



Cromarty Youth Café

Report for the Community Council

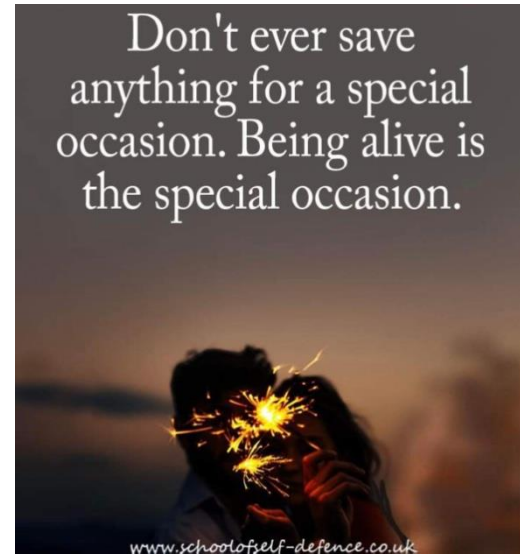
By Fraser Thomson, Assistant Youth Worker

Update for October 2023

Wanda with the puppet her father made during creativity in care sessions



Little Kenneth with Big Kenneth



Wanda Showing Kenneth Knife and Cooking Skills



World Mental Health Day

- This World Mental Health day is a day to talk about **Mental Health & Well-being** and demonstrate that's everyone's mental health matters , raise awareness and reduce social stigma.
- So please come visit us for Tea and Cakes we will be at the Youth Cafe all day
- Home baking is guaranteed
- YP are telling us about their rise in:
 - Poor Mental Health
 - Anxieties / depression
 - School Struggles and trying to separate school life and homelife as home is a place to relax (home is safe space)
 - As a result of the school closures and strikes YP have lost their drive for school and feel that school is all about targets and not really the pupils

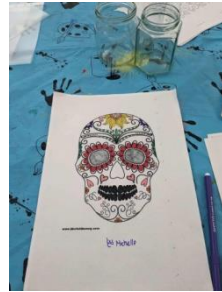


Breathing & Relaxing techniques at CYC





October Programme 2023-



Cromarty Youth Café:

September Inservice Day & October Programme 2023:

Day	Date	Activity	Time	Age
Monday	11th Sept	Jungle Float at Loch Insh Gladiators only need apply	1pm – 3.30pm	12+
Saturday	7 th October	Black Isle Repair Café with Transition Black Isle North Kessock Village Hall	1pm – 4pm	All ages
Sunday	8th Oct	Fun Palaces Weekend of Celebration event at Eden Court. activities on during the day, from Diling with Household, to Wool Spinning, to Graffiti-ing, and more. get involved in sharing a skill, talent, or activity! For more information contact Ruari Gordon Fun Palaces Ambassador funpalaces@eden-court.co.uk	11am – 4pm	10+
Monday	9 th Oct	Cookwell / Bakewell "Bake of, Cook of" no one will go hungry on our watch	9.30am – 11.30am	10+
Monday	9 th Oct	Intergenerational Table Tennis With our golden oldies and Tea & Cake	10.30am - 12noon	8+
Monday	9 th Oct	Range of Multi-Sports Activities with Tim from ASC, HLH	10.30am – 12noon	5+
Monday	9 th Oct	Coastal Rowing on the firth With Cromarty Community Rowing Club	12.30 noon – 2pm	12+
Tuesday	10 th Oct	Cookwell / Bakewell "Bake of, Cook of"	2pm – 4pm	10+
Tuesday	10 th Oct	Youth Café / Spooky Halloween Arts & Crafts, Mindfulness	2pm – 3pm	P1+
Tuesday	10 th Oct	Football coaching with Inverness Caley Thistle	3pm – 4pm	P1+
Thursday	12 th Oct	Trip to Hugh Millers Cottage Fossil Handling, Pirate questionnaire, Learning about Hugh Miller	11am – 12noon	5+
Thursday	12 th Oct	Visit to Cromarty Fourways workshop with Creativity in Care windows of reality film, animation, and puppetry	2pm – 4pm	12+
Saturday	21 st Oct	Transition Black Isle & Highland Good Food Partnership Composting Workshop children should be accompanied by an adult and booking essential. contact laura@transitionblackisle.org for details.	12noon – 2.30pm	12+

Open to everyone Across the Black Isle – all Activities are FREE of Charge.

snack on arrival, hot meal provided and chance to try something new.

Please contact Fraser if you have any questions – 07470 522172



Intergenerational Work

'IN 20 YEARS,
YOU WILL
BE MORE
DISAPPOINTED
BY WHAT YOU
DIDN'T DO THAN
BY WHAT
YOU DID.'

— MARK TWAIN

Creativity in Care Session at Cromarty Fourways Club

- After 2 years of work with Creativity in Care , we attended the Cromarty Fourways Club (60+ Club) to showcase the work we have done with Karrie, Chris, Chris and Frank from Creativity In Care - watching a film created about our puppet making workshops and then a performance from the puppets made at Cromarty Youth Cafe.
- Singing together the 4 ways Song & The Cromarty song
- Lots of laughs , smiles and memories made
- Everyone was given a bar of homemade soap made by team ER
- A deluxe buffet was created and served to our Golden Oldies

Table Tennis

- We organised an intergenerational session with the local table tennis group. Several YP have never played table tennis before they learned the skills from older people how to play the game,
- YP learned new skills and really enjoyed the session, while building relationship with older people in the community, they knew these people to see but not their names.

Our aim was to

- Reduce issues of social isolation and loneliness for both generations.
- Improve relationships in our communities by combating negative stereotypes.
- Take part in creative arts sessions!
- Reduce the stigma around Death and Dying, but to celebrate life in the here and now, connecting generations now.



Alleviating and mitigating food poverty (poverty reduction)

- With funding from MFR Cash for kids we were able to provide hot fresh meals, snacks and refreshments at every activity,
- During the October holidays 38 people benefited from Food & fuel Vouchers from the NHI, ESP Fund
- 42 Well Being bags / Food Hampers were created and delivered
- Ensuring no person goes hungry on our watch
- Each week at least 50 YP take part in Cooking / Baking for each Youthwork activity and taking meals home
- 17% of all Scottish adults (or their households) have experienced food insecurity in the 12 months to mid-2022, equating to an estimated 1.2 million people
- Around 24% of children in Scotland are in poverty. Nearly seven in 10 of them live in working households and 38% of children in lone parent families are in poverty.
- This includes the provision of crisis support and wrap-around support to improve people's long-term financial resilience, as well as initiatives that improve access to affordable, healthy food; improve local food sustainability and reduce food waste, and teach residents about nutrition and how to cook
- Supporting people on the Black Isle to live free from the experience of poverty



Activities for YP to **get involved** with

Weekly Activities:

- Multi-Sports – 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

Planning Ahead:

- Wave Sexual Health Programme
- Scottish Mental Health Arts Festival Skatepark film project coming to Fortrose Academy
- Creativity in Care sessions
- Health & Well-being meeting
- Mosaic Project in partnership with Cromarty Arts Trust
- 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

Get Involved - YP achievements outside of Youthwork & School

- Congratulations to Kelsey Benjamin and her mum Vicky Benjamin, they Won 🏆 the lady's doubles Final tournament October 2023 6-3, 6-4, Well Done to Helen and Lindy for a great match.



- Our Darcy at North of Scotland kart club
- Darcy winning 🏆 senior Max at Golspie today 🎮 first race back in after breaking her wrist 🤕



- This super Sunday we have 2 Highland Dancing 🏵️ Superstars that danced at Buckie Dancing 🏵️ Festival yesterday both girls did extremely well Eibhlin got 3rd overall in her placings and Iona got Superb placings in the 14 years
- The girls give up 📦 every wknd to improve their talent gain more skills and all the time 🎮 continuing to wow the crowds 🙌👏👏👏



- Biggest Well Done to Katie - Excellent results for completing her Grade 2 piano with Merit
- Feeling rather happy about that



- Introducing your new Harlequins Women Captain, EX Pupils Jade Konkel. Aged 29



• Partnership Development, Planning & Evaluation:

- Cromarty Courthouse Museum – Halloween Spooktacular event for YP
- Fortrose Academy – Meeting with SMT, Guidance Planning for YP for session 23 / 24
- HLH Fortrose Library – Planning and promoting GTKYT Sessions, signing up YP and saltire awards
- Creativity in Care – planning for sessions between October – November
- Cromarty Care Project – IG Sessions, Table tennis & Visit to Cromarty Fourways
- Meeting with Julia about various funding sources
- Meeting with Eilean Dubh Care at Home, NHS Social Work, and community councils across the ASG – about care at home – CRISIS and opportunities for employability, and long-term planning
- Meeting with Local Artist – Thomas Keyes – planning for Easter Programme
- NTS – Visit to Hugh Millers Cottage in Cromarty



WORKFORCE DEVELOPMENT

- Fraser Thomson taking part in Choose to Lead Level 5
- Michelle Jack taking part in Choose to Lead Level 4
- Attended seminar about tackling Drug and Alcohol deaths in Scotland with HDAP
- Attending EVOLVE Training in November
- Fraser attended Recognition & Response in Child Protection- LEVEL 2
- Michelle Attending training session with Generations Working Together A New Way For Older Living - Discover How Home share Helps Intergenerational Living Happen

Planning Ahead

- Spooktacular event in partnership with The Courthouse
- Winter Film Festival with Cromarty Cinema
- Mosaic Project early 2024
- Snr Trip to the Panto
- Jnr Christmas Party
- Mental Health Film Festival in Fortrose Academy
- Indoor Rowing
- Mindfulness Sessions with Jackie Simpson
- Resilient Kids Delivery



Thank You for reading each month

If you would like any more information, please have a look at our Facebook page or come and see us at The Youth Café where you will be warmly welcomed and served Tea/Coffee and fresh Homebaking

