# Good News YMCA Neath Newsletter July - September 2025

## WELCOME

We're thrilled to share some great news from YMCA Neath! Over the past few months, thanks to generous support from funders and the dedication of our staff, volunteers and community, we've secured vital funding and made significant strides in projects that bring people together, support well-being and improve our spaces. From warm spaces and food poverty relief, to community garden work and repair projects, the impact is growing every day.

## **FUNDING SUCCESS**

Active Lives for All Project – We have been awarded £30,000 from the UK Shared Prosperity Grant to launch our Active Lives for All project, expanding access to physical activity for everyone in our community.

150th Anniversary – To help us mark 150 years of YMCA Neath, we received a further £4,500 from the UK Shared Prosperity Grant.

Our Warm Space initiative is launching Friday 26th September at 6pm, thanks to the NPT Warm Space Grant. Everyone is welcome to come in, stay warm, and connect.

We're proud to be the recipients of the NISA Heart of the Community Award – £2,000 supported by Briton Ferry NISA.

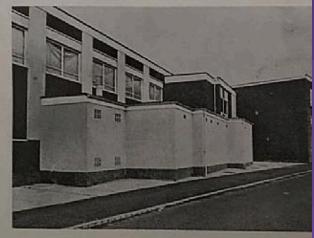
With £2,130 from the NPT Food Poverty Grant, we'll continue to support families and individuals facing food insecurity.

We have received support from Hubbub of £5,000 towards crucial roof repairs, ensuring our building remains safe, dry and functional for all who use it.

An additional £500 from National Grid will support key utility and infrastructure needs.

4 The Region have awarded £800 toward developing our community garden.







#### **GARDD Y POBL**

Our community garden has been shortlisted for the Keep Wales Tidy – Uniting for Environmental Impact Award - a wonderful acknowledgment of the difference green spaces can make, good luck to all the finalists! Huge thanks to Roger (Keep Wales Tidy) and our volunteers, whose ongoing work continues to transform our garden into a welcoming, thriving environment for all.







## **GREEN FLAG COMMUNITY AWARD**

Our community garden 'Gardd Y Pobl' has been awarded a Green Flag Community Award – the mark of a quality green space! This recognition wouldn't be possible without the dedication of our volunteers, who give their time, energy and care to make the garden a welcoming, beautiful and sustainable space for everyone.



#### RECENT EVENTS

Our recent History Talk on the Neath Union Workhouse received a fantastic turnout! A big thank you to Jonathan Davies for leading such an engaging session. This event was funded by the UK Government through the UK Shared Prosperity Grant.

We've also launched a range of new classes to support health and well-being in our community:

Feel Good Fitness with Diane – Mondays 10:45–11:30am Chair Yoga with Jackie – Mondays 12:00–1:00pm Tai Chi – Starting Wednesday 15th October 10:00–11:00am

In addition, Wellbeing Wednesdays are in full swing, offering creative and relaxing activities including watercolour workshops, felting, nature printing and more. These sessions are completely free to attend, made possible thanks to funding from the UK Government through the UK Shared Prosperity Grant.





## YMCA NEATH TIME CAPSULE

As part of our 150th anniversary celebrations, we're creating a YMCA Neath Time Capsule to be opened in the year 2175! If you have any YMCA related memories, items, or stories you'd like to contribute, please pop into reception - your piece of history could be discovered by future generations



#### **VOLUNTEERING AT YMCA NEATH**

Our amazing volunteers have recently enjoyed trips to Margam Park, Tenby and Barry, made possible through Tempo Time Credits. Tempo Credits reward people for the time they give to their community, which can then be exchanged for fun activities, days out and experiences across Wales and beyond. It's a great way to say thank you for the hard work and dedication that make such a difference here at YMCA Neath. We're currently looking for new volunteers to support our community garden, so if you'd like to get involved, earn credits, and be part of a friendly team, we'd love to hear from you!







### **COMMUNITY SUPPORT**

THANK YOU to our gym member Leigh, who kindly gave up his own time to replace the blown windows in our gym - completely free of charge! We're incredibly lucky to have such generous and supportive members who go the extra mile to us help out. You can find Leigh over at Window Repair Neath.

#### ACCESSIBLE TOILET TRANSFORMATION

We are delighted to announce the transformation of our accessible toilet facilities, creating a more welcoming and inclusive space for everyone who visits YMCA Neath. This important upgrade has been made possible thanks to the support of Siesta Group and funding from the UK Shared Prosperity Fund. These improvements ensure that our facilities reflect the dignity and accessibility our community deserves.



#### **MUGS AND MATES**

Our Mugs and Mates men's coffee morning takes place fortnightly from 10:00–11:30am. It's a relaxed space to enjoy a cuppa, chat and connect with others in the community. All men are welcome to drop in and join the conversation.

#### HISTORY TALK

Join us for our next fascinating history session: "Discover Neath's Global Connections" with Robert King on Wednesday 12th November at 12:00pm. Entry is free and refreshments will be provided. Don't miss this opportunity to learn more about Neath's unique place in global history!

### REDUCING WASTE

Our Charity Shop has already raised an incredible £2,637.32 this year, with every penny helping us to sustain vital community projects.

Alongside this, our food initiatives have saved over 1,199.11kg of food from going to waste - reducing waste and supporting local families.

## **NEATH JUDO KWAI**

It's been a fantastic season for Neath Judo Kwai, with our judoka making us proud on and off the mat. At the British Adaptive Open in Cardiff, our Safeguarding Officer Johns daughter Leah achieved a brilliant silver medal in her first competition, while Macsen added to the success with two gold medals, supported by training partner Harley.

Our kata team also shone, with gold in Katame no Kata and silver in Itsutsu no Kata for Adam and Kai, plus silver in Ju no Kata for Steve and Ian. These results highlight the team's dedication to developing kata in Wales.

Meanwhile, at the Dan Grading in Cardiff, Kai gained 10 points towards his 1st Dan and Elis collected 30 points towards his 2nd Dan — outstanding achievements at this level.

Looking ahead, Kata Classes are now running at YMCA Neath, Saturdays from 1:15pm, open to all ages, grades and abilities.









#### BYE FOR NOW!

As always, a huge thank you to everyone who supports YMCA Neath - from our funders and partners to our amazing volunteers, staff and community members. Your kindness and commitment help us continue to grow, thrive and make a difference. We look forward to sharing more exciting updates with you in our next newsletter!

# FIND US ON SOCIAL MEDIA







