

YMCA

Ripon

Newsletter

Issue 5 – Winter 2018

YMCA

We believe that every young person should be able to develop their full potential in body, mind and spirit.



## Thank you for your support in 2018

We have had a busy year as expected and are working on many exciting developments for 2019.

We have received a massive amount of support from local people, business, volunteers, partners and trustees.

In March we had our first SleepEasy. Raising funds and awareness of homelessness.



In summer we worked in partnership with Ripon Museums and Harrogate Homeless project to create a powerful exhibition telling the stories of 12 people who have been homeless. We will be bringing the exhibition to Ripon Cathedral on the 28<sup>th</sup> of February 2019

## Jasons story

In February 2018 Jason (not his real name), who is 18, contacted the Young Peoples Housing Hub at Harrogate Borough Council. He was from the Harrogate area and had been living in an overcrowded home with his family. His mental health was poor, with anxiety and depression diagnosed and frequent episodes of self-harm. He had not lived independently before, but felt that if he had his own space, away from some of the difficulties at home, his mental health would improve.

Since Jason moved in to the YMCA he has faced some difficult challenges, he is developing a small social network and engaging with support meetings and staff really well.

He has recognised that he needs to engage with the doctor and mental health services about his health and has been having regular appointments.

Jason still has days where he is really low, but we know he understands the importance of eating healthy food, getting out in the fresh air and attending all appointments.

If you think you would be able to spend time with a young person like Jason please get in touch. In the new year we will be looking for volunteers who have the right skills and attributes to support our tenants to engage with the local community, develop confidence and take part in activities.

If you are interested in being a buddy for a young person and would like some more information please contact Lucy [lucy@riponymca.org](mailto:lucy@riponymca.org)

## Thank you

On the 18<sup>th</sup> of December we held our annual Christmas lunch with our tenants. This event was only made possible due to the generosity and support of The Old Deanery, Olivers Pantry and the public of Ripon.



Amongst many others we have received recent support from:

- Camp Hill Estate Christmas Fair
- The Rotary Club of Ripon
- Mountain Warehouse
- The Co-op Foundation
- The Screwfix Foundation
- WHSmith
- Lightwater Quarries
- Morrisons Ripon

The public have well and truly supported us with donations of food, gifts, money and goods to help us provide the services and Christmas we want for our tenants.

And we thank all our partners both local and national who help us in our work.

**YMCA Ripon**

**YMCA**

Sleeping rough so others don't have to...

**Sleep Easy 2019**

YMCA Ripon provides supported housing for young people aged 16-35. Help us raise awareness of youth homelessness and much needed funds by spending the night with us on Ripon Market Square. One night can make a lifetime of difference!

**When:** Fri 8th March to Sat 9th March 2019  
**Where:** Ripon Market Square  
**Time:** Sleep Easy from 7pm to 7am  
Refreshments and activities from 3pm to 10am

To find out more about our Sleep Easy event visit [www.riponymca.org/sleep-easy](http://www.riponymca.org/sleep-easy) or phone 01765 607609.

To register your interest in taking part in Sleep Easy 2019 email us by Friday 15<sup>th</sup> February [ceo@riponymca.org](mailto:ceo@riponymca.org).

**YMCA** YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and based on, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

Support & Advice | Accommodation | Family Work | Health & Wellbeing | Training & Education

### Dates for your diary:

- 28<sup>th</sup> of February – Homeless not Faceless exhibition and awareness event at Ripon Cathedral
- 8<sup>th</sup> of March – SleepEasy. Sleep rough so others don't have to
- 10<sup>th</sup> of May – Dinner and Dance at The Old Deanery

And finally – Merry Christmas and New Year. From all the staff, volunteers, tenants and trustees of Ripon YMCA.

