

**ANNUAL
REPORT
2020/2021**

YMCA

WWW.NEATHYMCA.ORG.UK

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1.0 Board of Management

Chairman	Mr Kevin Lewis
Treasurer	Mr Martin Evans FCA CTA
Vice Chairman	Mrs Joanna Jenkins MBE JP DL
Chaplain	Reverend Patrick Baker
	Mr Clive Ball
	Mrs Pauline Buselli
	Mr Roger Draper
	Mr Alun James
	Dr Bryn John CStJ DL
	Dr Donald Thomas
	Mrs Carolyn Wheeler JP DL
	Cllr Alan Lockyer
	Mr Brian Warlow
	Professor Emeritus Duncan Lewis

1.1 Honorary Advisors

Independent Examiner	Mr Phillip Hunkin VLL, W.B.V
Solicitors	Mr Robert Williams DL, Hutchinson Thomas Ltd

1.2 Staff

Centre Manager	Sian Smart
Centre Administrator	Jessica Kennedy
Evening Receptionist	Hayley Barnes
Evening Receptionist	Sarah Elias
Evening Receptionist	Olivia Elias
Cleaner/Gym Instructor	Craig Bourne

1.3 Bankers

Barclays Bank Plc. (Neath)

Swansea Building Society

Nationwide Building Society

1.4 Chaplain, YMCA Neath

No one needs to be told that the activities of YMCA Neath have been disrupted this year, but I cannot bring myself to write a report without noting it. Perhaps COVID has obliged me to consider the importance of personal relationships in chaplaincy. Because of family ill-health and vulnerability I have not visited the Centre since March, 2020, but I have tried to keep in touch by telephone and email. Despite inevitable periods of furlough the staff and several volunteers have done amazing work to keep YMCA Neath viable and available as far as possible, and they have deserved all the support I and other Board members could give. What follows, then, relates mainly to the period up to March 2020.

When I was first appointed honorary chaplain to YMCA Neath (YMCAN) - officially, nine years ago but in practise a little longer – the job description seemed brief and simple. First of all, as a member of the Board I had to accept the kind of responsibility common to all charity trustees. Secondly, I had to be available for those who wanted to share such personal or spiritual needs as members of staff felt unable to handle. (But I have to make clear that although I spent forty years as a minister in Baptist churches in Wales I am not a trained counsellor, and so I can offer such help only informally, as a sympathetic friend.) I continue to find myself on an interesting journey of discovery.

I have aimed to visit the centre for an hour or so most Monday afternoons and have been made welcome by the “Joanies”. On some Tuesday afternoons I and my wife have met the Community Connect Team; while I am glad to be there, my wife is better able to relate to “craft” activities, and the Team and I have been grateful for her interest and support. Other groups meeting at the centre are more structured and I do not normally feel free to intrude on them, but I have met some leaders briefly. If there are other groups which would welcome me, I hope they will let me know. When the staff are not busy - and even, perhaps, when they are! - they make me welcome in the office and keep me up to date with events.

YMCAN aims to be available to every kind of person, but its basis is Christian, and so I am called upon to open Board meetings with prayer - including meetings held currently via Microsoft Teams. A version of our unique Good Friday Breakfast was held online in 2020, and we are grateful to all whose enterprise made this possible, Revd Rhys Locke in particular. During recent years I have made a point of calling at the centre most Fridays at 13.30 for ten minutes of prayer for YMCAN and those associated with it. I expect this to continue when circumstances allow it, and I hope that anyone will feel welcome to join me for that brief period. The room used may change from time to time, but the staff in the office will always know where I am each Friday. Subject to the approval of the Board it may be possible to make more of that kind of activity in future. Watch this space!

Acting as honorary Chaplain to YMCAN makes a small demand. But it provides me with the privileged opportunity of making wonderful new friends and sharing in the unobtrusive but impressively professional governance of this much-valued organisation. I am grateful.

Reverend Patrick John Baker

Chaplain

2.0 Aims and Purposes

The YMCA is a Christian Movement. At its centre are Christians, who regarding Jesus Christ as Lord and Saviour, desire to share their faith with others and make him known, believed, trusted, loved, served and

exemplified in all human relationships. It welcomes into fellowship persons of other religious faiths and of none.

Accordingly, the Young Men's Christian Association stands for:

- A worldwide fellowship based on equal value of all persons.
- Respect and freedom for all, tolerance and understanding between people of different opinions.
- Active concern for the needs of the community.
- United effort by Christians of different traditions.

The Young Men's Christian Association aims to:

Provide a welcome to members for themselves, in a meeting place which is theirs to share, where friendships can be made and counsel sought.

Develop activities which stimulate and challenge its members in an environment that enables them to take responsibility and find a sense of achievement.

Involve all members in care and work for others.

Create opportunities for exchanging views, so that its members can improve their understanding of the world, of themselves and of one another.

3.0 Full Membership

The Full Membership of the Young Men's Christian Association is a fellowship of men and women over 17 years of age who have accepted the Basics of Union, are committed to the Christian way of life, desire to be disciples of the Lord Jesus Christ, and seek to associate themselves with others in Christian service in and through the Association. Full Membership is open to any man or woman over 17 years of age who, by loyally accepting the challenges of Christ, is willing to take his or her part in the fellowship and service which the Association exists to promote.

4.0 Chairman's Report

We held our last Annual General Meeting on the 30th October 2019. I do not need to explain why there has been a gap of 19 months between that meeting and this, after all we are all extremely versed in what it means to experience a pandemic.

At the 2019 AGM, I said that 2018 / 2019 had "been a tough year and that our business is always challenging". Little did I realise quite what lay ahead. The last 19 months have certainly been tough. The March to December 2020 Covid-19 timetable paints a stark picture:

- 19th March 2020 - last working day

["After careful consideration and following Government advice on 'social distancing', it is with regret that I have to inform you that YMCA Neath will shut temporarily from tomorrow evening (9:00pm, Thursday, 19th March 2020). All classes and activities will be suspended."]

- 1st September 2020 - phased reopening of limited services

- 23rd October 2020 - last working day 'Fire break'

- 9th November 2020 – return to a phased re-opening of limited services

· 11th December 2020 – closed in line with government guidelines

One of the darkest periods of 2020 came in the immediate run up to and after the 23rd March ‘lockdown’ date. While our primary focus was one of personal and collective safety, our thoughts quickly turned to the future of YMCA Neath. Could our 146-year-old organisation survive the pandemic?

Survive we have.

I am immensely grateful to the help we have received from the Welsh Government; Neath Port Talbot County Borough Council; YMCA England and Wales; Neath Port Talbot Council for Voluntary Service; our patrons, volunteers, funders, local councillors; and many local organisations.

I am also immensely grateful to our staff and my board colleagues for their efforts in ensuring that YMCA Neath was able to reopen in accordance with Welsh Government regulations, albeit on a restricted timetable twice towards the end of 2020 and then again in 2021. Normality may still be a long way away but I am convinced that YMCA Neath will be here to stay for very many years to come.

Those of you who have passed our building in recent months will have noticed changes to our main car park most obviously in the form of new gates and a pedestrian pathway. Other changes have taken place some of which are reflected later in this report.

Much has happened but I would like to pay particular thanks to our Centre Manager, Sian Smart; our Centre Administrator, Jessica Kennedy; my Vice Chairman, Jo Jenkins; and fellow Board Member, Bryn John. Each of them has supported me throughout the dark days of 2020 / 2021.

Kevin Lewis

Chairman of the Board of Management

5.0 Community Use and Partnership Working

5.1 Adult Education Classes

Since our last report we have seen very little in the delivery of adult education classes at YMCA Neath. Normality was disrupted with the Covid-19 pandemic closing the building in March 2020.

The following months saw a re-opening and a further Firebreak Lockdown. Although staff worked extremely hard to ensure the building met the guidelines set by the Government, no adult education classes were delivered.

After 14 months; slowly and safely some classes resumed their delivery in the ‘new normal’ and in line with government guidelines. Safety being our key factor in resuming classes, and we envisage this new normal being with us for some time yet.

Sian Smart

Centre Manager

5.2 Partnerships and Support

YMCA Neath is fortunate to be part of many positive partnerships. We continue to have strong links with individuals, groups, and the private and voluntary sectors across Neath Port Talbot. Our future will see us strive to strengthen these partnerships and build new ones to ensure the future development of YMCA

Neath; and to maintain its drive in delivering a quality service to the community of Neath and its surrounding areas.

This has been challenged to the extreme during the last 14 months. The pandemic has shown that together we still can achieve, and never more have we relied on our strong partnerships to pull us through this difficult time.

Sian Smart

Centre Manager

5.3 Fundraising

Like many other third sector organisations securing funding for core activities and new services is always a challenge, particularly in the current climate. Despite these challenges, we are very pleased with the progress we have made in our local fund raising endeavours. We are truly grateful for all the aid we have received, and for the strong commitment of our staff and volunteers ensuring that we have applied for as many grants possible since our last report.

The Coronavirus lockdowns presented unique challenges to YMCA Neath since March 2020. The first lockdown saw the YMCA close its doors on March 20th and a limited re-opening to members of the public on September 1st. All of its staff were furloughed until the end of August, after which the day staff returned on flexible furlough.

The phased re-opening was exhausting ensuring that the organisation adhered to government guidelines and governing bodies procedures to keep everyone safe.

Initially facilities and activities were offered Monday to Friday daytimes, with only a fraction of our normal footfall.

As time progressed and as more of the building became compliant with the ever changing government guidelines, more classes opened. This posed a further issue as the new one-way system now in place meant adapting and opening up areas of the building that had previously only been used as emergency areas.

As the internal adaptations were being completed enabling the use of further areas of the building a second local lockdown took place which placed all staff on furlough again.

The following grants enabled YMCA Neath to implement a re-opening plan that addressed much of the above and in addition to make the external area of the building a more safe and secure place that would provide safer entry and exit points:

Virgin Money London Marathon Sponsorships

We were extremely fortunate to have four runners training to participate in the Virgin Money London Marathon 2020.

We are always appreciative and never take for granted the support that we receive from Barclays Bank Employees and Neath Sportsmen's Club. For several years they never cease to amaze us with their fundraising ideas and their commitment to YMCA Neath.

Unfortunately, the Marathon 2020 and 2021 was cancelled, but we cannot let this report go without saying a big thank you to everyone that supports us.

YMCA England and Wales

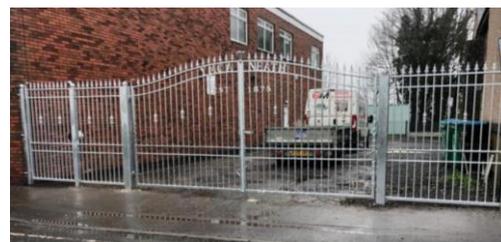
A successful application to YMCA England and Wales enabled us to put in place all the necessary guidelines during the first wave of the Covid-19 pandemic. It also supported a 3 month top up for staff which helped support them financially during a difficult period.

Neath Port Talbot County Borough Council (NPTCBC)

Several grants were received from NPTCBC, sector specific grants and the distribution of state aid. This funding has enabled wellbeing activities prior to the lockdowns, ensuring the building, the staff, volunteers and its users had the materials to keep everyone safe and the tools to ensure compliance with government guidelines.

Third Sector Integrated Care Fund

This Covid-19 related discretionary grant specifically enabled us to address the entry and exit points of the building. This supported a new one-way system. Installing new lighting, new signage, creating a pedestrian path and new gates to the main car park was instrumental to support opening up the building for essential services to take place.



Be Active Wales Fund and SportEd

These applications funded the initial deep clean of the building and started the whole cleaning process for activities and classes throughout the building. It has enabled a stock of cleaning materials which has supported compliance to guidelines and keeping people safe.

Government Job Retention Scheme

This fund did exactly what it intended. We are still operating today through the support of this fund.

Goodwill

Funding has become fundamental to our everyday activities, but the goodwill of individuals, groups and organisations never fail to surprise us.

This year we say a special thank you to Neath Round Table and Peter Green. On top of his day job Peter volunteered on several days to help clear and clean the children's outdoor play area, cut the grass and jet wash the communal patio area.

A kind sponsor paid for CCTV throughout the building keeping staff safe whilst working in difficult times.

We cannot thank individuals, groups and organisations enough and will always be indebted for their selfless support and generosity in finance and kind.

Sian Smart

Centre Manager

6.0 139th Good Friday Breakfast

6.1 Patrons of YMCA Neath

Several years ago, due to the increasing costs of running and maintaining the YMCA building and the decreasing amount of support from the Local Authority due to the financial restraints, the Board decided to invite people to become Patrons of the YMCA to try to ensure the financial viability of the YMCA. YMCA Neath charges very competitive rates for the use of the various rooms to any organization that uses the facilities. To support them we have dedicated employed staff, who are essential for the

organization of all the activities, and these are ably assisted by the many volunteers who give freely of their time. The Board of Management, who are all unpaid volunteers and meet frequently, oversees the efficient management of the organization

YMCA Neath is very grateful to those who have become Patrons and hope that the number will be expanded in the forthcoming years. Old and new Patrons will have the satisfaction of being part of an Organization that has served the people of Neath for over 145 years and ensure that YMCA Neath will survive in the future.

Please consider becoming a Patron. This can be done by asking any staff member – the minimum cost is £30 per year for individuals, £100 for corporate bodies.

6.2 Good Friday Breakfast

For the first year ever, Neath YMCA, as a consequence of the Covid 19 lockdown, were forced to hold the 139th Good Friday Breakfast virtually on 10th April 2020.

There is a considerable amount of work in planning the traditional Good Friday Breakfast but all of these plans had to be abandoned at less than a month's notice. Thanks to the hard work of Sian and her team, and the willing cooperation of Revd Rhys Locke who was scheduled to be our speaker and Penelope George who was scheduled to be our soloist, we were able to stream a service which included a short address, prayers, hymns and an update from our Chairman, Kevin Lewis which included the following information:



The support of the people of Neath has spanned many years and has made a huge impact on all of us. It has enabled the YMCA to provide support to people of all ages and abilities via an extensive programme of community based activities, including sport, education and training in a safe environment.

The following figures show our activity and participation levels during the year prior to the lockdown:

- We saw over 9,783 registered visitors.
- Over 2,266 young people accessed our gymnastics sessions.
- Over 2,548 young people accessed 5 different disciplines of martial arts classes that are purely run by volunteers.
- Over 11,593 young people accessed various other clubs (1,534 boys and 10,059 girls).
- Over 6,898 visits to our gym.
Making a total of 33,088 visits

Over 145 years, raising enough funds has always been challenging for YMCA Neath. Your support has been fundamental to us. It has helped YMCA Neath deliver better services. We have set up a fundraising page in place of the breakfast, and hope that you may be able to join us virtually in toasting to last year's achievements, and all the good work that it takes to keep the YMCA at the heart of Neath.

<https://www.justgiving.com/crowdfunding/YMCANeathGoodFridayBreakfast>

Dr Bryn John

Chair Good Friday Breakfast Committee

7.0 Section Reports

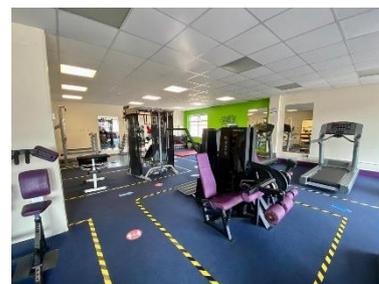
7.1 Fitness Factory

Our gym is one of our busiest sections during normal times. Since our last report it has seen many changes.

Despite the onset of the pandemic, Craig Bourne, one of our staff successfully passed his Level 2 and Level 3 Gym Instruction qualification. Unfortunately, Craig has been unable to put his vast new knowledgebase into practise.

March saw the closure of all gyms, although quickly staff set to manoeuvre equipment to meet the ever changing guidelines in the hope of a re-opening.

This came in May 2021 with various restrictions imposed by the government. YMCA is quick to adapt, and with committed staff have ensured the safety of all its users.



We look forward to welcoming all our members old and new during this transition period, and supporting them in their quest to become more active.

Sian Smart

Centre Manager

7.2 Cylch Chwarae Castell Nedd

We'll like everyone it has been an eventful year, with lockdown, firebreaks etc. We are pleased to say that we are back fully operational (under covid regulations and guidelines) and at full capacity. We have a healthy waiting list and are full with only a few spaces opening up in the Spring term. At the moment we have 26 children on our register with 12 attending every session.

We have been really supported by the community and parents and have had an amazing sponsored walk that has raised so far £918.80 which we spent on new resources, a month's rent and disinfectant! Our new resources are also being used to promote inclusion and diversity for the children.

We are so glad to be reopened and have appreciated the constant support and cooperation of the YMCA and its Staff, especially Sian, Jess and Craig that has allowed us to come back after the madness in such a positive way.

Looking forward to continuing the best service possible.

Stephanie Law

Cylch Playgroup Manager

7.3 Dance Wales UK

Dance Wales UK- What a year it has been, and we never saw it coming. 2020 Started great for us with classes all running well and very busy. In March Western Warriors did their first competition of the season and came home champions in many categories, then less than a week later we were closed due to Covid 19. O.K I thought we will be back after Easter!!!!!!! Weeks turned into months and a new way of teaching was introduced 'zoom' 'Some children took advantage of it, but it did not appeal to lots of children and with starting back to the YMCA in mid-September our numbers dropped significantly. We came back with new rules and regulations then another fire break for a week after October half term, but we got back to it trying our best to make classes fun and thanks to the YMCA they purchased these wonderful laser sticks so therefore we had glow stick evenings in the dark, the children loved it and brought fun and laughter back to the classes. Then December 8th we were forced to close again. Five months later May the 4th we eventually were able to open again to face to face teaching. I am very grateful for my students who did continue with our zoom classes and supported Dance Wales UK. Working hard now to get Dance Wales UK back on its feet and welcome old and new members back and hopefully get back to 'normal' with shows and competitions.

Kerry Dale

Dance Wales UK Instructor

7.4 Neath Shotokan Karate Club

Going into 2020 we had two of our students prepared to test for their Black belt, Jodie Rosier & Bethany Stephens. Sadly, due to the lockdowns we have had to endure this has been put on hold. We were glad to start back, be it very briefly just before Christmas but the second wave stopped things again. All our students came back during this short reprieve, even after such a long absence, and enjoyed the warm atmosphere and great facilities that the YMCA provides. As we look to fully get back to normal, can I thank all the staff at the YMCA for all their hard work before and during the pandemic. We all look forward to training again and picking up from where we left off.

Sensei Andrew Richards

Neath Shotokan Karate Instructor

7.5 Kung Fu

Lau Gar Wales had a different year with more limited training but with success and students passing their next sashes as they progress up the grades. The BKFA was formed in 1973 and the Lau Gar style of kung fu has become one of the most well known and successful styles in the UK. The National Championships are usually an annual event that takes place in Birmingham and the competition is open to all styles of martial arts but it was cancelled this year. We look forward to the next time it is run.

At the beginning of the year we had some strong classes with Kung Fu Tigers progressing through the early belts in the system showing their dedication to the style. In the Adults class Mike Burgess obtained his brown belt and has been confidently learning the syllabus for his black sash and we hope he will be successful with this in the near future. The main gradings for the Tigers and adults was cancelled this year and we hope that this will be redone when we are back to regular training.

Lockdown has been disruptive to formal classes and while some clubs have run online classes Lau Gar Wales has chosen not to do this. Regular training videos have been posted on the main Lau Gar Facebook page, and occasional courses have been run online directed mainly at adult training. A full set of syllabus DVDs are available from the main site but these can only act to maintain syllabus that has been taught, rather than learn new methods.

Kung Fu training for Lau Gar Wales usually takes place at various local venues: Afan Lido, Cockett, Llandeilo, Neath and Trebanos on various days of the week. All sites are closed at the moment and we look forward to classes reopening at the YMCA in Neath as well as other sites when it is safe to do so.

Alun Morgan

Kung Fu Instructor

7.6 Ju-Jutsu

As for all of us it's been a very strange year for the jujutsu club. We haven't trained together now since early March 2020, and due to the close contact nature of jujutsu it is very uncertain when training will be able to start back.

Club members have kept in touch and people have been keeping up with their own training. It has also been encouraging to see some of our junior members raising money for charity by taking part in sponsored runs.

Various plans have been discussed to start back, when it is safe to do so, even if initially we are limited to fitness type classes and practicing solo type drills and weapons katas.

The hard work that Sian and all the staff at the YMCA have put in is very much appreciated, and as the outlook seems to be improving we hope that some type of training can restart relatively soon.

Ian East

YMCA Neath Jujutsu / Neath Valley Martial Arts (NVMA)

7.7 Neath Judo Kwai

The COVID-19 situation has had a massive impact on our Judo club this past year and, as will be expected, impacted on the functioning of the club itself. Prior to lockdown in March/April we again had success with several of our junior members in local competition. The club was preparing to continue with seeing further involvement and the development of these young judoka. Unfortunately, this was not to be, leaving the club frustrated and saddened.

At the same time, we had several senior members preparing and competing for their Dan grades and again this has been postponed due to the current situation.

Judo is very much a contact martial art and so finds itself under more restrictions than other sports. We may find ourselves having to wait longer than others to see a safe return. However, as a club, I am absolutely positive that we will return and return to our normal order as soon as is safe to do so. I would like to take this opportunity to thank the staff of the YMCA for their continued support over this difficult time.

Ian Cardy 3rd Dan

Club Coach Neath Judo Kwai

7.8 Ninjutsu



Mahoutsukai Dojo (Ninjutsu)

Unfortunately, due to the pandemic we had to close our doors, so have not been able to study or practice. We have kept active online, but this is no substitute to face to face practice.

We are looking forward to restrictions being lifted and getting back in the Dojo.

Working with the team at the YMCA I am sure we will build our student levels up and move forward into a prosperous era.

A big thank you to you all.

Merlyn

Ninjutsu Instructor

7.9 Gymnastics

The Gymnastics section has been dramatically affected by the Covid pandemic as was all sport in Wales. We were only able to open between 17 November and 8 December 2020 at very reduced numbers. We returned after extensive cleaning and disinfecting every item of equipment that would be used during the reduced classes with a cleaning session at start, between every class and at the end of the evening. We look forward to a returning again with limited numbers and again all low impact gymnastics and conditioning, until the government allows return to larger and more normal gymnastics.

Karen Phillips

Neath Gymnastics Coach

7.10 Yoga

Yoga has been running at YMCA Neath for many years and has a solid base of regular students. The class concentrates on a variety of yoga and breathing techniques, both of which are beneficial to health and wellbeing. All age groups are welcome, with or without experience and a friendly welcome await all newcomers. The class encourages new students and have had a few new attendees this year and hope more will join in the future.

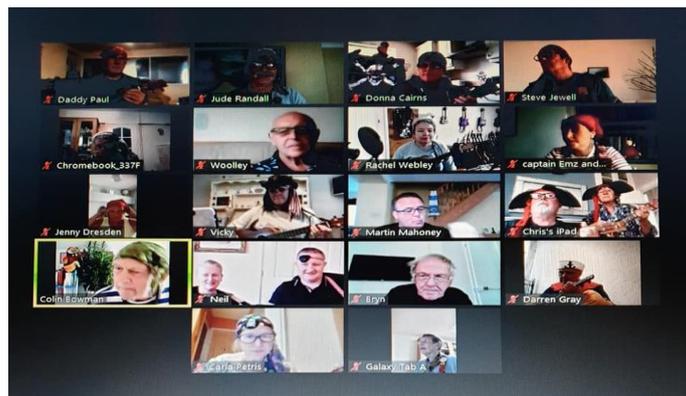
Unfortunately, our classes ceased in March 2020, and we are eagerly awaiting a return date.

Doreen Bassett

Yoga Instructor

7.11 Community Music

Well, what a surreal year 2020 has been! I do not think I can find the words to convey to you the havoc that Covid 19 has wreaked on Music Facilities everywhere. Kool Hand Ukes, the YM's resident Community Ukulele Group, cancelled their practice sessions in early March and as you can see from the photo, all have become top notch Zoomers! I am thankful that this particular way of "meeting" has helped keep the group together. Additionally, when restrictions were lifted, organised outdoor practice took place locally which was much needed as it provided a sense of normality and restored much of the feeling of wellbeing that had been taken away from many of the students.



Our 2020 Diary was disposed of months ago, our first and last gig of this year was in mid-January for the Torch Society. Some of the group took part in a virtual Ukulele Festival organised by Maesteg Ukulele Club in July, which was so successful that a Christmas Festival will take place online on December 12th 😊

Practical piano lessons and music theory have been available online for children and adults alike, however, examinations were cancelled during the first lockdown but will hopefully be going ahead again soon with many changes at exam venues.

The music section is looking forward to resuming sessions at Neath YMCA as soon as possible. I cannot thank the staff and all concerned enough for all the safety measures that have been put in place to make all who use the building, feel safe. Let us hope that 2021 will be a lot kinder to us all 😊

Judith Randall DipABRSM

Music Tutor

7.12 The Joanies

'The Joanies' are a group of women of various ages who meet at YMCA Neath every Monday afternoon. We have different activities each week which include speakers, music, crafts and trips away. We enjoy quizzes and members are always keen to enjoy afternoon tea. We are a very friendly group and offer support to each other. It's an outlook for senior citizens to meet and socialise on a weekly basis. Transport can be arranged through 'Community Transport' and refreshments are provided. We are looking forward to returning when it's safe to do so.



Moiria Davies

7.13 Community Connecting Team

Our time at the Y.M.C.A. in Neath has been brilliant. Our craft group has really flourished there and we had a load of fun every week. Sadly, since lockdown we haven't been able to attend but the enthusiasm to get back to the group is huge! Every time I speak to the Attendees the first thing they ask is 'When are we going back!'

The staff at the Y.M.C.A were so supportive and always encouraging. It's been a bad year for everyone but hopefully one day we can resume the group and the fun.

Unfortunately, we have not been able to meet due to the pandemic, but are looking forward to meeting everyone again when it's safe.

Debra Clarke

7.14 Barnardos

The Barnardos Beyond the Blue service offers a range of supportive and therapeutic interventions that meet the emotional and wellbeing needs of children, young people and their parents. Support provided will be tailored to each family by a support plan developed in partnership with the family. We work with families and their children up to 25 years of age.

Our aim is to support children, young people and parents to improve;

- Emotional and mental wellbeing
- Own and family resilience
- Lifestyles and behaviours
- Family relationships

Types of presenting issues can include;

- Anxiety/fear/anger
- Low confidence/assertiveness
- Attachment/relationships
- Bullying
- Low self-esteem/self-worth
- Depression/low mood
- Dealing emotional distress
- Family conflict/communication
- Relationships

Emotional wellbeing and Coping with Loss Service supports;

- Parent and child/young person support around emotional wellbeing
- Resilience and improving coping skills
- Bereavement and loss
- Individuals affected by parental separation
- Individuals affected by parental imprisonment

Referral Criteria: Referrals can only be made via the SPOC (single point of contact), this is Neath Port Talbots councils referral form which can be accessed via; 01639 686803 or spoc@npt.gov.uk. *Where there is current involvement from CAMHS, Neurodevelopmental, CAF/CASS/court proceedings or Children's Services we would not look to replace or duplicate these services.

We operate our service from the YMCA where we hire an office, therapy rooms and a meeting room. Pre Covid-19 we were also offering a weekly drop in emotional well-being service for young people aged between 11 – 25 yrs at the YMCA - but that has been changed to online and telephone access.

Throughout COVID pandemic our staff worked from home as advised whilst we were in a national lock down and the office and rooms were closed. We continue to be advised to work from home whenever

possible and we have continued to support families via digital means. We have just begun re-introducing essential face to face support again in our rooms at the YMCA following its re-opening adhering to strict government guidelines in conjunction with specific guidance from Barnardos and the YMCA. We hope to continue to be able to deliver this reduced but essential service of face to face support to families whenever necessary over the coming months as restrictions will allow.

Kath Ahern

7.15 Rugby Tots

Things are going reasonably well with our classes at YMCA Neath considering we are in the middle of a pandemic. The venue has been very good providing us with the rules and regulations to stay safe. The venue is also very helpful if I put something on social media by retreating or liking my posts.



Clive Oliver