



# Good News



# YMCA Neath Newsletter

Welcome to the **March** edition of our community newsletter! As spring approaches, we are excited to share all the latest updates and events happening at our YMCA. From fitness classes and youth programs to community events and volunteer opportunities, there is something for everyone to get involved in. We hope you enjoy reading about all the great things happening at our YMCA and find inspiration to get involved and make a difference in our community.



Our **LGBTQ+ Youth Group** is going from strength to strength with a steady stream of members who participate in the activities offered with enthusiasm and a sense of fun. The members are even running their own workshops for the group now with activities as varied as mug cake baking, tote bag decorating and bracelet making. The group is attending Pride Swansea this year, participating in the march and are also hosting a movie night for Neath Port Talbot's first ever Pride event in July. The group runs fortnightly on Fridays at the YMCA Centre for young people aged between 11 and 25 and new attendees are made most welcome.

Watch this space for a new LGBTQ+ group catering for older people. There is a demand for this service and we have listened and are in the process of setting up a similar group to the youth group focusing on various crafts and activities. Its exciting news and we cannot wait to welcome you guys to the YMCA!



Here for young people  
Here for communities  
Here for you

Yma i bobl ifanc  
Yma i gymunedau  
Yma i chi

YMCA Neath is leading the way in providing fun activities for our young people. We are hosting an **Alternative Prom** on Saturday June 17th with music, dancing, a sweet cart, photo booth, bouncy castle and buffet. The idea is to provide a prom for those young people who didn't attend a prom either because of covid or because they felt it wasn't for them. Also if you attended a prom but didn't feel like you quite fitted in then this is the night for you. We are hosting an alternative to the traditional prom for those who would like a different kind of night out. The ages of the attendees are from 11 but there is no upper age limit as some of our youth group members and staff will be attending.

The ethos of the prom is that you do not have to spend hundreds of pounds on an outfit or a limo for a prom and can dress up or dress down as you please hence the 'Come as you are' theme. Tickets are five pounds each and available on reception, we look forward to seeing you there!

We recently had a fabulous new addition to our schedule, a **men's walking group**. This popular group walk every Friday from neath ymca( meeting at 11am). The aim is to get some gentle exercise and fresh air with some conversation along the way. The group end their session with a cuppa and a chat at the ymca . Feel free to join this friendly bunch every Friday.



Our very popular **walking football** group are going strong. The aim of the game is that anybody at any fitness level can play. Our teams are made up of men and women of all ages and abilities.

The group have a lot of fun while getting fit and are a friendly bunch of people. They always have a cup of tea and a natter (and maybe some biccies) at the end of their session. They are coached by Martin Ransom, a professional football coach and referee.



Our hardworking volunteer Shaz Hughes hosts two groups that are giving people the opportunity to better their lives. The first is called **No Limits Women's Empowerment Group** and runs from the YMCA on Wednesdays from 12:00 to 2:00pm. The group encompasses a wide range of activities including crafts and hosting guest speakers.

The second group that Shaz runs is called **De-Clutterbugs** and supports those who collect too much clutter. It is a safe space for those with collecting or hoarding tendencies to be welcomed in a non-judgmental setting. The aim is to help those struggling with too much clutter.

This group runs in the YMCA on Friday afternoons from 12:30 to 2:15pm. If you wish to attend either group, there is no need to book and if you require any information please contact Shaz on 07486628880.

Oliver and Daniel Wyles recently represented **YMCA Neath Judo Kwai** in Cardiff at the Dragons Academy Open competition. Oliver had 5 contests winning 3 over two weight categories. Daniel had 6 contests winning 5, again over two weight categories. The brothers have done extremely well to achieve their results and have proudly represented YMCA Neath Judo!



Congratulations to Jaxon Evans, Elis East, Faith Crookes, Ruban Toomes and Cohen Murphy from our **Karate club** who all passed their gradings in Maesteg. Well done all!





We were delighted to welcome a visitor from our local Member of Parliament, Jeremy Miles, to our YMCA this month. It was an honor to have him take an interest in our work and learn about our mission to support and empower the community. During his visit, we had the opportunity to share our goals and visions for the future of our YMCA and discuss ways we can work together to make a positive impact.



We are delighted to feature our **YMCA charity shop** volunteer, Gail, in this month's newsletter. Gail has been an invaluable member of our team, working tirelessly to keep our shop tidy and updated. Thanks to her hard work and dedication, our shop has become a popular destination for bargain hunters and supporters of our cause. We are thrilled to announce that we have raised a total of £2,562.60 so far, all proceeds go back into our community to support our groups and services!

*Can you help?*

If you are interested in supporting our cause, there are various volunteer opportunities available at our YMCA. You can volunteer your time at our charity shop, help out at our community events, or get involved in our groups and services that support young people, families, and individuals in need. We also welcome donations to help us continue our work. Every contribution, big or small, makes a difference in the lives of those we serve. To learn more about how you can get involved and support us, please visit our website or contact us directly. Thank you for your support!