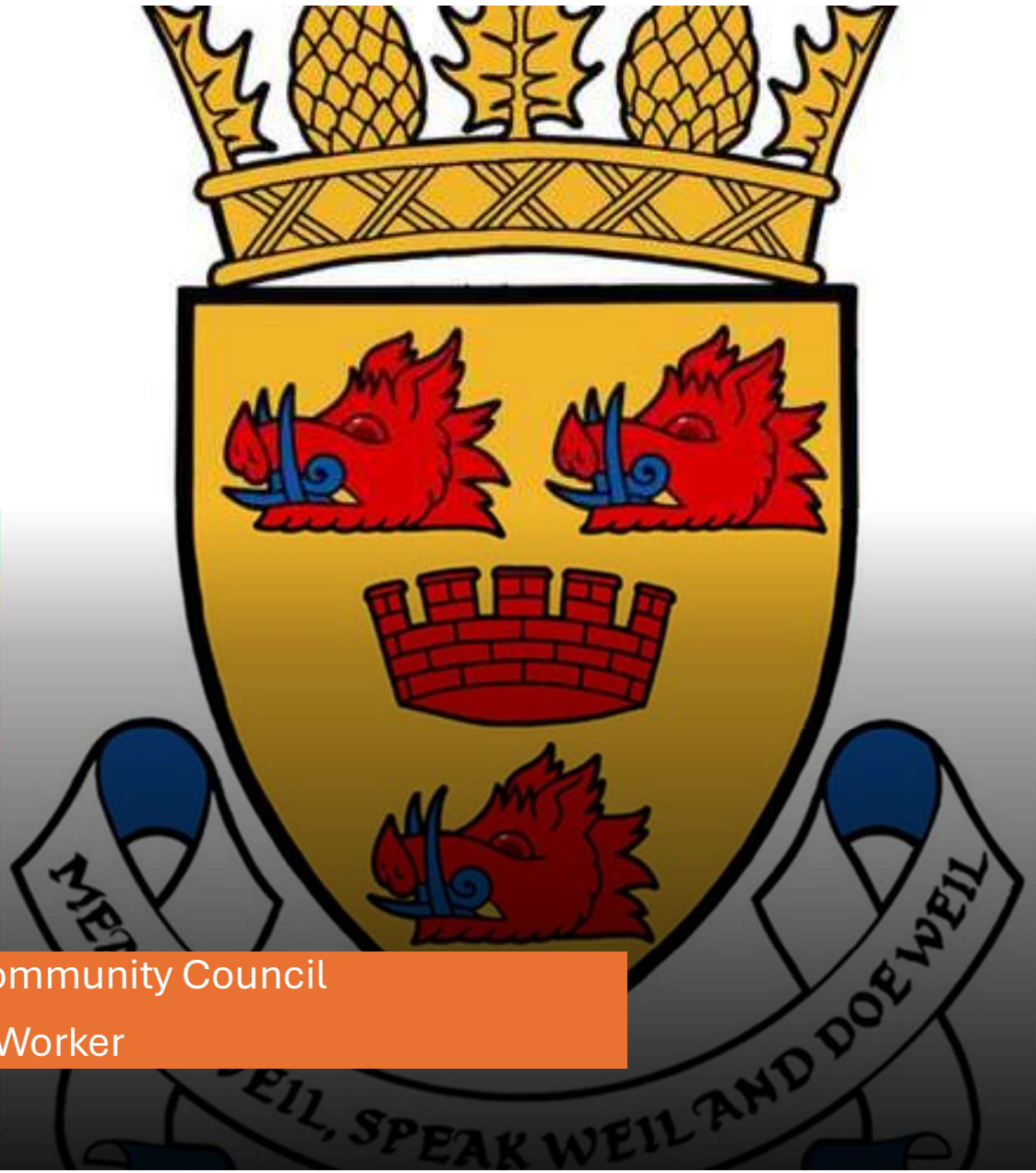




Cromarty Youth Café

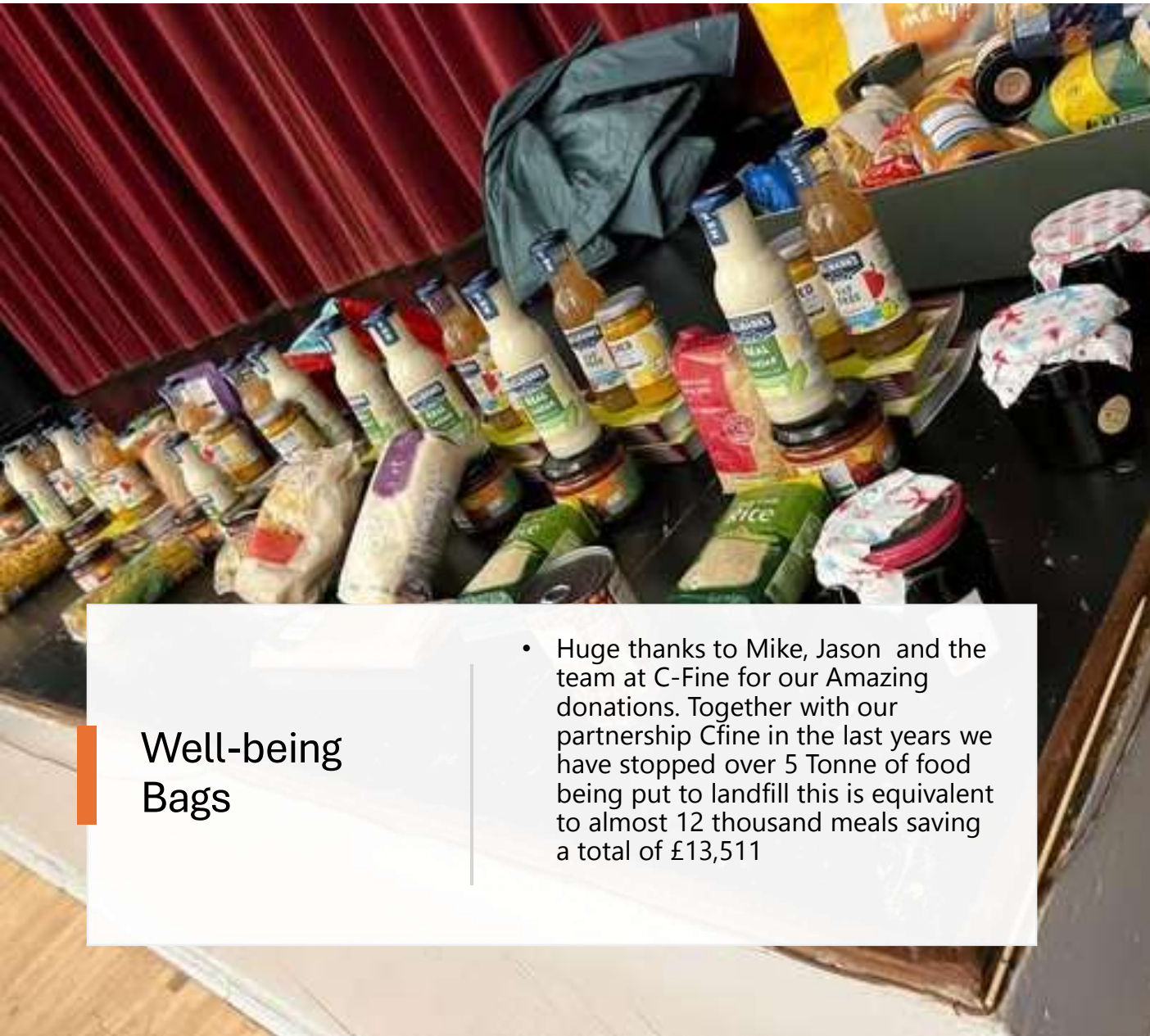
February 2025 Report to Cromarty & District Community Council
by Fraser Thomson Assistant Youth Worker





Youth Café

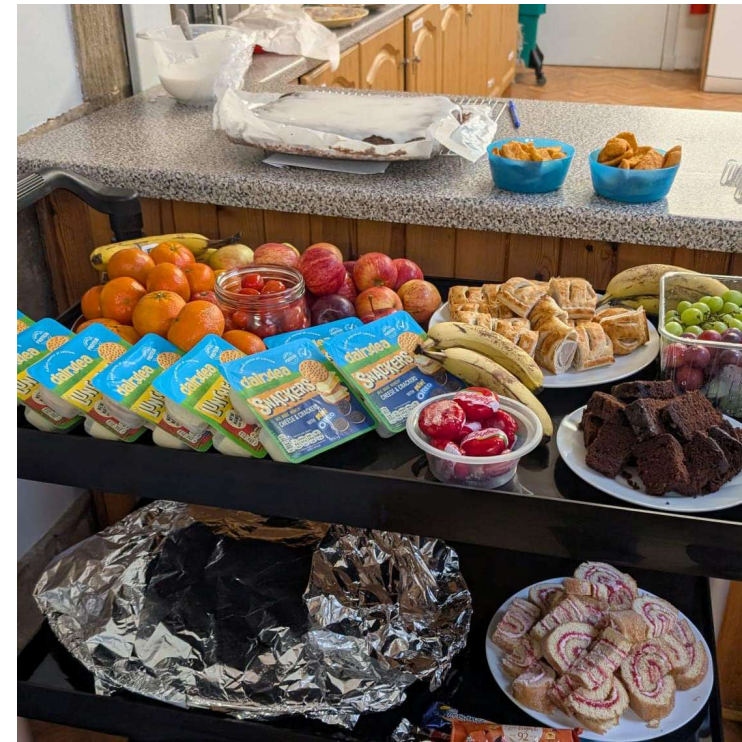
- Fun Games and amazing crafts at Youth Cafe. Over the last month we have welcomed new members to the youth café.



Well-being Bags

- Huge thanks to Mike, Jason and the team at C-Fine for our Amazing donations. Together with our partnership Cfine in the last years we have stopped over 5 Tonne of food being put to landfill this is equivalent to almost 12 thousand meals saving a total of £13,511





Tasting Corner

Tonight's tasting corner was homemade breaded chicken with various options, breadcrumbs, batter and cornflakes coated simply delicious followed by a Mega Triple chocolate cake
Lots of fresh fruit and the finest buffet

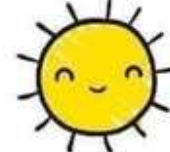
Self-Care
advice during
Children's
Mental Health
Week

Self-Care & Mental Health

for Kids



Share your own feelings to encourage self-awareness.



Set aside time for low-stress or solo activities.



Find social groups that help them feel like they belong.



Focus on articulating feelings.
"I am angry."
"I am sad."

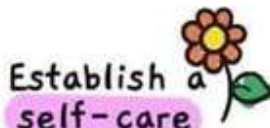
Encourage journaling and diaries.



Practice self-care for yourself to set the standard.



Encourage your child to focus on the moment.



Establish a self-care routine.

Recognize toxic stress events.

BlessingManifesting

Cultivate interests and hobbies.



Monday's Marvelous Multi-Sports

- Weekly sessions delivered by young HLH Leaders. And our local Active School Co-Ordinator.
- Each sessions is planned with the young people, all sports / activities / games are what the young people want to do


Winter Warmer Intergenerational Lunch

We enjoyed
Scotch Broth
Tattie and Turnip Soup
Mince and Tatties with Seasonal Vegetables
Mamma mias Cheesy Macaroni with Garlic Bread and Winter Salad
Apple Crumble and Custard
Tippy Sherry Trifle
Meringue and Fruit Salad with Cream
Fruit Cocktail Trifle
Tea / Coffee
Homemade Swiss Tablet and Milk Chocolates .
We were joined by our Lovely Lord Lieutenant Joanie and her Deputy Angus .
Our Entertainment Crew were
Valentina on Piano
Kellen dancing Freestyle Lyreco
Adam on Bagpipes
Followed by Eilidh and Neil from Cromarty Courthouse delivering Memories of Cromarty Courthouse audio Tour .
The day was lots of fun and hard work Biggest thanks to Wanda, Michelle and I for the mammoth cooking
No easy feat but with team 4 ways supporting the service we all enjoyed a fabulous days .
This event was possible with funding from the Asda Community Foundation







 **Lord Lieutenant of Ross and Cromarty**
Yesterday at 11:05 · 🌐

...

The Lord-Lieutenant with the Team from [Cromarty Youth Cafe](#), Wanda, Fraser and Michelle who produced such a delicious lunch for the Fourways Club. Entertainment was provided by our young people, including Adam our Piper



Congratulations

We always like to celebrate Friday with friends and our Fabulous News, we bring to you Orlagh who has just gained her 1000 hours yes 1000 Amazing hours of Leadership and Volunteering in her Saltire Awards.

Orlagh is our first ever Diamond Hoody recipient so who more fitting than our Worlds Strongest Man x3 Tom Stoltman and his Brother Britain's Strongest Man Luke Stoltman to present her hoody .

A wee synopsis of Orlagh s journey

I volunteer with Cromarty Youth Cafe, and have done for the last 4-5 years. Cafe andlti-sports sessions, arts and crafts sessions, intergenerational sessions and so much more. I volunteer twice a week, at sessions where 20+ young people across the Black Isle attend. During this, I get to create bonds and friendships with the younger people. I also volunteer during school holidays and time off!

When I did a fundraiser for my platinum hoody (750 hrs) I did a raffle. I overall raised £400, giving a £100 cash prize and raising £300 for charity. I chose to split the money between two charities - James Support Group and Mikeysline. Mental health is something that's close to my heart, and it was a no brainer that I'd raise money for mental health charities. Overall both charity got £150 each from my fundraiser.





Highlife Highland Leadership Hoody Presentation

- We were just so delighted and blown away by our visit from Tom Stoltman Worlds Strongmen x3 and his brother Luke Stoltman Britain's Strongest man . They joined us for a lovely afternoon of celebration of our Highlife Highland Leadership Programme and sharing their successful life journeys .

Highland Third Sector Interface Volunteers Managers Meeting

Well done to some of our young people who presented at the Highland Third Sector Interface First Volunteers Managers meeting of 2025 with Wanda and Fraser. The members were impressed by your commitment to Volunteering and all the projects and sessions you are taking part in and the impact that is having.

