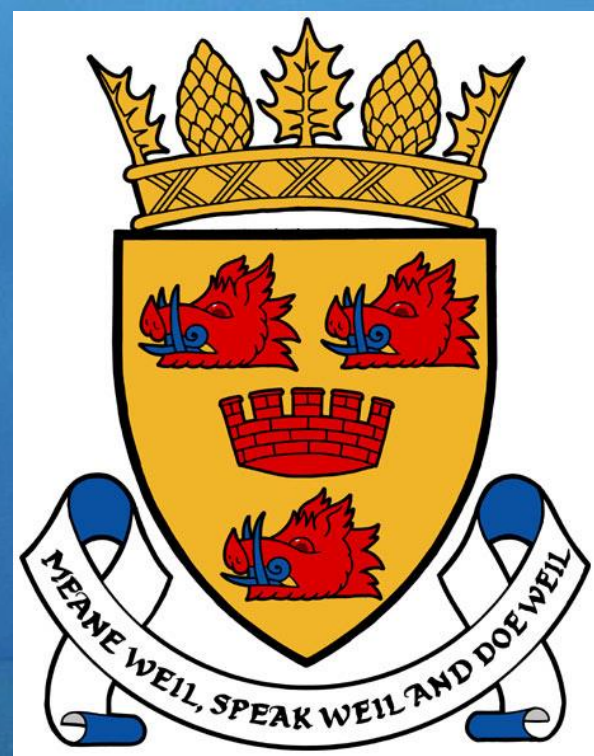


Cromarty Youth Café Report



Report for the Cromarty & District Community Council

By Fraser Thomson Assistant Youth Worker

November 2024

To keep up to date with what we are up to please like our [Facebook page](#)

Act of Kindness Beach Clean

Great Act of Kindness today with Cromarty Primary School, our young HLH leaders and youth rowers

Taking part in a Beach Clean to give back to our community , after the amazing story telling session they enjoyed with Scots Storyteller Lizzie Burke

Each young person received snacks, freshfruit , Crisps , homebaking and juice for all their hard work , then a wee Well Being bag each to take home



We'd like to extend a huge thank you to Fraser, Michelle, Loretta and Katie from Cromarty Youth Café for supporting us with our Kindness Beach Clean today. The children did an amazing job of cleaning up the area opposite the Royal Hotel this afternoon. They were rewarded with a lovely snack and drink as well as a 'Wellbeing Goody Bag' provided by Cromarty Youth Café for each family to enjoy. It's moments like these that remind us what a fantastic community we are lucky to be a part of. Wishing you all a lovely weekend.
Kind regards,

Julie Dimwoodie





Eric Liddell Award Ceremony

- What a fabulous night of a Lifetime , meeting HRH Princess Anne, to add a layer of excitement and further respect to meet Eric Liddell's daughter Patricia Liddell Russel - at a service to commemorate 100 years since her World-Famous Father Eric Liddell Won Gold at the Paris Olympics in 1924.
- Orlagh was presented the Prestigious Overall Eric Liddell 100 Youthlink Winner Award by HRH the Princess Royal
- We very much enjoyed our Private VIP session with our Royal Highness , who spent time listening to the great work Orlagh has achieved lots of talk about Coastal Rowing and oars (types , weight , wood , weather , HRH was extremely friendly and knowledgeable Orlagh loved meeting Colonel Don of the Cavalry, Tim Frew CEO Youthlink and Gillian , Lorna the poet



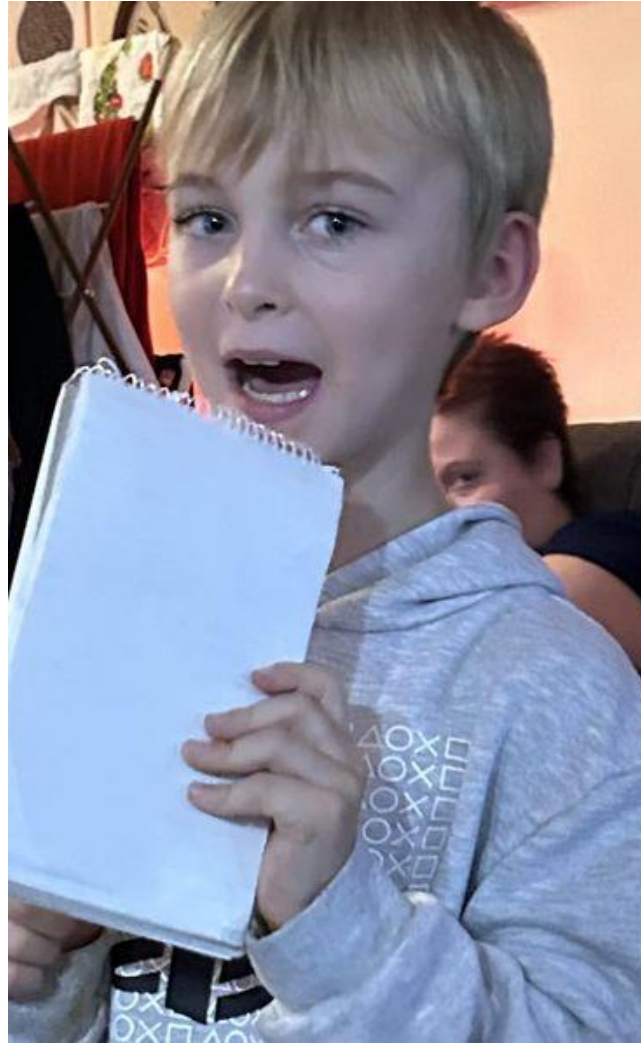
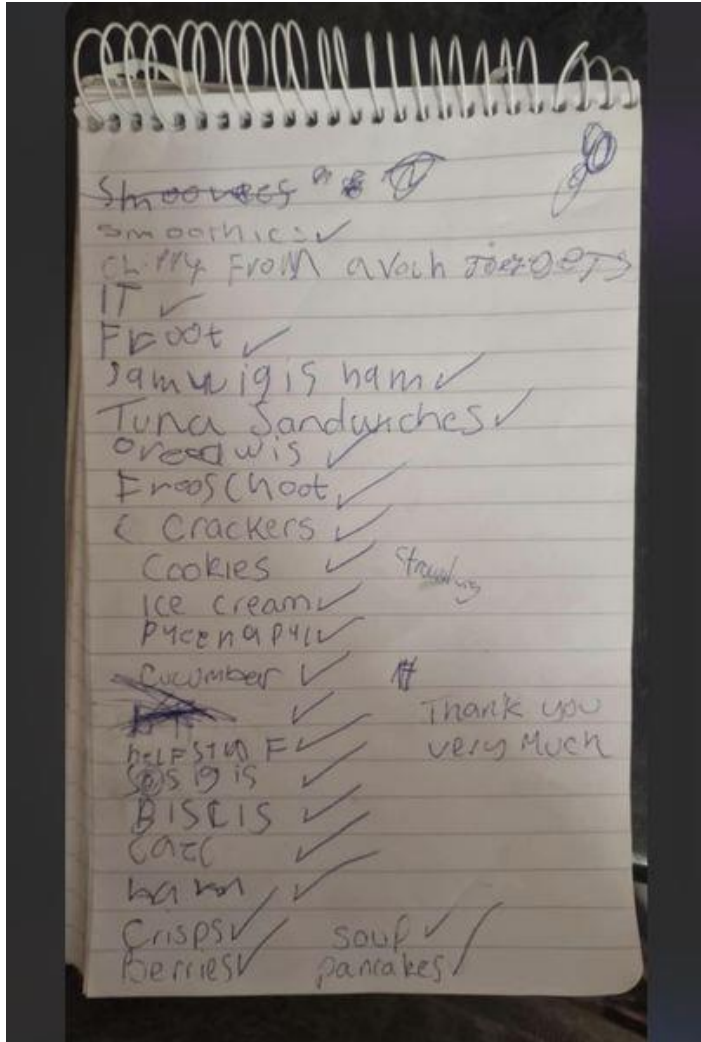
National Youth Work Conference 24

- Great National Youth work Conference in Glasgow with Youthlink Scotland on this National Youth work week 2024
- Upstream Solutions :Youthwork s Role in Prevention.
- Some very concerning stats from Paul Johnston Chief Executive Public Health Scotland especially in our own wee country in comparison to our European counterparts.
- Nice to look at positive research and Stats in Iceland and the Great use of Upstream thinking and actions

Well-being Bags

- Every participant at Cromarty Youth Café is given a Well-being Bag, containing various items these bags are different each fortnight depending on our Cfine Delivery.
- Monthly we give well-being bags to our older folks
- We have been told that these bags are such a help to families.





Young Volunteers

Starting our young Leaders at an early age, Young Kenneth (little one aged 8) Came to Wanda tonight to ask can he plan and run next weeks Youth Cafe, sounds like a role reversal we are happy to try , he wants arts, crafts , storytelling and games . He has even done his own wee shopping list . We believe he s recruiting Joey and Bella as his crew . Your shopping and food supplies will be sorted well all other than Jobo going to the chippy in Avoch



Jnr Leader Youth Café Session

Great Jnr Youth Cafe session delivered by our Junior junior Leaders. Taking part in Arts & Crafts and Creative writing
Young Kenneth and his right-hand man Joey and his Left hand girl was Isabella .
Huge thank you to Michelle for her triple chocolate cake and to Sonny's Mum for the Minion Chocolate Cake.
To Wanda for our Scrumptious Smoothies they were awesome and our finest buffet





Remembrance Sunday

Nice Remembrance service in Cromarty this morning
"At the going down of the sun and in the morning, we will remember them"

Christmas Quiz

Christmas Quiz tonight with our one and only Chell Bell , lots of Amazing prizes
Deluxe Buffet created by Wanda with
Homemade Triple Pepperoni pizza ,
Tattie smiles ,Black Isle Belter Sausage
Rolls, Tuna Enchiladas, Ham and Cheese
Croquettes bacon toasties , cheese rings
, waffle crisps , Juice. Lots of fresh fruit.



Chocolate gingerbread men , sweet
treats



Taster Boccia Ball's Session

- Boccia is a precision ball sport that offers numerous physical and mental health benefits for individuals with disabilities and able-bodied individuals. It **improves hand-eye coordination, increases cardiovascular endurance, and enhances cognitive skills.**
- These sessions were delivered with Fourways and Youth Café members



Multi-Sports

- Weekly sessions planned and delivered by young people taking part in a leadership qualification
- All sessions are tailored to the needs of the young people .



Football Coaching

- Weekly Skills Drills and Games with Inverness Caley Thistle Youth Academy,
- Participants taking part and improving on skills, timing and technique and most of all have fun at each session

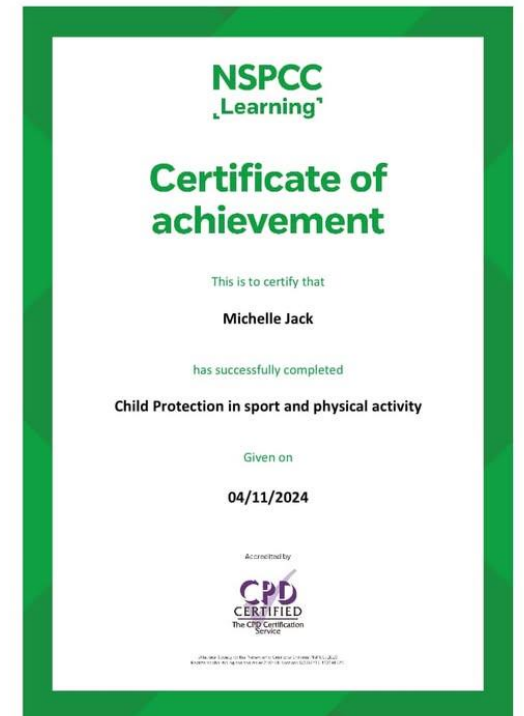


Partnership's

- Police Scotland
- Mikeysline – Hive on The Road Bus
- James Support Group – Support for families effected by the recent tragic events
- Connecting Carers – Referrals for Young Carers
- Cromarty Primary School –
- Cromarty Courthouse Museum –
- Cromarty Arts Trust
- Cromarty Fourways Club
- The Cromarty Trust
- Port of Cromarty Firth
- Cromarty Community Rowing Club
- Black Isle Active School Coordinator
- Developing The Young Workforce
- The British Army
- Youth Link Scotland
- Parklands Care home's
- MFR – Cash for Kids
- Children in Need
- Fortrose Academy , SMT & Guidance

Work force Development

- Wanda , Fraser & Michelle Completed the **NSPCC Child Protection and Sport & Physical Activity** - As experts on safeguarding, the NSPCC's introductory Child protection in sport and physical activity elearning course helped to gain an understanding of our roles in protecting children from abuse or harm and what to do when concerns arise.
- Wanda & Fraser and 40 young Updated their **Dementia Friends Training**



MEN DON'T TALK

Written & Directed by
Clare Prenton

**Victoria Hall,
Gromarty**

Tue 19 Nov @ 7.30pm

Box Office: 01381 600354

info@cromartyartstrust.org.uk

**Tickets: £10, £8 concession
(unwaged, under 18, 65+)**



**www.cromartyartstrust.org.uk/events/
19-nov-2024-men-dont-talk.asp**

Men Don't Talk Performance

- November is Men's Mental Health Awareness Month, a month dedicated to bringing awareness to a wide range of men's health issues. The aim of the month is to encourage men to start conversations about their health, and to seek support if they need it
- So, we were lucky enough to go along and watch
- **Men Don't Talk (Mens Shed)**
- Three men find banter, bird boxes and biscuits in a fictional men's shed, which celebrates companionship, camaraderie ... and custard creams. Clare Prenton's poignant, hilarious, moving and thought-provoking play, Men Don't Talk, explores the myth that 'men don't talk'.
- Written following cups of tea, cake, and spirited conversations with real 'shedders', the play welcomes audiences into a friendly fictional shed, inspired by real mens' stories.
- Presented in conjunction with the Scottish Mens Shed Association, the play has been praised in the Scottish Parliament for promoting the benefits of this growing mental health and wellbeing movement – vital in Scotland today.
- The play tackles the subject of men's mental health in a poignant and light touch way. Themes include grief/loss, PTSD/Military experience, divorce, substance misuse, depression/social isolation, men's health (prostate cancer)



Snow Day Care in the Community

Out and About in the Snow mobile .
Delivering Well Being bags and doing wee check ins .
If you are in Cromarty please give us a wee shout if
you need anything At all
And some really happy residents from 4 ways with
Lovely baking delivered by Irene

Why we do Youthwork

Youth work is life changing, and even lifesaving.

Youth workers are an essential resource to help solve the problems facing young people: improving their mental health and wellbeing; enhancing skills and employment prospects; and reducing crime and anti-social behaviour.

Evidence shows that youth work reduces pressure on public services in the short term. It also shows that young people who receive youth work become happier, healthier and wealthier adults compared to those who didn't receive support.