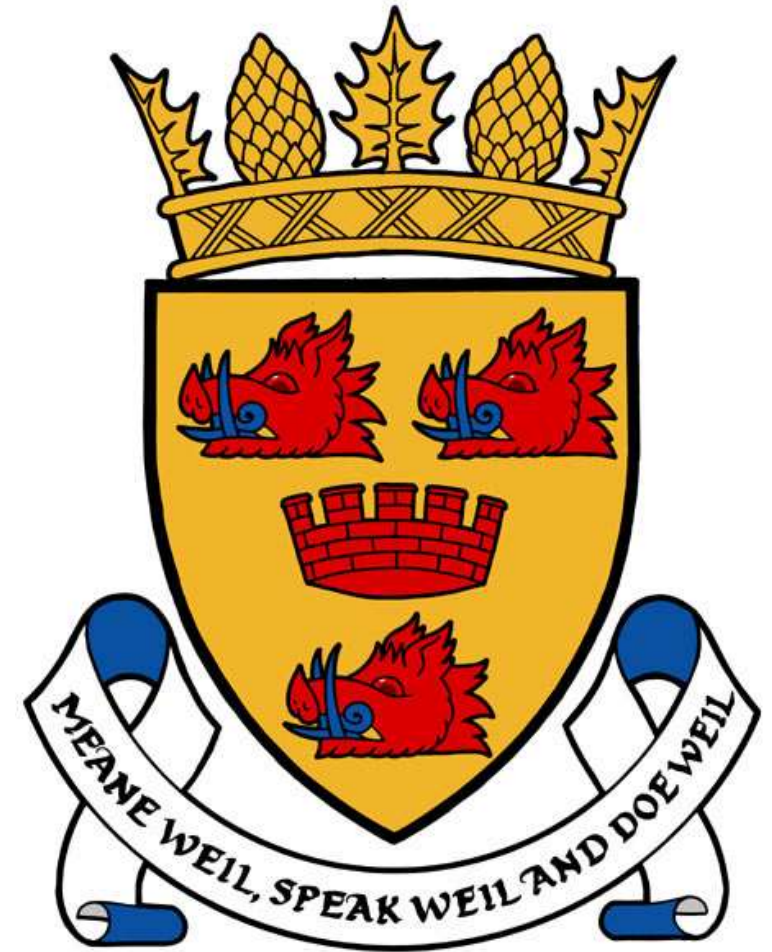


Cromarty Youth Café

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



Listening to the Future

- Biggest thanks to Allan Munro from Cromarty and District Community Council for joining 6 other young people from Invergordon, Tain and Balintore to attend the Associated British Ports Listening to the Future session .
- It was a great meeting, and the decision makers held true to their word, really Listening to the Voices of the 500 people that had taken part in the survey / focus groups in school and. Young people asked lots of pertinent questions and were happy to share their thoughts on what they felt provided Hope for their future. They recognised that there are some negatives commenting on the beauty with how our communities look now but that with climate change, change needs to come for their Future and they felt any negatives were far outweighed by positives, Tim Morris Head of Communications for Associated British Ports, thanked all of the young people for showing up and standing up with sharing their ideas and taking part in the consultation and research.
- Thankfully for us coming from Cromarty we were blessed to shorten our journey with a lovely crossing on the Renfrew Rose with Dougie and Brian . End to a lovely day .





LISTENING TO THE FUTURE



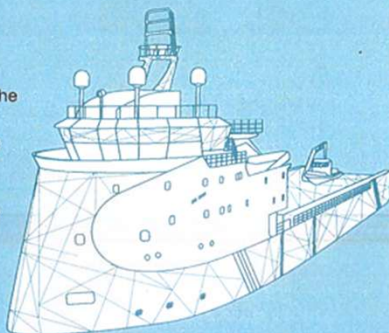
What we wanted to find out

The energy sector has been a key driver for jobs and development in Scotland. In the 20th century that was oil. Now, in the 21st century, the development of green energy industries in North Highland and around the Cromarty Firth specifically could significantly change future opportunities for young people living in the area.

But what are young people's perceptions of green energy? How do they themselves see it playing a role in their future (if they do)? And how do we all – business, government, educators and young people – contribute to maximise the benefits from the development of local green energy industries?

What we did

- Spoke to young people from Tain, Invergordon, Ainess and the Black Isle
- 487 young people between the ages of 12-18 took part in an online survey
- 15 school assembly interactive engagement sessions
- 93 young people took part in focus groups
- 5 young people took part in individual conversations.



youthhighland.org.uk

abports.co.uk

What young people told us (generally)

- They like where they live, but feel they need to move away
- They are uncertain about their options for the future, but are worried about the financial pressures of higher education
- Their knowledge of the energy sector is dominated by oil and gas and perceptions of traditional job roles
- There is growing interest in green energy, but a lack of knowledge and examples of what it might mean for local young people
- They are deeply worried about sustainability and want to play their role in a positive future for the region, but feel they lack agency to make a practical contribution.

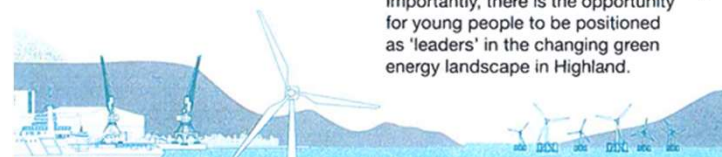
What this could mean

There is a version of the future where:

- Local businesses and organisations engaged in the energy transition have a strong and diverse pipeline of future talent
- Local young people have a wide range of attractive career opportunities, making positive contributions to things that are important to them
- The local area and communities retain young people and have the economic benefits of vibrant businesses and organisations
- Where success grows success through positive examples, stories and experience.

There are roles for business, educators and government in realising this potential.

Importantly, there is the opportunity for young people to be positioned as 'leaders' in the changing green energy landscape in Highland.



Thank you!

To the young people, educators and youth workers who gave us their time and views. To learn more about the research and its recommendations contact:

Clair Wallace, Chief Executive,
Youth Highland:
clair.wallace@youthhighland.org.uk

Tim Morris, Head of Communications,
Associated British Ports:
tim.morris@abports.co.uk



Rowing Sessions

- Our current U17 gold medallists are training weekly for the up-and-coming Rowing Worlds in Stranraer, taking place in July on Wednesday afternoon's
- Weekly Show and Row Sessions Mon @ 4.15pm
- Reconnecting with nature and blue spaces supports to promote positive mental health,



TENNIS LESSONS

Master the basics with expert coaching on our own Cromarty Tennis Court

- 3 Fun sessions: Wednesday 7th, 14th and 21st May
- Complete beginners 6 p.m to 7 p.m
- Improver beginners 7 p.m to 8 p.m
- Aimed at adults but 14+ welcome
- No booking required. All equipment provided

Website
www.spanglefish.com/cromarty-sportsandtennisclub

Cromarty

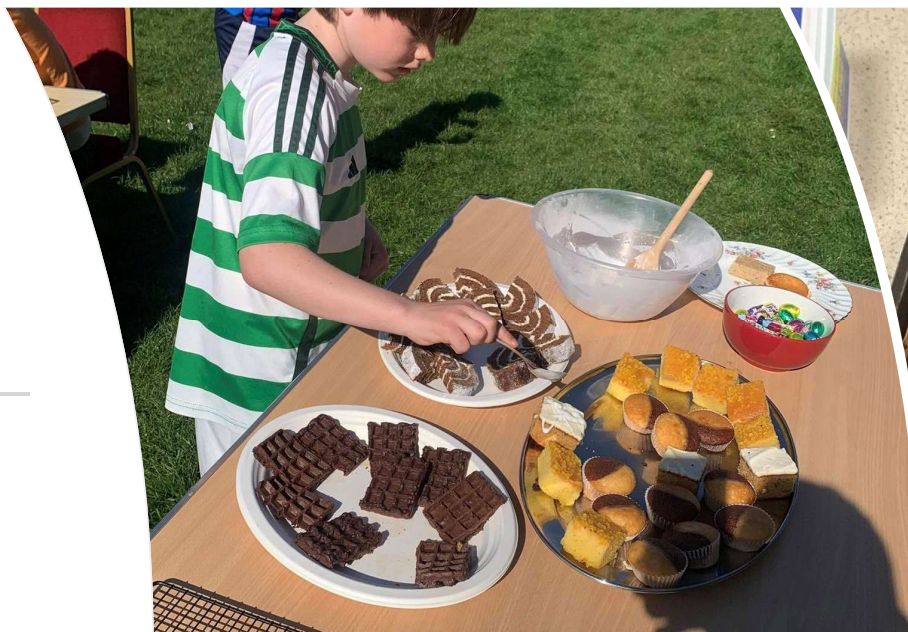


Tennis Coaching

- This Term our focus is going to be Tennis in Partnership with Murdo from HLH Active Schools and some of our Young Leaders.
- By playing tennis, it improves hand-eye coordination, and it stimulates mental alertness, concentration and tactical strategy. This makes it the activity for young people to sharpen reflexes.
- Cromarty Tennis Club are also offering whole family tennis coaching sessions with Professional Coach from Inverness Tennis Club

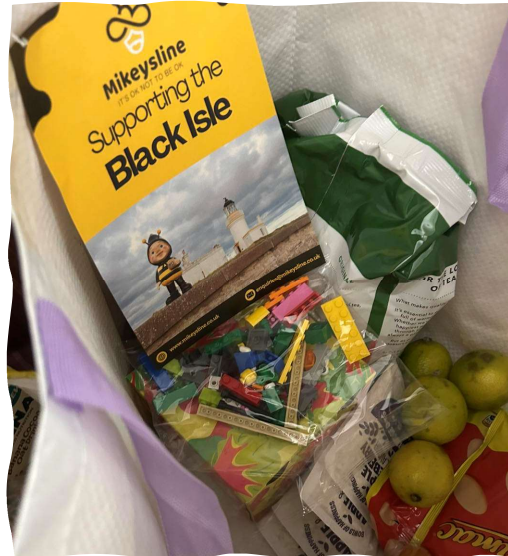
Decompression Opportunities offered in April and May

- Young people are telling us they are stressed , anxious and often tired lack of sleep .
- Options to support the exam / study period for fresh air and promoting positive Mental Health
- Walk and talks
- Bakewell and Cookwell
- Study Buddy
- Coastal Rowing
- Football
- Youth Café
- 1-1 emotional check ins staying connected with Young carers and those in need throughout study time .



#beethechange campaign

- A number of HLH young leaders have distributed the "Supporting the Black Isle" Mikeysline Leaflets to houses across the Black Isle.
- Having 1-1 chats,
- Leaflets distributed in family well-being bags
- People on the Black Isle will benefit from positive Mental Health



Resilient Kids – Moving up

- Resilient Kids: Moving Up is an Emotional Literacy Programme for Primary seven pupils. Through a group of six friends, the programme explores various issues and helps pupils to develop skills, build confidence and become more resilient.
- Start Survey completed: majority of young people were happy in themselves, a couple of young people not happy with the way they look or happy with themselves in the way they are. Discussed with young people and shared with class teacher
- Young people enjoyed the session with me asked lots of thought-provoking questions ,
- I attended a meeting with Ed Phyc to discuss the revamping of the programme and what my thoughts were to be involved in the new pack and what things could be taken out



Celebrating V.E Day

- On the 7th May at the Youth Café we celebrated the 80th anniversary of VE Day which marked the end of World War Two in Europe 80 years ago .
- We had a Tea Party in the Park with different types of food, some of which that people had in the war, such as Jam Tart, Rock Buns.
- Biggest thanks to Miss Glass one of the Art Teacher and our
- S 1 , 2 and 3 pupils (From Fortrose Acadmey) for the Amazing Art works , Bunting , beautiful personal crafted cards , and decorated vases of flowers
- We all enjoyed a lovely buffet and homebaking .
- VE Day 80 is not only a tribute to those who fought for the freedom we all enjoy today, but also a powerful reminder of the resilience and unity that has defined our country ever since.





Weekly Football Coaching with Inverness Caley Thistle

- Weekly Sessions with ICT, young people are improving on their skills & drills at each session and are really enjoying taking part in the football coaching sessions, even more so now the sun has been shining.





Australia	AIIP (Australian Institute for Intergenerational Practice)
Brazil	Instituto Kairós sponsored by Bayer
Canada	Volunteer Canada
Israel	Bar Ilan University
India	Mahatma Gandhi Institute of Medical Sciences (MGIMS) sponsored by Bayer
Mexico	CorimAZ
Malawi	The Malawi Network of Older Persons' Organisations (MANEPO) sponsored by Bayer
New Zealand	Generations Connect NZ
Spain	Cátedra Macrosad de Estudios Intergeneracionales de la Universidad de Granada
Greece	National and Kapodistrian University of Athens Greece
Ireland	Age-Friendly
Uruguay	Residencial Vivir Mejor
USA	Generations United & Eisner Foundation
Scotland	Generations Working Together

Poverty Reduction

- Fortnightly Well-being Bags
- Money Matters Training Course
- Whole Family Approach
- Offering debt advice and helping people back into work.
- Worrying about money leaflet given out.

Worrying about money?

Financial advice and support is available if you're struggling to make ends meet.

Follow these steps to find out where to get help in Highland.



the trussell trust
Stop UK Hunger



NHS
Highland



PUBLIC HEALTH



Social Security Scotland
Tearainteachd Shòisealta Alba



citizens advice scotland



The Highland Council
Comhairle na Gàidhealtachd



INDEPENDENT FOOD AID NETWORK

Step 1: What's the problem?

I suddenly have no money

- Lost job / reduced hours
- Lost money / unexpected expense
- Disaster (e.g. flood or fire)
- Relationship breakdown
- Money stopped (e.g. failed a medical)
- Sanctioned - see option 5

See Options: 1 2 5 6

My money doesn't stretch far enough

- Deciding between food / fuel / mobile credit
- Low income or zero hours contract
- Statutory Sick Pay too low to cover costs
- Not sure if eligible for support
- Change of circumstance (e.g. new baby / bereavement / illness / left partner)

See Option: 2

I have debt

- Rent or Council Tax arrears
- Gas or electricity
- Payday loans
- Owe friends and family
- Benefit repayments

See Option: 3

I am waiting on a benefit payment/decision

- Made a new claim for benefit
- Benefit payment is delayed
- Waiting for a benefit decision

See Options: 1 4



Voices of Young People

- We have created a survey for participants of the Youth Café to find out their wants and needs for the snug, as this going to their safe space,
- The space had been designed for young people by young people.
- Results will be shared in next months report





- **Where we are at with the Snug:**

- Painting is completed – Huge thank you to Jon Cox for this – it was no easy job.
- Quotes for the flooring have been submitted
- Soft furnishing's have been ordered,

- **Next Steps:**

- Appoint and artist to support with the photo project
- Select Flooring and get Flooring laid.

- **Funders who have supported with the project:**

- Scottish Government Children and Young People Fund
- Black Isle Need to Play
- HC Media Funding
- Hope Invergordon
- HC Educational Trust
- NHI
- HC Whole Family Well-being Team
- Hugh Fraser Foundation – through CCP
- Rural Action Fund

Whole Family Well-being Approach

- One of the **greatest challenges** facing people in our communities as told to us is loneliness. We know this can effect people mental health all and too often, it strikes hardest when life is already difficult. Behind closed doors and beneath brave faces, many people carry the quiet ache of isolation . But we also know something else: the healing power of **connection and relationships**
- Our aim has always been to step into the spaces where people feel most forgotten — to offer **practical help**, a **listening ear**, and **hope**. From a conversation sparked at a Bakewell Session employment support, well-being bags, cost of living crisis or rowing down at the beach every act of care is driven by our mission to meet human need without discrimination.
- We offer:
 - Targeted Monthly Cooking Classes .
 - Well-being Bags
 - Drop-in Sessions,
 - Employability Support
 - Sign posting to Partner agencies such as CAB, Welfare Team, Mikeysline & James Support Group



Suicide Prevention

“Let's continue the Conversation”

- Wanda and Orlagh have been attending weekly meetings with, Police Scotland, NHS Health Improvement Team and Mikeysline to create a video about the impact Suicide has on a community and families.
- Come together, to talk, listen and find out more from local organisations including Mikeysline, James Support Group, Change Mental Health, NHS Highland, Police Scotland, Cruse Scotland and others.
- Doors open at 5pm for a 5:30pm start. Event to finish by 7pm with an opportunity to stay and chat further if needed.



 **Highland**
Community
Planning
Partnership

 **Suicide Prevention Scotland.**

Suicide Prevention

Let's continue the conversation

A community event to help conversations about suicide prevention in Highland, delivered by local organisations. Showing two short films and introducing a new pack to support people after a suicide. There will be an opportunity for people to talk about the impacts of suicide and discuss ways to build safer communities. Refreshments provided.

North Kessock Village Hall
Marine Park
North Kessock IV1 3XS
Tuesday 24th June, 5pm for a 5.30pm start