



# Cromarty Youth Café

Report for the Community Council  
by Fraser Thomson, Assistant Youth Worker  
November 2023

Sit back with a cuppa and enjoy this whistle stop tour of what we have been up to over the last month. Please check us out on [Facebook](#) to see what we are up to or visit us. We love having visitors.

"NO" vember

---

A reminder to say  
NO to the things,  
people, and places  
that steal your joy.

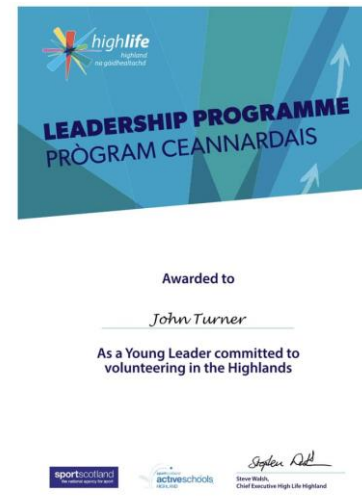
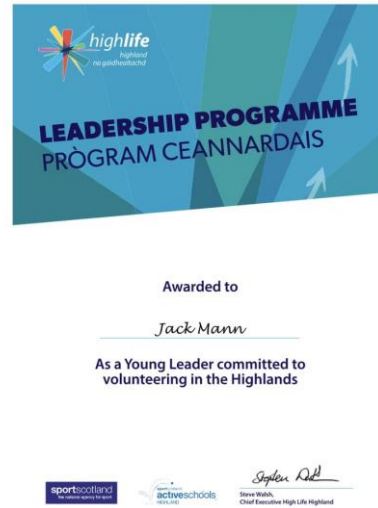
# Wider Achievements



Adam with his 500 Hour Saltire Award



Chloe with her Choose to Lead Level 4 Award



Kick-it Kelsey, just before going for her North of Scotland Football Trial








- On Tuesday 8<sup>th</sup> November we arranged with the school to host a number of short films from Scotland's Mental Health Arts Festival with a Q and A discussion group around the links between mental health and skateboarding.
  - This was a joint project between UHI Inverness, Creativity in Care, Mikeysline and Highland Skate Parks Association .
  - We would like to say huge Thank You to Mari Todd Inverness UHI for this wonderful opportunity , to Emma Campbell, Manager of Highland Council's Primary Mental Health Team and Jo Chamberlain, Transition Co-ordinator with Highland Council, Patrick from James Support Group , Allana from Mikeys Line , Zander a X pupil and pro Skateboarder , to Creativity in Care for the Amazing work they have supported in our Community and Youth Cafe .
  - To our young people and guests in the audience that enjoyed questions and answers throughout the afternoon with our esteemed colleagues ( panel ) with many personal stories .
  - To our Bakewell pupils for Fabby cakes at break with Fraz's frothy coffee
  - The short clips and films touched on topics such as alcoholism , suicide , mental health and Well Being looking out and being their for each other and the many ways we as a school and wider community can do this .
  - Follow up sessions offered in Life skills classes or pop in and see Wanda and Fraser for a wee 1-1
- Recognise how you are feeling and name it as an emotion.
  - Remind yourself that emotions do not necessarily reflect reality.
  - Get some perspective.
  - How would you view the situation if you were less angry, stressed, or sad? Ask friends or family how they might feel.
  - Pause
  - Give your emotion time to pass before you act. Review the situation when you are feeling the emotion less strongly.
  - Rest
  - When you are tired you are more likely to use emotional reasoning. Rest allows you to think more clearly.
  - De-stress
  - Stress has an impact on your general emotional state. Using a relaxation technique can help get you through stressful periods.

# Rowing with Cromarty Community Rowing Club

- I am delighted to report that CCRC won the Green Flag Award from SCRA for taking care of our beach environment! This joins our Blue Flag for Recognition in outstanding achievement in raising funds a considerable amount of funds for the Neuro Ward in Aberdeen.
- Next stop the WORLDS 2025 in Stranraer 





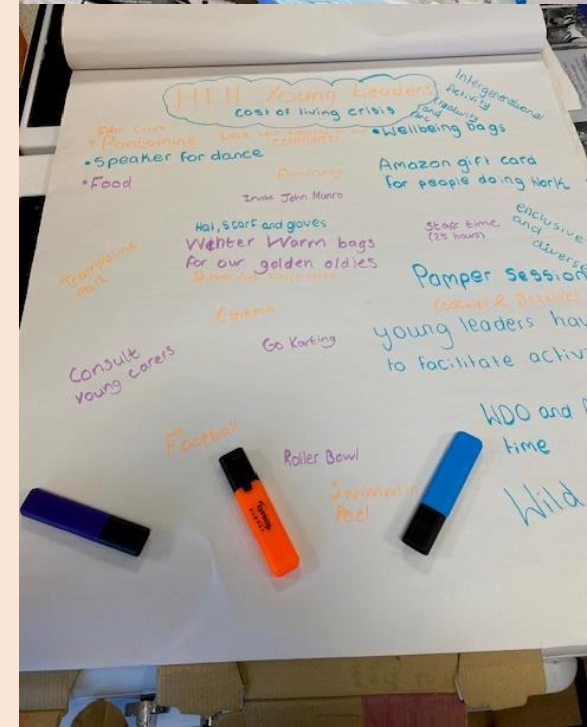


# Get Heard to Get Involved



- Young Person led small grant: Cost of Living Programme Consultation - Young people engaging with other young people, School & Community. YP identified other young people from various Black Isle Forums:
- Cromarty Youth Café Jnrs & Snrs
- Cromarty Community Rowing Club
- Cromarty & District Community Council
- Fortrose & Rosemarkie Community Council
- 1-1's with YP
- Young Carers
- Fortrose Academy Mental Health Ambassadors
- HYP Reps
- Well-Being on the Black Isle Focus Group
- Getting to Know Your Techno (Older People)
- Intergenerational Games (Older People)
- Cromarty Fourways Group
- M.V.P Ambassadors
- Lunchtime Youthwork Sessions.

Young People took part in the a consultation with Cromarty Development Trust about the community Buy out of the Royal Hotel, and the ideas of what young people would like to see happen if it was to go ahead



# Activities for YP to Get Involved with

## Weekly Activities:

- Daily Breakfast Club
- Multi-Sports / Highland Dancing – Delivered by young HLH Leaders
- Saltire Awards – Drop in Lunchtime Sessions
- HLH Leadership – Drop in Lunchtime Sessions
- Choose to Lead – Daily sessions with YP
- Coastal Rowing – delivered in partnership with CCRC
- Football Coaching – Delivered in partnership with ICT
- Jnr Youth Café - Delivered by young HLH Leaders
- Snr Youth Café – Drop in Sessions
- Getting to Know Your Techno - HLH Leaders teaching older people how to use their internet devices
- Cookwell / Bakewell
- Have a cup of Self Care with Wanda or Fraser 1-1 relationships 1-1's
- Intergenerational Games Sessions
- Mindfulness Sessions @ CYC
- Resilient Kids – focusing on Emotional Literacy. And transition into Fortrose Academy, the programme explores Health & Well-being, friendship groups, body image. A small group of S2 Young leaders have supported with delivery, and are now signed up to H15 Award

## Planning Ahead:

- Planning for the Rowing Worlds in Stranraer 2025
- Mosaic Project in partnership with Cromarty Arts Trust
- Wave Sexual Health Programme on hold until 2024
- Christmas Parties
- Creativity in Care sessions
- Health & Well-being meeting
- Work in Partnership with F.A towards the Rights Respecting School Bronze Award
- Meeting with Local Artist Thomas Keyes, Cromarty Arts & Creative Scotland — planning for Easter Programme 2024
- GWT Roadshow in June 2023 about IG work on the Black Isle Over the last 13 years
- Dementia Friends Training with Alzheimer's Scotland – Date set for Jan 2024
- Christmas Parties / and Christmas FUN
- Missions Xmas Casual Day





- 15th November 12:30 – 13:30 Emotional Health and Wellbeing – with The Samaritans
- 20th November 12:30 -13:30 Challenging Myths about Suicide - with The Samaritans
- 21st Nov –9am – 12noon HLH Visit Leader Training
- 28th Nov 9am – 4pm SQA Award and Assessor Training with Vicky
- 30th November 12:30 – 13:30 Staying Resilient - with The Samaritans
- 4th December 12:30 – 13:30 How to listen - with The Samaritans

- Black Isle Cares – Intergenerational Games / Community Lunch
- Barnardo’s – the Anchor Project – Safe Space for people in Inverness
- Cromarty Community Rowing Club
- Fortrose Academy
- Creativity in Care
- Generations Working Together
- Primary School’s Across the ASG
- MFR Cash for Kids
- Active School Coordinator.
- HSCN
- Connecting Young Carers –

- funding applications have been submitted to Connecting Carers , 1-1 and guidance have been given . Emotional support .
- By offering Care and Learning Alliance training in what to look out for with Young Carers is how I was able to identify these young people





# Funding

- Youth Scotland – Rural Action Fund - £500 Cookwell / Equipment
- Black Isle Need to Play – Youth work activities
- Letters sent to various funders
- Application submitted to Youth Scotland Audrey Milan Trust – Big Idea's

# Feedback

- Thanks Wanda, it was a great show! I went along at 12.30 and watched the Cromarty puppets and the Tea for 2 amazing to see your puppets – I guessed currently which was your dads! Best wishes, Anne HSCN





