



Youth News



YOUNG LEADERS CONTINUE TO IMPRESS



Our Young Leaders project has been a great success in it's first year. We now have 15 young leaders and many more young people attending their events.

Most recently the young leaders supported Ripon Theatre Festival. They visited a theatre production to critique it for the festival, helped plan a drama workshop which was attended by around 30 young people. In addition they hosted the opening night of the festival, managing the front of house for the theatre performance of Happy Place, at the Arts Hub in Ripon. Over the holidays they will be volunteering to support Ripon Together Summer Fest at Studley Cricket Ground.

**361**

ATTENDEES TO YOUNG
LEADERS EVENTS JUNE
2022- MARCH 2023

FUNDING SUCCESS



Ripon YMCA are delighted to have been awarded a grant from the The National Lottery Communities Fund, starting in September 2023.

The funding is for three years to support young people in Ripon. It will provide us with the opportunity to deliver our Ripon Youth Matters project, increase our offer and capacity to provide a holistic and extensive range of opportunities for young people aged 11-18 years.

The new funding will enable us to introduce new projects or continue our existing portfolio. To include drop in sessions, targeted work, community training offer, employability workshops and accredited courses, employability drop in, diversional activities and regular term time after school projects.

Existing Projects Include:

Teen Talk - Funded by Ripon City Council - Ripon's Youth Voice Forum

Young Leaders - funded by Children in Need

Ripon Youth Work Partnership - information sharing and feedback meeting

Ripon EcoAction - In partnership with the Skell Valley Project

Youth provision 2022 / 2023

**279**

Staff Hours of
delivery

What young people we engage
with regularly tell us...

"YMCA is my happy place"

"YMCA is a place I feel safe"

"Gives us somewhere to hang
out"

"Ripon needs more YMCA stuff
for us"

"Free food is good"

"There is a big gap in
consideration for young people
in Ripon, their issues and what
they need. YMCA help with that"

"Youth workers and leaders are
nice and you can talk to them
about stuff"

20% in the last week they
mostly felt 'very
unhappy or very
stressed'.

47% in the last week they
noticed themselves
feeling lonely
'sometimes'.

40% in the last week they
mostly felt 'a little
unhappy or stressed'.

144

Youth Work
Sessions Delivered

Being a Young
Leader ...

"Young Leaders has
given me confidence"

"Can talk to people
more now, not as shy"

"People listen to our
ideas"

"I have made friends"

"I can do stuff I
didn't think I could"

"Makes me aware of
other people's
situations"

"Volunteering is fun"

154

Individual Young
People engaged

1343

Total attendance for
sessions or activities



-12 13-16 17+

Age of young
people engaged

TEENS DROP IN
Ripon
YMCA
232

RED TRIANGLE
Ripon
YMCA
350

TEEN TALK
Ripon
YMCA
29

SPARK
Ripon
YMCA
300

HOLIDAY ACTIVITIES
Ripon
YMCA
71

YOUNG LEADERS
Ripon
YMCA
361

Attendees by project



5 Water Skellgate, Ripon, HG4 1BQ tel: 01765 607609 email: youth@riponymca.org



Housing News



WHAT THE YMCA MEANS TO STAFF, TRUSTEES AND MOST IMPORTANTLY OUR TENANTS...



THE GREAT YMCA BAKE OFF



Our tenants are really starting to excel in cooking and baking and the competition is heating up. With the weekly food cooking social and group baking sessions plus a weekly brunch, everyone is being treated to a host of dishes and sweet treats, whilst tenants have fun developing additional skills.

AGM 2023 POSITIVITY

Thank you to everyone who attended our AGM on 19th July. Thank you also to Sarita at Realitea for the amazing food and to our tenants for the cakes.

The evening was a great success and included activities including a quiz and vision board.

The AGM meeting followed where our many achievements were celebrated and plans for future discussed.



Housing Provision 2022 / 2023



What our tenants tell us...

"Staff are always supportive and there when you need them"

"The staff are kind and friendly"

"I have a roof over my head and I am saving money for a place"

"Staff are supporting me and showing they care"

"The variety of people and the comfort"



Gender



March 2023 Snapshot



5 Water Skellgate, Ripon, HG4 1BQ tel: 01765 607609 email: youth@riponymca.org



PROMOTING HEALTHY LIFESTYLES

Thanks to Brimhams Active we have managed to secure Leisure Centre passes for our YMCA Tenants as part of our awareness raising around healthy life style choices.

In addition we are planning an 'Images of Hope' creative art session where tenants and staff can explore self expression. We also hope to explore tenant fishing trips and other activities in order to potentially help our tenants gain new and healthy coping strategies and tools to support their well being and mental health.



Community News



VOLUNTEERS NEEDED



As with many charitable organisations, the dedication of its volunteers is pivotal in the success and delivery of support given.

YMCA Ripon is no exception! Our small team of volunteers are invaluable to us, giving up their time to support us many different ways and through various roles.

We always welcome new volunteers, so please get in touch if you can offer your time to support us.

RECRUITMENT

We are currently recruiting for sessional workers to help support our youth projects.

VISIT OUR WEBSITE FOR FULL DETAILS

WWW.RIPONYMCA.ORG/JOBS



FREE TRAINING WORKSHOPS COMING SOON...

From September we will be offering a selection of short training workshops based around working with young people, mental health awareness and safeguarding.

These workshops are aimed at organisations in Ripon that work or want to work with young people.

Keep an eye on our website and facebook page for more information.



Coming Soon

What does it cover?

This free course aims to raise awareness of mental health. It will explore how to understand and recognise the causes & symptoms of poor mental health and possible support options.

Who is it for?

This course is for anyone who would like a better understanding of mental health. You could be a volunteer, support worker, parent, carer, professional or community member.

Where?

Ripon YMCA
5 Water Skellgate, Ripon
HG4 1BQ
Charity No: 250986

To Book your place
email: info@riponymca.org
or Tel: 01765 607609



WELLBEING EVENT 21ST SEPTEMBER 2023

Our next fundraising event is set to be a relaxing and unique experience. A night or wellbeing taster sessions to include pilates, dance, breathing and finishing with a sound bath all in the stunning and ambient surrounding of ripon Cathedral.

Don't miss out....tickets available shortly from the YMCA Charity Shop

SLEEP EASY SUCCESS

On Friday 21st April 2023 Ripon YMCA and volunteer participants slept outdoors at Ripon Museum to raise awareness of homelessness. Despite the horrendous rain we still had a fun filled evening and were treated to food from Realtea tea rooms and a hearty breakfast from the Rapid Relief Team Charity.

We would like to thank all who attended on the evening to support us and everyone who slept out or donated. A special thanks to Ripon Workhouse museum staff for hosting us. We are thrilled to say we raised a whopping **£ 8075**

Watch this space for next year's event!!!



Kindly supported by
RIPON CATHEDRAL

YMCA RIPON presents an evening of WELL-BEING

RIPON CATHEDRAL
21ST SEPTEMBER 7-9 PM

- Experience a number of well-being taster workshops throughout the evening
- Enjoy the benefits of stress reducing activities, whilst raising money for a local charity
- Relax in the stunning surroundings of Ripon Cathedral

7-7.30pm Pilates: with Kelly Addeman from Rooted in Pilates
7.30-8pm Dancing for wellbeing: with Dancing for Wellbeing
8-8.30pm Breath Work: with Helen from Seeds of Compassion
8.30-9pm Sound Bath: With Sudeshna from Sound of the times

YMCA RIPON



Funds raised help us to continue our vital work supporting vulnerable young people who are homeless or at risk of homelessness

£25 per person Non-refundable 18 years+ only

Ticket Sales:

Cash Purchases - Ripon YMCA Charity Shop

Marshall Way, HG4 2AZ (near Booths)

Bank Transfer - email: community@riponymca.org



Page of positivity

HELP US TO HELP OTHERS

Become a Room Sponsor today and help a local young person.

give them a safe place to call home.

Family breakdown is the most common cause of young people finding themselves homeless and coming to live at Ripon YMCA.

Give a regular gift from £12 on our dedicated Ripon YMCA page to support us directly:

www.ymca.org.uk/ripon

WHAT YOUNG PEOPLE TELL US ABOUT OUR YOUTH PROVISION...

"THE YMCA IS MY HAPPY PLACE"

"YMCA IS MY SAFE PLACE"

"THE YMCA HAS BOOSTED MY CONFIDENCE"

"I DID NOT TEND TO LEAVE THE HOUSE UNTIL I FOUND THE YMCA"

YMCA RIPON CHARITY SHOP

YMCA Charity Shop is now open in Ripon. Next to Booths.

Profits from the network of YMCA shops are shared with local YMCA's to support our work.

They welcome donations of clothes and furniture.
Phone 01765 690664



Can you help
Vulnerable young people today?

Become a Room Sponsor
www.ymca.org.uk/ripon

WE LOVE WHAT WE DO!

