

Cromarty Youth Café

Report for the Cromarty & District Community Council

by Fraser Thomson, Assistant Youth Worker
March 2024

An Afternoon with Singer Song Writer Callum Beattie

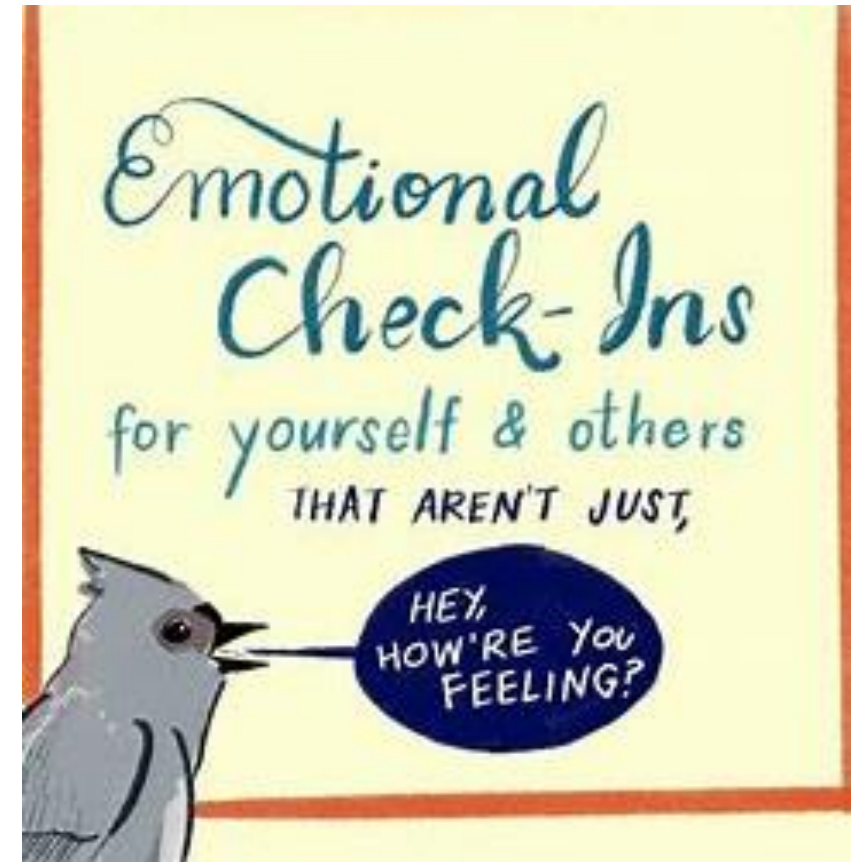
- On Tuesday 19th March we were delighted to welcome Callum Beattie into the community to meet some of our Amazing young leaders and Mental Health Ambassadors
- Callum listened to stories and personal journeys from our young people about their volunteering and leadership , passions they have
- He enjoyed listening to Orlagh with her piece she wrote for her English Essay about Suicide
- Raising awareness of Mental Health
- Callum Sang one of his songs and then joined the others for another sing along (check our facebook for the video)
- Absolutely WONDERFUL afternoon today
- All our Young Leaders receive Mikeys line cards info in each Hoody .
- Iona can now be seen wearing our First Ever Red Hoody Choose to Lead Level 5 presented by Callum who she then presented with a Navy Hoody
- And our fabulous bakers whipped up a storm in the Youthwork classroom with Cait's Bakes and Team ER
- [WATCH: Callum Beattie drops into Fortrose Academy for Caledonia sing-along \(ross-shirejournal.co.uk\)](http://ross-shirejournal.co.uk)





1-1's

- Emotional Check Ins –
- We have a high number of young people that have faced significant traumas in their young years it is vitally important that they have a safe space and access to a trusted adult
- Young carers need to unwind , get things of their chest , support with funding applications and resources , they need to have a VOICE influence and place in society .
- Encourage young people to sign up for Opportunities that support their self-care , achievements that help them gain skills for life and work with them to help them realise their fill potential



Mosaic Project

- This month we had Jane from Youth Link Scotland funder for the mosaic project in partnership with Cromarty arts Trust
- Jane viewed the mosaic, and spoke to the young people about the process of the mosaic's, Jane looked at the evaluations that young people worked on, she was suitably impressed on their reflections and match in expand this are you know how you did that and why it is important maybe an example





Cookwell / Bakewell's

- Cooking and baking sessions with YP Cooking and baking, giving young people a voice through cooking and baking, young people can express their creativeness while baking and mix and match receives with their own talents,
- Young people enjoy being able to take part in this activity,
- They love nothing more than taking items home for family member to try and they have such a sense of pride of the work they have done. (they just need to learn how to do the dishes) after staff are left with the dishes)
- Young people created an abundance of cakes to donate to the local Fourways Club

Young People Achievement

- Inspiring Highlife Highland Young Leader and Highflyer who always goes Above and Beyond we have the Amazing Orlagh with her recently gained new title
- Senior Cadet - Cpl MacIver
- Well-Done Orlagh
- Orlagh has worked extremely hard on the Leadership programme , yesterday we touched on ways to seek to encourage participation using enthusiasm , new ideas developing qualities of leadership and good citizenship. That includes being able to communicate clearly, work as a member of a team, enhance social skills and accept diversity. Orlagh is also very keen we have Adventure and she has many exciting plans drawn up in to her sessions, Orlagh has put a lot of time in to Mental Health awareness, opened discussions offered support





Lego Mania

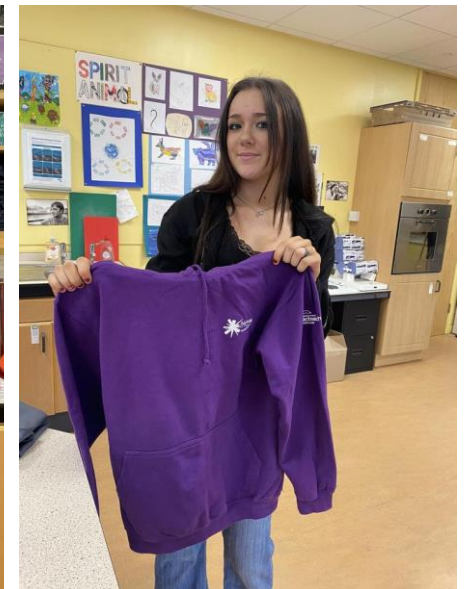
- Lego Mania League session organised by our Young HLH Leaders.
- Young people were thinking using colour coordination, problem solving skills and construction skills.
- Lots of fun and creative thinking

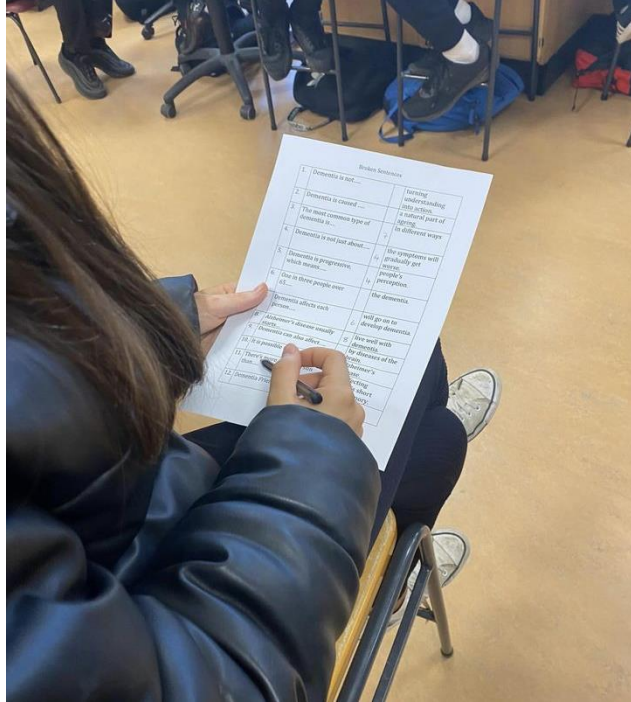
Weekly Activities for Young People

- Monday - Multi-Sports
- Tuesday – Volunteering updating / Sign up
- Wednesday:
 - Football Coaching with ICT
 - Jnr Youth Café
 - Snr Youth Café
 - Mosaic Project



Volunteering & Leadership





Dementia Friends Training with Alzheimer's Scotland

- We host a training sessions with Hayley from Alzheimer's Scotland:
- What is a Dementia Friend?
 - A Dementia Friend is somebody that learns about dementia so they can help their community.
 - Too many people affected by dementia feel that society fails to understand the condition they live with. Dementia Friends help by raising awareness and understanding, so that people living with dementia can continue to live in the way they want.
- We now have 15 new Dementia friends on the Black Isle





Intergenerational Learning Roadshows

- We are very excited to announce this Intergenerational Learning Roadshow where we will be 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' Wanda Mackay – Fraser Thomson – Orlagh MacIver and Loreta Vitola
- This roadshow will be 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.

International Women's Day – our Very Own Wanda Woman

#IWD2024



WANDA MACKAY
Youth Development Officer

“ Wanda gives so much time and effort to everyone she meets. She has helped me gain skills, knowledge and qualifications that will give me great life skills and opportunities later in my life and education. ”

- [#InternationalWomensDay2024](#)
- "Wanda consistently displays high energy and exceptional dedication to her role, this combined with her positive attitude & personal touch allows relationships to develop with the young people she works with. She genuinely cares about the development and learning and of young people.
- Wanda is truly an inspiration to all who know her."