



# Cromarty Youth Café Report

Report for the Cromarty & District Community Council

By Fraser Thomson Assistant Youth Worker

June 2024

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

This is just a flavour of what we have been up to

# Get Heard – Engagement with Orla The Highland Youth Convener

- Great discussions with Orla and great to see that we are all working on the same themes:
  - Mental Health
  - vaping (with NHS staff)
  - Preparing for exams (with an invigilator),
  - Other pathways (with skills development Scotland)
  - Young people's working rights
  - Bullying, Face to Face, Online and LGBT
  
- Thanks for having me! I really enjoyed it.





# Choose to Lead in your school & Community



**UHI INVERNESS** 

This is to certify that

**Adam Urquhart**

achieved the  
**High Life Highland Leadership Programme Choose To Lead Award**

This award has been credit rated by Inverness College UHI at SCQF level 4 with 4.0 SCQF Credit Points

Awarded on: 10/06/2024

  
**L Snodgrass**  
Assistant Principal  
UHI Inverness



Inverness College UHI, 1 Inverness Campus, Inverness, IV2 5NA

**UHI INVERNESS** 

This is to certify that

**Kelsey Benjamin**

achieved the  
**High Life Highland Leadership Programme Choose To Lead Award**

This award has been credit rated by Inverness College UHI at SCQF level 5 with 4.0 SCQF Credit Points

Awarded on: 05/06/2024

  
**L Snodgrass**  
Assistant Principal  
UHI Inverness



Inverness College UHI, 1 Inverness Campus, Inverness, IV2 5NA

**UHI INVERNESS** 

This is to certify that

**Chloe Maclean**

achieved the  
**High Life Highland Leadership Programme Choose To Lead Award**

This award has been credit rated by Inverness College UHI at SCQF level 5 with 4.0 SCQF Credit Points

Awarded on: 10/06/2024

  
**L Snodgrass**  
Assistant Principal  
UHI Inverness



Inverness College UHI, 1 Inverness Campus, Inverness, IV2 5NA

**UHI INVERNESS** 

This is to certify that

**Oriana Pringle**

achieved the  
**High Life Highland Leadership Programme Choose To Lead Award**

This award has been credit rated by Inverness College UHI at SCQF level 4 with 4.0 SCQF Credit Points

Awarded on: 05/06/2024

  
**L Snodgrass**  
Assistant Principal  
UHI Inverness



Inverness College UHI, 1 Inverness Campus, Inverness, IV2 5NA



**Saltire AWARDS**  
VOLUNTEERING FOR 12 TO 25 YEAR OLDS

**10 HOURS VOLUNTEERING**

Congratulations on your achievement on **The Approach**

**Belle Rochford**  
Volunteering with Highlife Highland Youth & Community Volunteer

*Kate Forbes*  
**Kate Forbes**  
Deputy First Minister  
Saltire Awards are a positive recognition by the Scottish Government of 12-25 year old volunteers and their achievements

Scottish Government  
Riaghaidh na h-Alba  
gov.scot

[www.saltireawards.scot](http://www.saltireawards.scot)

**Saltire AWARDS**  
VOLUNTEERING FOR 12 TO 25 YEAR OLDS

**100 HOURS VOLUNTEERING**

Congratulations on your achievement on **The Ascent**

**Archie Brindle**  
Volunteering with Highlife Highland Community Volunteer

*Kate Forbes*  
**Kate Forbes**  
Deputy First Minister  
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Care and Learning Alliance

**CERTIFICATE of Achievement**

THIS CERTIFICATE IS PROUDLY PRESENTED TO:

**Abigail Comfort**

For successful completion of the following course:

**Smart Start**  
This module counts as 1 hour for your CPD records.

*Jaci Douglas*  
**Jaci Douglas**  
CALA Chief Executive

24, 9:18 am

Care and Learning Alliance

**Saltire AWARDS**  
VOLUNTEERING FOR 12 TO 25 YEAR OLDS

**50 HOURS VOLUNTEERING**

Congratulations on your achievement on **The Ascent**

**Rhea Fraser**  
Volunteering with highlife highland youth and community

*Kate Forbes*  
**Kate Forbes**  
Deputy First Minister  
Saltire Awards are a positive recognition by the Scottish Government of 12-25 year old volunteers and their achievements

THE GLOBAL GOALS  
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**Saltire AWARDS**  
VOLUNTEERING FOR 12 TO 25 YEAR OLDS

**200 HOURS VOLUNTEERING**

Congratulations on your achievement on **The Ascent**

**Dominic Munro**  
Volunteering with highlife highland youth and community  
Volunteering with Highlife Highland Volunteering

*John Swinney*  
**John Swinney**  
First Minister  
Saltire Awards are a positive recognition by the Scottish Government of 12-25 year old volunteers and their achievements

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# The Wanda Mackay Award for Volunteering

- We would like to celebrate and Congratulate **Orlagh** on winning
- The Wanda Mackay Award at Fortrose Academy for Outstanding Contribution to Volunteering
- I feel very passionate and always proud about the number and caliber of young people in our school and community volunteering they have gained over
- 87.000 hours in the last 24 months, the impact and the difference they have made to not only the lives of young people but our Golden Oldies on a journey developing skills, knowledge and making memories where often the most precious moments are captured, actions speak louder than words.
- I am absolutely Delighted for Orlagh MacIver who has volunteered over 750 hours in her Saltire Award signed of by our very own First Minister for Scotland John Swinney as well as gained over 750 hours in her HLH leadership, she has inspired other young people, staff, volunteers and our community.
- Orlagh your actions have helped mold the present into a future we can all be proud of, we are so grateful you chose to share your skills, time and talents with us all.
- Orlagh you are AWESOME and this award is so richly deserved in recognition of your exceptional performance, your enthusiasm, commitment and dedication. You are kind and caring with a great sense of humour, you always go above and beyond a True Ambassador for Youthwork and Volunteering,
- 
- [#WandaMackayAward](#)
- [#youthworkchangeslives](#)
- [#hlhyoungleaders](#)

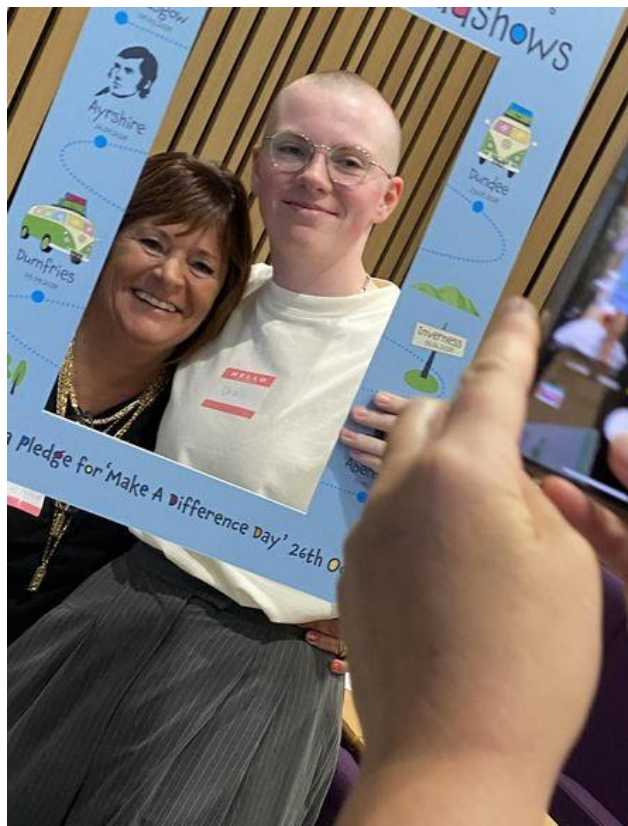
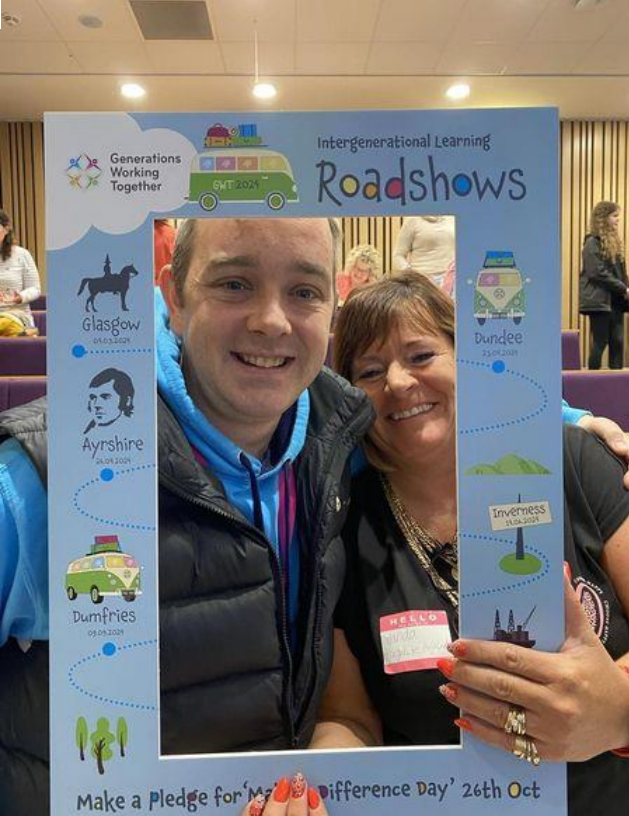
The Wanda Mackay Award  
presented for  
Outstanding Contribution  
to Volunteering

# Cromarty Primary School Sports Day



Great to be invited along to Cromarty Primary School today for our Young Leaders to deliver their annual Sports Day the young people were all Amazing The session was planned and delivered by our Young Leaders Fantastic day for everyone involved. And the sun was shining bright





- Intergenerational Learning Roadshow we were joined by Isabelle McKenzie Older People's Champion, Orla McLeod Young Persons Convener and previous GWT Excellence Awards Winner Fortrose Academy intergenerational project 'Young People at The Heart of our Intergenerational Work'.
- This roadshow was about celebrating intergenerational work and its positive benefits, not only for the participants engaging in the programme but also for the support staff/and or volunteers, and the community. One of the most wonderful things about intergenerational work is that it never stays contained in the space in which it takes place, the connections and relationships that are made follow people home
- [#GWTRoadshow](#)
- [#intergenerationallearning](#)
- Intergenerational work is not just nice to do ( of course it is ) but it is Essential

# Substance Misuse

- 1-1 s with YP check life skills what are they doing – Vaping – Families FRIF stuff distractionary type activities.
- We attended a great night at Cromarty Community Cinema watching Back to Black the story of Amy Winehouse, celebrating the most iconic homegrown star of the 21st century. Painting a vivid, vibrant picture of the Camden streets she called home and capturing the struggles of global fame, Back to Black honors Amy's artistry, wit, and honesty, as well as trying to understand her demons.
- The film emphasizes the things that brought Amy's life to a close of alcohol-poisoning at age 27; her drinking and drug use instead of her incredible music.





# Community Mental Health & Resilience

- Fortnightly Well-being Bags to families and older people (assembled and packed by young people)
- Supporting with P7's Transitional work into the Academy
- Resilient Kids – Moving up Programme
- Mince & Tatties delivered to older people



# Remembering Together Project

- We made the most Precious Memories with our favourite Golden Oldies , so many stories , emotions and reflections a day we will always treasure .
- Biggest thanks to Claire the activities co-ordinator for making us all We were delighted to take part in the Remembering Together COVID Bell walk – with Cat Meighan, Sinéad Hargan, from TOLL. And our Outstanding Intergenerational Leaders
- We started of in the Fortrose Library thanks Sya then made our way to Eilean Dubh Care Home.
- TOLL is a response to the past and present impact of the pandemic on a range of different communities in Cat worked with us at a range of different sessions to create statements which have now been inscribed on our handbells. The Inscriptions hold and retell the stories, emotions, and responses of the people of the Highlands relating to COVID





# Start of Summer Party

- what's better for your well-being that a Summer Party at Cromarty Youth Cafe, Music, Dancing, Singing Party Games and wonderful Buffet fruit created by Wanda & Michelle.



# Black Isle Youth Services & Cromarty Youth Café Fun in the Sun 2024

Day	Date	Month	Activity	Location	Time	Age
<b>June</b>						
Tuesday	4th	June	Amy Winehouse - Back to Black Film	Cromarty Cinema	7pm - 9pm	15+
Thursday	6th	June	COVID Legacy Bell Workshop	Fortrose Community	11.30am - 1pm	13+
Friday	14th	June	GWT Roadshow Inverness	UHI Inverness	9am - 2pm	
Friday	21st	June	HYP Conference	Canal Park Inverness	9am - 5pm	
Monday	24th	June	Olympics / Mini Highland Games	Cromarty Primary School	9am - 3pm	P1-P7
Tuesday	25th	June	Intergenerational Strawberry Cream Tea	Rosemarkie Village Hall	1pm - 4pm	S4+
<b>Week 1</b>						
Monday	1st	July	Multi - Sports / Arts & Crafts	Victoria Hall Cromarty	10am - 12noon	5+
Tuesday	2nd	July	Outdoor Rowing with CCRC	Cromarty Harbour	10am - 12noon	12+
Wednesday	3rd	July	Football coaching with ICT	Victoria Hall Cromarty	10am - 11am	5+
Wednesday	3rd	July	Summer Arts & Crafts	Victoria Hall Cromarty	11am - 12noon	5+
Thursday	4th	July	Visit to Cromarty Courthouse	Cromarty Courthouse	11.15am - 12.30pm	5+
Saturday	6th	July	Golspie Regatta	Golspie Beach	All Day	
<b>Week 2</b>						
Monday	8th	July	Tennis Coaching with Cromarty Tennis Club	Cromarty Tennis Courts	10am Start	5+
Monday	8th	July	Multi Sports with Active Schools	Victoria Hall Cromarty	12noon- 2pm	5+
Tuesday	9th	July	Tennis Coaching with Cromarty Tennis Club	Cromarty Tennis Courts	10am Start	5+
Tuesday	9th	July	Outdoor Rowing with CCRC	Cromarty Harbour	10am - 12noon	12+
Tuesday	9th	July	Taster Lawn Bowling Sessions with Cromarty Bowling Club	Cromarty Bowling Club	12:30 - 2pm	5+
Wednesday	10th	July	Tennis Coaching with Cromarty Tennis Club	Cromarty Tennis Courts	10am Start	5+
Wednesday	10th	July	Football coaching with ICT	Victoria Hall Cromarty	12noon - 1pm	5+
Thursday	11th	July	Tennis Coaching with Cromarty Tennis Club	Cromarty Tennis Courts	10am Start	5+
Thursday	11th	July	Yoga with Inspiring Young Voices	Victoria Hall Cromarty	12noon - 1pm	5+
Friday	12th	July	Crombeldon Strawberry Tea	Cromarty Tennis Courts	10am Start	5+
Saturday	13th	July	Ullapool Regatta	Ullapool Harbour	All Day	
Sunday	14th	July	Ullapool Regatta	Ullapool Harbour	All Day	



# Black Isle Youth Services & Cromarty Youth Café Fun in the Sun 2024

<b>Week 3</b>						
Day	Date	Month	Activity	Location	Time	Age
Monday	15th	July	Multi - Sports	Victoria Hall Cromarty	10am - 12noon	5+
Tuesday	16th	July	Residential to Fairburn Activity Centre	Fairburn	1pm	12+
Tuesday	16th	July	Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk	The Old Brewery	10am - 12:30pm	8+
Wednesday	17th	July	Residential to Fairburn Activity Centre	Fairburn	All day	12+
Wednesday	17th	July	Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk	The Old Brewery	10am - 12:30pm	8+
Thursday	18th	July	Residential to Fairburn Activity Centre	Fairburn	Return home 1pm	12+
Thursday	18th	July	Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk	The Old Brewery	10am - 12:30pm	8+
Friday	19th	July	Summer Sewing School with Cromarty Arts Trust For more details contact info@cromartyartstrust.org.uk	The Old Brewery	10am - 12:30pm	8+
<b>Week 4</b>						
Monday	22nd	July	Multi - Sports Mini Highland Games / Olympics	Victoria Hall Cromarty	10am - 12noon	5+
Tuesday	23rd	July	Nail / Pamper Session	Victoria Hall Cromarty	10am - 1pm	5+
Tuesday	23rd	July	Lego Workshop	Victoria Hall Cromarty	10am - 12noon	5+
Wednesday	24th	July	Intergenerational Mosaic Unveiling	Victoria Hall Cromarty	TBC	8+
Thursday	25th	July	End of Summer Party	Victoria Hall Cromarty	2pm - 4pm	5+
Saturday	10th	Aug	CCRC Regatta	Cromarty Harbour	All Day	
Sunday	11th	Aug	CCRC Regatta	Cromarty Harbour	All Day	
Saturday	17th	Aug	Avoch Regatta	Avoch Harbour	All Day	

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 For tennis please contact Vicky: 078100 046323

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

