

# YMCA Neath Newsletter

## Welcome to the Autumn edition of our newsletter!

As autumn arrives we are excited to update you on the latest happenings at YMCA Neath. It's been a vibrant and impactful season, and we are thrilled to share our achievements, upcoming events, and the wonderful support we've received from our community.

## Fundraising Success

Expanding the Uniform Rail: We are delighted to announce that we've secured funding to expand our uniform rail to include stationary supplies. This addition will better support our community, especially those in need. We are so pleased that we have been able to help 24 families so far.

Ice Bucket Challenge: Thank you to staff, volunteers and members who took part in the ice bucket challenge. We exceeded our goal, raising a remarkable £1,166.13. This will go a long way in supporting our programs and initiatives.



Brave the Shave: A member of our LGBTQIA+ group Rhys recently 'braved the shave' and raised an amazing £151.25 for YMCA Neath and the LGBTQIA+ youth group.

Generous Donations: We extend our heartfelt thanks to 'Rihannas Swing' for their generous donation of £144.22 and St. Matthews Church, Bryncoch for contributing £105. Your support means the world to us!

## Tesco Community Vote

Voting has begun for the Tesco Community vote, and we need your help! Please vote for YMCA Neath's Men Den project. With your support, we could receive up to £1,500 to further our community work. The project with the highest number of votes will receive £1,500, the second placed project £1,000 and the third placed project £500. To vote, you will need to make a purchase within store of any value and you will receive one token per transaction. Voting is now open at Neath Abbey, Neath Cymra, Briton Ferry and Waunceirch.

# Stronger Starts



## Big Lottery Community Fund

We are thrilled to share that we've secured funding from the Big Lottery Community Fund to continue our essential work with our LGBTQIA+ Youth Group. This will enable us to continue our mission of creating a more inclusive and supportive community for our LGBTQIA+ members.



## Local Places for Nature

YMCA Neath has recently been awarded a Food Growing Starter package from Keep Wales Tidy. Along with the materials needed to create the garden, Keep Wales Tidy will also spend a day helping our group and volunteers to install the package. Please keep an eye on our social media to watch our community garden flourish.





**small talks,  
big difference**

### Tea Talks at the Friendship Circle:

We recently organised a Tea Talks event at the Friendship Circle, combining two great passions: tea and open conversations about mental health. We believe that sharing our experiences and concerns can help break the stigma surrounding mental health. Let's encourage #SmallTalks that make a big difference in our community.

<https://www.ymca.org.uk/small-talks>

### Eat your Pumpkin

Our recent Eat Your Pumpkin Event in partnership with Hubbub was a great success, with over 25 attendees. Together, we rescued 25 pumpkins from the bin, raising awareness about food waste and its environmental impact. Did you know that £26.7 million worth of pumpkins end up in the bin? Let's work together to reduce food waste and make a positive change.



### YMCA Walking Football

It was a pleasure to welcome Mayor of Neath Port Talbot County Borough Councillor Chris Williams to one of our Walking Football sessions. Thank you for spending time with us and chatting with our members . We appreciate his support and interest in our programs, and we look forward to many more visits.



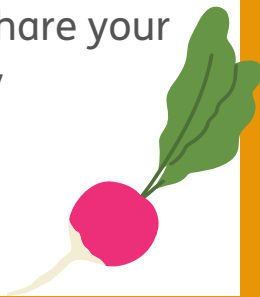


### Help Fight Period Poverty

In Wales, period poverty remains an issue affecting the dignity and well-being of many. At YMCA Neath, we are committed to addressing this concern head-on by providing free menstrual products to those in need. Our goal is to ensure that no one in our community has to face the challenges of period poverty. We believe that access to essential products is a fundamental right, and we're proud to play our part in making a difference. Together, we can help combat period poverty and create a more equitable and supportive community for all.

### Love Your Leftovers!

At YMCA Neath, we care about our community and want to address important issues related to food. Your input matters! Please take a moment to share your thoughts on food insecurity, food waste, and the idea of a community kitchen/fridge <https://www.surveymonkey.co.uk/r/ZDFXF8P>



Your input will help us make a positive impact in our community!

### YMCA Walking Football

We are proud to announce that our team will be taking part in the Wales Walking Football Disability Walking Football Tournament! Staff will be heading to Cardiff on Sunday 29th October to cheer our team on. Good luck everyone!



**OCEAN ARENA,  
BEIGNON CL, OCEAN WAY,  
CARDIFF CF24 5HF**



**29TH OCTOBER  
1PM TILL 3PM**

**DISABILITY  
WALKING FOOTBALL  
TOURNAMENT**




CONTACT  
[INFO@WALESWALKINGFOOTBALL.CO.UK](mailto:INFO@WALESWALKINGFOOTBALL.CO.UK)

Thank you for your continued support and engagement in our community. Together, we can make a meaningful difference.



Here for young people  
Here for communities  
Here for you

Yma i bobl ifanc  
Yma i gymunedau  
Yma i chi