

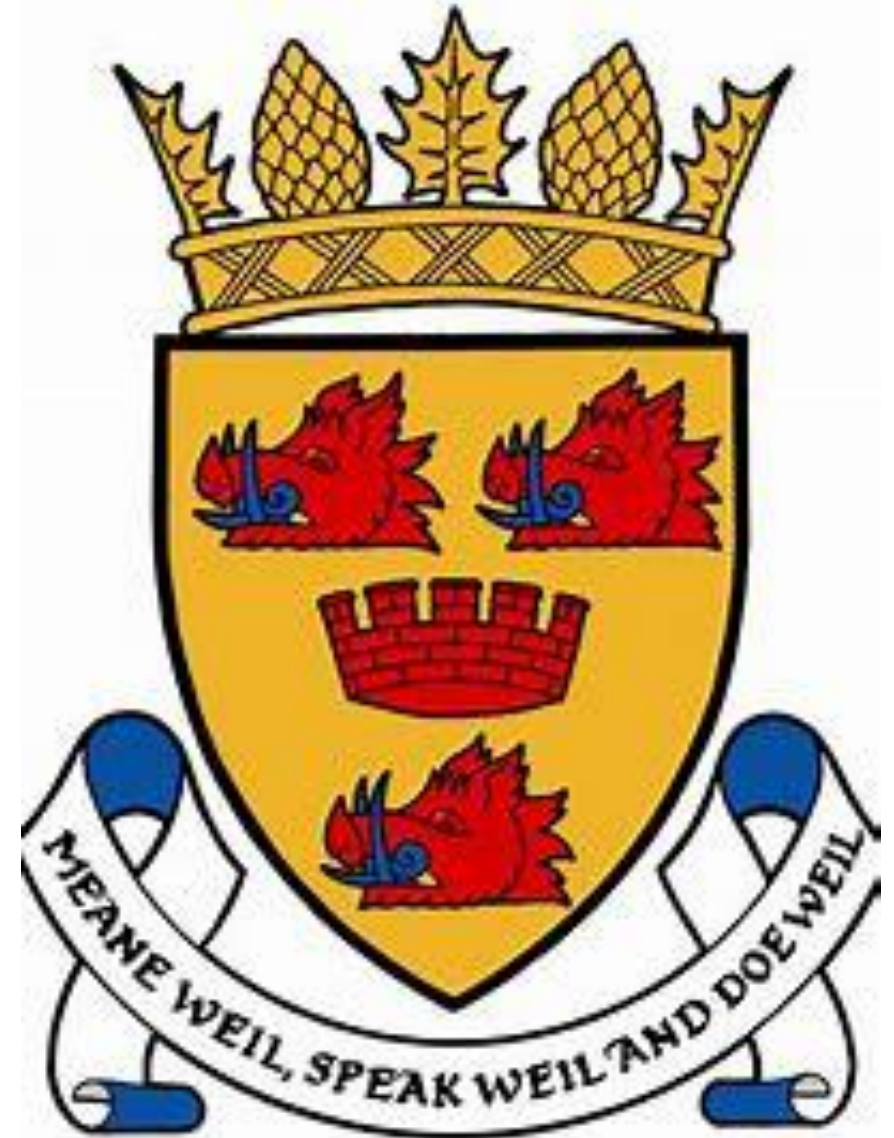
Cromarty Youth Café Report

Report for the Cromarty & District Community Council

By Fraser Thomson Assistant Youth Worker

October 2024

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Women & Girls In Sport Week

Kelsey Benjamin

I FIRST GOT IN TO SPORT AT AGE 6, MY BROTHER WAS A GREAT TENNIS PLAYER AND HE HELPED ME TO LEARN, TO THE POINT THAT I NOW CAN BEAT HIM, SOMETHING I AM VERY PROUD OF TO BE HONEST. I GOT IN TO FOOTBALL IN CROMARTY PRIMARY SCHOOL AND ENJOYED SOCCER 7 S, THEN IN FORTROSE ACADEMY I JOINED THE SCHOOL TEAM, I WAS THEN LUCKY ENOUGH TO BE SELECTED TO JOIN INVERNESS CALEY THISTLE GIRLS YOUTH ACADEMY,



How has sport helped you?

I feel Sport has really transformed my life and me into the confident young HLH leader I am, it has helped me recognise and gain wider skills, knowledge- and many great experiences. I run my own Tennis sessions each week with the support of some other young leaders, I do this to help young people get in to sport so they can get fitter, be healthier, work on problem solving, increase agility, make new friends and most important of all have FUN.



What advice would give to any girls looking to get into sport?

To give it your all , have fun and make new friends for life.

Cromarty Youth Café participants made a Welcome Video for our Visitors from Argentina



Argentinean Visitors at Cromarty Youth Cafe

Our Argentinian Visitors at Cromarty Youth Cafe, after a great rowing session followed by some football, meeting the Highland U16 Football Cup Winners, A deluxe dinner, Scottish Ceilidh dancing and some Argentinian dances
A lovely cultural day with lots of learning and friendships and connections made .
Some Lovely Highland Dancing from our Iona





Argentinian Visitors at Rowing

Great Rowing session with Fernando and our guests from Argentina, thank you so much to Roberto (our now worldwide known) famous boat builder and Karen for coxing multiple sessions , our friends and local rowers had a fabulous session.

Well-being Bags

Well-being bags created and packed for our members

- With a range of items, fresh fruit and veg, and household items





Halloween Arts & Crafts

- Arts & Crafts at Youth Cafe creating Halloween jars



Football Coaching

- Weekly Football Coaching with Inverness Caley Thistle Youth Academy,
- Young people are learning new skills and drills and their football skills are coming on.



Food.....

- No need to say anymore.
- At every activity young people are offered hot or cold refreshments or snacks.
- Young people tell us that they love coming along to our activities because of the delicious food they are offered



Tennis Coaching



Tennis coaching sessions delivering by young leaders Kelsey, Orlagh, Loreta & Imogen

At the sessions Young people are improving serving, drop shots and back hand shots . Thanks also to Murdo our Active Schools Coordinator



YOUTHWORK



October Programme Activities

Day	Date	Activity	Location	Time	Age
Monday Mental Health - Positive Action	14 th Oct	<u>Outdoor Coastal Bowling</u> With a visit from Mikeysline "hive on the road"	Cromarty Harbour	10am - 12.30	12+
Monday	14 th Oct	<u>Multi-Sports with Active Schools</u> Fun and games in the park	Victoria Hall / Park	10am - 12noon	5+
Tuesday	15 th Oct	<u>Trip to Cromarty Courthouse Museum</u> Creating interviews about objects that interest people in the Courthouse	Cromarty Courthouse	10.30am - 12noon	8+
Wednesday	16 th Oct	<u>Climbing Wall</u> Visit to the Ledge Climbing Wall.	The Ledge Climbing Wall Inverness	1.30pm - 3pm	10+
Thursday	17 th Oct	<u>Cookwell / Bakewell</u> Cook / bake up a storm for our visit to Always	Victoria Hall	10am - 12noon	8+
Thursday	17 th Oct	<u>Intergenerational Visit to our Favourite Golden Oldies at Cromarty 4 Ways</u> Recording interviews about memories of old Cromarty.	Victoria Hall	2pm - 4pm	8+
<p>All activities are FREE of Charge and open to everyone across the Black Isle.</p> <p>Snacks and Refreshments served at each activity.</p> <p>If you have any questions, please contact:</p> <p>Fraser Thomson - Assistant Youth Worker - 07470 522172</p>					



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



Multi-Sports / Arts & Crafts, & Lego

October Programme activities today were Positive Affirmation's handmade by all our young people for our Golden Oldies done on handcarved natural wood slices
Halloween Arts & Crafts , unique keepsake Boxes with Michelle
Lego Mania with Murdo
A range of Fun, Sports and games with Fraser
Cake making and decorating and a Deluxe buffet with Wanda and Callum.



Visit to Cromarty Courthouse

- Great session today at Cromarty Courthouse Museum looking at Artefacts and recording voiceovers finding out more information about the historic items in the courthouse such as the School Belt, Hand cuffs, Iron metal stamping poker



Trip to The Ledge Climbing Wall

Fantastic day today at the Ledge Climbing and Bouldering performance centre in Inverness ,
Climbing is more than just an activity its a shared experience reaching up and up and out to everyone, the session was very well supported by the Ledge staff and our very own Pro Rock Climber Murdoch (Asc) our young people reached new heights , had lots of fun and achieved many goals .





Intergenerational visit Fourways

Young people cooked and baked up a storm for their deluxe afternoon tea
Tattie and Turnip Soup
Homemade Sausage Rolls
And a range of fresh cakes
We were joined by Sabine and Freya from the Cromarty Courthouse To share and record stories about artefacts from the Courthouse.
Lots of great stories and memories shared .
We look forward to returning in 2025 with the Audio recordings to watch together





Winter Warmer Bags for our Golden Oldies

- With Funding from the FRIF we created Winter Warmer bags for our Golden Oldies,
- Each bag contained a range of different items such as:
 - Household essentials, washing powder, washing up liquid, health & hygiene products, face cloth, soap, shampoo, toilet roll, juice, tins of food, pasta, rice, tea & coffee, sweet treats & grippers for their shoes for icy conditions, hats, socks, and thermals
 - Each bag was greatly received by the older people,



Partners Cromarty Youth Café Works with

- Connecting Carers – Referrals for Young Carers
- Highlife Highland, Youth Services , Active Schools & Leadership Programme
- Cromarty Primary School – Planning Beach Clean and Xmas Parties
- Fortrose Academy
- Cromarty Courthouse Museum – October Programme
- Cromarty Arts Trust – opportunities for young people
- James Support Group – Support for families effected by the recent tragic events
- Mikeysline – Hive on The Road Bus at Cromarty Youth Café
- Cromarty Fourways Club – October Programme Visit

Coming up.....

- Big Exciting Event for Orlagh Down in Edinburgh (more info in next report)
- Myself & Wanda attending the National Youth work Conference in Glasgow
- Act of Kindness Beach Clean with Cromarty Primary School
- Boccia Ball Taster Session with Youth Café & Fourways
- Planning for Xmas Parties
- Xmas Crafts
- Football Coaching with Inverness Caley Thistle