

*We believe that everyone should
be able to fulfil their potential ...*



**YMCA
BOURNEMOUTH**
Bournemouth/Poole/Christchurch



YMCAB NEWSLETTER

**JANUARY
2021**

YMCA BOURNEMOUTH
Bournemouth/Christchurch/Poole

FIGHT BACK APPEAL



YMCA

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YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION



2020 has demonstrated in dramatic form the critical work of the YMCA, we engage people in need of support from before birth until late age. We have been almost entirely at the front line of support work in the local community throughout. It is our hope that through sustained, determined and compassionate effort, we will see more lives than ever turned around. I am deeply humbled by the selfless compassion of my staff, their dedication to the community and I could not be more proud of all they have achieved.

We have been here for 140 years, we are

one of the oldest serving charities in the region and did more last year for those in need than ever before. Into 2021 we begin with a lockdown, whilst this makes planning for the short term extremely hard, we can still dream of the future. We invite you to partner with us in this journey, together we can bring more faith, hope and love into the communities we live.

Gareth Sherwood
Chief Executive Officer

Housing and Support

2020 has been a strange, difficult and worrying year for everybody with the global pandemic of Covid-19 causing fear and economic hardship for many people. Some areas of YMCAB's operation had to close completely under Government advice which resulted in vital income streams being wiped out, but the YMCA Housing and Support Team kept operating 24/7, right through the lockdown, providing safe housing, hot meals and support to vulnerable single people. Many had been rough sleeping, and this vital YMCA work/impact was needed more than ever.

YMCAB operates a 67-room hostel for single adults, most of whom will have been homeless, sofa surfing, or who may be suffering mental and physical health issues or drug and alcohol addiction or may be ex-offenders. It also has 41 other move-on properties for people who are ready for more independent living, with the ultimate goal of clients moving into their own home and going on to gainful initial voluntary work or employment.

The housing, support and catering teams (who are categorised as key workers as they operate an essential service to homeless people) continued

throughout 2020 to deliver an excellent service, providing essential one to one and group support to its residents (socially distanced of course), during a time that many other services for these clients have had to reduce or stop their operations or change to an online or telephone service (which is not suitable for everyone).

"This has been a magnificent team effort by everyone to ensure YMCAB could keep operating and provide for society's most vulnerable, I could not have asked for a better response from staff and it demonstrates how much they passionately care about providing this YMCA service. Their commitment to the work of the YMCA remains a personal and remarkable inspiration."

Kathie Pearce
Head of YMCA Housing and Support.

2021 will be a similar situation for the YMCA/country, but YMCA Bournemouth across all of our invaluable services will continue to positively impact, care and fight for all individuals requiring support... it's just what we do!



Iringo (Hungary) helping our YMCA Chaplain, Ryan, stay connected to residents at this time.

Bruno (Italy) is supporting Glen and the wider YMCA Youth Work team to keep sessions running and accrediting young peoples' achievements.

Aurelie (France) has been helping Ollie in Building Services with refurbishments, particularly in Delta House, making new bedrooms ready for residents.

Sophie (Germany) (pictured) volunteers at The Junction Sports & Leisure Centre, which sadly has been closed for some time, but instead she's been helping YMCA in maintaining our service/facility provision.

Our European Solidarity Corps volunteers continue to inspire all. Despite an international pandemic, four incredible volunteers are contributing hugely across our various YMCA departments.

THANK YOU ...



The Junction | An Apprentice's Story

"Firstly... I would like to say that it is an absolute honour to work for a company as great as the YMCA. I take so much pride knowing I am an employee of the company and I am so proud to say I work for the YMCA.

The first thing I know I want to do at The Junction is succeed. I want to succeed in whichever role I am tasked with and will always try my hardest.

I enjoy managing and helping with the young Recreational Attendants starting their employment journey. I am trying to be a good role model to them all so they can see each day that progression is possible in this great industry.

I love delivering the coaching in our popular Holiday Clubs. I love to see children having fun and learning new sporting skills every time they come to one of the activities. I enjoy seeing a child's smile when they have just achieved something they never thought they could, that is a great reward for not only the child, but also myself.

We also deliver to the local Schools an all-day event called Tri-Challenge. Going into a School and setting up three sporting challenges which the children then participate in. This is designed to introduce children to the work that YMCA does locally, it's impact and purpose ... and also it's also great FUN for all children and the coaches.

I've always struggled with self-confidence, it's been a big part of me since I can remember so trying new things has always been hard, but working at The Junction for YMCA Bournemouth has definitely taught me that trying new things can lead to wonderful experiences and I would never be able to thank you enough for the opportunity/support you've given me since I started as an apprentice. Thank you."

Alex Legg



BIG Sleep Easy Cancelled | BIG Sleep OUT Launched!!!!



Over 35 business people/organisations, including Carrie Parker (YMCAB Senior Housing Officer) and Sheena Dayman (YMCAB Events Manager), gave up their beds on Saturday 17th October 2020 in exchange for a cardboard box. This was part of YMCA Bournemouth's BIG Sleep Easy challenge, now in its third year. Moved from its usual site of Bournemouth Sports Club due to COVID 19 restrictions, there were many interesting moments on the evening as Sheena visited Inspire and St James Studio, at a New Forest Camp site, then Councillors Michael and Sue who were sleeping under the Christchurch Town Hall, in cardboard boxes.

Then the extremely sad news that a YMCA Bournemouth resident had passed away earlier in the evening made it all seem even more real.

Carrie Parker said, "Participation was a personal privilege for me, having spent many years living on the streets due to trauma and addiction issues. I was cold, hungry, lonely, lost and hopeless. It took years to rebuild my life but I am now 9 years drug free, I've achieved qualifications and enjoy working for YMCAB helping others in a similar position to me all those years ago."



In these difficult times YMCAB were thankful for the support of Domino's Pizza, hand warmers supplied by Thermopacks, Face Masks supplied from Adwear and Team Jobs. Boxes sponsored by Lester Aldridge Solicitors, storage by Store and Secure, Castlepoint. Matthew Barrow, Managing Partner at Lester Aldridge participated with his team for the third successive year, and the team raised almost £3,000, said "The YMCA'S projects are effective and vital in our community, more so this year than ever. The YMCA BIG Sleep Out will help them to reach more people in need and highlight the great work being delivered."

Let's hope 2021 permits YMCA Bournemouth to return to an outdoor large event where individuals, groups, clubs and business organisations all come together to highlight the risk of homelessness, and the great work YMCA does to combat it locally.



During the Government's second 'Lockdown' YMCA on Westover Road decided to keep certain facilities open for essential service users. Users such as our own clients/residents, people in temporary accommodation, individuals from other highly valued local services ... under the formal support group exemption. We felt that access to our facilities would prove to be not only beneficial to the mental and physical wellbeing of those that attended... but essential. Each group received a designated time slot.

Feedback received:

"The last lockdown I struggled with facilities being shut because I suffer with depression and social anxiety, going to the supervised YMCA Gym helped me a lot with that."

(Service user, Providence Projects)

"The second lockdown was going to be even worse with the gyms shutting again during the winter period. So it was an absolute blessing that Laura (YMCA Gym Manager) told me the gym was staying open for us guys at the Providence Projects. It's given me a focus to my day..."

(Service user, Pathways)

"It allows me to keep working on myself, which is a process. I need to keep active to feel like I'm moving forward in my life, now I'm in recovery. Going to the gym helps me with this."

(Service user, Dorset Mental Health Forum)

"Things are really stressful at the moment, there's not really much to do and you can get stuck in your own head. Going to the YMCA facility gave me a break and helped me to clear my head."

(Service user, Streetscene)

"We really appreciate Laura supporting us especially through this second lockdown."

(Service user, Streetscene)

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Thank You!

We can never thank our supporters/contributors enough, without them our impact would be less and our success stories would be less...so thank you to the following and so many others:

- Dorset Community Foundation
- Alice Ellen Cooper Dean Foundation
- Talbot Village Trust
- The National Lottery
- United Way
- Foyle Foundation
- Beatrice Laing
- Samaritans Purse
- Albert Hunt Trust
- Cooks of Westbourne
- Valentine Charitable Trust
- Lady Nadine Cobham
- Forelle Estates – Mike Price
- Raspberry Pi Foundation
- St Edwards School
- Lester Aldridge
- Preston Redman Solicitors
- Thermopacks
- Store & Secure (Bmth)
- Macfarlane Packaging
- ASDA
- TESCO's
- Waitrose
- Sainsbury's
- Domino's Pizza
- Neighbourly
- Beach House Hotel
- Green House Hotel
- Oceana Hotels
- Holiday Inn
- Team Jobs
- Actisence
- Ad Wear
- Christchurch Sailing Club
- Swanage Railway
- The Royal Bath Hotel
- Inkshed Design Studio
- All our invaluable Volunteers
- The BIG Sleep Out
- Individuals & Organisations

Henry's story

Henry is our first YMCA resident to complete the European Solidarity Corps Volunteering Programme, run by YMCA Bournemouth. This is a great way for young people aged 18-30 to take part in full-time volunteering within their own communities or abroad.

Henry has since gone on to move into a self contained YMCAB studio apartment, living more independently as part of his move on plan to work and independence.

Well Done Henry!

Henry says: "I wanted to volunteer because I wanted to prove to myself that I could stick at something. I wanted to give back to the YMCA. I have really enjoyed my time volunteering through this project, and I look forward to the potential opportunities it could open up."

