



Cromarty Youth Café

**June 2025 Report to the Cromarty & District Community Council
by Fraser Thomson – Assistant Youth Worker**

HLH Leadership Programme Ambassadors

- We were absolutely delighted to be Awarded the Highlife Highland Ambassador Hoodie s yesterday at a Lovely afternoon tea ceremony in the botanical gardens (ice cream was very much enjoyed to cool us down .
- Such a honour and a privilege to be invited to be an Ambassador of the Programme we are most Proud to deliver.
- It was great to meet the new business sponsors and hear such inspiring journey's of Leadership from our young people . Wanda gave a great speech on The Values of the HLH leadership programme and the skills , knowledge, experience and success our young people gain from taking part . Biggest Thanks to Elizabeth for inviting us along and rewarding us by becoming Ambassadors of the Programme.
- #itsallaboutthehoodie



Outcome 7: Young people broaden their perspectives through new experiences and thinking

Targeted Family Cooking Sessions

- The Need:
 - Tackling Food Poverty
 - Participants make food with the whole family
 - Working with young people in the community who are disengaged from school (Loss of my MFMS)
 - Benefits of whole family cooking sessions:
 - Encourages young people and families to engage with the Youthwork team,
 - Employment and skills development
 - Boosts Confidence and Self-Esteem
 - Encourages Healthier Eating Habits
- Next Steps:
- Support participants to take part in Food Hygiene Training,
- Well-being bags will be given out with household essentials and personal care items,
- Dishes created so far
 - Triple Cheese Macaroni
 - Dirty Macaroni with Black Pudding & Bacon
 - Spaghetti Bolognese
 - Baked Alaska
 - Old School Sponge



HOIP Outcome 4 – Equality of opportunity and inclusion – recognising that certain groups within our community are more likely to experience inequality





- Biggest thanks to Archie, Maisie, Dominic & Bianca for representing Black Isle Youth Services and Fortrose Academy at Highland Youth Parliament Annual Conference 2025
- They found the day enjoyable, engaging in interactive discussions around Education, Leisure & Recreation, Health & Social Care, Transport, Employment, and the Environment as well as attending a family learning session at the Archives centra : Getting fully involved in sessions with HYP / SYP contributing well , lots of great feedback has been received on their participation and Archie and Dominic have now signed up to join the Exec committee
- Thank you to Archie for creating the Resilient Kids Presentation for the Time Capsule and adding some fun photos.

Outcome 6: Young people grow as active citizens, expressing their voice and enabling change





Going for Gold

- Celebrating Success : Well done to our 4 HLH Young Leaders who have gained their GOLD HOODIES with 500 hours of leadership through the HLH Leadership Programme all these young people support with delivery of Cromarty Youth Cafe

Outcome 3: Young people create and apply their learning and describe their skills and achievements

Wider Achievement in the Community


We are delighted to work in partnership with Cromarty Courthouse Museums and share their great news.

Scottish Charity Awards Trustee of the Year
2025 - Liz Broumley!

We are absolutely over the moon that all of Liz's hard work has been recognised with this prestigious award.

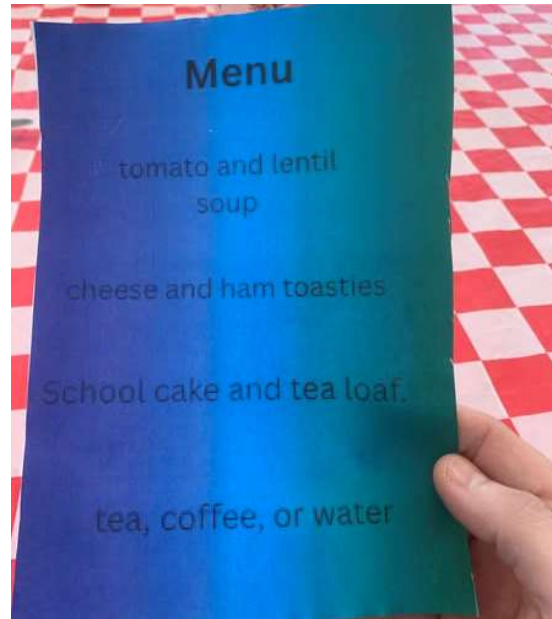


Wanda Mackay Award for Volunteering

- We are absolutely delighted for Loreta Vitola to receive this award.
- Loreta moved here from Latvia age 3 following her sister's footsteps joined Cromarty Youth Cafe at the ripe young age of 5. Loreta has an **Outstanding** 888 hours in her **Saltire Award for Volunteering** and more recently has been awarded her Platinum her Platinum for 750 hours in Leadership she completed a huge fundraiser for supporting Ukraine making personal hand-crafted cards and sold them to raise funds with all monies going to Highlands Support Ukraine.
- Loreta has supported Cromarty Youth Cafe for over 5 years as a young leader / volunteer delivering a wide and diverse range of activities, she loves supporting young people in the arts and particularly enjoyed our recent Mosaic Project where she very much took the lead and was instrumental in planning, consultation and pulling all the ideas together with the artist and the young people. She really enjoys the Intergenerational work with our Golden Oldies.
- Loreta is a Gold Medalist with Cromarty Community Rowing Club, and she has been on the committee for a couple of years now ensuring the voices of young people are heard with the decision makers.
- Loreta always goes above and beyond; she is an Awesome young volunteer and leader
- “Volunteers do not necessarily have the time; they have the heart.” 

Outcome 3: Young people create and apply their learning and describe their skills and achievement





Summer Cafe in Cromarty Primary School

- We were delighted to be invited along to join the Cromarty Primary School Summer Cafe done in partnership with the fabulous Cromarty Care Project.
- We were met by many happy bright smiles, our lunch order was taken, then onto tomato and lentil soup , cheese and ham toasties ,tea loaf and school cake all items which were **unlimited**, what a great lunch



Outcome 6: Young people grow as active citizens, expressing their voice and enabling change



First Aid with HEBE Highland

- Great First Aid session with Lesley and Allys (x pupil) from Hebe Highland First Aid very hands on interactive and informative taster first aid session with our juniors learning about :
- DR'S ABC - Choking and EPI-Pens - CPR

Outcome 7: Young people broaden their perspectives through new experiences and thinking



Marvelous Monday Multi-sports with HLH young leaders

Each sessions is planned and delivered with young people
Outcome 4: Young people participate safely and effectively in groups and teams



SOLSTICE
Friday June 20th : Links : 5pm to 7 am!

Join us for fun on the Links!

- > COME AND TRY ROWING* 5 PM-7 PM
- > FAMILY BBQ + ROUNDELS + FUN 7 PM-10PM
- > SOLSTICE RELAY ROW ** 7PM-7 AM

*OPEN & FREE come & try sessions ; for age over 16 or 12+ with an adult
Wear loose clothes & shoes you're ok with getting wet!

** If you haven't signed up for a slot for the relay, you can do so at



Solstice Community Event

- A Fantastic Solstice evening : multiple crews rowing through the night this unique experience of the longest day allowed for new rowers , wild swimmers and paddlers to come together and enjoy the sense of accomplishment and adventure Solstice brings.
-
- A whole Community approach to youth and community work (CLD) met multiple outcomes for different groups and individuals our youth crews could be heard singing from the shore



Rowing

- Weekly come and try rowing sessions open to across the Black Isle age 12 + FREE
- Training for the Worlds
- Outcome 1: Young people build their health and wellbeing



Open Gardens Weekend in Cromarty

- A celebration of [Cromarty Open Gardens](#) took place on Solstice wknd. It was lovely to see so many people enjoying the weather and being welcomed so warmly into residents' green and blue spaces.
- On display around the town was work from the various artists who live and work here, such a creative community we have

Resilient Kids

- With P7s in Cromarty Primary School
- Over the 6 weeks focusing on emotional literacy, supporting young people to become more resilient,
- Supporting the Transition into the Academy
- Outcome 2: Young people develop and manage relationships effectively



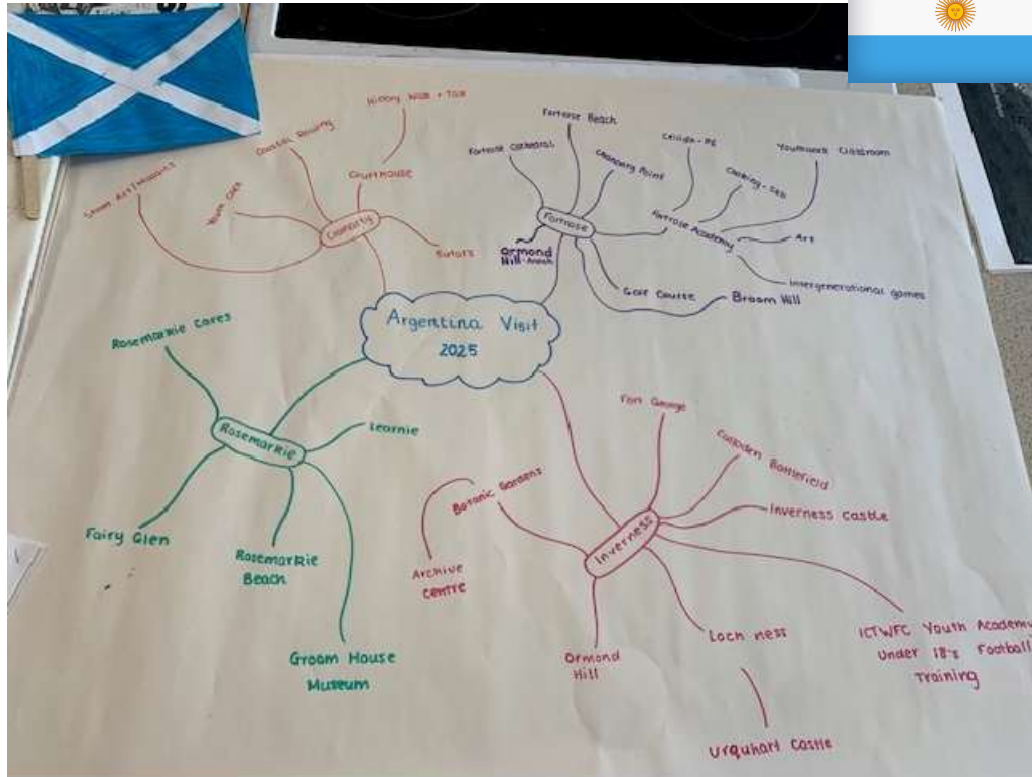
Cromarty Youth Café Snug relaunch

- Journey so far -
- Consultations with young people about the fixtures, furnishings, games and lighting
- Redecorating completed
- New furniture purchased and has started to arrive
- New flooring complete
- Meeting with local Artist for the 20 years Memories of CYC to collate
- Weekly Sessions with Jnr & Snrs offering a wide range of diverse activity & opportunities





Argentina Trip Planning



- Highland visit planning ongoing meetings with Fernando and partners – aim to bring 54 YP and 6 staff to Highlands for 1 week - part of a 3 week visit .
- September 16th – Mon 22nd

Sports Day with Cromarty Primary School

- A very enjoyable Sports day at Cromarty Primary School with our HLH Young leaders : Kelsey ,Loreta, Freya , Imogen & Katie
- They started with relay races , the good old fashioned Tattie and Spoon race , Bean Bag Balance race , Hurdles, Bean Bag Launch, Shot Putt and Toss the Wellie lots of fun was had by all



Outcome 4: Young people participate safely and effectively in groups and teams

Caley Thistle Under 18s Women's Team

Black Isle Youth Development
Footballing Legends Kelsey and
Freya's Team
ICTU18s Superstar
WINNERS

Great Saturday with the Girls ,
Champions the lot of them
Incredible teamwork and
determination led to victory,"
So proud of our
team!

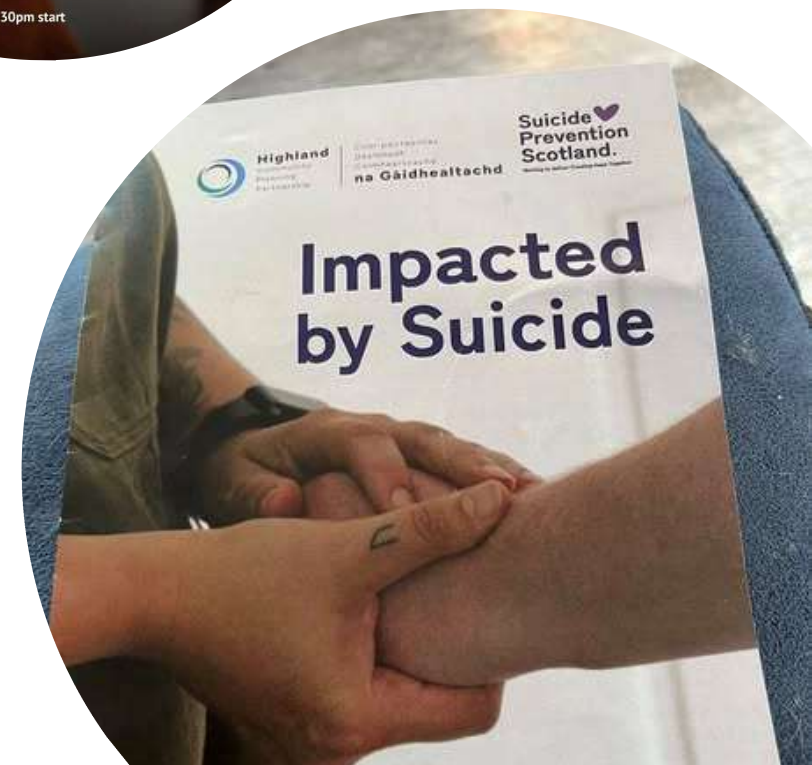
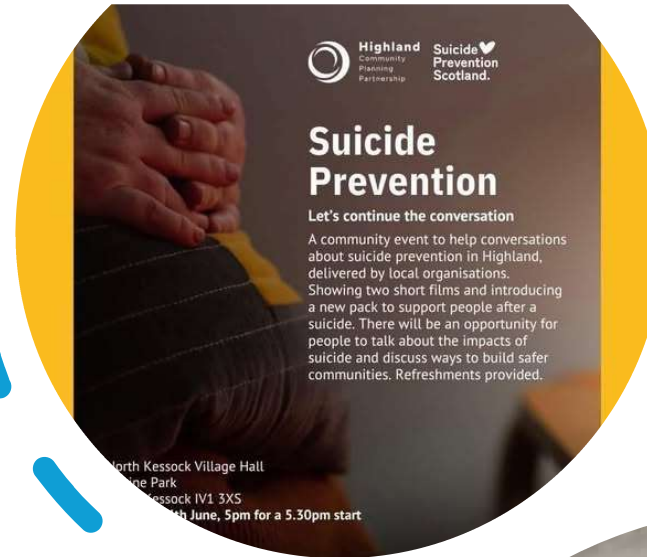
Outcome 1: Young people build their health and wellbeing



Let's continue the conversation community event

- We have been busy working with our key partners in Suicide Prevention : we invited partners and members of the community along to talk, listen and find out more from local organisations ... including Mikeys line, James Support Group, Change Mental Health, NHS Highland, Police Scotland, Cruse Scotland and ourselves the event was very well attended on the evening we showed two collaborative short films designed to raise awareness of the impact of suicide and reduce the stigma to those bereaved there was also a new pack introduced to support people after a suicide.

Outcome 3: Young people create and apply their learning and describe their skills and achievements



Feedback about the Impact of Suicide Film

Well done to everyone involved in this film- it is impactful!
Thanks, Judy

A/Superintendent Judy Hill Partnerships, N Division, Highland and Islands

You were ALL great Wanda, time space compassion was apparent throughout. Well done to everyone involved.

Maggie Hume
Health Improvement Specialist

Love this, needs nothing else. Absolutely love the ripple effects

Kind regards
Patrick (James Support Group)

Hi Wanda,
Thank you so much for your huge role in this film, you did amazing as well as Orlagh – so glad you like it.

Hello All 🌈🌟

I agree with everyone's comments, the film is superb.

Well Done @Wanda Mackay (Youth Work and Adult Learning) and Orlagh!

EMILY STOKES
Chief Executive Officer | Mikeysline

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Mikeysline
IT'S OK NOT TO BE OK

Charity No: SC046574
www.mikeysline.com

Winner - Charitable Organisation of the year 2022
Winner - Reducing Vulnerability Award 2022
Winner - Best Third Sector Organisation 2022
Winner - Business Resilience Award 2021
Winner - Best Third Sector Organisation 2021
Winner - Rural Star Awards
Finalist - Highland Island Business Excellence Awards 2022
Winner - Covid Community Welfare 2020

ALLANA STABLES
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HSCN 30th Birthday Civic Reception

We were invited to a Civic reception at the Inverness Town house to mark the 30th year of The Highland Senior Citizens Network (HSCN). Firstly, we were serenaded by the Amazing Freya on fiddle we have not seen her since she started Uni another of our Outstanding young leaders, followed by some talks from Brian, The older peoples Champion Isabelle M, Anne and The Deputy Provost. a wonderful reception Their motto "Nothing about us, without us"

Age is just a number but wisdom is priceless. Advocacy and fellowship are their main actions.

The talks ended with the Amazing young people from Dingwall Academy presenting a cheque for £3000 that they won through the Young Philanthropy competition

Staff Development

Planet Youth Scotland Training:

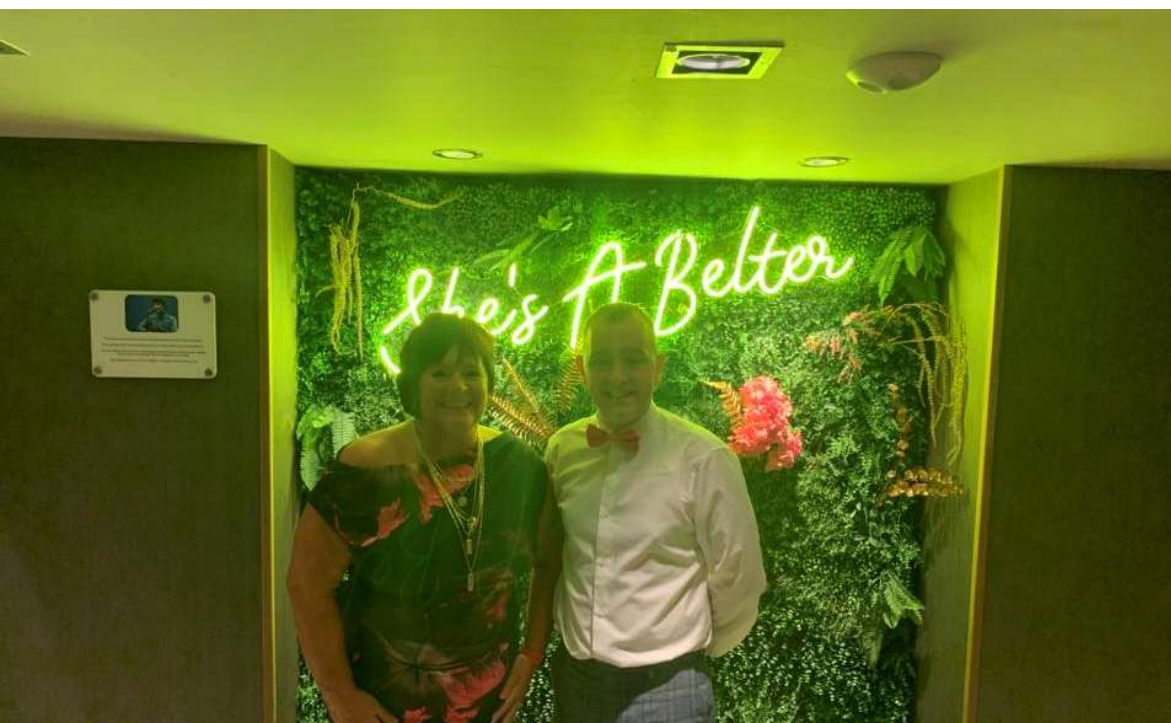
- Healthy relationships, consent and the law
- Young People, sex and technology
- Looking at other training opportunities,
- Hoping to attend:
 - SDF'S Annual Stop the Deaths Conference in Aug 2025
 - The National Youthwork Conference in Oct 2025

National Youthwork Awards

What a night at the National Youthwork Awards. Hosted by [YouthLink Scotland](#)

Well done to Wanda for being nominated as a finalist . One of the top 3 in Scotland.

Wanda wasn't crowned overall winner, but we Win every day with the pride and joy seeing our young people growing and achieving



Sizzling Summer Programme 2025



YOUTHWORK

Black Isle Youth Development & Cromarty Youth Café Summer Programme 2025

Day	Date	Activity	Time	Age
Week 1				
Monday	7th July	A range of Multi-Sports & Cookwell / Bakewell session	10am – 11.30am	5+
Monday	7th July	Outdoor Coastal Rowing with Cromarty Community Rowing Club	10am – 11am	12+
Tuesday	8th July	Visit to Cromarty Courthouse Museum / Summer Picnic in the Garden	10am - 11.30am	5+
Tuesday	8th July	Team Building and Problem-Solving Fun Afternoon with The British Army	2pm - 4 pm	10+
Wednesday	9th July	Health & wellbeing session - Indian head massage Neck shoulder massage , & foot massage with Claire from Relaxing Time Massage .	11am – 12.30pm	5+
Thursday	10th July	Taster Cricket Session with North Highland Cricket Club	10am - 11.30am	8+
Friday	11th July	Travel to the Rowing Worlds in Stranraer		12+
Saturday	12th July	U 17s Compete in the Coastal Rowing Worlds Championships in Stranraer	SKIFFS WORLD	12+
Sunday	13th July	Travel Home from the Worlds		12+
Week 2				
Monday	14th July	Multi-Sports & Cooking Session	10am – 11.30am	5+
Monday	14th July	Outdoor Rowing with CCRC	12.30noon - 2pm	12+
Tuesday	15th July	Visit to Cromarty Courthouse Museum / Picnic in the Park	10am - 11.30am	5+
Wednesday	16th July	Seashore Explore with Marcia from HLH Ranger Service	10am - 11.30am	5+
Wednesday	16th July	Taster Rugby Sessions with Ross Sutherland Rugby Club	1pm - 2.30pm	8+
Thursday	17th July	Climbing at the Ledge Climbing Wall Inverness The Highland's largest climbing gym, National Bouldering and Performance Centre.	12noon - 1.30pm	8+

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




YOUTHWORK

Day	Date	Activity	Time	Age
Week 3				
Monday	21st July	Tennis Coaching with Cromarty Tennis and Sports Club Arts & Crafts / Cookwell session	10am – 12noon	5+
Tuesday	22nd July	Tennis Coaching with Cromarty Tennis Club Lego Mania session and Arts	10am – 12noon	5+
Wednesday	23rd July	Tennis Coaching with Cromarty Tennis Club Bakewell / Cookwell	10am – 12noon	5+
Thursday	24th July	Tennis Coaching with Cromarty Tennis Club Well, Being bags /	10am – 12noon	5+
Thursday	24th July	Connecting Carers Rowing Session Visit to Courthouse (Plan B)	11am - 2pm	12+
Friday	25th July	Cromarty Jnr Tennis Tournament	10am Start	5+
Week 4				
Monday	28th July	Crafts and Stories with Sya from HLH Libraries	10am -11.30am	5+
Monday	28th July	Coastal Rowing with Cromarty Community Rowing Club	12:30pm - 2pm	12+
Tuesday	29th July	Visit to Cromarty Courthouse Museum / Picnic in the Garden	10am - 11.30am	5+
Tuesday	29th July	Lawn Bowling with Cromarty Bowling Club and Afternoon Tea and Cakes	12noon - 1.30pm	8+
Thursday	31st July	Intergenerational End of Summer Family Party	11am -1pm	
Friday	1st Aug	Tennis coaching in Fortrose with HLH Young Leader – Kelsey (Fully Booked)	10:30am – 1pm	8+

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:
Wanda Mackay – Youth Development Officer – 07515717011
Fraser Thomson – Assistant Youth Worker – 07470 522172
Tennis – Vicky – 07810046323

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