemarkie, Fortrose and Avoch. Training will be provided, so no experience is necessary. Eilean Dubh Home Care are a very friendly and flexible company. Staff are well supported and issued with contracts. Pay up to £15 per hour, plus mileage, 5% bonus scheme and pension. Contact to have a chat on 07859 795029 or email audrey@edhomecare.co.uk

Callout for Drivers!

Cromarty Care Project would like to invite 'occasional' drivers to join our volunteers. If you could offer transport, in your own car, to members of the Monday Lunch Club or Classic Film Club, please get in touch. You should only be called upon once or perhaps twice a month. Lunch Club transport would involve pick-up at 11.45 on a Monday to the Fishertown Inn and return just after 1.00 pm. The Film Club meets on the second and fourth Wednesdays of the month. Transport would involve pick-up just after 2.00 pm to the Cinema and return time would be confirmed on the day, depending on the length of the film being shown.

If you'd like to help out, please email info@cromartycareproject.co.uk or text Maxine on 07875 963570



Citizens Advice in Cromarty – 19th November

Christine Macdonald, from Ross & Cromarty Citizens Advice Bureau, will be offering face-to-face appointments in the Victoria Hall on the third Tuesday of this month (19th November). It's also possible to have a telephone appointment if that is more convenient. CAB can give advice on a whole range of issues including benefits, debt and money, energy, work issues, relationships and housing, and we can help you to fill out benefit forms. To book an appointment with Christine, telephone 01349 883333 or email adviser@alnesscab.casonline.org.uk

CAB Focus on . . . Council Tax

If you have a low income or get certain benefits, you might be able to get help to pay less Council Tax from the Council Tax Reduction scheme. If you are liable to pay Council Tax, you might be able to get 1 of the following:

- Council Tax Reduction - if you get certain benefits or have a low income. You can make a claim whether you

own your home or you are renting, and your employment status won't have an impact on your claim.

- Council Tax bands E to H relief scheme - if you live in a home in Council Tax band E to H, and your income and savings are below certain amounts
- Second adult rebate scheme – if you live with another adult, who is not your partner, and they're not liable for Council Tax and have a low income.

The scheme you get will depend on which one gives you the most money off your Council Tax bill. There is no set amount of Council Tax Reduction - what you get depends on your circumstances.

As well as Council Tax Reduction, there are other exemptions and discounts that might apply to you. You might be able to get money off your Council Tax bill if:

- you live alone
- you are a carer
- you or someone you live with has a severe mental impairment, such as dementia or a learning difficulty
- there are adaptations in your home that make it suitable for someone with a disability who lives there
- your property is empty – for example, you have gone into hospital or moved into a care home.

To find out more about Council Tax Reduction, exemptions and discounts, contact the Highland Council.

Council Tax is compulsory and must be paid. Local authorities have legal powers to collect Council Tax. If you have arrears and are struggling to pay your Council Tax because of financial difficulties, you can contact the Highland Council and ask about a payment plan, or contact the Citizens Advice Bureau and ask about debt advice.

Cinema

This November, the Cromarty cinema line-up promises a rich mix of stories across genres!

For those who love reflective dramas, **Shambala** follows a young Nepalese woman embarking on a quest to find

her missing husband in the Himalayas, while **Bird** captures a story of resilience in the face of adversity, starring Barry Keoghan. Cillian Murphy is outstanding in **Small Things Like These**, depicting the true story of Ireland's Magdalene laundries - horrific asylums claiming to reform "fallen young women." After October's sold out screenings, we're bringing the powerful **The Outrun** back – if you missed it first time around make sure to get your tickets ASAP!

Documentary enthusiasts can immerse themselves in **Exhibition on Screen: Van Gogh: Poets & Lovers**, an insightful look into the artist's inspiration, and **Maya and The Wave**, depicting the journey of an inspiring female surfer. **Blink** is a beautiful documentary about love and resilience, where a family whose children are slowly going blind see as much of the world as they can, while they can.

There's also loads of fun in store, for kids and adults alike. **Flow** is a wondrous journey, through realms natural and mystical, following a courageous cat after his home is devastated by a great flood. **Wild Robot** is an epic adventure where a robot is shipwrecked on an uninhabited island.

The Crime Is Mine is a lively, stylish murder mystery set in 1930s Paris, following an aspiring actress accused of a crime she claims not to have committed. Or how about some classics? Revisit old-school thrills with the surfing-crime action of **Point Break** or the gritty edge of **Dirty Harry**.

And finally... Polish your blades, practise your flying kicks and get your engines revving: the best of the action genre is coming to Cromarty this month. A special season of films and events curated by your dedicated volunteers designed to brighten the dark nights. Full programme below.

Reserve your tickets now to enjoy it all on the big screen! Go to <https://cromartycinema.com/films/>, or the human box office on Thursdays 12-2. See you in November!



CROMARTY CINEMA
November 2024



Friday 1	7pm	Shambhala (12+) 2hr 30m Scenic Nepalese drama follows Pema who crosses the Himalayas to find her missing husband.
November		
Saturday 2	7pm	Bird (15) 1h 59m ** Andrea Arnold directs gritty drama starring Barry Keoghan (Saltburn) as hustler dad.
November		
Sunday 3	11am	Flow (U) 1hr 25m Animated adventure stars Flow the cat and friends whose world is devastated by a flood.
November		
Sunday 3	3pm	Blink (U) 1hr 24m Documentary – a family of children slowly going blind experience as much as they can.
November		
Friday 8	7pm	Small Things Like These (12A) 1h 38m Cillian Murphy produces and stars in drama about Ireland's notorious homes for unwed mothers.
November		
Saturday 9	7pm	The Crime is Mine (15) 1hr 43m French Paris-set comedy starring Isabelle Huppert and based on 1930's stage comedy.
November		
Sunday 10	3pm	Small Things Like These (12A) 1hr 38m ** Cillian Murphy produces and stars in drama about Ireland's notorious homes for unwed mothers.
November		
Tuesday 12	7pm	EOS - Van Gogh: Poets and Lovers (12A) 1h 30m Capturing the National Gallery's exhibition focussing on Van Gogh's year in the South of France.
November		
Friday 15	7pm	Point Break (15) 2hr 02m Classic 1991 Keanu. And Swayze. And surf boards.
November		
Sunday 17	3pm	Dirty Harry (15) 1h 38m Another classic – 1971 Clint Eastwood neo-noir action thriller.
November		
Friday 22	7pm	Maya and the Wave (12A) 1hr 38m Documentary focuses on Maya Gabeira the Brazilian surfer catching the world's biggest waves.
November		
Saturday 23	7pm	The Outrun (15) 1hr 58m Adaptation based on Amy Liptrot's memoir stars Saoirse Ronan as a young alcoholic who returns to Orkney where she grew up. Back by popular demand.
November		
Sunday 24	11am	Wild Robot (U) 1hr 42m Roz the robot must adapt when shipwrecked on a desert island in latest DreamWorks animation.
November		
Friday 29	3pm	Blade – Cromarty Kicks Ass (CKA) (18) 2hr First of Cromarty Kicks Ass (CKA) special season. For full details see cinema website.
November		
Saturday 30	3pm	TMNT: Mutant Mayhem (CKA) (PG) 1hr 39m 1998's Blade stars Wesley Snipes as half vampire on mission in New York.
November		
Saturday 30	7pm	Scott Pilgrim vs The World (CKA) (12) 1hr 47m First of our young programmers' selections. Exciting animated action-packed adventure.
November		
November		Scott Pilgrim vs The World (CKA) (12) 1hr 47m Adaptation of cult graphic novel, Scott must fight 7 evil exes to win his girl's heart.

****Screening with Descriptive Subtitles**

Adults £9.50 Under 26 £6 Friends £8

More film info and book online at: cromartycinema.com or at eden-court.co.uk or in person at Cromarty Cinema on Thursdays 12 – 2pm.

Show your support - become a Friend and reduce your ticket price. Visit cromartycinema.com or email admin@cromartycinema.com

The Cromarty Cinema, Cromarty, IV11 8XZ



As part of the BFI's Art of Action season, Cromarty Cinema is thrilled to offer a selection of films from around the world that illustrate the best of physical stunts, movement and mayhem. A truly global programme, we have films from Africa, Asia, Europe and America and stories that aren't just about inarticulate muscle-bound men. So, if you want humour, revenge, female empowerment, friendship, philosophy, love and general kick-assery this is the season for you!

**29 NOV
- 5 DEC**

FRI 29TH 6PM Hazards of Helen
Unrated, 1915, 20 min approx
 To 'kick off' the season in style join us at the Lighthouse for an outdoor screening of amazing short serials from 1915, featuring Hollywood's first professional stunt woman, Helen Gibson. The films will be accompanied by live music and we will have some warm drinks to fight the chill.

7PM Blade
18, Director Stephen Norrington, 1998, 120 min
 Half human half vampire, Blade (Wesley Snipes), is on a mission in the dark streets of New York City to rid the world of vampires and avenge his mother's death. With the help of weapons manufacturer and medic Abraham Whistler (Kris Kristofferson), he finds increasingly ingenious ways to dispatch the blood suckers in this nonstop, adrenaline-pumping ride.



SAT 30TH	<p>2PM Parkour Demonstration ★</p> <p>Bringing the screen to life, we will have Ignotus Parkour group from Nairn, demonstrating the incredibly physical sport of parkour which has featured in numerous films, notably Casino Royale in 2006.</p> <p>3PM Teenage Mutant Ninja Turtles: Mutant Mayhem</p> <p>PG, Director Jeff Rowe, 2023, 99 min</p> <p>This Ninja Turtles movie has a triple F rating (Fun Family-Friendly Film) and is the first of our young programmers' selections. Featuring action-packed adventure with a taste of what it's like to be a modern teenager, there are big fights and comedic elements as well as exciting animation styles (check out those mutants!).</p> <p>7PM Scott Pilgrim vs The World</p> <p>12, Director Edgar Wright, 2010, 107 min</p> <p>This adaptation of a cult classic graphic novel bristles with energy. Set in a live video game, Scott must fight his girlfriend's seven evil exes to win her heart. The film combines brilliantly choreographed fight scenes with smart one-liners and a great indie soundtrack. It also features a twist of revenge – careful with other people's emotions Scott!</p>	MON 2ND	<p>7PM Ghost Dog: The Way of the Samurai</p> <p>15, Director Jim Jarmusch, 1999, 116 min</p> <p>The film follows Ghost Dog (Forest Whitaker), an American hitman who adheres to the samurai code. While completing his missions, he confronts the consequences of his choices while remaining true to his samurai principles. The cinematography captures both the physicality of his movements and the deeper emotions involved, all with a signature Jarmusch style.</p>
		TUES 3RD	<p>7PM The Raid</p> <p>18, Director Gareth Huw Evans, 2011, 97 min</p> <p>The Raid elevates the genre with its rapid storytelling and impressive fight choreography. Set in Indonesia, a SWAT team is on a perilous mission against a drug lord in a high-rise building. As they battle skilled foes on each floor, viewers are captivated by brutal martial arts sequences. For stunt enthusiasts, the film showcases talent and creativity, emphasising the art of movement in action cinema.</p>
SUN 1ST	<p>2PM Capoeira Participatory Session ★</p> <p>Get your moves on with the Ngoma Capoeira Angola group from Inverness. Capoeira is an Afro-Brazilian cultural practice, simultaneously a fight and a dance that can be interpreted as a tradition, a sport and even an art form.</p> <p>3PM Polite Society</p> <p>12, Director Nida Manzoor, 2023, 100 min</p> <p>The second of our young programmers' choices they describe as 'a colourful movie filled with family and friend drama'. A young, aspiring stunt woman, Rhia Khan, and her sister Lena, disagree over Lena's impending arranged marriage. Rhia's physical skills really come into play when someone needs rescuing...</p> <p>7PM Once Upon A Time in Uganda</p> <p>14, Director Cathryn Czubek, 2021, 94 min</p> <p>Action films transcend language and culture and this documentary explores the friendship that develops between a self-taught Ugandan director, Isaac Nabwana, and his US superfan Alan Hofmanis. Nabwana produces fantastically extravagant low budget action films in Kampala which the Guardian describes as 'celebrating the simple joy of exploding heads on film', and Hofmanis is determined to help him reach a wider audience.</p>	WED 4TH	<p>7PM Run Lola Run</p> <p>15, Director Tom Tykwer, 1998, 77 min</p> <p>Continuing our international tour of action, we land in Germany for this critically acclaimed thriller. In addition to heart-pumping action, the film is a philosophical journey looking at the role of free will and chance in our lives through three alternate timelines of events. A nail biting mission through the streets of Berlin ensues.</p>
		THURS 5TH	<p>6PM Lion and Dragon Dance ★</p> <p>To end the season in style, we will celebrate with a performance of the traditional Chinese Lion and Dragon Dance by Yee's Hung Ga Kung Fu Academy. If weather cooperates we will gather by torchlight outside the cinema for the dance and toast the power of cinema with some tea and fortunes (delivered by cookie).</p> <p>Police Story</p> <p>15, Director Jackie Chan, 1985, 96min.</p> <p>Quintessential Hong Kong action comedy film directed, starring and co-written by the Maestro Jackie Chan. Chan plays a Police Officer, battling both a crime syndicate and Police corruption with brutal, bone breaking, death defying stunts. Don't miss the opportunity to see this cult action gem on the big screen!</p>
			<p>★ Outside the cinema, weather permitting (inside Victoria Hall if heavens open!).</p>

TICKETS £6.50 REGULAR £5 UNDER 26/LOW INCOME
Buy online at www.cromartycinema.org

And finally...

That's it! See you all in December.

In the meantime, if there are any budding reporters out there... Whilst it's important to keep people informed of upcoming events it's also nice to report on things that have happened in the town. Not everyone gets to hear of all that's been going on and also our readership extends to those who know the community well but have moved away, or only stay occasionally. As well as a useful noticeboard this newsletter provides a unique record; documenting the life of a thriving community in the Highlands of Scotland in the 21st century. If you would like to write about something you think is significant to our way of life, which others might be interested to read, please contact us via the email editor@cromartylive.co.uk.

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 Jon Palmer, Jeremy Price and Laura Shepherd.

The Newsletter is currently sponsored by a local resident.

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