

**YMCA**

Ripon

Newsletter

Issue 7 Summer 2019

[www.riponymca.org](http://www.riponymca.org)

01765 607 609

# YMCA



Our Trustees, President and Chaplain at our annual Dinner and Dance

## Fundraising

We continue to be overwhelmed by the generosity of our local community. Our amazing sponsored Sleep Easy volunteers raised just over £7000 sleeping on the market square for 1 night in March.

In June the children of Ripon Cathedral Primary school did a sponsored bounce and gave us £320 to pay for equipment and starter kits for our tenants.

David Jelly raised £600 for us by running the London Marathon.

We also have developed new partnerships with Holy Trinity Church and Ripon Cathedral and continue to engage with local businesses (Morrison's, Mountain Warehouse, Yorkshire Building Society and The Old Deanery to name a few).

Thank you to everyone who continues to support us. Your donations, food parcels, volunteering, likes on Facebook and retweets show that we are building awareness of our small charity.

Lucy Gratton – CEO

## The YMCA team

Emma Martin our Housing Support Worker will be leaving us soon to have a baby. We have recruited another Emma who has already started to with us to ensure a smooth transition.

James and Jennie have stepped down as Trustees at our AGM. We have a few new contacts in the pipeline, but are always on the lookout for new trustees with a housing, voluntary and community sector or legal background. We thank James in particular for serving as our Chair for 3 years.

Also a quick mention of Lucy and Bev who went to Buckingham Palace for a Royal Garden Party in May. Lucy for her ongoing work in the Voluntary and Community Sector and Bev for her years of commitment to the Red Triangle Drama Group held at Ripon YMCA.



### Quiz Night So Bar, Ripon

**YMCA**

Thursday 24th October, 7.30pm  
£5 per person (up to 6 players per team)  
E: [events@riponymca.org](mailto:events@riponymca.org)  
@YMCARipon



Join us at our 1<sup>st</sup> Quiz Night in aid of Ripon YMCA – 7.30pm 24<sup>th</sup> October, So Bar in Ripon

Teams of up to 6 players are welcome. £5 per person. Email [events@riponymca.org](mailto:events@riponymca.org)

## Andrews story

Andrew moved in to the YMCA 18 months ago after living with friends for about 6 months after his relationship broke down with his mum and step dad.

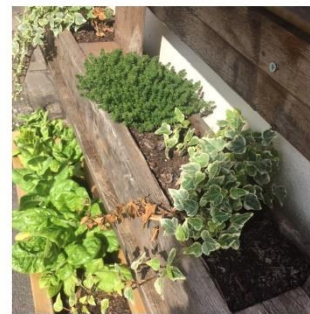
He was 20 and had worked on and off since leaving school and was supported by his family initially. His mental health declined and he was diagnosed with depression and anxiety and unable to carry on working. Arguments between him and his step-dad increased and he felt pushed out by his mum who also had 2 younger daughters.

Andrew came to us with nothing. We gave him with a full starter kit with bedding and kitchen equipment that he has now taken with him.

He engaged regularly with support and with our gardening, craft and cooking activities, he also gained some cleaning work for a few months.

He regularly visited his family and looked after his little sisters, he feels that his relationship is much better now with his mum and he has much more confidence and is able to manage his anxiety and depression with medication.

Andrew has now moved in to a shared house with a friend in Harrogate near his mum. He is not working yet, but hopes to get settled and apply for part time work in Harrogate. He visits his mum a few times a week and gets on much better with his step dad now.



## Gardening club

In Spring 2019 we worked with our tenants to improve the outside space at Ripon YMCA. We made some new planters, grew veg from seed and visited the Walled Garden in Ripon to seek inspiration. The tenants and staff have learnt a lot and hope to plant some lavender and evergreens to keep the place looking nice over winter.

### Dates for your diary:

Saturday 7<sup>th</sup> September – 2 to 4pm  
Zumbathon at Ripon Leisure Centre

Thursday 24<sup>th</sup> of October – 7.30pm  
Quiz Night at So Bar, Ripon

Monday 25<sup>th</sup> of November – CEO Sleepout in  
Harrogate – see [ceosleepoutuk.com](http://ceosleepoutuk.com) for details

Saturday 28<sup>th</sup> of March – Proposed date for  
Sleep Easy 2020

Friday 15<sup>th</sup> of May 2020 – Dinner and Dance at  
Spa Hotel, tickets from [events@riponymca.org](mailto:events@riponymca.org)

EddyZumba  
Fernando Brazil  
Edson Alves  
& more special guests

**WHEN?**  
**SATURDAY 7th SEPTEMBER**  
**2PM - 4PM**

**WHERE?**  
LEISURE CENTRE  
RIPON HG4 1TT

**CHARITY ZUMBATHON**

FOR **YMCA** We believe in young people

Tickets £10 - available from EddyZumba  
Mob: 07845 550 965

by Paul music by DJ Diogo

## Work for us

We are recruiting to a part time Facilities Worker post. This flexible role will suit anyone with a practical background or with some experience of health and safety. Our website has full details here: [www.riponymca.org/jobs](http://www.riponymca.org/jobs)