

Our new website is up and running and will showcase Lurgan YMCA in a modern and contemporary way. We still have a bit of work to do on it and finding the time to keep it updated isn't easy. Do you have skills and time that we could use to keep our website updated? Give us call to get involved. Our new logo reflects our efforts to bring different people and cultures together, to build a stronger Lurgan. It also means you can keep up to date with new events, our building progress and how you can support or contact us. You can see the logo at the top of this newsletter and please take a look and let us know what you think



N E W S L E T T E R

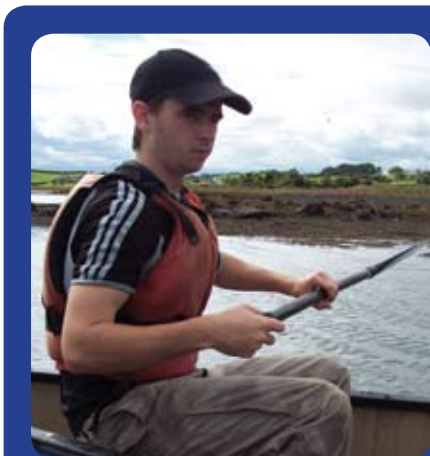
www.ymcalurgan.com

A journey of newness at Lurgan YMCA



Newness is the theme of this newsletter as we have so many new things to share with you. Rather than tell you about them see for yourself as you turn the pages. One new item I want to make special mention of is that we have finally secured a new building site on Carnegie Street, overlooking the Tesco car park. The projected cost of our new building is £1,500,000 and we are confident we have secured about £1,300.00. Now that is something new to celebrate! I hope you enjoy our latest newsletter.

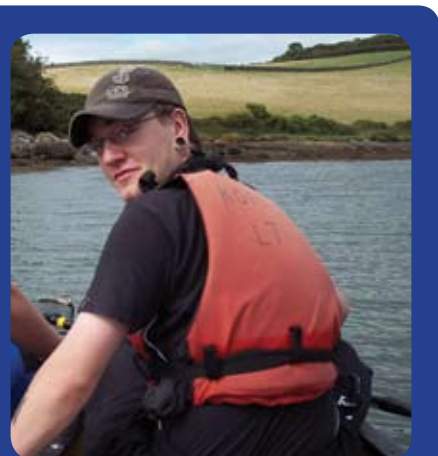
Hugo Dale CEO



Some New young people

New young people have joined the YMCA and been involved in many of our programmes. Two new guys that have come through our ranks are Walsh and Stevo, who are now active volunteers, contributing a lot to our efforts to reach out to young people in Lurgan.

Meet Walsh and Stevo

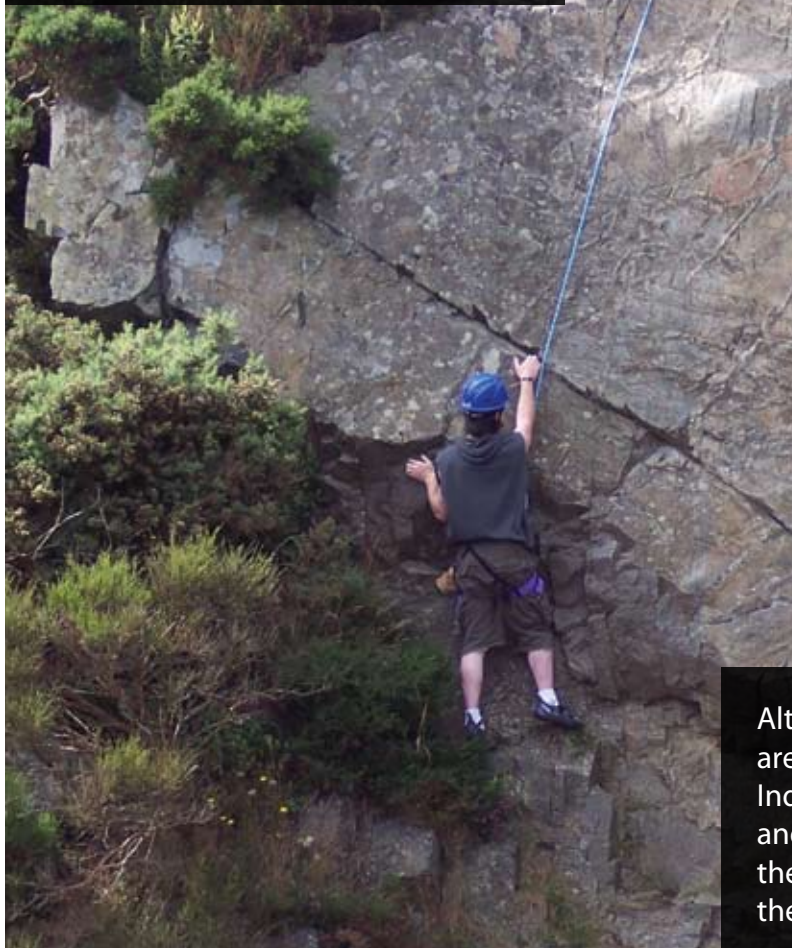


YMCA Olympics

In March 2009, in support of the 2012 Olympics, the Government set out a Westminster Briefing highlighting the “important role sport can play in the arenas of education, employment, good citizenship, social inclusion and physical and mental health.”

Lurgan YMCA has built this in our Health & Wellbeing programme, introducing young people to less well promoted sports – climbing, canoeing, clay pigeon shooting, archery, judo and fencing.

We kicked off with canoeing, trying various boat types, and learning paddling skills which led to the group going on an expedition to Salt Island on Strangford Lough. It was a new experience for the 6 participants who enjoyed a night time paddle, cooking on camp stoves, life without electronic conveniences or entertainment, and all the shore and sea life Strangford has to offer.



Although hill walking navigation and climbing aren't real Olympic sports they are at the YMCA. Individuals were challenged physically, mentally and spiritually as they dealt with weather, finding their way home and learning to trust others as they climbed to great heights.



The photo above shows the 8 sports we will participate in.

Our clay pigeon day was very popular and really set out why boundaries and discipline are good thing. The competition element was high, Walsh hit the most clays and they all want a re-match.

OUR OBJECTIVES ARE TO:

- 1. Engage in less well promoted sports.**
- 2. Challenge individuals in spirit, mind and body.**
- 3. Use recognised governing bodies for each sport.**
- 4. Promote good role modelling, benefits of discipline, structure, rules, risk awareness, and achievement.**
- 5. Educate participants how to get further involved in the sports offered.**



OUR AIMS ARE TO:

- 1. Inspire young people to take better care of their health.**
- 2. Demonstrate the importance of diversity modelled through sport.**



Summer Drop-in

Woodturning week pushed the skill level up this year and the final products said it all.



Mouthpiece Committee

Following on from the success of the OCN course, young people were willing to step into more leadership within the life of the 'YM' in Lurgan. A group of 14 young people expressed interest in forming a youth committee that would make decisions and become leaders within the wider group of young people. Going under the name of the YMCA 'Mouthpiece', this group has been involved in steering and directing the work that we do.

OCN Course / YMCA Prom



Eight young people who had been achieving their OCN Level 2 qualification in 'Programme Development Skills' began implementing those skills to organise the first ever YMCA Prom!



Romance Academy

A few years ago, the BBC put together a programme called 'No Sex Please, We're Teenagers', and it followed 12 young people as they decided to take a pledge to abstain from sex for the duration of a course, run by 2 youth workers that explored issues to do with sex and relationships. We, at the YMCA, understand the real pressure and stress that these issues cause young people, and so we decided to test the programme out for ourselves. Twelve young people embarked on a 10 week course that gave them space to think about relationships, love and the attitudes we have towards sex and relationships. Their thoughts of the programme speak volumes:

'My head has been cleared and I feel I'm not pressured into sexual activity. I feel more confident and can talk to people more and I think it has been due to the Romance Academy, because my head has been cleared over the past month and I can't feel myself getting agitated like I used to.' 16, Male

'A real high point for me was being able to say no to my boyfriend because of the pledge' - 16, Female





Community Relations

Health and Fitness

Youth Leadership

Educate on drugs and Alcohol Misuse

Information on underage sex,

pregnancy and STDs

Schools work



WHAT WE DO...



Schools work

Mentoring

Drop-ins

Day Trips

Structured Programmes

OCN Accredited Courses



USA Visits

Mennonites and Malone College Groups

Lurgan YMCA is part of the world network of YMCA's and has opened up partnerships with other organisations through our networking. Through our links with Canton Ohio YMCA we team up in alternative years with Malone College from Canton who visit Lurgan and find out what youth here get up to. We have a similar arrangement with the Mennonites Youth Ventures programme. Lurgan youth like the diversity this brings to the work and many relationships develop. With our new building, we hope to host long-term volunteers from these groups who will help our youth programme while they study.



The Big Show Off participants

The Big Show Off

Over 30 young people were involved in a range of creative skills-based projects between January and March. These projects included a photography course, Project Catwalk (fashion, sewing), break dancing lessons, videography course, DJ'ing course, and band workshops. The final event, 'The Big Show Off', was a fantastic night, giving testament to the hard work and skills of the young people.

Many of you will heave a sigh of relief that a difficult time is hopefully drawing to an end. There is no denying the difficult economic times in which we find ourselves, but there is solace in knowing that the One who is in control is bigger than any recession!

2009 has been a busy year at Lurgan YMCA. During February, we purchased a building site on Carnegie Street, where we plan to build a new Lurgan YMCA facility. Current premises have been outgrown, our new building will be more accessible and 'user friendly', permitting multiple projects. Three retail outlets will be housed on the lower floor, which will support long term sustainability and we plan to provide volunteer accommodation on the top floor. This all comes with a hefty price tag, but we believe God is in this project.

We very much value ongoing support from all our funders, and at present have £740.00 of monthly direct debit donations from friends of Lurgan YMCA. It is our aim to increase this to £1,000.00 per month. If you could help us achieve this, any contribution made would be greatly appreciated and is crucial to



helping us provide challenging and healthy optional life styles for the youth we serve in Lurgan. To those who have been faithful in giving, thank you so much for your continued support.

George Emerson (Chairman)

Friday Night Alternative F.N.A.



“Coming to the YMCA on a Friday night has stopped me hanging about the streets and drinking”

Friday Night Alternative takes place on the last Friday of each month from 8pm-11pm. It has proved very popular, with numbers ranging from 75-120. This event gives a safe alternative to drinking and socialising on the street. The Mouthpiece committee set the themes for each month e.g. fancy dress party to discos.

Our break dancing group saw 20 young people chance their arm at a bit of dancing. Some liked it more than others and a core group of 8 young people started their own break dancing crew, practicing in our centre, on the streets and refining their new art form.

Spinning on your head sounds easier than you think.

GIFT AID DECLARATION

giftaid it

I would like to establish a monthly direct debit with you, please forward me the relevant details.

I declare that I intend any donations I have made since 6 April 2000 and all donations I make hereafter to YMCA Lurgan to be GIFT AID DONATIONS. I would like YMCA Lurgan to reclaim the tax I have paid on these donations.

Payments are initially in the sum of £ as a single donation or (delete as appropriate) Monthly/Quarterly/Annually (see standing order form)

With effect from the day of 20 until such time as I give notice in writing.

Signed Date

Address

Signed Postcode

In line with the Data protection Act – we will make every effort to keep you informed about our work. If you don't want us to do this please inform our office in writing. All your details will be held in strict confidence and will not be used for anything other than for the reason given.

CONTACT INFORMATION

YMCA Lurgan, 42a High Street, Lurgan, Co. Armagh BT66 8AU

Tel.: (028) 3832 1025 Email: info@ymcalurgan.com

OPENING HOURS

| | |
|-------------------------------|-----------------|
| OFFICE: | 0930- 1700 hrs |
| YOUTH CENTRE: | |
| Monday to Friday | 1530 – 1700 hrs |
| Tuesday Drop-In | 1900 – 2100 hrs |
| Wednesday Rock Band project | 1900 – 2100 hrs |
| Thursday SOS project | 1700 – 1930 hrs |
| Friday – Street Outreach Work | 1930 – 2200 hrs |

YMCA Lurgan would like to thank the following for their funding support and support in kind.

