

YMCA

#CHALLENGED

25TH MAY 2020



3



HAVE FUN WHILE HELPING
OTHERS



About us



Hello everyone!

We are a group of European volunteers doing our placement in different departments of YMCA Bournemouth. Now, as many people around the world, we are working from home and can perfectly understand that time is passing slowly and we need something fun to occupy ourselves during the day. We've been working so hard in some challenges that could do your day more interesting.

While quarantine and as a charity we are part of, we also want to continue helping others that are in a difficult situation and that's why sometimes we ask you for a donation. With a little, you can do a difference!



GET YOUR IMAGINATION READY

AND ENJOY!

Let's make our life more sweet...

Bake with us!

Recipe of the week is:

Cookies

We want to challenge you and encourage you to bake more at home. It is not anything better than smell of freshly baked dessert. And the feeling that you did it on your own! We are not a professionals, we just like to have something sweet next to the afternoon tea (coffee!) and it is such a fun bake together with someone else. So if we can do it, you can do it for sure too!

How to join?

Let's make it simple... Every week we are going to bake something and we will share the recipe with you. And here starts your challenge. Are you going to join us?

Great!

Have a look at the recipe and make sure you have all ingredients you need. Invite someone to join to you if you want to have more fun! But you can also do it on your own ;) Then follow the instructions to make your yummy dessert and don't forget to document that by pictures. When your dessert is done, share with us how delicious it looks - post it on instagram with **#BakingWithYMCA**, **#Challenged** and **@ChallengedByYMCA** -we would love to see your results and share it with others in our newsletter - of course with your permission ;)

Your baking:



Strawberry buchta from Heather



Brownies from M.V.H.

You will find the recipe on the next page!

YMCA

Cookies

Ingredients:

175g flour
1 tsp baking powder
½ tsp vanilla extract
75g sugar
75g brown sugar
½ tsp salt
1 egg
125g butter
125g chocolate
(optional a few walnuts)

Preparation:

Preheat the oven to 175°C. Cut the chocolate (and nuts if desired) into small pieces (chocolate chips).

Mix the warm butter with the white and brown sugar, vanilla extract and salt. Then add the egg and mix everything. Mix the flour with the baking powder. Sift it to the rest and stir until you get a smooth dough. Now add the nuts and most, but not all the chocolate pieces to your dough.

Prepare a baking tray with baking paper or use oil. Place small piles of cookie dough on the tin. Make sure that the cookies are not too close to each other. Add two or three pieces of chocolate to each cookie and bake for 7-12 minutes. The biscuits are ready when they turn slightly brown at the edges.

Have a fun time with baking !

Writing



Being locked down opens many new gates and chances.

Write a poem/lyrics/short story (max 2 pages long) and share with us via email esc@ymcabournemouth.org.uk with the topic 'Writing challenge', or with our Instagram **@ChallengedbyYMCA**

The best artworks will be published here.

This week's title is:



*A day of a
mask*

Your writing about... *Bound by freedom*

Four walls. Ceiling. Floor. Two windows. Door. A whole world. A whole life. Nothing else. Nothing more needed. Darkness but enough light. Coldness but enough temperature. Social distance but enough connection with people. That was his life, enough life.

They opened the door. The sentence was finished. Didn't remember the first day there... or the reason. One step. Two steps. One more. Stop. He wasn't walking. They were forcing him to go out. Stop. He screamed. Stop.

There was also a Tv in the room. Never watched it but that morning did. That wasn't his world.

He screamed. It wasn't his fault why was living in the prison, but it was his decision to perform as a crazy man and don't go out anymore.

Lenea

Writing

Your writing about...

*Quarantine ends
in an hour and
I still haven't...*

Dear Dorothy,

It's been two months since we stopped seeing each other. Yes, it wasn't our decision, we made other choices. I miss you, I miss your smile, I miss your silence, I miss saying good morning to you on the corridor, I miss the way you converted everything into a funny moment, I miss don't know what else to talk about because what I want is to confess my feelings. I miss you and it's the last day I will because the quarantine ends in an hour. Tomorrow we won't be able to hug each other, not yet, not any more, not as all the times we were together on virtual meetings and didn't say a word to each other, not as all the messages I sent you and never get an answer, not as all our memories were killed by the virus, not the COVID-19, the other.

Do you remember our teacher in Year 10? She said, "speak to someone today because tomorrow won't be there for you". We loved her and implemented all of her advice. Not this one. I was waiting for a long time and I don't regret. This is not a love story letter I'll send you and you'll receive with a smile. Just some paper I'll burn as soon as my tears get everything wet. Enjoy your life!

A.S.R.



Quarantine ends in an hour and I still haven't...

... showered, I haven't shaved my legs, I haven't made up my make-up, I haven't brushed my teeth, haven't cut my hair and lavishly braided it, haven't ironed my dress. I'm still in bed, I've been wearing the same two comfortable trousers for months, the same wrinkled, big T-shirts.

(it continues on next page)



Writing



The first few weeks in quarantine were fine. I got up at 7 am, washed myself, put on fresh clothes, dressed my hair, applied a little makeup. I used the time I got to care for myself. I had a healthy breakfast every day, cooked a healthy lunch and prepared a healthy snack in the evening. I did regular sports to stay fit. I was productive, gave everything to be a profit for my work whilst staying at home and I acquired new knowledge. And finally, I also had the time for things I didn't have time for. I played more piano again, baked, and worked in the garden.

My garden - today there is not much to see anymore. Weeds, thorns and bushes overgrow the once beautiful wildflower meadow and my vegetable patch, the apple tree in the middle of the garden. Months of neglect have left their mark. And not just in my garden. My hair is matted and has split ends, shadows darken my face. My arms hang limp down my body. Formless, my body is standing in front of the mirror. Motivation, appetite, incentive, energy, desire, strength - all that has already passed after a few weeks. Who am I supposed to be dressing up for? Who am I supposed to look out for? Who would care what I do? Who would even know? Who am I supposed to get up for in the morning? It's been almost a year since I left the house for the last time. Except for the five minutes I'm carrying my groceries from outside the house. Food supplies that are delivered to us by drones on a weekly basis regulated by the government. I haven't seen anyone since three months after quarantine began, all the providers of video calls that are affordable to the average consumer have collapsed due to congestion. All the programs which were still working became so expensive that they were reserved for the upper class. It's a miracle that social media like WhatsApp, Instagram and Facebook are still working, albeit much slower than before. But somehow you get used to the fact that a message takes about 20 minutes until it is sent. You can't change anything anyway. At least you can still pretend to be motivated, productive, committed and positive.

And now we've been told that the quarantine on the 7th of October, May is scheduled to end at exactly 2pm. Today. In less than an hour. How can I maintain the image now? Maybe I should rather stay home.

Sabine

CATCH THE MOMENT!

photography with YMCA Bournemouth

We believe, everyone can take great pictures! This little challenge is for encouraging you to try it. Try to experiment a little bit, look from different perspectives, play with colours and composition and the most important - **HAVE FUN!**

What do I need to join?

USE WHAT YOU HAVE!

If you have DSLR or mirrorless camera, if you have polaroid or film camera or non of these at all - you probably have a camera on you mobile phone! Try to get the most of what you have, forget about the opinion that if you would have better camera automatically you would have better pictures - it is a nonsense. You need to *understand* your camera - even it is a mobile phone.

Let's start!

Every week we will share the **THEME OF THE WEEK** and all you have to do is have fun and explore what is around, being creative and taking pictures as many you want! Don't forget to share them after, pick the best pictures which is according by the theme of the week and post it on instagram with **@ChallengedByYMCA** and **#PhotographyWithYMCA**. Then we will choose some of them to share them in our next newsletter!

Are you ready?

YMCA

The theme of the week is:

BLACK & WHITE

Pictures from previous theme you will find on the following page.



CATCH THE MOMENT!

photography
with

YMCA
Bournemouth



J. Vicente Pulido



Your captures of the theme
LIFE



Lenka Lasotová

YMCA

VIRTUAL TRAVELING

Here's the opportunity to travel around the world and visit as many places as you've ever wished!



Grab your ticket for only £2 on the YMCA Virgin Money Giving donation website and leave a message mentioning us. You can also copy the following link:

https://uk.virginmoneygiving.com/donation-web/charity?charityId=1016511&stop_mobi=yes

Then do some research about the place you want to visit as you usually do. Think about the activities or food and try to realize it at home (find a recipe and try to cook it, make a shelter from blankets at home and play board games there,...)

Here you have some tools you can also use to enjoy to the fullest your virtual traveling:

- TikTok app for video
- PicsArt for photos
- Unscreen.com for videos and photos

Tell us about your experiences in our Instagram **@ChallengedbyYMCA** and **#virtualtravelingchallenge** and win amazing prices! We would also like to share it on our next newsletter if you are happy with that.

Be creative!



Origami

We want to challenge you to create an origami more beautiful than ours.

The new idea is this bookmark with the shape of a fox that can be sleeping or awake, but before let you know how we did it, we want you to answer this question:



Which material did we use?

Send an email to esc@ymcabournemouth.org.uk with the topic 'Origami fox' or mentioning our Instagram @challengedbyymca with #foxorigamichallenge.

You'll receive our video tutorial on how we did it. Then, do it on your own and share the result with us using the same process as you did before. The best pictures will be published on our Instagram and this newsletter.



QUIZ

*The top three will
receive cash prizes!*

Let's test your knowledge!

We know you've been practising a lot with your friends and family through these weeks and now it's time to have a go with our Virtual Quiz Challenge. Set up your account on:

www.virtualquizevents.com

Then you can share your experience and pictures with #quizchallengewithYMCA and @challengedbyYMCA.



WE HAVE
ALREADY RAISED
£18

YMCA

Other ways to help



If you didn't feel inspired to participate in this week challenges, you can still help us by following and recommending our Instagram and Facebook profiles.



You can always donate as much as you want by visiting the YMCA Bournemouth website, where you can also explore what our organization do.

www.ymcabournemouth.org.uk



ABOUT

HOUSING

FAMILY

YOUTH

FITNESS

FACILITY HIRE

TRAINING

GET INVOLVED

DONATE



See you soon!



YMCA