

Good News



YMCA Neath Newsletter

Welcome to the Summer edition of our newsletter!

It's been an incredible season of growth, community support, and exciting events at YMCA Neath. We're thrilled to share some of our recent achievements and upcoming plans with you.

Baby Bank Event: Making a Difference Together

Our recent Baby Bank event, which took place on Wednesday 9th August, was a great success. With the support of our community, we were able to provide baby essentials to 54 families in Neath.

The event saw an outpouring of generosity as we distributed a wide array of free baby items, including clothes, toys, and toiletries.

We would like to extend our gratitude to everyone who contributed to this event through their donations, time, and efforts. It is through your kindness that we are able to make a positive impact on the lives of so many families, ensuring that their little ones have the support and resources they deserve.

If you require assistance from our Baby Bank please contact reception 01639 769315 or email info@neathymca.org.uk



Summer Fair and Fundraising

Our first Summer Fair took place on Wednesday 16th August. We had a fantastic time, from face painting provided by Buzzy Bee Face Painting to stalls featuring crafts, toys, welsh cakes, and more. The event was a lively celebration of our community spirit. We're delighted to share that we raised an impressive £300 during the fair, all of which will contribute to the ongoing activities and services we provide at the YMCA.



Charity Shop Milestone

Our small charity shop has reached a remarkable milestone by surpassing £4,000 in total sales since its opening. Every purchase made at our shop directly supports the initiatives and programs we offer to our community. A heartfelt thank you to all those who have donated items, shopped, and to our volunteers for their time – your contributions have helped us achieve this amazing total.

Neath Rotary Club

We would like to say a big thank you to Neath Rotary Club for their donation of £600 to YMCA Neath Baby Bank.



Pictured: Neath Rotary Club Secretary presenting a cheque to the Chairman and Vice Chairman of YMCA Neath, Kevin Lewis and Jo Jenkins.

"Come as You Are" Alternative Prom

At YMCA Neath, inclusivity is at the heart of everything we do. Our recent event, the "Come as You Are" Alternative Prom for our LGBTQIA+ Youth Group, was a shining example of this commitment. The event exemplified the essence of our mission – to provide a safe space where all members of our community can come together and celebrate their identities.

We had a lot of fun on the night with dancing, a delicious buffet and a fun photobooth. Thank you to all those who attended and to those who made the event a success!



Introducing the LGBTQIA+ Adult Group: Join us for a Taster Session!

We are excited to introduce our brand new LGBTQIA+ Adult Group. We believe in creating a safe space for all members of our community. We invite you to join us for a taster session on Friday 1st September at 6pm, where you can meet like-minded individuals, engage in meaningful conversations, and help shape the future of this important group.

Let's stand together and celebrate diversity!



Neath Port Talbot's First Ever Pride

This year Neath Port Talbot held it's first ever Pride Weekend. We were lucky enough to take part, hosting a film night showing 'Everybody's Talking about Jamie'. Our LGBTQIA+ Officer Sarah and volunteer Evan also attended the Port Talbot Market Pride event, they had a great time meeting other groups and organisations and spreading the word for YMCA Neath. Watch this space for what we have planned for next years NPT Pride!

New to the YMCA - The Men's Den

The Men's Den is aimed at promoting physical activity, social interaction, and mental well-being among men in our community. The YMCA recognises that men often face challenges in maintaining their health and forming social connections, leading to issues like isolation and inactivity. To address these concerns, we provide an inclusive and supportive environment for men to come together, engage in physical activity, and build meaningful connections through shared interests.

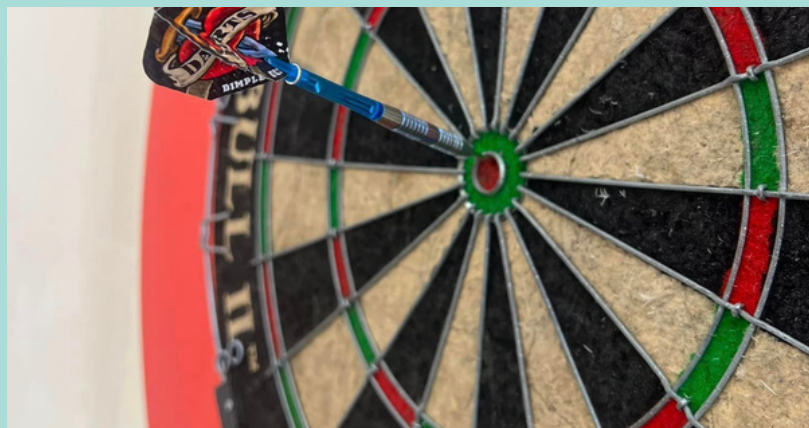
Marauders Men's Health

We have recently partnered with Marauders Men's Health who organise regular group walks in various locations around Neath starting from the YMCA. These walks provide an opportunity for men of all ages and fitness levels to participate in a non-intimidating and enjoyable activity.



YMCA Walking Football

Our Walking Football sessions continue to go from strength to strength. This version allows men and women to play football at a slower pace, ensuring it remains accessible to individuals of varying abilities and ages. It encourages teamwork and promotes a sense of camaraderie among participants.



Join us at the YMCA every Friday
Men's Walking Group 11:00 - 12:00pm
The Men's Den 12:00 - 2:00pm
Walking Football 2:00 - 4:00pm

No Limits Ladies Group

The No Limits Ladies Group is a peer led ladies friendship and craft group based at the YMCA. Their aim is to improve wellbeing, bring people together and reduce isolation. It is a safe space for women to attend, have a coffee and a chat and meet new people. The group is currently attending a 10 week personal development course kindly provided by Grow Cymru. The course aims to give women the skills to help become more assertive, decisive and confident.

The No Limits Ladies group meet every Wednesday 12:00 - 2:30pm
Please contact Shaz at nolimitladies@yahoo.com or 07486628880
for more details.



Y - M - C - A !

We would like to give a big shout out to local artist Evan Elias for creating this amazing mural for us. It has really brightened up the space, thank you.



Get Ready for the Big Freeze:

Mark your calendars for our upcoming "Big Freeze" event! On Wednesday 30th August we're inviting everyone to join in the Big Freeze to raise funds for YMCA Neath. Whether you're a brave enough to take the icy plunge or want to support participants by making a donation, your involvement will make a big difference www.justgiving.com/campaign/the-big-freeze

Thank you!

As always, we are immensely grateful for your continued support, dedication, and enthusiasm. YMCA Neath is a community-driven organisation, and it's your involvement that fuels our success. We look forward to seeing you at our upcoming events!