

# Cromarty Youth Café Report

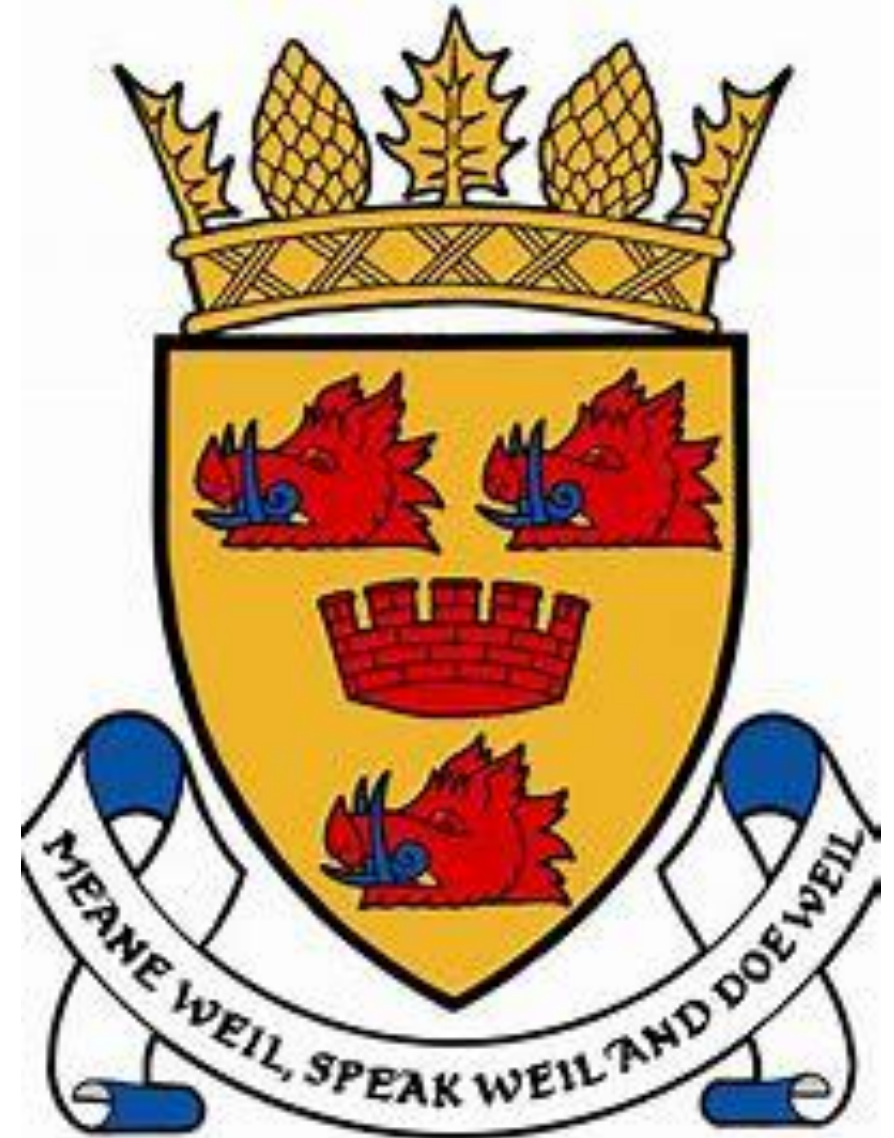
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Report for the Cromarty & District Community Council

By Fraser Thomson Assistant Youth Worker

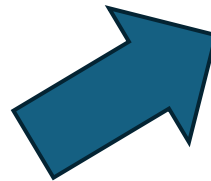
September 2024

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# Mental Health

- As you may be aware, there have been 3 recent tragic deaths in our local community. In light of these events, it is important that we as a Youth Café, Community & School, respond sensitively and appropriately to support our young people, staff, and the wider community during this challenging time.
- We are following the Highland Council's Tragic Events Guidance. Working with our partners Educational Psychologist, Primary Mental Health, Police Scotland
- We are using the "the grief brief" a quick guide produced by young people for young people
- We are finding a significant rise in young people displaying level of anxiety and depression, more and more YP needing our support emotionally.
- Following on from the Kessock Bridge closures (4 times in 7 day), we are continuing to work with partners such as Mikeysline and those mentioned above



**YOUR GRIEF BRIEF**

**Acknowledge** ... what has happened  
... don't avoid the facts

**Listen** ... without judgment  
... to the person in front of you  
... I know how I feel

Let me take the lead ... give me choices  
... empower me to manage my situation

**GIVE ME TIME** ... there is no set time limit on grief  
... some days will be better than others  
... there will be anniversaries, random memories, smells, sounds...

**No assumptions** ... about how I should be feeling  
... every day is different  
... some things are nothing to do with the bereavement

**know where support can be found (if it is needed)...**  
... but don't underestimate the difference you make by being there

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people's health trust  
Youth Highland  
Crisis Group

# Hug T-Shirts

Creating Hug T-Shirts -thank you so much to Daiga Loreta's mum for this wonderful idea  
Our young people Creating unique Hug Shirts with friends hand and arm hugs on their backs





# Saltire Summit Awards Ceremony



- Absolutely Delighted to Celebrate our 4 Remarkable Young people who have just Won Summit Awards for their exceptional contribution to Volunteering
- No runners up here all WINNERS
- All of our young people were selected because they stand out from the rest , go Above and Beyond and exceed all expectations .
- Mhairi told us our young people were the pinnacle of Volunteering Excellence
- At the celebration event which was a Red Carpet event their was the finest buffet , amazing table decorations, always handmade by the HTSI staff who undoubtedly pulled of the most AWESOME night . All of the staff them mingled got to know our young people , heard our stories.
- Mhairi Wylie Chief Officer was compere on the night her wit , personal stories and reflections made for a night that has now become a precious memory for us all



# Allan Munro

- So Allan Munro Winner of Summit Award 2024 has been Volunteering from the age of 9 years old out in Cromarty ,
- He has gritted streets in all sorts of hazardous conditions , making sure that the older and vulnerable people of our community could get outdoors and safely . Alan has done this for many years before and after he returned from school getting up at the crack of dawn.
- He even purchased his own wee Gritter . On the coldest , darkest nights their he would be out in his hi viz , gritting streets , pavements and access routes that were important, he did this all throughout Covid and since . He has also been cutting areas of grass now that he notices are being unkempt getting out of control and maybe causing risks for folks not seeing things so easily . Alan has more recently joined the Cromarty and District Community Council ensuring the voices of young people are heard with the decision makers .
- Alan has gained 459 hours in his Saltire Award and is now being recognised with his Summit Award .





# Iona Browne

- Iona has gained 440 hours in her Saltire Award and is on track to shortly receive her Gold Hoody for 500 Hours in HLH leadership she has set up planned and delivered Highland Dancing sessions , multi - sports. Intergenerational Board games . At every big Community gathering , we have Iona entertain the whole crowd , always holding her head high gazing around the audience with the Biggest Smiles (nothing deters her performance, little runners add to the ambience . Iona is an Amazing volunteer who always goes above and beyond , she increases motivation and morale , she is a huge peer supporter to other young people , “Volunteering is the very core of being a human. No one has made it through life without someone else’s help.”. If you are ever lucky enough to watch Iona dance you will never forget.
- Iona is a truly inspiring dance, volunteer, Some photos / memories along the way





# Loreta Vitola

- Is Loreta Vitola who moved here from Latvia at age 3 and following in her sister's footsteps joined the Cromarty Youth cafe at the ripe young age of 5 years old . Loreta has 795 hours in her Saltire Award and has gained her Gold Hoody for 500 hours HLH Leadership.
- Loreta has supported Cromarty Youth cafe for the last 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 .
- She has supported all holiday programmes , completed many courses . 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 great at problem solving and always has great creative ideas our jnrs adore and look up to her . Loreta you are Awesome





# Orlagh McIver

- Day 4 of our Summit Award Winners for 2024 is last , but certainly not least , our Orlagh MacIver who has an OUTSTANDING !! 888 hours in her Saltire Award and only today met with Elizabeth the HLH Leadership boss and myself to discuss the 1000 hour Hoody and what criteria gets it , the colour and logo, ensuring young people who have gained it are fully part of all decisions, its them that will wear it after all .
- Orlagh started Cromarty Youth Cafe at 4 years old , has won many many Awards , more recently was recognised with her national Eric Liddell award she was 1 out of 6 .
- Orlagh is a courageous and inspiring young leader who out of some sad and very hard times has used her experience of trauma and turned her focus to positive action for Mental Health Support .Orlagh has gained her Platinum Hoody for 750 hours of HLH Leadership and she completed a fundraiser for both Mikeys line and James Support group . Orlagh has planned and delivered holiday programmes , after school clubs , school sports days and Christmas parties. She loves supporting our Golden Oldies and is keen on retaining the older folks memories. As well as being a Gold Medallist Rower , Orlagh is keen to be a Pilot and believe me she is a High Flyer of that there is no doubt .
- Above and Beyond she always goes to help others . Orlagh you Truly are Awesome







# # Lifeskills through Sport #

- My name is Kelsey Benjamin, and I am 15 years old. 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, I train with them 2 nights a week and play league games at weekends which I really enjoy and look forward to. I have also been doing training trials with the Scotland SFA talent group. I train a night with Steve ( Adj ) to improve my skills and all-round fitness in a smaller group session .
- In my free time I enjoy competitive sessions with my Aunty Wanda on her Peloton this is good for my cardio and resistance. I also do Outdoor Coastal Rowing and have won a number of Gold Medals.
- 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.
- I have completed 554 hours in my Saltire Awards, have received a Gold Hoody for 500 leadership with the HLH leadership programme. I won Top Goal Scorer of 2023 season with ICTWFC. I have also completed my Choose to Lead Level 4 and 5 in partnership with Inverness Uni.



# Mikeysline “hive on the road” at Cromarty Youth Café

- On our Well-Being Wednesday we were delighted to Welcome Andy & Donald from Mikeysline “Hive on the Road” to Cromarty Youth Café,
- They spoke about some of the services Mikeysline offer and what the hive is about. A non-judgmental service with a Listening ear for all
- Our young people enjoyed Deluxe Hot Chocolates with cream and mallows as they told many stories, memories and personal reflections.
- Orlagh did a talk for an hour around positive mental health actions what we were doing and offered to young people (Youth café, Rowing, Holiday Programmes , After school clubs all good for promoting good mental health
- Looking out for each other is so important

National Youthwork outcome – Young People build on their Health & Well-being



# In-Service Day Provision

- It's September, its in-service days and we have the Sun and Fun
- Seashore exploring, rock pooling, bug hunt and hotel making with Marcia from the HLH ranger service
- Outdoor Rowing, tennis & paddle boarding.

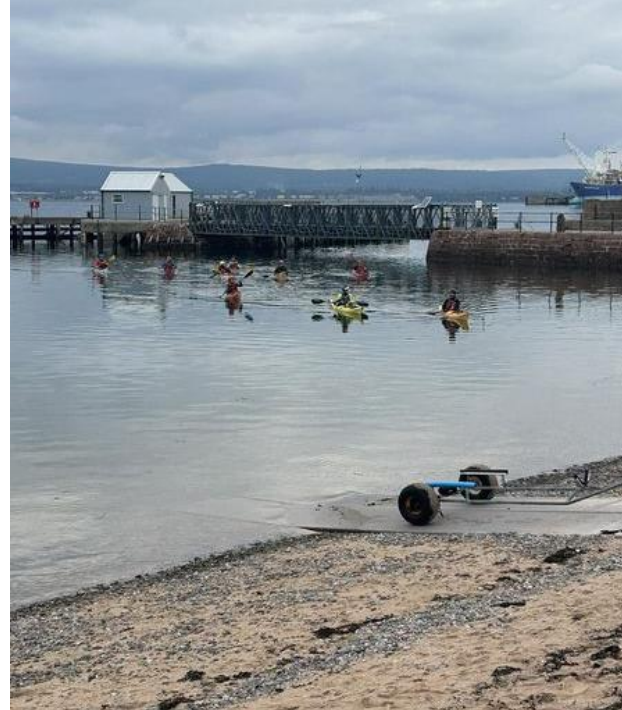




# Well-being Bags

- 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.





## Weekly Rowing Sessions

- Weekly training sessions for Regattas & training for the Worlds in 2025
- Focusing on skills, timing & technique



## Football Coaching

- Weekly Football Coaching with Inverness Caley Thistle. Taking part in football sessions:
  - Increases Physical & Mental Health
  - Boosts Self-esteem and confidence



COME ALONG TO WEEKLY  
**TENNIS**

**FREE**  
DAY: MONDAY  
TIME: 4:15 - 5:15 PM  
AGE: P1 - P7  
LOCATION: CROMARTY TENNIS COURT

Run by our amazing HLH  
Young Leaders!

Contact Fraser if you would like to attend  
07470522172



## Tennis Coaching

- Weekly Tennis Coaching with Young Leaders. The idea for this Class came from Kelsey who is a young HLH Leader and a keen tennis player.





# Behind the Scene

- We have been working on the local needs analysis for the area, looking the, Insight data, Black Isle Place Plan, Mid Ross Community Plan, Black Isle Priority Plan
- Wanda has met with many funders for planning for 2025:
  - Children in Need
  - Port Of Cromarty Firth
  - Global Energy Park – Nigg – Secured £1000
  - Meeting with Mr J Nightingale
- Meeting with activity providers for 2025
  - Cromarty Courthouse Museum
  - National Trust for Scotland – Hugh Millers Museum
  - The Calman Trust
  - Developing the Young workforce – Jo Barclay
  - Cromarty Arts Trust ,

# Child and Youth Voice

- 
- Cromarty & District Community Council – Meeting with Youth Rep Allan Munro
  - Cromarty Community Rowing Club – Monthly Meeting – Planning for the Worlds in 2025
  - Cromarty & Resolis Film Festival – 2 reps from Fortrose
  - Cromarty Youth Café Weekly Meeting

# Coming up.....

- Looking forward to hosting our Argentinean visitor who are coming to join us in the Community and School to take part in a wide range of activities
- First Aid Training with HEBE Highland
- October Programme



## YOUTHWORK



### October Programme Activities

Day	Date	Activity	Location	Time	Age
Monday	14 <sup>th</sup> Oct	Outdoor Coastal Rowing With a visit from Mikeysline 'hive on the road'	Cromarty Harbour	10am – 12.30	12+
Monday	14 <sup>th</sup> Oct	Multi-Sports with Active Schools	Victoria Hall / Park	10am – 12noon	5+
Tuesday	15 <sup>th</sup> Oct	Trip to Cromarty Courthouse Museum Creating interviews about objects that interest people in the Courthouse	Cromarty Courthouse	10.30am – 12noon	8+
Wednesday	16 <sup>th</sup> Oct	Climbing Wall Visit to the Ledge Climbing Wall.	The Ledge Climbing Wall	1.30pm – 3pm	10+
Thursday	17 <sup>th</sup> Oct	Fourways Visit & Courthouse Recording interviews about memories of old Cromarty.	Victoria Hall	2pm – 4pm	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:

Fraser Thomson - Assistant Youth Worker - 07470 522172

