

Cromarty Youth Café Summer Activities 2024

By Fraser Thomson

Assistant Youth Worker





Black Isle Youth Services & Cromarty Youth Café Fun in the Sun 2024

| Day | Date | Month | Activity | Location | Time | Age |
|------------------|-----------------|-------|---|-------------------------|-------------------|-------|
| June | | | | | | |
| Tuesday | 4th | June | Amy Winehouse - Back to Black Film | Cromarty Cinema | 7pm - 9pm | 15+ |
| Thursday | 6th | June | COVID Legacy Bell Workshop | Fortrose Community | 11.30am - 1pm | 13+ |
| Friday | 14th | June | GWT Roadshow Inverness | UHI Inverness | 9am - 2pm | |
| Friday | 21st | June | HYP Conference | Canal Park Inverness | 9am - 5pm | |
| Monday | 24th | June | Olympics / Mini Highland Games | Cromarty Primary School | 9am - 3pm | P1-P7 |
| Tuesday | 25th | June | Intergenerational Strawberry Cream Tea | Rosemarkie Village Hall | 1pm - 4pm | S4+ |
| Week 1 | | | | | | |
| Monday | 1st | July | Multi - Sports / Arts & Crafts | Victoria Hall Cromarty | 10am - 12noon | 5+ |
| Tuesday | 2nd | July | Outdoor Rowing with CCRC | Cromarty Harbour | 10am - 12noon | 12+ |
| Wednesday | 3rd | July | Football coaching with ICT | Victoria Hall Cromarty | 10am - 11am | 5+ |
| Wednesday | 3rd | July | Summer Arts & Crafts | Victoria Hall Cromarty | 11am - 12noon | 5+ |
| Thursday | 4th | July | Visit to Cromarty Courthouse | Cromarty Courthouse | 11.15am - 12.30pm | 5+ |
| Saturday | 6th | July | Golspie Regatta | Golspie Beach | All Day | |
| Week 2 | | | | | | |
| Monday | 8th | July | Tennis Coaching with Cromarty Tennis Club | Cromarty Tennis Courts | 10am Start | 5+ |
| Monday | 8th | July | Multi Sports with Active Schools | Victoria Hall Cromarty | 12noon- 2pm | 5+ |
| Tuesday | 9th | July | Tennis Coaching with Cromarty Tennis Club | Cromarty Tennis Courts | 10am Start | 5+ |
| Tuesday | 9th | July | Outdoor Rowing with CCRC | Cromarty Harbour | 10am - 12noon | 12+ |
| Tuesday | 9 th | July | Taster Lawn Bowling Sessions with Cromarty Bowling Club | Cromarty Bowling Club | 12:30 - 2pm | 5+ |
| Wednesday | 10th | July | Tennis Coaching with Cromarty Tennis Club | Cromarty Tennis Courts | 10am Start | 5+ |
| Wednesday | 10th | July | Football coaching with ICT | Victoria Hall Cromarty | 12noon - 1pm | 5+ |
| Thursday | 11th | July | Tennis Coaching with Cromarty Tennis Club | Cromarty Tennis Courts | 10am Start | 5+ |
| Thursday | 11th | July | Yoga with Inspiring Young Voices | Victoria Hall Cromarty | 12noon - 1pm | 5+ |
| Friday | 12th | July | Crombeldon Strawberry Tea | Cromarty Tennis Courts | 10am Start | 5+ |
| Saturday | 13th | July | Ullapool Regatta | Ullapool Harbour | All Day | |
| Sunday | 14th | July | Ullapool Regatta | Ullapool Harbour | All Day | |



Black Isle Youth Services & Cromarty Youth Café Fun in the Sun 2024

| Week 3 | | | | | | |
|------------------|------------------|-------|---|------------------------|-----------------|-----|
| Day | Date | Month | Activity | Location | Time | Age |
| Monday | 15th | July | Multi - Sports | Victoria Hall Cromarty | 10am - 12noon | 5+ |
| Tuesday | 16th | July | Residential to Fairburn Activity Centre | Fairburn | 1pm | 12+ |
| Tuesday | 16 th | July | Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk | The Old Brewery | 10am - 12:30pm | 8+ |
| Wednesday | 17th | July | Residential to Fairburn Activity Centre | Fairburn | All day | 12+ |
| Wednesday | 17 th | July | Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk | The Old Brewery | 10am - 12:30pm | 8+ |
| Thursday | 18 th | July | Residential to Fairburn Activity Centre | Fairburn | Return home 1pm | 12+ |
| Thursday | 18 th | July | Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk | The Old Brewery | 10am - 12:30pm | 8+ |
| Friday | 19 th | July | Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk | The Old Brewery | 10am - 12:30pm | 8+ |
| Week 4 | | | | | | |
| Monday | 22nd | July | Multi - Sports Mini Highland Games / Olympics | Victoria Hall Cromarty | 10am - 12noon | 5+ |
| Tuesday | 23rd | July | Nail / Pamper Session | Victoria Hall Cromarty | 10am - 1pm | 5+ |
| Tuesday | 23rd | July | Lego Workshop | Victoria Hall Cromarty | 10am - 12noon | 5+ |
| Wednesday | 24th | July | Intergenerational Mosaic Unveiling | Victoria Hall Cromarty | TBC | 8+ |
| Thursday | 25th | July | End of Summer Party | Victoria Hall Cromarty | 2pm - 4pm | 5+ |
| Saturday | 10th | Aug | CCRC Regatta | Cromarty Harbour | All Day | |
| Sunday | 11th | Aug | CCRC Regatta | Cromarty Harbour | All Day | |
| Saturday | 17th | Aug | Avoch Regatta | Avoch Harbour | All Day | |

All activities are FREE of Charge and open to EVERYONE across the Black Isle. Snacks and Refreshments served at each activity.

If you have any questions, please contact:

Fraser Thomson - Assistant Youth Worker - 07470 522172 For tennis please contact Vicky: 078100 046323

This programme has been made possible with funding and support from:





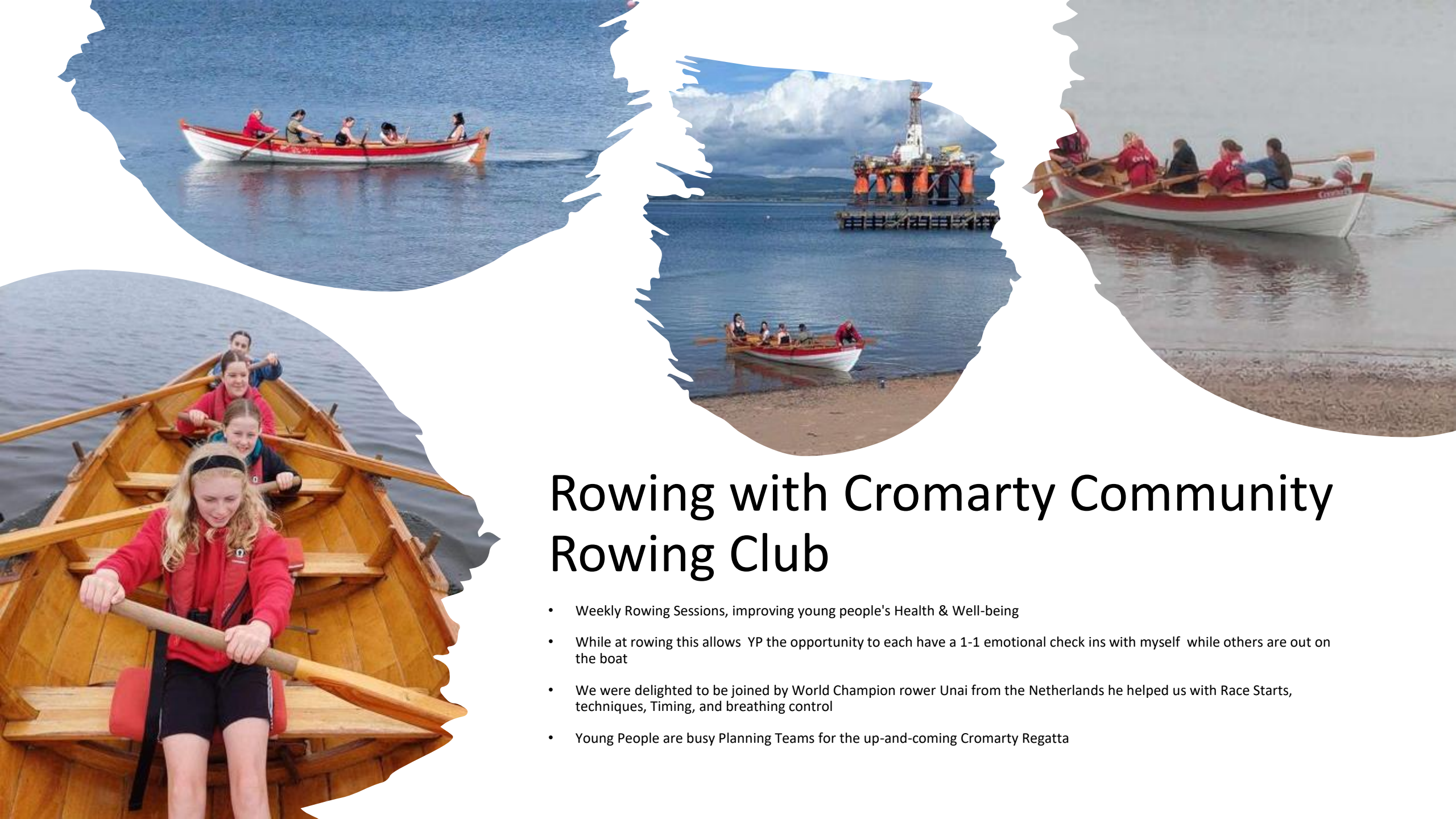
Fun at Fairburn Residential

- 3 day Residential to Fairburn Outdoor Activity Centre with young people from across the Black Isle, this had a huge impact on one of your YP who has a significant role as a young carer for mum who is blind and dad who has MS.
- Mini Highland Games
- Archery
- Zorbing
- Mountain Biking
- Lazer Tag
- Raft Building
- Crate Stacking
- Jacobs Ladder

- Check out our Facebook page for more photos







Rowing with Cromarty Community Rowing Club

- Weekly Rowing Sessions, improving young people's Health & Well-being
- While at rowing this allows YP the opportunity to each have a 1-1 emotional check ins with myself while others are out on the boat
- We were delighted to be joined by World Champion rower Unai from the Netherlands he helped us with Race Starts, techniques, Timing, and breathing control
- Young People are busy Planning Teams for the up-and-coming Cromarty Regatta



Multi-Sports

- Weekly Multi-Sports sessions delivered with our HLH Young Leaders and Murdo our Active School Co-Ordinator
- Lots of new fun games and skills gained by everyone.
- Whilst our HLH YL plan all activities, they are very aware we have a growing of number neurodiverse YP, with this in mind they keep sessions flexible with lots of room for change and allow YP a 1-1 space to decompress if needed, and another YL will step in and lead the session



- **Intergenerational Lawn Bowling sessions** were a Blast this Summer it was great to see our young people meet many new older folks from across the community they had not met before , in fact none of our young people had ever been at Cromarty Bowling Club
- Our young and older people told us playing Bowls
- Improved their fitness
- improved coordination and skill development
- increased confidence and self-esteem
- enhanced mental wellbeing
- community connectedness and support , build new friendships and strengthen relationships across the community , we have been offered more sessions to return
- Young people absolutely loved this low impact sport and found it very competitive
- Of course we blessed each session with lots of home baking , tea and refreshments



Tennis Coaching

- Daily Tennis Coaching Sessions with some of our HLH Young Leaders – Kelsey & Loreta , Vicky (Chair of Tennis Club) and Anne from Inverness Tennis Club
- lots of new skills learned and loads of fun, and Mini Matches played using skills learned
- Young people grow as active citizens, expressing their voice and enabling change
- After feedback and evaluation from the summer Programme, Young people identified their enjoyment for tennis and they have requested more tennis coaching after the summer holidays,
- Plans are now in place between ASC, ourselves & HLH Young Leaders to deliver a Block of Tennis Coaching on Monday Evenings from 4.15pm – 5.15pm August – October





Crombledon

- 16 & Under
- WINNER : Kelsey Benjamin
- RUNNER Up : Josh Whyte
- 11 & Under
- WINNER : Josh Whyte
- RUNNER Up : Joey Jack
- 8 and Under
- Winner : Innes Maclean
- Runner Up : Luke Munro
- Most Improved Player Winner : Luke Munro
- The Middleton Trust Shield for Sportsman like Conduct, 110% effort, regular attendance, focused, always listening, polite, most committed. Winner : Struan Newman



“Good Mental Health” YOGA

- Taster Yoga Session with Elaine from Inspiring Young Voices Highland -
- Learning about Breathing Techniques , relaxation, bringing calmness, increasing flexibility, developing strength, balance and co ordination . Yoga has been proven to help with anxiety, stress and depression.
- As a form of low-impact exercise, yoga has been shown to lower stress hormones in our bodies while simultaneously increasing beneficial brain chemicals like endorphins , these feel-good chemicals help decrease anxiety and improve mood.





Inspiring Young Voices Session with Kirsteen learning about the UNCRC

- The UN Convention on the Rights of the Child (UNCRC) Act has officially begun in Scotland, placing children's rights at the centre of decision-making. This Act mandates that public authorities must consider children's human rights when performing their duties under Scottish laws. It also empowers children and young people to enforce their rights through the courts. The goal is to ensure children and young people can actively participate in decisions that affect them, with public services playing a key role. The Scottish Government's commitment to making Scotland a place where all young people feel loved, safe, and respected this Act marks the start of a new chapter in advancing children's human rights in Scotland
- Learning about UNCRC on the rights of young people the UNCRC is made up of 54 articles and applies to all those aged 18 years and under it includes
 - The right to
 - Education
 - To Play
 - To Food
 - Health
 - Housing
 - Respect for Privacy
 - Family life
 - Right to be Free from violence and abuse
- This session opened many conversations and opinions





Schottische Fans feiern am Brandenburger Tor



Sonny Campbell (8) aus dem schottischen Hochland ist er das erste Mal in Berlin.

Veronika Hohenstein

Sonny Campbell (8) aus dem schottischen



Football Coaching

- As the Tartan Army descended on Munich in Germany, we had a first-class account of all that was going on from Sonny from Cyc who was the happiest lad in the camp according to the newspapers in Germany
- Being Football was all the Hype this season we did our own weekly sessions and reported on and followed the matches
- We delivered Our own games, skills, drills with Inverness Caley Thistle Youth Development Academy



Visit to Cromarty Courthouse Museum

- Great morning at Cromarty Courthouse with Curator, Manager Eilidh learning about the courthouse and what the curator does.
- Listening to the views of what young people would like to see in the museum
- A great Haribo game and strategy used to encourage creative thinking by Eilidh



Pamper Session with Dotty's Body Works

- We were joined by Dotty from Body Works for nail pampering session,
- With the Cost of living, young people being able to get their nails done is a luxury that some families cannot afford, to remove this barrier we arranged for a beautician to come and deliver, hand massage, nail art session with shellac nail varnish enabling young people to create and design their own nail artwork, they were all delighted with their lovely fresh summer nails



Lego Mania

- Lego is a way for young people to Decompress while
 - Stimulating Creativity,
 - Learning Experimentation,
 - Building Social skills,
 - Problem Solving
 - Improving Concentration
- Lego gives young people a voice





Cromarty Youth Café Intergenerational Mosaic Unveiling

- We were delighted to be joined by Jane Dailly from YouthLink Scotland for the Unveiling of our most Amazing and wonderful Mosaic created by our young people at Cromarty Youth Cafe this was a project we worked in partnership with Cromarty Arts Trust and Highlife Highland , Sally our amazing artist who was just a Star so inspiring - funded by Youthlink Scotland
- We are absolutely delighted with our Cromarty Youth Cafe mosaic panels and we are sure you agree they fair brighten up the park , so many memories, discussions and creative arts took place over the winter months of course complimented with unlimited food , our young people all created their own pieces that are worked in to this fabulous art works
- As always thank you so much to our funder without the funds we could not have done this Amazing Project which enabled so many young people to express their creative side
- To all our young people that put their heart and soul lots of great ideas, creativity and unique designs to make our Mosaic happen . Hopefully many people will enjoy it for years to come .
- Feeling very proud of all of our young people and Biggest thanks to Nikki , Sally and Jane



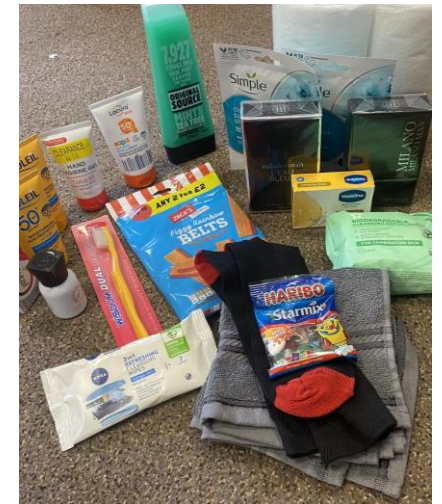


Food, Food & More Food

At each activity we served Hot Food, Snacks & Refreshments

Well-Being Bags

- The cost of living, 2 child benefit cap continuing and we are having more families access our service for support , resources , telling us of spiralling debts before we even reach winter it is quite bleak looking .
- So, Well-being bags were given out weekly during the summer programme, - 157 bags in total were given out
- Each bag contained a range of :
 - Household essentials
 - Washing Powder
 - Fairy Liquid
 - Shower Gels
 - Pamper Kits
 - Suncream
 - Toiletries
 - Socks
 - Sweet Treats
 - Food staples -rice, spaghetti, pasta, tom sauce, jam, honey,
 - Fresh Potatoes, tomatoes , lettuce , carrots ,
 - Cereals
 - Milk (oat)



Eric Liddell Award

- We are overjoyed to announce with you all our Winner of the Prestigious 'Eric Liddell' recognition award (and pin) for her Outstanding Contribution to our community through her involvement in youth work in Cromarty, Black Isle and Nationally in Scotland
- Orlagh had been invited to a black tie red carpet event in Glasgow to collect this award but was unable to attend due to receiving another award, so Jane from Youth Link Scotland came to Cromarty to present her instead.
- When i was told Orlaghs nomination had went through unanimously i was delighted and got in touch with Orlagh to let her know the great news, and of course in true Orlagh fashion she was out on her Duke of Edinburgh Award camp, she let me know that while she was in P 6
- She had did a presentation on Eric Liddell as her Inspiring Scots person. (So coincidental) that she is now ours.
- Orlagh recently received her HLH Platinum Hoody for over 750 hours of Leadership and The Wanda Mackay Award at Fortrose Academy for Outstanding Contribution to Volunteering, so this today makes it a Trio for our young Inspiring Superstar we are all so proud of you
- Some words about the Award and presentation from Jane -
- This award is presented on behalf of the Eric Liddell Community
- But he is remembered, not just for his sporting achievements, but for his passion for and dedication to helping others. For his selflessness and community mindedness and his integrity in the face of hardship.
- To mark 100 years since his against the odds Olympic win, the Eric Liddell Community is recognizing 20 young people from across Scotland who display those same values and who have made an outstanding contribution to their community.
- And today we have among us...a very special young person who lives those values day-in-day-out. (and who is also, a gold medal winner herself in her own sport coastal rowing).
- She has literally made her community a better place to be for people of all ages – through her volunteering, leadership and compassion for others – particularly through her intergeneration work – tackling social isolation and loneliness in the community.
- She cares deeply about the need to support and look after people's mental health and has turned her concern into positive action – clocking up at least 1500 combined hours with volunteering and leadership in the community helping others.
- She embodies the passion; enthusiasm; selflessness and care for the people around her and her community that this award celebrates.
- So, with great pleasure and admiration on my part – I'm honoured to present this award to the remarkable and inspirational Orlagh Maclver
- We were delighted to also be joined by our very good friends the Lord Lieutenant's and her deputy Angus and many members of our fabulous community who Love a wee celebration



Entertainment During the Summer with some of our Young HLH Leaders

Iona Browne – Highland Dancing



Adam Urquhart – playing the pipes







End Of Summer Party


- Our End of Summer Programme Party with a Special visit from Tigger a super bouncy castle ,
- Lots of dancing and fun games with our young HLH leaders.




Feedback

 Top fan
Lauren Maclean
Can parents pop round every morning for a cuppa and crispie cake for breakfast 😊
😊 so yummy! Thank you!


Nichola Watson
Thank you for all the summer activities guys ❤️ Nathan's had a blast!
3 d Like Reply 2 👍


Sophie Collard
Thank you so much! Ezra had a brilliant time!!
3 d Like Reply 2 👍


Lauren Maclean
Thank you all for everything you do, kids had a great time x
3 d Like Reply 2 👍

Read the Newspaper



[PICTURES: 'Crombledon' tennis camp serves up an ace on Black Isle \(ross-shirejournal.co.uk\)](http://ross-shirejournal.co.uk)

17:33   

 Like  Comment  Share



 **Lauren Maclean** 27 m · 🌐


Our kids are so lucky, thanks [Wanda Mackay Fraser Logan Thomson Michelle](#) and everyone else at [Cromarty Youth Cafe](#) involved in organising all the activities. ❤️

 **Cromarty Youth Cafe** 34 m · 🌐

Our End of Summer Programme Party with a Special visit from Tigger a super bouncy castle ,... See more



15:18  3G 

<  **Sylvia Macdonald** £ ⋮


10:39

I love the work you are doing with young people. The mosaic is tremendous! Live above Fortrose and Avoch otherwise I'd be joining in



Victoria Mochan

JUL 18 AT 9:25 PM

 Thank you so much for inviting demi on the residential trip she had an absolute ball loved every minute of it ❤️❤️

Partnership Development

- Fairburn Outdoor Activity Centre
- Jean McCallum
- Mikeysline
- Inspiring Young Voices – Meeting with Kirsten & Elaine
- CFINE – Well-being Bags Deliveries
- Elizabeth - HLH Leadership Co-ordinator
- Connecting Young Carers – referrals
- Cromarty Arts Trust – Opportunities for young people / Mosaic Project
- Youthlink Scotland
- Scottish Families affected by Substance Misuse
- Head Teachers Across the ASG – for YL to support in each school on Friday afternoon's
- Meeting Active School's Coordinator – Summer Programme Delivery
- Cromarty Tennis & Sports Club – Summer Opportunities
- Cromarty Bowling Club – Summer opportunities
- Cromarty Rowing Club – Summer Opportunities and annual regatta planning



- WE would like to say an extra special thank you to all our funders, enabling us to deliver a wide range of activities.
 - National Lottery – Awards for All
 - MFR Cash For Kids
 - Highland Council Ward Discretionary Budget
 - Port of Cromarty Firth
 - North Highland Initiative
 - Scottish Families Affected by Alcohol & Drugs
 - The Port of Nigg
 - Black Isle Need to Play
 - Parklands Pathway Fund
 - Inspiring Young Voices