

# Black Isle Community Wellbeing Project: Fortrose and Rosemarkie Community Council area

## 'Mapping' of social opportunities/leisure activities/volunteering (by category)

### INTRODUCTION

**In response to the tragic loss of life from suicide in Black Isle communities**, a year ago Fortrose Academy initiated the 'Wellbeing on the Black Isle' Partnership Working Group. The partnership was launched at a successful 'Conversation Café' in June 2018, hosted by Choose Life.

Following the 'Conversation Café' feedback, the Wellbeing Group engaged with Black Isle Community Councils to discuss the feedback from the event. Following this a community survey around mental health/wellbeing was undertaken which, in turn led to the idea of a pan-Black Isle mapping exercise.

Wellbeing is so often about feeling part of the community; having access to formal and informal social opportunities that improve quality of life and mental/emotional health. Many of us take our person-to-person social networks for granted – until they're no longer

there. For others, establishing these networks is not so easy.

One area from the survey and discussion was about potential vulnerable groups. Those at risk of poor mental health due to isolation, loneliness and social exclusion.

Groups cited included the elderly; too often isolated at home. New mothers/parents at home can often struggle; overwhelmed and lonely. Newly retired males came up in the discussion; also rurally isolated teenagers.

From these discussions we agreed to look at what our communities offer in terms of social spaces, social groups, leisure and cultural activities. Each Community Council was asked to 'map out' what was available – and who they are aimed at. From this exercise and subsequent discussions it was then possible to identify gaps in provision and address other 'barriers' that potentially keep people isolated.

**What follows represents the 'mapping' research for this Community Council area.**

**Note: this is not exhaustive. Apologies if there's anything excluded.**

## Black Isle Community Wellbeing Project: Fortrose and Rosemarkie Community Council area

### 'Mapping' of social opportunities/leisure activities/volunteering (by category)

#### **Social/Membership Clubs**

Golf Club

Sailing Club / Community Rowing

Bowling Club

Tennis Club

Riding School

#### **Social Spaces & regular social events (publicly owned/commercial/religious)**

Fortrose Library (& Open Learning room)

Fortrose Leisure Centre

Fortrose Town Hall / Gordon Memorial Hall

Fortrose Theatre (which can also be a cinema)

Fortrose Café / IV10 / The Anderson /  
Plough Inn/Tavern/Crofters Café/Golf Club  
restaurant/Beach Café

Seaforth Lodge

Places of worship

Coffee Morning (Fortrose Town Hall)

The Filling Station (Gordon Memorial Hall)

Community Market (monthly)

Groam House Museum lectures (monthly)

#### **Adult – Sport/Exercise participation**

50+ walking group

50+ Dance

Scottish Country Dancing (Rosemarkie)

Yoga (Seaforth Lodge)

Pilates (Rosemarkie)

Kempo/S.O.S (16+)

Walk & Blether (High Life Highland – HLH)

You Time

Archery

Smash 2 Badminton

Range of fitness classes run by HLH

- Spinning
- Body Balance etc.

Running Groups (often self-organised)

Fun Aerobics

Indoor Bowling (Rosemarkie)

Indoor Bowls (Rosemarkie)

#### **Adult – Arts/Creative/Culture/ participation**

Local History Group

Book Club x 2 (Fortrose Library)

Art Classes

Mens' Choir

Village Voices

Black Isle Accapello Group

Allotment Society

Writers' Group

Men's Shed

Rosemarkie Women's Institute

Upholstery Group

#### **Elderly / Pensioners**

Getting to Know Your Techno

Inter-Generational Games a/noon

Lunch Club (via Black Isle Cares)

Meals-On-Wheels service (Black Isle Cares)

Step-it-Up Highland (walking)

Classic Movies (Film Club)  
(Run by a volunteer. Limited space.)

## Black Isle Community Wellbeing Project: Fortrose and Rosemarkie Community Council area

### 'Mapping' of social opportunities/leisure activities/volunteering (by category)

You Time (generic but looks to be pitched more at the older residents)

#### **New Mums/New Parents & Carers**

Book Bug (Library)

Parent & Toddler Groups (both villages)

Baby Massage (via Health Visitor)

Breast Feeding Group

Lego Club (Fortrose Library)

#### **Toddlers/Children/Pre-Teens to S3**

Lego Club (Saturday – Fortrose Library)

Kindergym (2 – 5yrs)

Gymnastics (5 – 11)

Football (P1 – P3 & P4 – P7)

Archery (P1 – P3 & P4 – P7)

Saturday Club (P1 – P7)

Beavers/Cubs

Sea Scouts (run in Avoch)

Kempo (4 – 7 yrs / 8 – 12/12 - 15 yrs)

Rainbows/Brownies/\*Guides

Sailing Club (membership)

Golf Club (junior coaching)

Riding (lessons)

Tennis (coaching / club membership)

\*Code Club (Friday a/noon, secondary)

\*Black Isle Mountain Bike Club

\*Eden Court Drama/Dance (Fridays after school – may cease due to funding cut at Eden Court.)

*\* Goes up to S6 so includes late teens.*

**General** – a tiny Play Park in Fortrose.

George V Park (with old, dilapidated equipment); Rosemarkie Park/playing field.

#### **Older Teens (15 – 18 years)**

There's very little I could find that is **specifically** targeted at older teenagers (i.e. S4 – S6) in **this** community. Guides, Scouts, Sea Scouts, Kempo, Mountain Bike Club and fitness classes are open to all young people and/or 16+ as adults.

The general consensus during discussions is that this needs to be addressed as a priority.

#### **Volunteering Opportunities** (examples)

Meals on Wheels (Black Isle Cares)

Tidy Our Royal Burgh Group (TORB)

St Boniface Fair (committee)

Men's Shed

Groam House Museum

Transition Black Isle

Fortrose & Rosemarkie Community Council

Parent Councils

Pre-School Committees

Mother & Toddler Group Committee

Gordon Memorial Hall Committee

Rosemarkie Amenities

Rosemarkie Volunteers

Voluntary Driver Scheme

Girl Guiding /Scouts movements

Golf Coaching

## Black Isle Community Wellbeing Project: Fortrose and Rosemarkie Community Council area

### 'Mapping' of social opportunities/leisure activities/volunteering (by category)

#### Local Cultural Events

There are a few live performances locally at Fortrose Theatre or Fortrose Town Hall but this is also an underdeveloped area.

#### General conclusions/observations:

- There's a great deal 'out there' to access but it's not always easy to source the relevant information because it's not in one portal.
- Young People: the glaring gap in provision for our teenagers, especially mid-late teens. There are no dedicated activities and social opportunities for them outside of school. **This is a major challenge in need of address.**
- Lack of transport is a 'barrier' for many. Those in rural locations often can't access what is already available across the Black Isle. Teenagers can't always rely on parents. Often, very short journeys are too much for the elderly to manage by foot. Creative solutions to transport challenges are needed.

- Our performance spaces are under-utilised. Resolis and Cromarty both have thriving community arts organisations that regularly bring live theatre/music into their communities. There's scope for similar in Fortrose and Rosemarkie but only if a group of keen volunteers want to set it up.
- How do people know what's 'out there'? Can communication be improved and participation better facilitated?

#### Next steps:

The 'mapping' exercise across all Black Isle Community Councils will inform the Wellbeing Group's strategy. The formal Community Council input is done.

However, any ideas on how to address **our** local challenges are welcome. More welcome are those wanting to make these ideas happen!

The energy of volunteers is more often than not how lasting change comes about. The community is **hugely** grateful for the fantastic contribution committed volunteers already make. Our unsung heroes.

Finally, having done the research, the Community Council plans to turn this information into a local directory/resource later in the year.

**Sarah Atkin, Fortrose & Rosemarkie  
Community Council. June 2019**