

Cromarty Youth Café Report

December 2024 & January 2025 Update
Report for the Cromarty & District Community Council
By Fraser Thomson Assistant Youth Worker

Progress is impossible
without change.

Walt Disney



Xmas Inflatable Fun at Innoflate

We had our annual Christmas party at the Amazing Innoflate Inverness, an unforgettable experience for everyone that attended, such a fun and enjoyable time, We had an abundance of food with Pizza and Hot Dogs unlimited, sweet treats and Xmas cupcakes
Finished off with selection boxes and chocolate Santas
A lovely night was had by all 😊





A wee video of the Christmas Sing
along around the Christmas Tree
Press play below



Christmas Quiz

Christmas Quiz tonight with our one and only Chell Bell , lots of Amazing prizes
Deluxe Buffet created by Wanda with
Homemade Triple Pepperoni pizza ,
Tattie smiles ,Black Isle Belter Sausage
Rolls, Tuna Enchiladas, Ham and Cheese
Croquettes bacon toasties , cheese rings
, waffle crisps , Juice. Lots of fresh fruit.



Chocolate gingerbread men , sweet
treats



Christmas Crafts

- On the lead up to Christmas we had a Christmas crafting session led by our young leaders:



Its Panto Time

- Christmas Panto time at Jack and the Beanstalk with our young leaders
- Its a must see show a 'moo-vellous' family friendly panto which will leave everyone aged 4 to 104 feeling full of 'beans'!
- The Dancers / Singers and whole crew were simply superb



Orlagh's Podcast - How do you explain suicide to a curious child?

- We know this can be an incredibly hard time of year for many people
- Here is Orlagh our HLH young leaders Podcast (with mum Sarah and Mikeys line , Orlagh is working hard to promote Positive Mental Health raising awareness and working with key partners
- Orlagh and Sara - How do you explain suicide to a curious child?
- SUICIDE
- Speaking of Suicide
- "How was a nine-year-old supposed to feel? I didn't know what to say or think. I was emotionless at the time...everyone around me crumbled down in sadness, crying, deafening wailing, some pacing the floor, leaving the room. I thought I had to be like them. Am I supposed to cry? I'm not sure how long it took, but when it sunk in, I felt sad. Really, really sad. My mind couldn't understand what had happened to Callum, but I knew I'd never ever see him again"
- Key takeaways:
 1. Knowing what to say and when about suicide to young people is incredibly challenging but hearing this story show's a mum's trust in her daughter's ability to hear the truth was well founded.
 2. Hearing the truth was extremely valuable for Orlagh, she's certain if she didn't hear it from her mum then she would have heard it through other means which may have been much more troubling.
- Although Orlagh was only 9 when she lost her older cousin, Callum, to suicide, the impact of his death and particularly her trying to understand how his death came about and why, has rippled through her life.
- In this tender and thought-provoking conversation Orlagh (now 16) and her mum Sarah talk incredibly honestly about the devastating impact suicide has had on the family but also how they have managed to gently navigate the challenges of discussing Callum's death with truth and clarity.
- [Orlagh and Sara - How do you explain suicide to a curious child? - Speaking of Suicide | Podcast on Spotify](#)



Partnership Development December



Three volunteers support Mike Sutherland, Jason Beeston, Kenny Mackenzie, and Ali Goskirk to deliver the [FareShare](#) service to the region. This is supported by the Aberdeen CFINE FareShare team and management.



Members of the Highlands and Islands Team



- Police Scotland – Mental Health & Police intelligence portal training – completed 19th Dec
- Mikeysline – S1 Life skills Class Talks
- James Support Group – Support for families effected by the recent tragic events
- Creativity in Care
- Connecting Carers – Referrals for Young Carers
- Elizabeth from HLH Leadership Programme
- C-Fine – Tackling Food Poverty Together
- My Future , My Success
- MFR – Cash for Kids & Mission Xmas
- Action for Happiness – training completed
- Children in Need – training and funding application (CYC)
- Black Isle Cares
- Highland Hospice
- Fortrose Academy , SMT & Guidance
- Cromarty Primary School
- Cromarty Courthouse Museum – Virtual Tour Recording Session
- Cromarty Fourways Club – Intergenerational Event in Feb 2025
- Cromarty Community Rowing Club
- Black Isle Active School Coordinators
- Developing The Young Workforce
- The British Army
- Mid Team Meeting
- Hope Invergordon (Funding CYC)

Change is inevitable in



- The New Year gives us an opportunity to reflect on what has passed as well as to Tomorrows, to plan and be hopeful for the future.
- So, what can we expect in the coming year - 2025?
- 71% of people surveyed believe that 2025 will be a better year than 2024. That's a 1% **increase** from the previous year's outlook for the year ahead. Maybe some people think things just can't possibly **get any worse** than 2024?
- We are entering the Chinese Year of the Snake, which promises a year of optimism, renewal, and growth.
- For 2025, the Pantone Colour Institute suggests Mocha Mousse as the colour of this year - Mocha Mousse is a warming brown , It nurtures us with its suggestion of the delectable qualities of chocolate and coffee, answering our desire for comfort apparently a colour which embodies the spirit of the times and a need for 'harmony', 'connection' and 'balance'.
- There are increasing and escalating serious global challenges – The planet is suffering and cannot sustain human beings' consumerist behaviours and we are seeing and feeling the impact of climate crisis. There remains ongoing injustice and suffering in countries affected by conflict and war.
- In 1995 Tomorrows, World predicted that in 2025 we would see robot surgeons, space junk gel and microchip banking. In that programme Professor Steven Hawking said ' some of these changes are very exciting, and some are alarming. The one thing we can be sure of is that it will be very different, and probably not what we expect'.

Football Coaching

- Weekly Skills Drills and Games with Inverness Caley Thistle Youth Academy,
- Participants taking part and improving on skills, timing and technique and most of all have fun at each session



Youth Café

Jnr / Snr Youth Cafe
Arts, Crafts, Board Games
& Dancing extravaganza by
a trio of Dancing Girls



SPORTS

Monday Evening Starting again on 13th January 2025

Time: 4.15pm – 5.15pm

Location: Victoria Hall

Age: 5+

FREE

What?

13th Jan Indoor Tennis
20th Jan Table Tennis
27th Jan Dodgeball and Mini Circuits
3rd Feb Badminton
10th Feb Young People's Choice of activities

The aim of these sessions are to improve young people hand, eye coordination, agility and fitness whilst having fun

If you would like for your child to attend, please contact Fraser - 07470 522172



Indoor Tennis – led by Black Isle Active Schools

Focusing on Hand Eye Coordination

Tennis is a tactical sport that requires planning and thinking great brain training



Table Tennis

Playing improves hand-eye coordination and it stimulates mental alertness, concentration and tactical strategy. This makes it the perfect game for young people to sharpen reflexes.

Well-being Bags

- Delivered weekly to families and older people, each bag containing, food items and household essentials



Snow Day

Care in the Community making best use of a Snow day we bring to you:

- Jobo Tree cutting.
- Allan Munro for Snow Gritting which he has done since the age of 9.





Partnership work with the Courthouse

Freya came to work on the Audio session we have been working on with Cromarty Courthouse .

Learning the Rock & Chop

Rock and chop , prepping lots of fresh vegetables, carrots, onions and Turnips, peeling learning in 1-1 s with Wanda knife skills:

Development of Fine Motor Skills: Using their little hands to control the knife, helps young people prepare to master other skills like holding a pencil and tying their shoes in the future.





Wanda's Tasting Corner

Featuring homemade Haggis , Neeps , Mashed Tattie and Sweet Potato



Time to Celebrate!

- In October **Cromarty Youth Café** will be **20 years old**. Our aspiration and ambition is to revamp the Youth Café and have a community celebration
- We were **successful** in part with funding from – **Scottish Government Children and Young People Mental Health & Well-being Fund**. We will continue to look at other funders for support for the project as we are **10K** short for total project costs
- Over the next few months, we will be:
 - Removing all photos from the walls and creating new storyboards / wall with these photos for reflection. Some of the people in the photos are no longer with us, it's so important to retain these precious memories
 - All walls would be painted, and the flooring replaced. (its in a bad state of dis repair)
 - In October we will relaunch and open our Snug – a safe space for young people and families. A room with dim lighting and suitable for partnership work in sensitive times and a subtle quiet place for our neuro diverse young people (more info in project plan)
 - There is lots to do before October
- Any suggestions for funding or sources of support gratefully received

Planning for Rowing Worlds 2025

- We had our first planning meeting for the Worlds (very busy , lots of ideas and a power of work to be done)
- Firstly, on the Youth Front to support their participation at the World's
- We have received funding from:
 - The Andy Fanshawe Memorial Trust
 - The Middleton Trust
 - Highland Ecology and Development . We would like to extend a HUGE thanks to all of them :For their funding support, this has been so gratefully received.
- We as a club have lots to do:
 - Training / coxing / Rowing
 - Fund raising
 - Boat Maintenance
- You don't need to be a member of our club we recognise our wee community has a realm of super skilled people .
- Help us make dreams come to life



Why we do Youthwork

Youth work is life changing, and even lifesaving.

Youth workers are an essential resource to help solve the problems facing young people: improving their mental health and wellbeing; enhancing skills and employment prospects; and reducing crime and anti-social behaviour.

Evidence shows that youth work reduces pressure on public services in the short term. It also shows that young people who receive youth work become happier, healthier and wealthier adults compared to those who didn't receive support.