

YMCA CAPE TOWN

EDITORS LETTER

As the communications team, we would like to welcome you to the first issue of 2017. Since this year has started there has been many new developments, with a total revamp to the YMCA CT, a lot of new faces and much more to get involved with.

Sadly, we've said goodbye to some of our volunteers and management but we believe that they will continue with their good work in empowering those around them.

As we take you on this journey, we update you on what is new and happening here at YMCA CT and give you a sneak preview of what is still to come. We're looking forward to bringing you up to date with the latest & most exclusive news at the Y.

Welcoming YOU!!!

As the Deputy GM of YMCA CT, I can without a doubt, say that this first quarter has been the most challenging time for me at the Y thus far. Our General Manager resigned in March and this position is vacant and will be filled in due course. Brandon Kadalie (Programmes Manager) had resigned in January and left for Sweden after 5 years of dedicated service to the YMCA; He was replaced by Sindiswa Mbude. Michael Henry (Youth Justice Coordinator) has resigned after 3 years of dedicated service - this position is still vacant. Cynthia Abrahams joined the Admin department. With a compliment of Old and New staff together with our volunteers, we will continue to move forward and ensure that we uphold the YMCA Cape Town and what it stands for. Together we can only go from strength to strength.



Little Stream

All is going well with the Tea Garden and a few new meals have been added to the already delicious menu. Our breakfast and lunch buffet on Sundays is still very popular with the majority of the customers booking in advance to secure their tables.

The tent is back up and has been well secured to extend the indoor area which is going to make visiting the Tea Garden a lot more comfortable going into the winter months. The gardens have taken a bit of a knock with the unavoidable water restrictions but still look amazingly green under the circumstances.

Thanks to Wiseman's constant tender loving care, there is still a steady flow of enquiries for both functions and conferences - many of which are either referrals or repeat business, which is always a good to have.

Those visiting for the first time are blown away at the venue and look forward to bringing their families for a meal. Overall, everyone has been happy with their experience here at Little Stream.
- TANYA BREDEKAMP

We strive to ensure that our residents are kept happy at their **"HOME AWAY FROM HOME"**

That being said, we have (with the approval of our Finance Committee) purchased new mattresses and bedding for our resident's rooms. A few more upgrades will be done during the course of this year.

Watch the Space !!!

Our accommodation is 95% booked all year round. There has been a huge request for self catering accommodation and we in turn, have had to turn people away. We hope to turn this situation around in future.

As mid 2017 approaches at a rapid speed, I want to encourage you all to do your best under challenging circumstances, May it be in your work or personal life.

- COLLEEN DAVIDS

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Empowering Youth for Life, Leadership and Service

Cape Town YMCA Programmes



Signature Logos for our programmes

Commitment to empowering youth is CT YMCA's core mission; empowering those most at risk in RSA through the development of Life, Leadership, Service, Education and Skills.

Weekly-run youth development signature programmes include: **Y Justice** (Alnoor Orphanage, Pollsmoor Prison, Girls & Boys Town, St Josephs Hospice and the Resource Centre).

Y Arts (Observatory Neighborhood Aftercare). **Y Zone** (Observatory Primary) and extends to our Outreach Work and annual YMCA camp.

The work we do requires all hands on deck in delivering this mission with the help of dedicated volunteers, staff and partners like AVA, the Ark, Retreat Shelter, to name a few.

CT YMCA is able to ensure active participation in SA's youth empowerment agenda.

Upcoming Events

- International day of families, 15 May
- International day for biological diversity, 22 May
- Africa day, 25 May
- Children's day, 1 June
- World environment day, 5 June
- World ocean day, 8 May
- June 16, Youth day

"Their reaction made me even more excited, and all in all it was a very intriguing session"



Pollsmoor Gala Event

Going out to Pollsmoor Prison to watch and support the **"YOUR SLAM FACTOR"** talent show, was a great opportunity and a humbling experience to see how talented the offenders are.



It shows that although they have made mistakes they have good inside of them. I am grateful to the YMCA CT for the opportunity and for allowing me to experience this as a new volunteer.

- ANTHONINA MAY



Y-Justice Pollsmoor Prison

I've always been drawn to the vision of the Y-Justice programme. It aims to equip current offenders with basic life skills, preparing them to be reintegrated back into society. We do so by hosting bi-weekly sessions at Pollsmoor Prison, Tokai.

The Y-Justice programme also assists ex-offenders with necessary skills such as computer literacy, reading, writing and conducts various assessments which helps us determine the intervention required for each individual we attend to. The resource centre has been made available on the CT YMCA premises which allows ex-offenders, as well as youth to make use of these facilities.

This amazing initiative provides them with opportunities to gain skills without any cost.

The Y-Justice Pollsmoor programme hosted 14 students from Norway at the start of 2017 .

The students participated in a

Youth Justice orientation before visiting Pollsmoor Prison. After attending the training they had an opportunity to visit Pollsmoor where they were allowed into prison to co-host the session for the day.

It was our 1st session for the year, and we saw it fit to have an introductory session with lesson 1 "WHO AM I". The 20 odd participants' excitement became evident when we stepped inside the small classroom where we would be running our session for the day. Their reaction made me even more excited and all in all it was a very intriguing session and a good way to start the programme.

To this day, it is an honour to be a part of this programme as I learn something new each time I engage in class. It is also fulfilling to offer my time as a volunteer to help for the greater good of others.

- KELLY JULIE

OUR STAR Y-ZONER



**OLUCHI EKEH, AGED 12
READ MORE ABOUT HER IN OUR
NEXT ISSUE...**

***“I feel good
about the
work that I
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Y Zone Obs

Y-zone is a programme that inspires children for Life, Leadership skills and Service. As facilitators it's nice entering a class and seeing how excited the kids are about the topic of the day. It is also motivating to hear the kids giving us positive feedback on our previous session. We mainly assist them with their school work, so that their weaknesses become their strength in order to end off the year with good results.

As a facilitator I feel good about the work that I do and knowing that our kids will make good decision in life. I am also extremely proud of Oluchi Ekeh, one of our Y Zone kids who is Observatory Primary Head Girl 2017.

-CORDIAL BASTIAN



Alnoor Orphanage

***“The
sessions are
interactive”***

Alnoor is an orphanage/home where we teach children aged 7-17 years old, life and leadership skills. We do various topics for example bullying, self esteem, team building etc. all of which are topics from the manual we have set up in the beginning of the year.

The sessions are interactive and incorporate the views and understanding of the youth that participate with in sessions. We conduct various discussions so we may hear the thoughts of the youth and understand their views. The programme is hosted every Thursday from 16:00 – 17:00. The facilitators do the lesson plans for each session prepared, and bring along whatever material or resources that are required. We walk up to the main road and catch a taxi in order to be at Alnoor. Although tiring at times, it is well worth it as we can see the impact of this programme in the lives of these youth.

St Josephs Hospice

St Joseph's is a hospice where chronically ill children stay. As CT YMCA volunteers we go there once a month on a Saturday and have been asked to host the programme for 2 Saturdays of the month which implemented in May. It's a good experience to go there and have fun with kids; playing games that accommodate everyone and to see them smiling because some of their families barely visit them, so when we are there they feel loved.

The best part for me is when they see us they see people who love and care for them even if they are ill, they see us treat them the same as in any other programme we host with children; lots of fun, love and something new to learn.

- CORDIAL BASTIAN



Y-ARTS is a creative and safe space where we encourage our youth to let their creative side come out. This is a programme that is provided by our energetic and friendly volunteers every Tuesday afternoon from 4 pm to 5 pm.



Through this programme we keep our youth off the streets by teaching them how to make items like bags and earrings that they can sell on their market days which takes place once a month where 10% of their sales go to the Methodist church and the rest for themselves.

By doing this we are teaching these kids how to become independent, creative and also at the same time teach them the importance of giving back.

- ELMO LYNCH

DHL NEWLANDS RUGBY EXPERIENCE

Graduation

I have had the privilege to represent our local Y at various platforms nationally and internationally, as a Subject to Citizen Ambassador and Change Agent. I completed my 2 year internship with AAY-MCA and World YMCA & I have successfully graduated as an S2C Ambassador and Change Agent.

The experience in itself was amazing and I learned so much from prominent YMCA leaders to youth from all over the world. We had an opportunity to have first hand cultural exchange with over 60 countries and I got to travel to other countries for the first time.

With the training I received which consisted of advocacy, Christian emphasis, communications and everything in between, I am more equipped to reach more beneficiaries & thus make a greater impact in our communities.

Thus far I have used the skills and knowledge acquired to create trainings that are specially requested for local, regional, national and international volunteers and visitors.

It was an intense journey, with a lot of assignments & projects & the work continues even after you graduate however it was well worth it. I am blessed & am ever so grateful for this opportunity.

- SHARNELLE CADER

“This was a first time for many”



On Saturday, 15 April 2017 the YMCA Cape Town had the privilege to take 13 underprivileged children from Claremont, Khayelitsha, Observatory, Salt River & Woodstock to watch Stormers vs Lions at Newlands Stadium. We left the CT YMCA at 13:00 on Saturday the 15th of April and left for Newlands stadium, the excitement was evident. On arrival the kids received flags, bags and DHL Stormers balloons, as well as a lunch pack with cooldrinks.

“ I have successfully graduated as an S2C Ambassador and Change Agent”

The kids had a marvellous time and the facilitators as well. The CT YMCA, together with our programme partners (Girls and Boys Town, Claremont and Observatory Neighbourhood Afterschool is thankful to Sporting Chance and Springbok Atlas for making this all possible, as this was a first time for many.

-ELMO LYNCH



SEND A KID TO SUMMER CAMP

For more info contact:

YMCA Cape Town's Programmes Department
T: (+27) 21 447 6217
E: programmes@ymcacapetown.org.za

Donate Here:
Standard Bank, Mowbray
Account name: Cape Town YMCA
Branch No. 024809
Account No. 071 292 793 (Current Account)
Swift Code: SBZAZAJJ
Reference: 1k_YouthCareNumber

“Empowering youth for Life, Leadership and Service.”

SOF Theatre Show



On Monday, Worker's day, 1 May 2017, we had the opportunity to take 19 youth from our various programmes to a theatre show called Legendary Divas. The children came from various areas such as Claremont, Khayelitsha, Observatory, Mitchells Plain, Salt River, Wynberg & Woodstock. For many, it was their first time to experience such a spectacular event. All the children enjoyed themselves thoroughly, they sang along with the songs they knew, had lots of laughs and a splendid day all in all.

It was a good experience for me too, as it was my first time at the theatre. We would like to say thank you to Suid Oosterfees for making it all possible as they provided us with 22 complimentary tickets. **THANK YOU!!!**

- NWABISA BHUTSI

Summer camp was a huge success as always, and we want to thank everyone for their continued support in providing disadvantaged youth with an experience of a lifetime. We were able to take 87 children free of charge on camp for 2016. This year we would like to reach the triple digits and have at least 100 youth present on camp! So, for anyone interested in supporting the #1kidCAMPaign initiative, feel free to get hold of the programmes department at the CT YMCA for more info.

- SHARNELLE



Community Outreach Work

As the CT YMCA we went to Houtbay **on date** were people lost the house due to a fire outbreak. We decided we will give back to the community by going to them and spending time helping where we can. It was a good experience for me so I may give my time helping other people. The sad part was to see lot of people who didn't have place to sleep and the children whom lost their books and uniform.

-NWABISA BHUTSI

As the winter months draw nearer we once again are reminded of those staying on the street, over crowded shelters and homes and are suddenly grateful for the clothes and that blanky that keeps us warm and cosy.

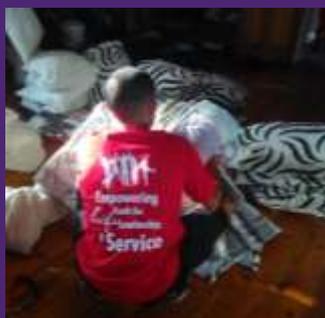
As the CT YMCA we realised we could do something about this as we were getting new bedlinen for the residents and we decided that we would donate the used yet good condition blankets, mattresses and pillows to those who need it most.

On 20 April 2017, through the storm we went out to the community to donate the bedlinen we set aside. I was privileged to be part of the team that went out to Ikhazi (Gugulethu), Nazereth House (CT), SOS Childrens Home (Thornton) and the homeless in the surrounding areas of Observatory. **- SHARNELLE CADER**



STILL REACHING OUT

On Wednesday, 10 May 2017, we were invited to Wal-lacedene Primary School to assist with the grounds so that the children may use the field for sports and other recreational activities.



We were really productive and we were able to get a great deal of work done. It was great to be back as we started in Kraaifontein with our YZone programme and although we don't host a daily programme their anymore, it is great to still be called upon as the YMCA CT.



This is a good indication of the great relationships build by the YMCA and how our partnerships grow from strength to strength.

- SHARNELLE CADER

Subject to Citizen (S2C) Training

Students from Ronningen Folkschool, Norway came to YMCA CT for Subject to Citizen (S2C) training. The S2C training included topics that are specifically relevant to how youth view the world – such as stereotypes, economic status, developmental concepts, claiming your space, using your voice and transforming yourself and others. For myself the training went well and it wasn't boring like many trainings out there.

We shared lots of information with the Norwegians. The S2C training was a good experience for me to exchange ideas on how we do things in the "Global South" and how their country (Norway) is different from us in terms of how we want our voice to be heard as youth will not strike in the 'Global North' but rather go to parliament and express their views there, however here in RSA things are different. **- NWABISA BHUTSI**

CT YMCA Orientation Training

Having just started work for the Cape Town YMCA as a volunteer and I have found it to be a truly wonderful experience thus far, because I got to learn more about the history of the YMCA through the Orientation training. I now have a better understanding of the association.

During orientation we were taught about the Paris basis, Kampala Principles, Challenge 21, The Our way and New Way, the Accra Agreement, GOP & briefly the different levels of YMCA. We learned what all these concepts are and how they form part of the YMCA. I also learnt more about the youth programmes that CT YMCA offers to the youth, so far I can fairly say I am enjoying my work as a volunteer and am getting the necessary training to be a well equipped Youth worker Volunteer.

- SINDISWA MDLELENI



Feedback:

"Thank you for all your support to make me enjoy my stay in YMCA."

- **EMMANUEL OBANIJESU**

"Your sponsorship of the Student Mission Training Workshop 2017 has ensured the continuing success of our student volunteer services to advocate, educate, lead and promote community service to the beautiful people of South Africa."

- **OPERATION SMILE**

Dear YMCA management

"I would like to sincerely thank you for the lovely hospitality and friendly staff that you have. During my stay at YMCA I felt safe and at ease that I was well taken care off. Staying at YMCA gave me my personal space which allowed me to reflect on life; it also most importantly allowed me relax in peace and quiet in my room without being surrounded by chaos. I really enjoyed myself at YMCA and it was lovely meeting new people (including the staff) at YMCA. Thank you once again for allowing me to reside at the YMCA."

- **BUYI MKHIZE** (ex-resident)

We are situated in Observatory just below the railway station, close to various institutes of Tertiary education and public Transport.

We offer single rooms with shared bathrooms at reasonable rates as well as the following:

- Wi-Fi hotspot
- Library/ Internet room
- Pool tables
- T.V. room with DSTV
- Chapel / Music room
- Braai facilities
- Enclosed Parking Area
- 24/7 Security personnel



Operation Smile mailed this beautiful letter to say Thank You to the Cape Town YMCA



Booking in the first group of residents from Rural Development (RD), we provide them with their 6 months "Home Away from Home" stay, whilst completing their internships with RD.

"Home Away from Home"

We at the YMCA Cape Town are pleased to be able to provide a 'Home Away from Home' for all our residents. From the board, the admin crew, maintenance and after hours personnel we ensure that we continuously strive to meet this goal and are always looking at ways of improving our services. As the first point of contact I can proudly say we are the YMCA CT and am pleased with the services we provide for all. For more information contact +27 21 447 6217 or email: reception@ymcacapetown.org.za

-**CHANELLE JENSEL**

The YMCA has made a great impact on my life. The love, caring and sharing at the YMCA is beyond any individual's expectation. This is truly "Home Away From Home". I had the honour to experience my first Braai Day at the Y and what an awesome evening it was. The unity and love I felt was undeniable, everyone came together as one big happy family and the meals provided was scrumptious. I cannot wait for the next braai, thank you YMCA for a memorable evening. -**CYNTHIA ABRAHAMS**



WITNESS THE FITNESS

The YMCA Fitness gym is available for both residents of the YMCA and the general public in Observatory and surrounds. We offer fitness



programmes like one-on-one training, cycling groups, outdoor classes, extreme fitness classes and boot camps suited to each individual. It is open Monday to Friday from 12:00 to 20:00, Saturdays from 12:00 – 15:00 and is closed Sundays and Public Holidays. For more info. come and see me during these times and I will show you what we have to offer.

-**ROBIN SCHOLTZ**

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