

## Events bringing our communities together in Ross and Cromarty



### Ullapool – Health and Wellbeing Event – November 2016

Another successful Health and Wellbeing event took place in Ullapool at the MacPhail Centre.

A wide range of organisations took part to provide information and “tasters” of activities and opportunities linked to health and well-being.

Adult Learning took part offering advice on adult learning, volunteer tutoring and English for Speakers of other languages. There was also an opportunity to take part in a few writing activities and identify groups or classes that might be of interest to those in this area of Ross and Cromarty.

This event also saw also important recruiting members to a new Men’s Shed in Ullapool.

### Multicultural event in Alness for International Women’s Day – 8<sup>th</sup> March

Our Multicultural event for International Women’s day, attracted 43 adults and 25 children from Alness and brought together people from across the globe, including India, Syria, Lithuania, Poland and Scotland.

Kirsty D’Ambrosio, Adult Learning Coordinator from High Life Highland said, *“Alness and Invergordon have diverse communities and we felt it was important to bring women and families together from different generations to celebrate the achievements of women, share culture and skills.”*

Local people were able to enjoy international music and dishes from around the world, cooked by students from local ESOL (English for Speakers of Other Languages) classes.

Women from local knitting and craft groups also came along to share their

skills and a volunteer from Rowan Zero Waste showed how to make bunting and bags from recycled materials.

Julie Hughes, from Blush Beauty Salon provided free professional makeup, allowing participants to get pampered and leave feeling great. We were also extremely appreciative of that many local businesses from the area that supported the event by donating raffle prizes for the free draw.”



**We engaged with 359 adult learners  
9 learners gained SQA awards**

**We delivered 12760 contact hours**

# What's happening in Ross & Cromarty?

## Book Week – November 2016



In Invergordon we celebrated Book Week by making some small home-made books, making some simple, healthy recipes from a recipe book that combines stories for families and recipes



## Employability

Working with Youth Services in Fortrose 6 young people completed an Employability Award.

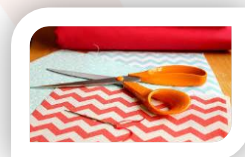
Young people in Dingwall are also currently working towards this Award, along with a Communications SQA Award.

## Evanton Woods – John Muir Award

A group have been developing their skills in Evanton Woods again this year – working towards a John Muir Award.

As well as walking, developing written work and team building exercise, the group planned and supported the development of a shelter close to a new children's play area.

The group plans to carry on work, in the late spring or early summer, to explore the woods at different seasons and to work up enough skills and time to get the Explorer Level Award.



## Weaving with Words and SQA Communications Award

Working with NHS Vocational Support we have delivered 2 SQA Communication Awards to participants in the "Weaving with Words" group, which supports people, through this craft and word based project

## Lord Lieutenant Award

Congratulations to one of our adult learners, Jack Spence, for achieving a Lord Lieutenant Award. Jack has participated in a number of Adult and Youth projects over the last year and won the Vocational Skills Award. He has volunteered in Evanton Community Woods, is working towards a career in forestry and was recognised as having taken part in a wide range of tasks and engaging in learning many new skills.

## Supporting Literacy in Dingwall Academy

We are working together with Dingwall Academy to develop the skills of senior pupils to support adults and other young people with their literacy skills.

Working with Youth Services in Dingwall we have been delivering an accredited course over the academic year.

The senior pupils have also been working towards a Leadership Award.



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