



Here for young people
Here for communities
Here for you

YMCA NEATH
Annual Report
2022/2023



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1.0 Board of Management

Chairman Mr Kevin Lewis

Treasurer Mr Martin Evans FCA CTA

Vice Chairman Mrs Joanna Jenkins MBE JP DL

Chaplain Reverend Patrick Baker

Mr Clive Ball

Mr Alun James

Dr Bryn John CStJ DL

Cllr Alan Lockyer

Mr Brian Warlow

Professor Emeritus Duncan Lewis

1.1 Honorary Advisors

Independent Examiner Mr Richard Chapple WBV Accountants

Mr Robert Williams DL, Hutchinson Thomas Solicitors

1.2 Staff

Centre Manager Claire Hicks

Assistant Manager Jessica Kennedy

Receptionist/ Trainee Wellbeing Officer Sarah Hemington

Receptionist/ LGBTQ+ Mentor Sarah Elias

Evening Receptionist Sandra Cook

Evening Receptionist Rhys Oliver

Evening Receptionist Saskia Allen

Cleaner Craig Bourne

1.3 Bankers

Barclays Bank Plc. (Neath) Swansea Building Society

Nationwide Building Society



2.0 Aims and Purposes

The YMCA is a Christian Movement. At its centre are Christians, who regarding Jesus Christ as Lord and Saviour, desire to share their faith with others and make him known, believed, trusted, loved, served and exemplified in all human relationships. It welcomes into fellowship persons of other religious faiths and of none.

Accordingly, the Young Men's Christian Association stands for:

- A worldwide fellowship based on equal value of all persons.
- Respect and freedom for all, tolerance and understanding between people of different opinions.
- Active concern for the needs of the community.
- United effort by Christians of different traditions.

The Young Men's Christian Association aims to:

Provide a welcome to members for themselves, in a meeting place which is theirs to share, where friendships can be made and counsel sought.

Develop activities which stimulate and challenge its members in an environment that enables them to take responsibility and find a sense of achievement.

Involve all members in care and work for others.

Create opportunities for exchanging views, so that its members can improve their understanding of the world, of themselves and of one another.

3.0 Full Membership

The Full Membership of the Young Men's Christian Association is a fellowship of men and women over 17 years of age who have accepted the Basics of Union, are committed to the Christian way of life, desire to be disciples of the Lord Jesus Christ, and seek to associate themselves with others in Christian service in and through the Association. Full Membership is open to any man or woman over 17 years of age who, by loyally accepting the challenges of Christ, is willing to take his or her part in the fellowship and service which the Association exists to promote.

4.0 Chairman's Report

My last Annual General Meeting report, quite rightly, concentrated on Covid-19 and the ongoing affects the dreaded virus had on YMCA Neath. That situation is, and I say this with a small amount of trepidation, firmly behind us; and I am pleased to say that YMCA Neath has many extremely positive things to report. Yet again we have proved our resilience. We have not only survived, but with the support of our local community, continue to thrive. I am optimistic for the future.

Before I reflect upon the events of 2021 – 2022, I must mention one very special individual: Sian Smart. Sian retired from her role as Centre Manager in April 2022. Sian's vision helped steered YMCA Neath through many difficult time. I was overjoyed when her ten years' of dedication and service to our wonderful charity was officially recognised with an invitation to a Royal Garden Party at Buckingham Palace in May 2022. Thank you Sian.

I would also like to welcome our new Centre Manager, Claire Hicks, and a number of new part time staff. They join a dedicated, though small team of existing staff, ably led by Jessica Kennedy our Assistant Manager. YMCA Neath is based on Christian values. It is a welcoming and caring centre for all. Our staff make YMCA Neath the place we care about.

The Board of Management and staff have been working towards a long term plan to ensure our future. We now have clarity on the way forward. Claire has been given the brief of engaging closely with our community to make YMCA Neath a hub for community activity and engagement. Here are just a few of the highlights including reference to a few of the many initiatives motivated by community involvement and partnership:

- We have established YMCA Neath Baby Bank. This is a crucial source of help for those who need it, it has already benefitted many families and I would like to record my thanks to Orchard Place Baptist Church; Morriston RFC Male Choir; and Brecon and District Male Choir who raised an amazing £1,100 for the Baby Bank at their recent Christmas Concert.
- A grant from Sport Wales towards the cost of replacing the community hall floor will greatly benefit all for many years. The new floor, with its multi-purpose Olympic standard finish, will be completed by mid-January 2023.
- We have also received Comic Relief funding for our children and parent cooking classes.
- We have partnered with the Calan DVS 'Inspiring Families Programme' supporting families programme. This will provide the correct tools to create a safer, more loving environment; and help strengthen and stabilise families.
- We had a marathon runner in 2022. My sincere thanks to Chris Brown who completed the London Marathon. We are looking forward to receiving our funding which, early indications suggest, should be over £2,000.
- We are also happy to confirm that we already have a new confirmed marathon runner for April 2023, Joshua Hatton. We look forward to holding fundraising events and to supporting Josh on his London Marathon journey.

Since I last submitted an annual report we have lost four trustees through a variety of reasons. I would like to thank each of them for their hard work and dedication. I wish them the very best in their future endeavours.

Finally, I would like to thank my trustee colleagues (Alan Lockyer, Alun James, Brian Warlow, Bryn John, Clive Ball, Duncan Lewis, Jo Jenkins, Martin Evans, and Patrick Baker) for their ongoing support and counsel. I look forward to Delyth Lewis joining us in January 2023.

Kevin Lewis
Chairman

4.2 Chaplain

No one needs to be told that the activities of YMCA Neath have been disrupted for more than two years, but I cannot bring myself to write a report without noting it. Perhaps COVID has obliged me to consider the importance of personal relationships in chaplaincy. Because of family ill-health and vulnerability, I did not resume regular visits to the Centre until the summer of 2022, but I have tried to keep in touch by telephone and email. Once again, despite inevitable periods of furlough the staff and several volunteers have done amazing work to keep YMCA Neath viable and available as far as possible; they have deserved all the support I and other Board members could give. What follows, then, relates mainly to the period from June 2022.

When I was first appointed honorary chaplain to YMCA Neath (YMCAN) – officially, ten years ago but in practise a little longer – the job description seemed brief and simple. (i) as a member of the Board I had to accept the kind of responsibility common to all charity trustees. (ii) I had to be available for those who wanted to share such personal or spiritual needs as members of staff felt unable to handle. But I have to make clear that although I spent forty years as a minister in Baptist churches in Wales I am not a trained counsellor, and so I can offer such help only informally, as a sympathetic friend.

Once again in 2022 we were obliged, due to COVID, to mark the Good Friday Breakfast online. We are grateful to all who made possible this brief presentation, and we look forward to resuming our normal practice in 2023.

I have tried to resume visiting the Centre on Friday afternoons for 10-15 minutes, specifically to pray for YMCA Neath in its various aspects, but of late the time of such visits has been variable. I hope to bring greater discipline to this practice in 2023 so that if anyone is minded to join me – which I should welcome – they can do so. The room used may change from time to time, but the staff in the office will always know where I am each Friday. Subject to the approval of the Board it may be possible to make more of that kind of activity in future.

New groups and activities have begun at the Centre of late and I am only slowly becoming acquainted with them. Where it seems appropriate I hope to visit them more in the coming year.

Some groups meeting at the centre are more formal and structured and I do not normally feel free to intrude on them, but I have met some leaders briefly. If there are other groups which would welcome me, I hope they will let me know. When the staff are not busy – and even, perhaps, when they are! – they make me welcome in the office and keep me up to date with events.

Acting as honorary Chaplain to YMCAN makes a small demand. But it provides me with the privileged opportunity of making wonderful new friends and sharing in the unobtrusive but impressively professional governance of this much-valued organisation. I do so in the name of the Lord Jesus Christ and for his sake. I am grateful for the privilege.

4.3 Centre Managers Report

Having only joined YMCA Neath in August and being part of such a unique community is an absolute pleasure. I am looking forward to ensuring that the YMCA is the constant in our communities ever-changing world.

As with all growth, change is inevitable and involves taking risks and stepping into the unknown. That is certainly what has happened in this centre, although the early days were scary because we were parting ways with groups and members that we had always known, we adapted to our ever-changing environment and added vital services that are required by our community.

Since October, we have established several programmes to the YMCA that target our most vulnerable in society, which include:

- YMCA Neath Baby Bank – The baby bank elevates the burden on parents and families to provide the materialistic things that babies need to thrive
- The Friendship Circle – The friendship Circle minimises isolation and loneliness within the older members of society and includes, quizzes, games and a chance for a conversation. Our circle is very popular and regularly see's 20+ people attend over the two hours; it has also given us opportunity to recruit some volunteers.
- Walking Football – Our walking football team practise sessions is not only a place for all to enjoy the beautiful game in a safe and inclusive environment it is also become a social club for the players. We have big ambitions in being able to compete with the Welsh walking football league in the future just as the YMCA sports teams have done before us!
- Cosey Corner – Our cosey corner is a council registered "warm hub" and its sole purpose is to provide a safe and warm space where people can receive free refreshments, free access to the internet and a ear to talk too.
- Community Wide events – Our recent Christmas Fayre was a great success and it was lovely to see the centre looking so vibrant, we have great plans for 2023 and look forward to opening our doors to all more often

I am very proud of the staff and all that they have achieved together in this last six months. Their ability to adapt to change is inspiring and the community of Neath are very lucky to have them fighting their corner. 2023 offers us the opportunity to keep learning, growing and adapting to our community needs and I believe we have the best in the business to do so!

5.0 Funding April 2022 onwards

Sports Wales

Comic Relief

Funding approved but not yet received

NPT Third Sector Funding

Neath Town Council – Mayors Fund

Fundraising Events

Gym Raffles – Ongoing monthly £75

Marathon 2022 – TBC £2000

Charity Shop - £2,004.39

Christmas Fayre - £300



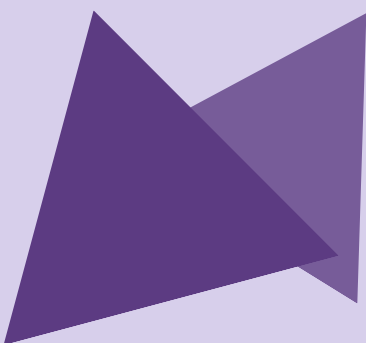
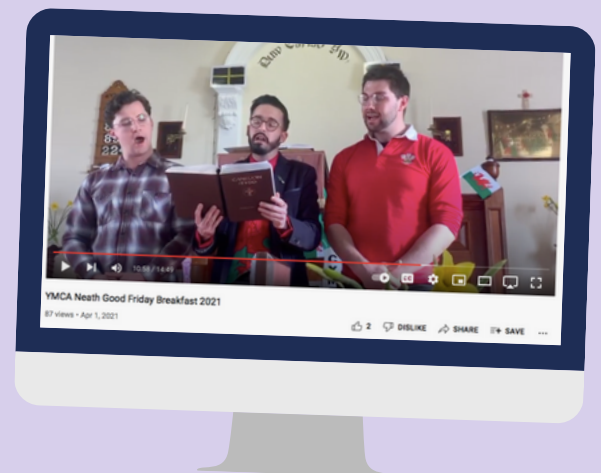
6.0 Annual Good Friday Breakfast

For the third time, YMCA Neath were forced to hold the 141st Good Friday Breakfast virtually on 15th April 2022. There is a considerable amount of work in planning the traditional Good Friday Breakfast but all of these plans had to be abandoned.

Thanks to the hard work of Sian and her team, and the willing cooperation of Revd Rhys Locke and Penelope George, we were able to stream a service which included a short address, prayers, hymns and an update from our Chairman, Kevin Lewis which included the following information: The support of the people of Neath has spanned many years and has made a huge impact on all of us. It has enabled the YMCA to provide support to people of all ages and abilities via an extensive programme of community based activities, including sport, education and training in a safe environment.

Over 147 years, raising enough funds has always been challenging for YMCA Neath. Your support has been fundamental to us. It has helped YMCA Neath deliver better services.

Dr Bryn John
Chair Good Friday Breakfast Committee



7.0 Community Use and Partnership working Reports

Cylch Chwarae Castell-Nedd

Our Welsh Medium Sessional Childcare is still thriving. After Covid we have found ourselves in the unique position of being oversubscribed with every session being full since September and a very long waiting list for next available spaces up to September 2023. We have welcomed an excellent new member of staff and continue to progress with myself and my Deputy Manager Angela steering the ship. We look forward to continuing our work providing the best educational experience possible for our service users and continuing serving the community by providing spaces for private customers, Flying Start and Childcare Offer children.

We have appreciated the work it has took to get the hall floor replaced and look forward to our outdoor space being made suitable for use in the near future.

As always we could not provide the service we do without the support of all the YMCA staff but special mention has to go to Jess who has been my constant here for the past few years and who literally lives and breathes the YMCA.

Here's to continuing to grow and thrive.

Stephanie Law

Neath Judo Kwai

The judo section is happy to report a healthy and busy year, where the club has put Neath Judo firmly on the map across all the age groups. Coming back from the Covid lockdown we have seen an influx of new members with a hard core of veterans reaming to boost the quality of the sessions. The following is the outline of our landmarks this year:

1. Promotions
2. Competitions
3. Developments
4. Ventures new
5. Possible future ventures

1 Promotions

With the influx of new members and the development of these returning after Covid, the following Judoka have gained promotion:

Juniors to 1st Mon

L.J Evans

Rosalie Oscar

Flynn Hemington

Mila Soyka

Sofia Fair

Finley Whitefoot

Samuel Emanuel

Elis Hemington

Oliver Wyles

Daniel Wyles

Jude Cardy Kelshaw

Rhys Preston	Senior 2nd Kyu
Dougie Watkins	Martin Clarke
Jack Watkins	Seniors to 6th Kyu
Sarah Emanuel	Tom Soyka
Alistair Clarke	Camern Lone
Juniors to 4th Mon	Saul Pritchard
Elis Evans	Adam Jones
Zachary Kelshaw	Seniors to 5th Kyu
Osian Morgan	Evan Davies
Juniors to 5th Mon	Corey John
Macsen Jenkins	Daniel Bamsey
Juniors to 9th Mon	Seniors to 4 Kyu
Elis East	Alex Thomas
Bryn Williams	Huw Widlock
Riley Jones	Seniors to 3rd Kyu
Juniors to 12th Mon	Andrew Thomas
Kai Kelly	
Dragons to Purple	
Evie Taylor	

These promotions span age groups from seven years old to forty-one years' old which is a tribute to the art of Judo and the diversity of age that are using the dojo at the YMCA in a positive manner.

2 Competitions

Competitive Judo has only recently been allowed to resume due to the covid crisis. Neath Judo has entered the fray at nearly every given opportunity and come away boasting very good success.

Our first outing was a local competition in Cardiff back in March. As our first ne we were a little cautious but nevertheless were able to achieve three bronze medals. These were gained by Elis Evans, Macsen Jenkins and Kai Kelly. We had now lit the touch paper and more success was to follow.

At the Dragons Judo Academy Open in the National Sports Centre at Cardiff Elis Evans came away with a Gold medal. As this was an 'Open' event the medal was an incredible achievement for Elis and the club.



We then put five members into the Maesteg Judo Competition which is one of the biggest local competitions and again affords a high standard of Judo. Judoka come from England to enter this competition as well as talent from South Wales. Our medal haul was excellent:

Bronze Medals

Oliver Wyles, Finley Whitefoot, Macsen Jenkins.

Gold Medals

Daniel Wyles, Elis Evans.

We had basically medal winners in nearly all the weight categories which firmly began to log Neath Judo as a Club to be reckoned with.

Our next outing was at the Welsh Open the top event of the Welsh calendar. Here we had a single entry of Elis East in the heaviest division of the Cadet Category. Elis fought well seeing as this was his FIRST venture into competitions. He came away with a bronze medal which was an incredible achievement for someone with limited experience.

We continued the momentum with the Welsh Closed – again a massive date in the Welsh Judo calendar. One of our seniors Adam Cardy fought well but went out to the eventual winner. However, another senior – barely 16 years old Kai Kelly, gained a bronze medal in the older Cadet category. Along with this Elis East again entered two weight categories at pre-cadet level and gained a bronze and a silver. Our success did not stop there as Macsen Jenkins lifted another bronze in the Junior category. Kai and Elis have been invited to join the Welsh Squad. The following day Macsen Jenkins and Elis Evans journeyed to the competition at Bristol Judo Club. Again, we saw success, this time “over the bridge”. Macsen gained his second bronze medal in two days and Elis Evans won silver. Alun Evans one of our 1st Dans competed in the British Masters in Surrey. Although he did not get a medal he finished ranked 5th. Again, an incredible achievement which reflects on the club.

3 Developments

Several members have attended kata workshops and so have added to their own knowledge of Judo and that of the club itself. These sessions were held over two weekends in July and some of these katas had never been to practises in Wales. We are delighted to now have members who are experienced in those katas. They constitute only three of 22 people in Wales with this experience.

Attendees were as follows:

Nage No Kata	Ian Cardy Adam Cardy Alan Morgan
Ju N Kata	Ian Cardy Adam Cardy Alan Morgan
Ketame No Kata	Ian and Adam Cardy
Koshiki No Kata	Ian and Adam Cardy

It is pleasing to think that we have Judoka who are now knowledgeable in the Katas and that the club can boast the presence of these members and their ability to pass on such ancient traditions. These katas will no doubt prove very beneficial to those mentioned above and will see them add to their future success and the continuation of Judo at Neath.

Ian Cardy has begun training as a Senior Examiner for the BJA. A process which will take several years to complete. However, Ian has made a significant dent in this process and on the topic of Katas gained his qualification in Nage No Kata on the 3rd of December. Again, this allows Neath Judo to qualify in keeping the ancient traditions of Japan alive at the YMCA.

At this point it must be noted that Adam Cardy has been fighting for the necessary points to enable his promotion to 1st Dan (black belt). He has travelled as far as Kidderminster to do this and is currently on 70 points toward the 100 that is required. I am positive my next report will include him gaining it.

4 Possible Future Ventures

We have in the past put on Judo sessions for particular Rugby organisations e.g. Neath Port Talbot Schools Rugby. Word has gone out regarding this and Skewen Rugby under 12/13s are keen to utilise Judo at the YMCA as part of their training programme over the winter months. We as a Judo club would only be too pleased to welcome them and others to the Dojo. Again, this is an example of how the YMCA is able to offer its facilities and expertise to the general community.

To conclude – the Judo section is absolutely flourishing, and the YMCA should be proud of its contribution to the positive impact the section is making to the community. Your thanks to the staff of the YMCA especially Jess for the support you have given in allowing this to happen.

Ian Cardy

4th Dan Neath Judo Kwai

Dance Wales UK

Our first competition since covid for Western Warriors just before Christmas in Stoke on Trent, Fun was had by all and it was so lovely to be back in competitions, receiving trophies was a bonus.



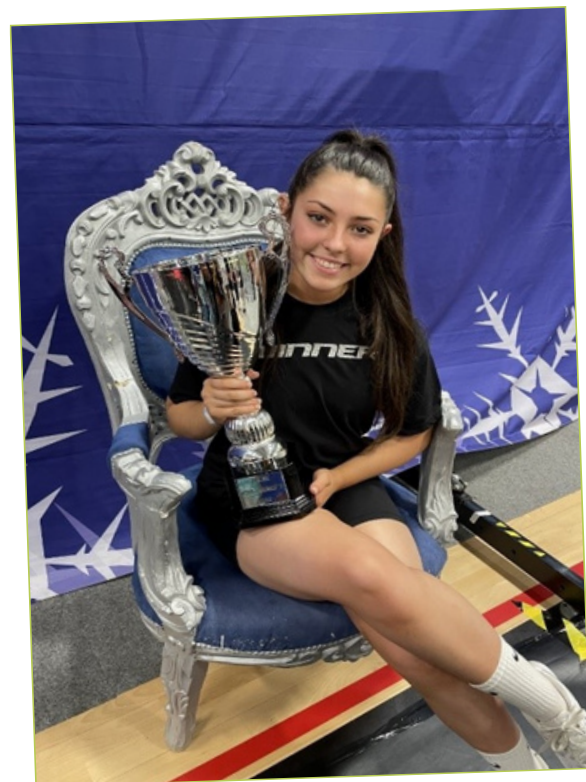
February, we had our first Swansea dance festival, and many trophies were won. Warriors competed in 5 competitions within this year, and it was amazing to be back doing what the children love with their friends.

In June myself and our junior coaches held free cheerleading classes all over the schools in Neath, and in August we held try-outs for western warriors, and we doubled in size.

ICE QUEEN in Lyrical Dance was awarded to Hannah Edwards. So proud.

July summer show was a success although I had covid and watched it on zoom!

September/October and November is Acro comp time, and our Reflex and Reflection teams competed at St David's festival in port Talbot. Born to perform in Swansea LC2 and Ebbw vale. Lots of placements, medals, and trophies.



Now we are getting ready for our Christmas show on Saturday the 10th of December at Cefn Season Comprehensive school called 'Filling Santa's Sleigh', £1 from every ticket sale has been spent on toys for the Mr X appeal, 20 children will benefit from this for Christmas this year.

Kerry Dale

Kung Fu

Lau Gar Wales has had a good training year, recovering from the limited training opportunities that the Covid shutdown caused in the previous year. Our Lau Gar Tigers class has slowly recovered with a small number of long-term students returning after the break and the arrival of a number of new students that has allowed the class to return to almost the target number intended. In the coming year it is hoped that the students will continue to grow and acquire good skills in our style. A number of students progressed in the early grades from beginner to white and white to blue, we are now poised for a grading in the new year to continue their progression up the grades. The adults' class has seen a number of beginners progress up the early belts and we hope they continue to do so in the new year. During this year Alun Morgan also passed his 3rd degree Black sash grading in Birmingham and he has new weapons sets to learn to progress to the next level.



Nationally we have had two Lau gar Family training weekends at the Lilleshall national sports centre, the first focussing on Chin Na (locks/defence against Locks) and the second on Chi Sau/sticking hands (close contact fighting techniques). The events offered excellent training but also a good social gathering as the course and accommodation was held on the campus. The main summer course in Llandudno was resumed this year, while there were smaller numbers attending than usual the course was an excellent training opportunity as there were a number of senior national instructors present to provide training in small groups.



This year was the 50th year of Lau Gar in the UK. While the style dates back to ancient times, Master Yau came to the UK and started to train students in more recent times and shortly after formed the Lau Gar association and the British Kung Fu Association. To celebrate the 50th Anniversary a dinner was held just south of Birmingham where members nationally and internationally attended. Lau Gar Wales performed the Lion dance to open the celebrations with Alun Morgan and Paul Jones in the Lion. Later on, Carl Jones and Jules Payne performed a demonstration of the Tiger fork against the Iron needle in a two-man fighting set they developed for the occasion. Other clubs in the UK also demonstrated different open hands and weapons sets completing the line-up for the celebrations.

As well as the YMCA at Neath, classes have also continued this year in Swansea, Pontardawe and Llandeilo.

Alun Morgan

JuJutsu

After a few false starts the jujutsu got going properly again during March 2022.

Unfortunately for various reasons we had lost a lot of the old members, particularly juniors, following the two year enforced break.

After a fairly slow start numbers have picked up steadily and both the junior and senior classes are now both running well. Club members are again cross training in other martial arts including Judo and Karate. Members are also regularly attending seminars. These are all positive signs as it helps keep things fresh and allows us to explore and experiment with new ideas.

Three of our members, Macsen, Kai and Elis, have competed in several judo competitions and have all done extremely well. I won't steal Ian Cardy's thunder, please read his report on the judo section for more information on that.

As always we are very grateful for the help and support that we receive from the YMCA. It was always a pleasure to work with Sian and it was a great shame to see her retire. It is, however, a pleasure to welcome Claire as the new manager, and I look forward to continue working with her.

Thanks to all our members and the parents of our juniors for their continued support.

Ian East - 4th Dan

Neath Valley Martial Arts (NVMA) / YMCA Neath Jujutsu

Karate

Firstly, it's good to be back training. We all had a lot of restrictions starting off with spacing and face masks. With the help and guidance of the YMCA team we navigated our way through this period and came out the other side.

We thankfully saw all our current students return as well as some new faces starting their Karate journey. We currently have 22 students of different ages and gender and have managed to hold two gradings, one of which saw Daniel Ba Thein achieve his first Dan black belt. Again, we hope to see Bethany Hopkins & Jodie Rosier achieve their black belts this year as they juggle training and college.

Even though we view the Welsh Karate Union as one club training at different locations we have made strong links with our club in Maesteg where Mike, Ellie and I combined forces to keep our clubs running during busy times. Mike has sadly left the WKU, but I hope we can continue this link with Sensei Lauren Gallagher who now runs the Maesteg club. As Sensei Lauren holds more titles in competition than I could list, we may see some new stars coming from Neath as she shares her knowledge with us. I would like to say a massive thank you to Ellie Hinder for her invaluable support as Coach. Thank you to all the staff at the YMCA for their help in getting back to normal. I would also like to thank the YMCA for providing us with such a great place to train. All the guest instructors who have come to visit Neath really envy our Martial Arts Dojo. We look forward to 2023

Andrew Richards

Gymnastics

The Gymnastics section has returned to more normal classes in 2022 and as the year has progressed and with reduced restrictions has been able to go back to our more normal classes. We are still affected by reduced numbers in classes and coach absences due to sickness. Our Gymnasts, however, are thoroughly enjoying the sessions and are working hard in December to learn a new skill and will be awarded with their achievement certificates before we break up for Christmas. We are fortunate to have 2 new coaches now on our team and we look forward to our return in January 2023 when we will be looking at taking on more children from our extensive waiting list. Bring on 2023!

Karen Phillips
Head Gymnastics Coach



Rugby Tots

Things are going reasonably well with our classes at YMCA Neath considering we are in the middle of a pandemic. The venue has been very good providing us with the rules and regulations to stay safe. The venue is also very helpful if I put something on social media by retweeting or liking my posts.

Clive Oliver

Sunflower Lounge

Sunflower Lounge is a social enterprise which supports care experienced young people and care leavers who have experienced complex trauma, through education into sustainable employment and living independently within the community.

Nurturing growth we work to break down social isolation, social anxiety, fear and depression which has been further exacerbated by the Covid-19 pandemic. Through raising confidence, hope and belief for the future, we enable the young people to face their challenges head on to achieve their full potential.

We have recently formed links with Claire Hicks and the YMCA Neath, through the Local Area Coordinators. The YMCA Neath has become a great support to some of our Young People who are accessing the Friendship Circle, Walking Football and the Gym. This has really helped them to develop their confidence, form friendships and reduce their feelings of social isolation. We have also begun to form excellent partnership working with Claire and her team which we look forward to developing further in 2023.

Adult Community Learning

Adult Learning have successfully provided courses from YMCA Neath for many years before Covid.

Now it is great that we are able to return there, hiring rooms from YMCA Neath for our further education part time courses.

Since September we have provided these courses,

- Word Processing and Office Skills
- Using a Mobile Device or Tablet
- Italian language taster sessions
- Additional Learning Needs courses

We plan to continue these from January 2023.

The centre is easy to access, with a free car park, close to the bus station. It has a welcoming environment; the staff are always helpful. We get good feedback from our tutors and learners from their time spent at YMCA Neath. We look forward to returning in the New Year.

Local Area Co-Ordinators

On behalf of the Neath Team of Local Area Coordinators I would like to offer our appreciation for all that you and your staff offer at the YMCA.

Undoubtedly, the YMCA is a huge asset to the community and we are fortunate to be able to signpost and introduce our caseload to your facility.

In particular, we have noted the huge success of the Friendship Circle and the Walking Football group- with dozens of individuals benefiting from the social inclusion.

I am excited to see the development of the peer led hoarding group and the Local Authority have been very proactive in cascading this group far and wide across the health board.

Adam Humphries



Beyond the Blue Service

The Beyond the Blue service is an Early Intervention service for families living in the Neath Port Talbot area. We can offer a range of supportive and therapeutic interventions that meet the emotional and wellbeing needs of children, young people and their parents. Support provided is be tailored to each family by a support plan developed in partnership with the family. We work with families and their children up to 25 years of age.

Our aim is to support children, young people and parents to improve;

- § Emotional and mental wellbeing
- § Own and family resilience
- § Lifestyles and behaviours
- § Family relationships Support

Types of presenting issues can include;

- § Anxiety/fear/anger
- § Low confidence/assertiveness
- § Attachment
- § Bullying
- § Low self-esteem/self-worth
- § Depression/low mood
- § Dealing emotional distress
- § Family conflict/communication
- § Friendship/Relationships difficulties

Emotional wellbeing and Coping with Loss Service supports;

- § Parent and child/young person support around emotional wellbeing
- § Resilience and improving coping skills
- § Bereavement and loss
- § Individuals affected by parental separation
- § Individuals affected by parental imprisonment

Tailored services include;

- § Play therapy
- § Therapeutic Play
- § Groupwork for children, young people and parents
- § Counselling for children and young people
- § Counselling for parents
- § Therapeutic Parenting Workshops
- § Online Safety Programmes

Referral Criteria: Referrals can only be made via the SPOC (single point of contact), this is the Neath Port Talbots councils referral gateway, which can be accessed via the following: 01639 686803 or spoc@npt.gov.uk. *Where there is current involvement from CAMHS, Neurodevelopmental dept., CAFCASS/court proceedings, or Children's Services we would not replace or duplicate these services.

Calan DVS

A big thank you to Claire and the team for hosting us for the last few months.

It has been a pleasure returning to the YMCA having spent much of my time there as a youth and seeing how the club still supports the members of the community with a range of classes, workshops and general support.

Though we will not be homed here forever, we will certainly return to use the facilities to continue and meet with individuals accessing our services.

Thank you again for being so welcoming and kind to myself and the team.

Gareth Branch



Here for young people
Here for communities
Here for you

Yma i bobl ifanc
Yma i gymunedau
Yma i chi

YMCA Neath, Lletty Nedd, Pen Y Dre, Neath. SA11 3HG.

Charity Number: 250983

T: 01639 769315 E: info@neathymca.org.uk

www.neathymca.org.uk

Registered Charity Number: 250983

REPORT OF THE TRUSTEES AND UNAUDITED FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022
FOR
YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH

**CONTENTS OF THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

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YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022**

The trustees present their report with the financial statements of the charity for the year ended 31 March 2022. The trustees have adopted the provisions of the Charities SORP (FRS 102) - Accounting and Reporting by Charities, Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Charity Number

(England and Wales) 250983

Registered Office

Neath YMCA
Lletty Nedd
Penydre
NEATH
SA11 3HG

Trustees

Mr Kevin Lewis - Chairman
Mr Alun James
Mrs Pauline Buselli
Mrs Joanna Jenkins MBE, JP, DL – Vice Chairman
Dr Bryn John, CSTj, DL
Reverend Patrick Baker, Chaplain
Mr Clive Ball
Mr Martin Evans FCA CTA
Mrs Carolyn Wheeler, JP, DL (passed away 27th April 2021)
Cllr Alan Lockyer
Mr Brian Warlow
Professor Emeritus Dr Duncan Lewis (appointed 12 May 2021)

**YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022 Cont'd**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, the model constitution YMCA.

Related parties

The charity's related parties include all trustees listed above.

Risk management

The trustees actively review the major risks which the charity faces on a regular basis and believe that by maintaining a reserve, combined with an annual review of the controls over key financial systems, this will provide sufficient resources in the event of adverse conditions. The trustees have also examined other operational and business risks which it faces and confirm that they have established systems to mitigate the significant risks.

Management committee

The management committee is made up of trustees. All trustees give their time voluntarily and received no remuneration or benefits from the charity during the year.

OBJECTIVES AND ACTIVITIES

Objectives and aims

The objectives of the charity are as follows:-

1. To lead young men and boys to the Lord Jesus Christ and to fullness of life in him.
2. To provide or assist in the provision in the interests of social welfare of facilities for recreational and other leisure time occupation for young men and boys with the object of improving their condition of life.

Charitable activities

In shaping our objectives and planning our activities, the trustees have considered the Charity Commission's guidance on public benefit.

The main activities undertaken for the public benefit include:

- Youth club and youth events.
- Young people's activities such as Judo, Karate, Dance etc.
- Adult education classes.
- Partnership working with other organisations including life-long learning, probation service and social services etc.

ACHIEVEMENT AND PERFORMANCE

In addition to its daily activities and its continued involvement in the Fitness Factory, the charity will continue to investigate further projects consistent with its charitable aims.

The charity made a small surplus this year due largely to the considerable support it has received by way of the government job retention scheme and support grants from the Neath Port Talbot County Borough Council, Neath Port Talbot CVS, Sport Ed and Swansea Bay University and Kick Start. The charity would have incurred a deficit without this support and the trustees are actively managing the situation as Covid restrictions ease. It has surplus funds and is well placed to continue its charitable activities in full when restrictions are lifted.

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022 Cont'd****FINANCIAL REVIEW****Reserves policy**

The reserves policy of Neath YMCA recognises the need to hold reserves to ensure funds are available to continue the provision or assist in the provision, in the interests of social welfare, of facilities of recreation and other leisure time should the income fall. Reserves are also required to meet the future maintenance programme for the building, known as YMCA, Pen Y Dre thus ensuring the facilities offered are kept to a high standard. A minimum level of reserves needs to be retained to ensure the trustees can operate the exit strategy and meet its legal commitments should the charity be unable to continue due to a lack of a sustainable income stream. The charity is dependant upon receipt of activity income, letting fees and other income from trust funds. The enforced lockdown of the YMCA premises on 23 March 2020 due to the Covid-19 pandemic presented unforeseen and unprecedented concerns over the future viability of the organisation. The Trustees have continued to monitor the ongoing financial situation closely during 2021-22, liaising regularly with the Centre Manager. Over the financial year, the charity continued to demonstrate sound, effective financial management. This will continue and maintaining the viability of YMCA Neath will be a priority during 2022-2023 and beyond.

Unrestricted funds stand at £133,315 at 31st March 2022. After accounting for tangible fixed assets, the charity currently has free reserves of £68,090 however the trustees aim to retain free reserves of circa 6 months operating costs which would currently equate to approximately £50,000 as per the Charity Commissions best practice guidance leaving some £18,000 which the YMCA have allocated for work required to the fabric of the building.

The trustees will monitor and review the reserves policy on a quarterly basis or should any other external factors such as the pandemic occur again.

ON BEHALF OF THE BOARD:

.....
Trustee

Date: 2023

**INDEPENDENT EXAMINER'S REPORT TO
THE BOARD OF TRUSTEES OF
YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH**

I report to the charity trustees on my examination of the accounts of the charity for the year ended 31 March 2022 which are set out on pages 5 to 12.

Responsibilities and basis of report

As the charity's trustees you are responsible for the preparation of the accounts in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145(5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:-

1. accounting records were not kept in respect of the charity as required by section 130 of the Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



R. Chapple BSc Econ FCCA
WBV Limited
Woodfield House
Castle Walk
Neath
SA11 3LN

Date: 26/01/2023

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH

STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
INCOMING RESOURCES					
Incoming resources from generated funds					
Donations and legacies		3,952	-	3,952	1,030
Incoming resources from					
charitable activities	5	24,582	3,032	27,614	83,650
Other trading activities	6	61,473	-	61,473	21,855
Income from investments	2	105	-	105	113
Total income and endowments		<u>90,112</u>	<u>3,032</u>	<u>93,144</u>	<u>106,648</u>
RESOURCES EXPENDED					
Expenditure in raising funds	6	83,032	5,830	88,862	88,612
Expenditure on charitable activities		-	-	-	-
Other expenditure		<u>3,123</u>	-	<u>3,123</u>	<u>3,838</u>
Total resources expended		<u>86,155</u>	<u>5,830</u>	<u>91,985</u>	<u>92,450</u>
NET INCOME		3,957	(2,798)	1,159	14,198
Transfers between funds		<u>(2,798)</u>	<u>2,798</u>	-	-
Net movement in funds		<u>1,159</u>	-	<u>1,159</u>	<u>14,198</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>132,156</u>	-	<u>132,156</u>	<u>117,958</u>
TOTAL FUNDS CARRIED FORWARD		<u>133,315</u>	-	<u>133,315</u>	<u>132,156</u>

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
FIXED ASSETS					
Tangible assets	8	<u>65,225</u>	<u>-</u>	<u>65,225</u>	<u>68,348</u>
CURRENT ASSETS					
Stock		100	-	100	100
Debtors	9	1,414	-	1,414	705
Cash at bank and in hand		<u>76,256</u>	<u>-</u>	<u>76,256</u>	<u>69,035</u>
		<u>77,770</u>	<u>-</u>	<u>77,770</u>	<u>69,840</u>
CREDITORS: amounts falling due within one year					
	10	<u>(9,680)</u>	<u>-</u>	<u>(9,680)</u>	<u>(6,032)</u>
NET CURRENT ASSETS		<u>68,090</u>	<u>-</u>	<u>68,090</u>	<u>63,808</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		133,315	-	133,315	132,156
Deferred income		<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
NET ASSETS		<u>133,315</u>	<u>-</u>	<u>133,315</u>	<u>132,156</u>
FUNDS					
Unrestricted funds	11	133,315	-	133,315	132,156
Restricted funds	11	<u>-</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total Funds		<u>133,315</u>	<u>-</u>	<u>133,315</u>	<u>132,156</u>

The financial statements were approved by the Board of Trustees on
behalf by:

January 2023 and were signed on its

.....
Trustee

The notes form part of these financial statements

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022****1. ACCOUNTING POLICIES****Basis of preparation and assessment of going concern**

Young Men's Christian Association Neath Branch was founded under Model Constitution YMCA in January 1967. The address of the registered office is noted in the charity reference and administrative details on page 1 of the financial statements.

The accounts (financial statements) have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), Financial reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland, Charities Act 2011 and applicable regulations.

The accounts have been prepared under the historical cost convention with items recognised at cost or transaction value unless otherwise stated in the relevant note(s) to these accounts.

Young Men's Christian Association Neath Branch meets the definition of a public entity under FRS 102.

Incoming resources

All incoming resources are included on the Statement of Financial Activities when the charity is legally entitled to the income, the amount can be quantified with reasonable accuracy and there is sufficient certainty of receipt.

Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant. Grants which are dependent on meeting performance targets are recognised to the extent that those performance conditions are met.

Resources expended

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources. Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that settlement will be required and the amount of the obligation can be measured reliably.

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022 Cont'd

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Plant and gym equipment – 15% reducing balance.

Computer equipment – 25% reducing balance.

In accordance with FRS 102 freehold property is stated at cost. The trustees consider that no depreciation should be charged on the freehold property held by the branch due to the continued investment in the upkeep of the property such that its residual value is at least equal to its cost and is not depreciated.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Debtors and creditors receivable/payable within one year

Debtors and creditors receivable/payable within one year are recorded at the settlement amount.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Restricted funds can only be used for particular restricted purposes within the objects of the charity.

Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes. Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

Going concern

No material uncertainties exist which affect the charity's ability to continue as a going concern except as disclosed in the 'Achievement and performance' paragraph of the Report of the Trustees.

Cashflow statement

A cashflow statement is not prepared in accordance with the Charities SORP (FRS 102).

2. INVESTMENT INCOME	2022	2021
	£	£
Bank interest	<u>105</u>	<u>113</u>

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022 Cont'd

3. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Trustees' Expenses

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

4. STAFF COSTS

	2022	2021
	£	£
Wages and salaries	67,457	56,409
Social security costs	-	-
Employers pension contributions	<u>643</u>	<u>585</u>
	<u>68,100</u>	<u>56,994</u>

The average monthly number of employees during the year was as follows:

	2022	2021
	£	£
Administrative and project staff	<u>8</u>	<u>8</u>

No employees received emoluments in excess of £60,000 (2021: None).

	2022	2021
	£	£
Key personnel remunerations benefits	<u>43,560</u>	<u>41,253</u>

5. Income from charitable activities

	2022	2021
	£	£
Grants:-		
Job Retention scheme	7,375	30,350
Neath Port Talbot CBC	3,000	20,000
National Council YMCA	-	14,000
Neath Port Talbot CVS	1,146	9,800
Welsh Government	-	4,500
Santander	-	3,000
Sported Foundation	200	2,000
Kickstart scheme	3,032	-
Swansea Bay University	<u>12,861</u>	<u>-</u>
	<u>27,614</u>	<u>83,650</u>

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022 Cont'd

6. OTHER TRADING ACTIVITIES – UNRESTRICTED FUNDS

	Income	Expenditure	Deficit 2022	Deficit 2021
	£	£	£	£
Subscriptions	10,731	16,328	(5,597)	(4,012)
General fundraising	2,504	3,244	(740)	-
Fitness factory	7,667	10,892	(3,225)	(5,267)
Partnership activities	<u>40,571</u>	<u>52,568</u>	<u>(11,997)</u>	<u>(45,578)</u>
	<u>61,473</u>	<u>83,032</u>	<u>(21,559)</u>	<u>(54,857)</u>

7. ALLOCATION OF GOVERNANCE AND OTHER SURPLUS COSTS

The breakdown of support costs and how these were allocated between governance and other support costs is shown in the table below:

Cost Type	Total Allocated £	Governance Related £	Other Support Costs £	Basis of Apportionment
Staff costs	60,804	8,500	52,304	Estimated staff time
Premises costs	15,154	2,000	13,154	Estimated usage
Miscellaneous overheads	<u>3,175</u>	<u>300</u>	<u>2,875</u>	Estimated usage
	<u>79,133</u>	<u>10,800</u>	<u>68,333</u>	
Governance costs	£			
Licences and professional charges	517			
From support costs	<u>10,800</u>			
	<u>11,317</u>			

The total support cost and governance costs attributed to the activities of the charity is then apportioned pro rata to the income generated. The allocation of cost is as follows:

	£
Subscriptions to classes	13,904
Fitness factory	9,934
General fundraising	3,244
Partnership activity	<u>52,568</u>
	<u>79,650</u>

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022 Cont'd

8. TANGIBLE FIXED ASSETS	Freehold Property £	Plant and Machinery £	Total £
COST			
As 1 April 2021 and 31 March 2022	<u>50,325</u>	<u>39,726</u>	<u>90,051</u>
DEPRECIATION			
At 1 April 2021	-	21,703	21,703
Charge for the year	<u>-</u>	<u>3,123</u>	<u>3,123</u>
As at 31 March 2022	<u>-</u>	<u>24,826</u>	<u>24,826</u>
NET BOOK VALUE			
At 31 March 2022	<u>50,325</u>	<u>14,900</u>	<u>65,225</u>
At 31 March 2021	<u>50,325</u>	<u>18,023</u>	<u>68,348</u>
9. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2022	2021	
	£	£	
Debtors	1,173	532	
Prepayments and accrued income	<u>241</u>	<u>173</u>	
	<u>1,414</u>	<u>705</u>	
10. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR	2022	2021	
	£	£	
Payments in advance	7,883	-	
PAYE and Social Security	587	403	
Accruals	<u>1,210</u>	<u>5,629</u>	
	<u>9,680</u>	<u>6,032</u>	

YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH
NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022 Cont'd

11. MOVEMENT IN FUNDS

	At 01/04/21 £	Net Movement in Funds £	As 31/03/22 £
Unrestricted funds			
General fund	132,156	1,159	133,315
Restricted funds			
Restricted funds	-	-	-
TOTAL FUNDS	<u>132,156</u>	<u>1,159</u>	<u>133,315</u>

Net movement in funds, included in the above are as follows:

	Incoming Resources £	Resources expended £	Movement in funds before transfer £	Transfer £	Movement in funds after transfer £
Unrestricted funds					
General fund	90,112	(86,155)	3,957	(2,798)	1,159
Restricted funds					
Restricted funds	<u>3,032</u>	<u>(5,830)</u>	<u>(2,798)</u>	<u>2,798</u>	<u>-</u>
TOTAL FUNDS	<u>93,144</u>	<u>91,985</u>	<u>1,159</u>	<u>-</u>	<u>1,159</u>

12. PENSIONS AND OTHER POST RETIREMENT BENEFITS

The charity operates a defined contributions pension plan for its employees. The amount recognised as a expense in the year was £643 (2021 £585).

13. RELATED PARTY TRANSACTIONS

There were no related party transactions during the year ended 31 March 2022 (2021: £NIL).

14. ULTIMATE CONTROLLING PARTY

The charity is controlled by the board of trustees'.

**YOUNG MEN'S CHRISTIAN ASSOCIATION NEATH BRANCH
DETAILED STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 MARCH 2022**

	2022	2021
	£	£
INCOMING RESOURCES		
Donations and legacies		
Legacy	-	-
Donations	3,926	1,029
Other income	<u>26</u>	<u>1</u>
	<u>3,952</u>	<u>1,030</u>
Other trading activities		
Subscriptions	10,731	694
Coffee bar	-	-
Fitness factory	7,667	1,981
General fundraising, section recharge, sales items, special efforts, various	2,504	-
Partnership activities	<u>40,571</u>	<u>19,180</u>
	<u>61,473</u>	<u>21,855</u>
Investment income		
Bank interest	<u>105</u>	<u>112</u>
Incoming resources from charitable activities		
Grants	20,240	53,300
Job Retention Scheme	<u>7,374</u>	<u>30,350</u>
	<u>27,614</u>	<u>83,650</u>
Total incoming resources	<u>93,144</u>	<u>106,647</u>
RESOURCES EXPENDED		
Charitable activities		
Wages	68,100	56,994
Insurance	2,683	2,379
Light and heat	5,333	4,261
Telephone	783	991
Postage, printing and stationery	625	266
Repairs, renewals and cleaning	5,905	18,039
Independent examiner fees – other services	-	-
Bank charges and interest	266	139
Key holder and cleaning service and security	493	1,538
Miscellaneous	1,501	1,169
Class costs	1,916	1,115
Water rates	740	1,236
Affiliation fees	517	485
Depreciation	<u>3,123</u>	<u>3,838</u>
	<u>91,985</u>	<u>92,450</u>
Net Surplus	<u>1,159</u>	<u>14,197</u>



Here for young people
Here for communities
Here for you

YMCA NEATH
Annual Report
2022/2023



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1.0 Board of Management

Chairman Mr Kevin Lewis

Treasurer Mr Martin Evans FCA CTA

Vice Chairman Mrs Joanna Jenkins MBE JP DL

Chaplain Reverend Patrick Baker

Mr Clive Ball

Mr Alun James

Dr Bryn John CStJ DL

Cllr Alan Lockyer

Mr Brian Warlow

Professor Emeritus Duncan Lewis

1.1 Honorary Advisors

Independent Examiner Mr Richard Chapple WBV Accountants

Mr Robert Williams DL, Hutchinson Thomas Solicitors

1.2 Staff

Centre Manager Claire Hicks

Assistant Manager Jessica Kennedy

Receptionist/ Trainee Wellbeing Officer Sarah Hemington

Receptionist/ LGBTQ+ Mentor Sarah Elias

Evening Receptionist Sandra Cook

Evening Receptionist Rhys Oliver

Evening Receptionist Saskia Allen

Cleaner Craig Bourne

1.3 Bankers

Barclays Bank Plc. (Neath) Swansea Building Society

Nationwide Building Society

2.0 Aims and Purposes

The YMCA is a Christian Movement. At its centre are Christians, who regarding Jesus Christ as Lord and Saviour, desire to share their faith with others and make him known, believed, trusted, loved, served and exemplified in all human relationships. It welcomes into fellowship persons of other religious faiths and of none.

Accordingly, the Young Men's Christian Association stands for:

- A worldwide fellowship based on equal value of all persons.
- Respect and freedom for all, tolerance and understanding between people of different opinions.
- Active concern for the needs of the community.
- United effort by Christians of different traditions.

The Young Men's Christian Association aims to:

Provide a welcome to members for themselves, in a meeting place which is theirs to share, where friendships can be made and counsel sought.

Develop activities which stimulate and challenge its members in an environment that enables them to take responsibility and find a sense of achievement.

Involve all members in care and work for others.

Create opportunities for exchanging views, so that its members can improve their understanding of the world, of themselves and of one another.

3.0 Full Membership

The Full Membership of the Young Men's Christian Association is a fellowship of men and women over 17 years of age who have accepted the Basics of Union, are committed to the Christian way of life, desire to be disciples of the Lord Jesus Christ, and seek to associate themselves with others in Christian service in and through the Association. Full Membership is open to any man or woman over 17 years of age who, by loyally accepting the challenges of Christ, is willing to take his or her part in the fellowship and service which the Association exists to promote.

4.0 Chairman's Report

My last Annual General Meeting report, quite rightly, concentrated on Covid-19 and the ongoing affects the dreaded virus had on YMCA Neath. That situation is, and I say this with a small amount of trepidation, firmly behind us; and I am pleased to say that YMCA Neath has many extremely positive things to report. Yet again we have proved our resilience. We have not only survived, but with the support of our local community, continue to thrive. I am optimistic for the future.

Before I reflect upon the events of 2021 – 2022, I must mention one very special individual: Sian Smart. Sian retired from her role as Centre Manager in April 2022. Sian's vision helped steered YMCA Neath through many difficult time. I was overjoyed when her ten years' of dedication and service to our wonderful charity was officially recognised with an invitation to a Royal Garden Party at Buckingham Palace in May 2022. Thank you Sian.

I would also like to welcome our new Centre Manager, Claire Hicks, and a number of new part time staff. They join a dedicated, though small team of existing staff, ably led by Jessica Kennedy our Assistant Manager. YMCA Neath is based on Christian values. It is a welcoming and caring centre for all. Our staff make YMCA Neath the place we care about.

The Board of Management and staff have been working towards a long term plan to ensure our future. We now have clarity on the way forward. Claire has been given the brief of engaging closely with our community to make YMCA Neath a hub for community activity and engagement. Here are just a few of the highlights including reference to a few of the many initiatives motivated by community involvement and partnership:

- We have established YMCA Neath Baby Bank. This is a crucial source of help for those who need it, it has already benefitted many families and I would like to record my thanks to Orchard Place Baptist Church; Morriston RFC Male Choir; and Brecon and District Male Choir who raised an amazing £1,100 for the Baby Bank at their recent Christmas Concert.
- A grant from Sport Wales towards the cost of replacing the community hall floor will greatly benefit all for many years. The new floor, with its multi-purpose Olympic standard finish, will be completed by mid-January 2023.
- We have also received Comic Relief funding for our children and parent cooking classes.
- We have partnered with the Calan DVS 'Inspiring Families Programme' supporting families programme. This will provide the correct tools to create a safer, more loving environment; and help strengthen and stabilise families.
- We had a marathon runner in 2022. My sincere thanks to Chris Brown who completed the London Marathon. We are looking forward to receiving our funding which, early indications suggest, should be over £2,000.
- We are also happy to confirm that we already have a new confirmed marathon runner for April 2023, Joshua Hatton. We look forward to holding fundraising events and to supporting Josh on his London Marathon journey.

Since I last submitted an annual report we have lost four trustees through a variety of reasons. I would like to thank each of them for their hard work and dedication. I wish them the very best in their future endeavours.

Finally, I would like to thank my trustee colleagues (Alan Lockyer, Alun James, Brian Warlow, Bryn John, Clive Ball, Duncan Lewis, Jo Jenkins, Martin Evans, and Patrick Baker) for their ongoing support and counsel. I look forward to Delyth Lewis joining us in January 2023.

Kevin Lewis
Chairman

4.2 Chaplain

No one needs to be told that the activities of YMCA Neath have been disrupted for more than two years, but I cannot bring myself to write a report without noting it. Perhaps COVID has obliged me to consider the importance of personal relationships in chaplaincy. Because of family ill-health and vulnerability, I did not resume regular visits to the Centre until the summer of 2022, but I have tried to keep in touch by telephone and email. Once again, despite inevitable periods of furlough the staff and several volunteers have done amazing work to keep YMCA Neath viable and available as far as possible; they have deserved all the support I and other Board members could give. What follows, then, relates mainly to the period from June 2022.

When I was first appointed honorary chaplain to YMCA Neath (YMCAN) – officially, ten years ago but in practise a little longer – the job description seemed brief and simple. (i) as a member of the Board I had to accept the kind of responsibility common to all charity trustees. (ii) I had to be available for those who wanted to share such personal or spiritual needs as members of staff felt unable to handle. But I have to make clear that although I spent forty years as a minister in Baptist churches in Wales I am not a trained counsellor, and so I can offer such help only informally, as a sympathetic friend.

Once again in 2022 we were obliged, due to COVID, to mark the Good Friday Breakfast online. We are grateful to all who made possible this brief presentation, and we look forward to resuming our normal practice in 2023.

I have tried to resume visiting the Centre on Friday afternoons for 10-15 minutes, specifically to pray for YMCA Neath in its various aspects, but of late the time of such visits has been variable. I hope to bring greater discipline to this practice in 2023 so that if anyone is minded to join me – which I should welcome – they can do so. The room used may change from time to time, but the staff in the office will always know where I am each Friday. Subject to the approval of the Board it may be possible to make more of that kind of activity in future.

New groups and activities have begun at the Centre of late and I am only slowly becoming acquainted with them. Where it seems appropriate I hope to visit them more in the coming year.

Some groups meeting at the centre are more formal and structured and I do not normally feel free to intrude on them, but I have met some leaders briefly. If there are other groups which would welcome me, I hope they will let me know. When the staff are not busy – and even, perhaps, when they are! – they make me welcome in the office and keep me up to date with events.

Acting as honorary Chaplain to YMCAN makes a small demand. But it provides me with the privileged opportunity of making wonderful new friends and sharing in the unobtrusive but impressively professional governance of this much-valued organisation. I do so in the name of the Lord Jesus Christ and for his sake. I am grateful for the privilege.

4.3 Centre Managers Report

Having only joined YMCA Neath in August and being part of such a unique community is an absolute pleasure. I am looking forward to ensuring that the YMCA is the constant in our communities ever-changing world.

As with all growth, change is inevitable and involves taking risks and stepping into the unknown. That is certainly what has happened in this centre, although the early days were scary because we were parting ways with groups and members that we had always known, we adapted to our ever-changing environment and added vital services that are required by our community.

Since October, we have established several programmes to the YMCA that target our most vulnerable in society, which include:

- YMCA Neath Baby Bank – The baby bank elevates the burden on parents and families to provide the materialistic things that babies need to thrive
- The Friendship Circle – The friendship Circle minimises isolation and loneliness within the older members of society and includes, quizzes, games and a chance for a conversation. Our circle is very popular and regularly see's 20+ people attend over the two hours; it has also given us opportunity to recruit some volunteers.
- Walking Football – Our walking football team practise sessions is not only a place for all to enjoy the beautiful game in a safe and inclusive environment it is also become a social club for the players. We have big ambitions in being able to compete with the Welsh walking football league in the future just as the YMCA sports teams have done before us!
- Cosey Corner – Our cosey corner is a council registered "warm hub" and its sole purpose is to provide a safe and warm space where people can receive free refreshments, free access to the internet and a ear to talk too.
- Community Wide events – Our recent Christmas Fayre was a great success and it was lovely to see the centre looking so vibrant, we have great plans for 2023 and look forward to opening our doors to all more often

I am very proud of the staff and all that they have achieved together in this last six months. Their ability to adapt to change is inspiring and the community of Neath are very lucky to have them fighting their corner. 2023 offers us the opportunity to keep learning, growing and adapting to our community needs and I believe we have the best in the business to do so!

5.0 Funding April 2022 onwards

Sports Wales

Comic Relief

Funding approved but not yet received

NPT Third Sector Funding

Neath Town Council – Mayors Fund

Fundraising Events

Gym Raffles – Ongoing monthly £75

Marathon 2022 – TBC £2000

Charity Shop - £2,004.39

Christmas Fayre - £300



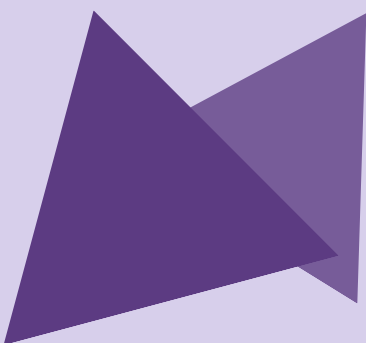
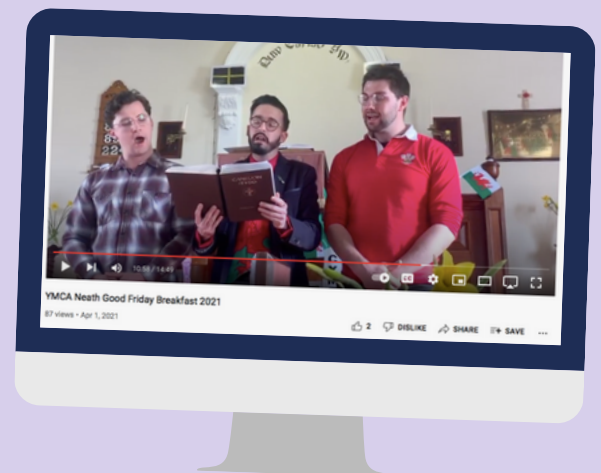
6.0 Annual Good Friday Breakfast

For the third time, YMCA Neath were forced to hold the 141st Good Friday Breakfast virtually on 15th April 2022. There is a considerable amount of work in planning the traditional Good Friday Breakfast but all of these plans had to be abandoned.

Thanks to the hard work of Sian and her team, and the willing cooperation of Revd Rhys Locke and Penelope George, we were able to stream a service which included a short address, prayers, hymns and an update from our Chairman, Kevin Lewis which included the following information: The support of the people of Neath has spanned many years and has made a huge impact on all of us. It has enabled the YMCA to provide support to people of all ages and abilities via an extensive programme of community based activities, including sport, education and training in a safe environment.

Over 147 years, raising enough funds has always been challenging for YMCA Neath. Your support has been fundamental to us. It has helped YMCA Neath deliver better services.

Dr Bryn John
Chair Good Friday Breakfast Committee



7.0 Community Use and Partnership working Reports

Cylch Chwarae Castell-Nedd

Our Welsh Medium Sessional Childcare is still thriving. After Covid we have found ourselves in the unique position of being oversubscribed with every session being full since September and a very long waiting list for next available spaces up to September 2023. We have welcomed an excellent new member of staff and continue to progress with myself and my Deputy Manager Angela steering the ship. We look forward to continuing our work providing the best educational experience possible for our service users and continuing serving the community by providing spaces for private customers, Flying Start and Childcare Offer children.

We have appreciated the work it has took to get the hall floor replaced and look forward to our outdoor space being made suitable for use in the near future.

As always we could not provide the service we do without the support of all the YMCA staff but special mention has to go to Jess who has been my constant here for the past few years and who literally lives and breathes the YMCA.

Here's to continuing to grow and thrive.

Stephanie Law

Neath Judo Kwai

The judo section is happy to report a healthy and busy year, where the club has put Neath Judo firmly on the map across all the age groups. Coming back from the Covid lockdown we have seen an influx of new members with a hard core of veterans reaming to boost the quality of the sessions. The following is the outline of our landmarks this year:

1. Promotions
2. Competitions
3. Developments
4. Ventures new
5. Possible future ventures

1 Promotions

With the influx of new members and the development of these returning after Covid, the following Judoka have gained promotion:

Juniors to 1st Mon

L.J Evans

Rosalie Oscar

Flynn Hemington

Mila Soyka

Sofia Fair

Finley Whitefoot

Samuel Emanuel

Elis Hemington

Oliver Wyles

Daniel Wyles

Jude Cardy Kelshaw

Rhys Preston	Senior 2nd Kyu
Dougie Watkins	Martin Clarke
Jack Watkins	Seniors to 6th Kyu
Sarah Emanuel	Tom Soyka
Alistair Clarke	Camern Lone
Juniors to 4th Mon	Saul Pritchard
Elis Evans	Adam Jones
Zachary Kelshaw	Seniors to 5th Kyu
Osian Morgan	Evan Davies
Juniors to 5th Mon	Corey John
Macsen Jenkins	Daniel Bamsey
Juniors to 9th Mon	Seniors to 4 Kyu
Elis East	Alex Thomas
Bryn Williams	Huw Widlock
Riley Jones	Seniors to 3rd Kyu
Juniors to 12th Mon	Andrew Thomas
Kai Kelly	
Dragons to Purple	
Evie Taylor	

These promotions span age groups from seven years old to forty-one years' old which is a tribute to the art of Judo and the diversity of age that are using the dojo at the YMCA in a positive manner.

2 Competitions

Competitive Judo has only recently been allowed to resume due to the covid crisis. Neath Judo has entered the fray at nearly every given opportunity and come away boasting very good success.

Our first outing was a local competition in Cardiff back in March. As our first ne we were a little cautious but nevertheless were able to achieve three bronze medals. These were gained by Elis Evans, Macsen Jenkins and Kai Kelly. We had now lit the touch paper and more success was to follow.

At the Dragons Judo Academy Open in the National Sports Centre at Cardiff Elis Evans came away with a Gold medal. As this was an 'Open' event the medal was an incredible achievement for Elis and the club.



We then put five members into the Maesteg Judo Competition which is one of the biggest local competitions and again affords a high standard of Judo. Judoka come from England to enter this competition as well as talent from South Wales. Our medal haul was excellent:

Bronze Medals

Oliver Wyles, Finley Whitefoot, Macsen Jenkins.

Gold Medals

Daniel Wyles, Elis Evans.

We had basically medal winners in nearly all the weight categories which firmly began to log Neath Judo as a Club to be reckoned with.

Our next outing was at the Welsh Open the top event of the Welsh calendar. Here we had a single entry of Elis East in the heaviest division of the Cadet Category. Elis fought well seeing as this was his FIRST venture into competitions. He came away with a bronze medal which was an incredible achievement for someone with limited experience.

We continued the momentum with the Welsh Closed – again a massive date in the Welsh Judo calendar. One of our seniors Adam Cardy fought well but went out to the eventual winner. However, another senior – barely 16 years old Kai Kelly, gained a bronze medal in the older Cadet category. Along with this Elis East again entered two weight categories at pre-cadet level and gained a bronze and a silver. Our success did not stop there as Macsen Jenkins lifted another bronze in the Junior category. Kai and Elis have been invited to join the Welsh Squad. The following day Macsen Jenkins and Elis Evans journeyed to the competition at Bristol Judo Club. Again, we saw success, this time “over the bridge”. Macsen gained his second bronze medal in two days and Elis Evans won silver. Alun Evans one of our 1st Dans competed in the British Masters in Surrey. Although he did not get a medal he finished ranked 5th. Again, an incredible achievement which reflects on the club.

3 Developments

Several members have attended kata workshops and so have added to their own knowledge of Judo and that of the club itself. These sessions were held over two weekends in July and some of these katas had never been to practises in Wales. We are delighted to now have members who are experienced in those katas. They constitute only three of 22 people in Wales with this experience.

Attendees were as follows:

Nage No Kata	Ian Cardy Adam Cardy Alan Morgan
Ju N Kata	Ian Cardy Adam Cardy Alan Morgan
Ketame No Kata	Ian and Adam Cardy
Koshiki No Kata	Ian and Adam Cardy

It is pleasing to think that we have Judoka who are now knowledgeable in the Katas and that the club can boast the presence of these members and their ability to pass on such ancient traditions. These katas will no doubt prove very beneficial to those mentioned above and will see them add to their future success and the continuation of Judo at Neath.

Ian Cardy has begun training as a Senior Examiner for the BJA. A process which will take several years to complete. However, Ian has made a significant dent in this process and on the topic of Katas gained his qualification in Nage No Kata on the 3rd of December. Again, this allows Neath Judo to qualify in keeping the ancient traditions of Japan alive at the YMCA.

At this point it must be noted that Adam Cardy has been fighting for the necessary points to enable his promotion to 1st Dan (black belt). He has travelled as far as Kidderminster to do this and is currently on 70 points toward the 100 that is required. I am positive my next report will include him gaining it.

4 Possible Future Ventures

We have in the past put on Judo sessions for particular Rugby organisations e.g. Neath Port Talbot Schools Rugby. Word has gone out regarding this and Skewen Rugby under 12/13s are keen to utilise Judo at the YMCA as part of their training programme over the winter months. We as a Judo club would only be too pleased to welcome them and others to the Dojo. Again, this is an example of how the YMCA is able to offer its facilities and expertise to the general community.

To conclude – the Judo section is absolutely flourishing, and the YMCA should be proud of its contribution to the positive impact the section is making to the community. Your thanks to the staff of the YMCA especially Jess for the support you have given in allowing this to happen.

Ian Cardy
4th Dan Neath Judo Kwai

Dance Wales UK

Our first competition since covid for Western Warriors just before Christmas in Stoke on Trent, Fun was had by all and it was so lovely to be back in competitions, receiving trophies was a bonus.



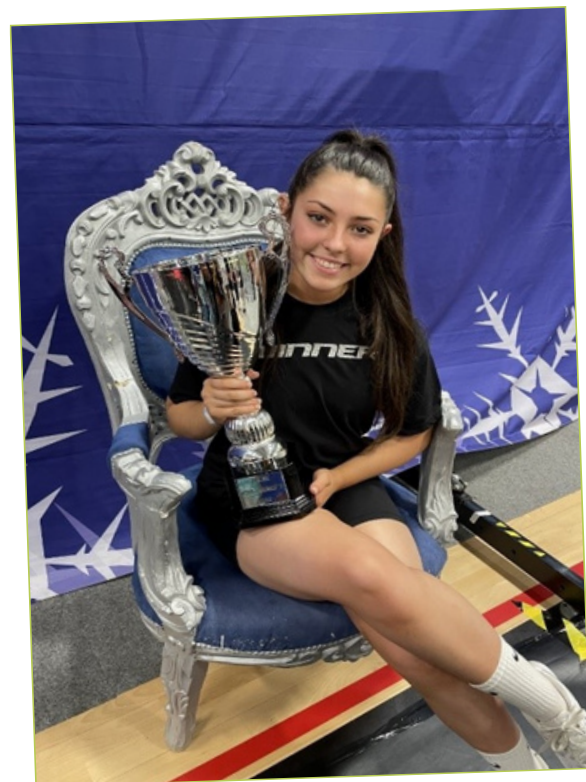
February, we had our first Swansea dance festival, and many trophies were won. Warriors competed in 5 competitions within this year, and it was amazing to be back doing what the children love with their friends.

In June myself and our junior coaches held free cheerleading classes all over the schools in Neath, and in August we held try-outs for western warriors, and we doubled in size.

ICE QUEEN in Lyrical Dance was awarded to Hannah Edwards. So proud.

July summer show was a success although I had covid and watched it on zoom!

September/October and November is Acro comp time, and our Reflex and Reflection teams competed at St David's festival in port Talbot. Born to perform in Swansea LC2 and Ebbw vale. Lots of placements, medals, and trophies.



Now we are getting ready for our Christmas show on Saturday the 10th of December at Cefn Season Comprehensive school called 'Filling Santa's Sleigh', £1 from every ticket sale has been spent on toys for the Mr X appeal, 20 children will benefit from this for Christmas this year.

Kerry Dale

Kung Fu

Lau Gar Wales has had a good training year, recovering from the limited training opportunities that the Covid shutdown caused in the previous year. Our Lau Gar Tigers class has slowly recovered with a small number of long-term students returning after the break and the arrival of a number of new students that has allowed the class to return to almost the target number intended. In the coming year it is hoped that the students will continue to grow and acquire good skills in our style. A number of students progressed in the early grades from beginner to white and white to blue, we are now poised for a grading in the new year to continue their progression up the grades. The adults' class has seen a number of beginners progress up the early belts and we hope they continue to do so in the new year. During this year Alun Morgan also passed his 3rd degree Black sash grading in Birmingham and he has new weapons sets to learn to progress to the next level.



Nationally we have had two Lau gar Family training weekends at the Lilleshall national sports centre, the first focussing on Chin Na (locks/defence against Locks) and the second on Chi Sau/sticking hands (close contact fighting techniques). The events offered excellent training but also a good social gathering as the course and accommodation was held on the campus. The main summer course in Llandudno was resumed this year, while there were smaller numbers attending than usual the course was an excellent training opportunity as there were a number of senior national instructors present to provide training in small groups.



This year was the 50th year of Lau Gar in the UK. While the style dates back to ancient times, Master Yau came to the UK and started to train students in more recent times and shortly after formed the Lau Gar association and the British Kung Fu Association. To celebrate the 50th Anniversary a dinner was held just south of Birmingham where members nationally and internationally attended. Lau Gar Wales performed the Lion dance to open the celebrations with Alun Morgan and Paul Jones in the Lion. Later on, Carl Jones and Jules Payne performed a demonstration of the Tiger fork against the Iron needle in a two-man fighting set they developed for the occasion. Other clubs in the UK also demonstrated different open hands and weapons sets completing the line-up for the celebrations.

As well as the YMCA at Neath, classes have also continued this year in Swansea, Pontardawe and Llandeilo.

Alun Morgan

JuJutsu

After a few false starts the jujutsu got going properly again during March 2022.

Unfortunately for various reasons we had lost a lot of the old members, particularly juniors, following the two year enforced break.

After a fairly slow start numbers have picked up steadily and both the junior and senior classes are now both running well. Club members are again cross training in other martial arts including Judo and Karate. Members are also regularly attending seminars. These are all positive signs as it helps keep things fresh and allows us to explore and experiment with new ideas.

Three of our members, Macsen, Kai and Elis, have competed in several judo competitions and have all done extremely well. I won't steal Ian Cardy's thunder, please read his report on the judo section for more information on that.

As always we are very grateful for the help and support that we receive from the YMCA. It was always a pleasure to work with Sian and it was a great shame to see her retire. It is, however, a pleasure to welcome Claire as the new manager, and I look forward to continue working with her.

Thanks to all our members and the parents of our juniors for their continued support.

Ian East - 4th Dan

Neath Valley Martial Arts (NVMA) / YMCA Neath Jujutsu

Karate

Firstly, it's good to be back training. We all had a lot of restrictions starting off with spacing and face masks. With the help and guidance of the YMCA team we navigated our way through this period and came out the other side.

We thankfully saw all our current students return as well as some new faces starting their Karate journey. We currently have 22 students of different ages and gender and have managed to hold two gradings, one of which saw Daniel Ba Thein achieve his first Dan black belt. Again, we hope to see Bethany Hopkins & Jodie Rosier achieve their black belts this year as they juggle training and college.

Even though we view the Welsh Karate Union as one club training at different locations we have made strong links with our club in Maesteg where Mike, Ellie and I combined forces to keep our clubs running during busy times. Mike has sadly left the WKU, but I hope we can continue this link with Sensei Lauren Gallagher who now runs the Maesteg club. As Sensei Lauren holds more titles in competition than I could list, we may see some new stars coming from Neath as she shares her knowledge with us. I would like to say a massive thank you to Ellie Hinder for her invaluable support as Coach. Thank you to all the staff at the YMCA for their help in getting back to normal. I would also like to thank the YMCA for providing us with such a great place to train. All the guest instructors who have come to visit Neath really envy our Martial Arts Dojo. We look forward to 2023

Andrew Richards

Gymnastics

The Gymnastics section has returned to more normal classes in 2022 and as the year has progressed and with reduced restrictions has been able to go back to our more normal classes. We are still affected by reduced numbers in classes and coach absences due to sickness. Our Gymnasts, however, are thoroughly enjoying the sessions and are working hard in December to learn a new skill and will be awarded with their achievement certificates before we break up for Christmas. We are fortunate to have 2 new coaches now on our team and we look forward to our return in January 2023 when we will be looking at taking on more children from our extensive waiting list. Bring on 2023!

Karen Phillips
Head Gymnastics Coach



Rugby Tots

Things are going reasonably well with our classes at YMCA Neath considering we are in the middle of a pandemic. The venue has been very good providing us with the rules and regulations to stay safe. The venue is also very helpful if I put something on social media by retweeting or liking my posts.

Clive Oliver

Sunflower Lounge

Sunflower Lounge is a social enterprise which supports care experienced young people and care leavers who have experienced complex trauma, through education into sustainable employment and living independently within the community.

Nurturing growth we work to break down social isolation, social anxiety, fear and depression which has been further exacerbated by the Covid-19 pandemic. Through raising confidence, hope and belief for the future, we enable the young people to face their challenges head on to achieve their full potential.

We have recently formed links with Claire Hicks and the YMCA Neath, through the Local Area Coordinators. The YMCA Neath has become a great support to some of our Young People who are accessing the Friendship Circle, Walking Football and the Gym. This has really helped them to develop their confidence, form friendships and reduce their feelings of social isolation. We have also begun to form excellent partnership working with Claire and her team which we look forward to developing further in 2023.

Adult Community Learning

Adult Learning have successfully provided courses from YMCA Neath for many years before Covid.

Now it is great that we are able to return there, hiring rooms from YMCA Neath for our further education part time courses.

Since September we have provided these courses,

- Word Processing and Office Skills
- Using a Mobile Device or Tablet
- Italian language taster sessions
- Additional Learning Needs courses

We plan to continue these from January 2023.

The centre is easy to access, with a free car park, close to the bus station. It has a welcoming environment; the staff are always helpful. We get good feedback from our tutors and learners from their time spent at YMCA Neath. We look forward to returning in the New Year.

Local Area Co-Ordinators

On behalf of the Neath Team of Local Area Coordinators I would like to offer our appreciation for all that you and your staff offer at the YMCA.

Undoubtedly, the YMCA is a huge asset to the community and we are fortunate to be able to signpost and introduce our caseload to your facility.

In particular, we have noted the huge success of the Friendship Circle and the Walking Football group- with dozens of individuals benefiting from the social inclusion.

I am excited to see the development of the peer led hoarding group and the Local Authority have been very proactive in cascading this group far and wide across the health board.

Adam Humphries



Beyond the Blue Service

The Beyond the Blue service is an Early Intervention service for families living in the Neath Port Talbot area. We can offer a range of supportive and therapeutic interventions that meet the emotional and wellbeing needs of children, young people and their parents. Support provided is be tailored to each family by a support plan developed in partnership with the family. We work with families and their children up to 25 years of age.

Our aim is to support children, young people and parents to improve;

- § Emotional and mental wellbeing
- § Own and family resilience
- § Lifestyles and behaviours
- § Family relationships Support

Types of presenting issues can include;

- § Anxiety/fear/anger
- § Low confidence/assertiveness
- § Attachment
- § Bullying
- § Low self-esteem/self-worth
- § Depression/low mood
- § Dealing emotional distress
- § Family conflict/communication
- § Friendship/Relationships difficulties

Emotional wellbeing and Coping with Loss Service supports;

- § Parent and child/young person support around emotional wellbeing
- § Resilience and improving coping skills
- § Bereavement and loss
- § Individuals affected by parental separation
- § Individuals affected by parental imprisonment

Tailored services include;

- § Play therapy
- § Therapeutic Play
- § Groupwork for children, young people and parents
- § Counselling for children and young people
- § Counselling for parents
- § Therapeutic Parenting Workshops
- § Online Safety Programmes

Referral Criteria: Referrals can only be made via the SPOC (single point of contact), this is the Neath Port Talbots councils referral gateway, which can be accessed via the following: 01639 686803 or spoc@npt.gov.uk. *Where there is current involvement from CAMHS, Neurodevelopmental dept., CAFCASS/court proceedings, or Children's Services we would not replace or duplicate these services.

Calan DVS

A big thank you to Claire and the team for hosting us for the last few months.

It has been a pleasure returning to the YMCA having spent much of my time there as a youth and seeing how the club still supports the members of the community with a range of classes, workshops and general support.

Though we will not be homed here forever, we will certainly return to use the facilities to continue and meet with individuals accessing our services.

Thank you again for being so welcoming and kind to myself and the team.

Gareth Branch



Here for young people
Here for communities
Here for you

Yma i bobl ifanc
Yma i gymunedau
Yma i chi

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