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Issue 1 - August 2023

NEWSLETTER

OPEN DAY 30TH SEPTEMBER

On the 30th September the YMCA Taranaki is celebrating 90 years of serving the Taranaki region. So to celebrate we are having an open / family fun day where our services will be open for the community to come and see what we have to offer. There will be games, kindy gym, crafts, climbing wall and more ... along with raffles and spot prizes.



Y'S KIDS CARE - OSCAR

The Y's Kids Care team have been busy providing quality before-school, after-school (Oscar) and holiday programme services, with services on-site for after-school at the central YMCA, Woodleigh, Welbourn and Vogeltown Schools there is never a dull moment.

Our tamariki have been enjoying the kind donations from Lego and have had many fun building challenges and competitions. On the House has enabled us to provide healthy snacks to all of the children in our service every day with their yummy apple deliveries.

Our Holiday Programme is popular and books out fast - with activities like Alpaca Farm visits, Ninja courses and trips to the movies, as an MSD accredited provider subsidies are available for eligible families.



WELCOME

Kia ora and welcome to our new newsletter.

We have had a busy start to our year, and who can believe we are now halfway through!!

All our departments have been up to exciting things that you can read about below.

We would like to take this opportunity to thank our staff for the hard work that they have put into making the Y the vibrant place that it is.

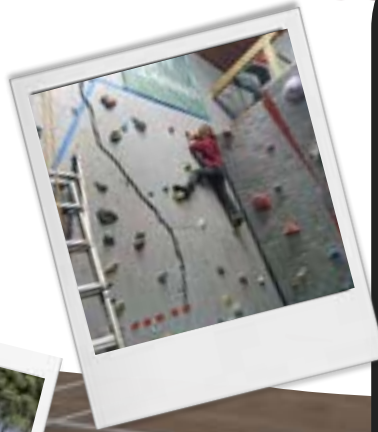
We would also like to take this time to thank all our funders and sponsors for their generosity in funding, equipment and the time given to helping the Y Taranaki continue to support our community.

A list of these Organizations can be found further through the newsletter.



enrol at; www.enrolmy.com/ys-kids-care

the TARANAKI



YOUTH SERVICES

The Youth Services Department of the YMCA Taranaki works with all Rangatahi aged from 12 -24 years of age through our Youth Development, Community and Education Programmes. Through all of our programmes, there is a huge emphasis on the growth, development and education of all our Rangatahi.

We do this by providing meaningful learning opportunities and mentoring to improve social skills, life skills and build resilience. Through youth engagement and opportunities to get involved and give back to the community.

To get the best outcomes for our Rangatahi we work closely with them, their whanau, extended whanau and the community.

This year our Rangatahi faces a lot of ongoing issues; so through our programmes, we have continued to provide transportation, access to sport and recreation – our Rangatahi love golf, volleyball, basketball etc. We also help with access to Public Health as a lot of our Youth do not have a permanent Doctor and are finding it difficult to access one.

Homelessness is also very real for our Rangatahi so providing kai, access to laundry and shower facilities are essential services we provide.

YOUTH DEVELOPMENT

Our youth development department has had a busy start to the year. All the programmes are referral based and are being well utilised by the agencies that fund them.

We run free holiday programmes from our Rangiatea site for 14 – 17 year olds. We offer a variety of activities from swimming to park adventures. This is available to all Rangatahi within the age range.

Te Kakano is a programme funded by the Ministry of youth development which offers programmes for rangatahi from 12 – 24. This programme is open to all rangatahi through the Taranaki region in supporting them to grow, learn and develop skills and knowledge

CRUX CLIMBING WALL

As always the Climbing wall is bustling as members and casuals flock in to take advantage of the only indoor climbing facility open to the public in Taranaki. Volunteer route setters have been busy making sure there is a range of top rope, boulder and lead climbs that are constantly changing to ensure there is always a challenge for you

The team is also on the lookout for an assistant climbing coach that would suit someone with experience or a keen interest in sports physiology and psychology, if this sounds like you or if you know someone with some above-moderate climbing skills that would like to learn on the job please get in touch with conrad.murray@ymcataranaki.org.nz to find out more.

If your 16yrs and older want to avoid the crowds but still get your rock climbing skills up feel free to fill in a members-only unmanned bouldering declaration form at reception or a public session and you can climb whenever the wall is not booked

Ngā mihi
The Crux Climbing Gym Team

YOUTH EDUCATION

We have three sites for Education. Wanganui, Palmerston North and New Plymouth where we run our Youth Guarantee programmes. We offer New Zealand Certificate in Foundation Skills level 1 & 2 as well as ILN (Intensive Literacy and Numeracy) and ACE (Adult Community Education). These are offered to young people aged 16 -24. These courses are to help prepare our young people for further education or employment and to increase their self-esteem and confidence





FITNESS CENTRE

After a few months of disruptions we are finally nearing the end of all the repairs from the flood damage. The sauna has been refurbished and is operational in time for some respite from the cold weather. (5 am - 9 pm - 7 days a week)

The new equipment has been put in and the gym rearranged to accommodate this, we still have a few tweaks to make to optimize the space, but it seems to be working well for now, thanks to Jetts fitness and Alton for making this happen.

Membership continues to grow and we now have some really busy spots in the day.

With that warm weather fast approaching it's time to start putting in that work now to achieve those summer results or if you just want to look, feel and move better now is as good a time as any to join up and get active!

Membership includes an initial assessment and programme to get you up and running, we also have a great rate for personal training sessions if you need a little extra motivation or some 1 on 1 training, so don't hesitate to get in touch and book your session or assessment.

See you all at the gym!

Gareth



CHILDCARE

The YMCA Childcare has been very busy.

We have been learning and exploring through our daily programme and have celebrated multiple languages and cultures along the way.

Throughout the year we bought our first Vegepod where tamariki were able to learn about planting vegetables and how to look after them by watering them daily and watching them grow until they were ready to harvest.

This was followed by the tamariki harvesting their own kai and taking home their vegetables to share with their whānau or placing it on our kai donations table located at the front of the centre.

We have also received a generous amount of kai donations through our partnership and sponsorship team where we have been able to support our whanau communities with a range of kai such as apples, crackers, cookies, chocolate, pumpkins, watermelon and lots more.

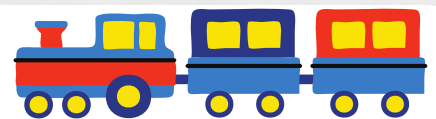
We have had many of our parents and whānau acknowledging what a great help this is ;

"I love that YMCA has food donations and is able to help my little whanau with food. It's been a really really big help for me, especially with food prices these days, I am very grateful" - Liddicoat's Whanau.

"The koha kai goes such a long way for our family as there are four hungry kids and everyone's on the go, so when we get special treats like we have been we are very thankful. The kids love bringing it home to the older siblings it gives them a sense of feeling pride that their school gifts it so they show it off to their siblings and also dive in with them to literally devour it. With the apples, my three youngest all helped to make apple juice since the apples were so big we definitely had a lot of juice. And with all the other snacks and can food it definitely makes a difference for this family!!! As my son is a very big eater. In times like this it takes a village to raise our tamariki so it's a beautiful thing when we can call our daycare part of our village x ♥ thank you to everyone who helps achieve these donations" Waiwiri Whanau.

In July the YMCA childcare also celebrated Matariki where the tamariki learnt the meaning behind what Matariki symbolizes through stories, art, dance and music. It was also a time for whānau and communities to come together celebrate with a shared kai evening to acknowledge the year gone by and make plans for the year to come.

Ngā mihi nui, Tiffany Makatoa - Childcare Manager.





RECEPTION /SPORT & RECREATION

It has been a busy half year for the Reception area with major construction works happening in the Fitness Centre – no day has been a quiet day

On the Sport and Recreation side, the Stadium has been very busy with most days and nights permanently booked by outside groups for Sport practices, fitness training, Birthday Parties and our in-house programmes including the Wednesday night Futsal League, Thursday night Badminton, Sunday afternoon Basketball and our regular Kindy Gym on Mondays, Tuesdays, Wednesdays and Saturdays.

It has been fantastic to host some big events this year with Gymnastica and the Sports Aerobic Nationals, Rapira Boxing Fight Night and coming up we have the North Island Tae Kwon Do Championships, the Tamil Association Badminton, a Kickboxing Event and not to forget our own Family Fun Day coming up in September. It just proves the YMCA is a great facility to hold an event, we are happy to discuss your needs with you and provide quotations etc based on your individual requirements just e-mail; mail@ymcataranaki.org.nz with your queries.

We have had a bit of an upgrade in the reception seating areas with kind donations of furniture from Powerco which has been very well received and has certainly improved the look of the main reception.

Our staff are the heart of the reception and sport and recreation team and like the rest of the YMCA they love to get involved and support (sometimes leading the way) on what is going on throughout the building, this year we decided to support Pink Shirt day in the aim to support the awareness and combat of bullying from all areas of life; check out the pics we all look great in pink!

Just a reminder our Reception Hours are;

Monday through Thursday – 8.30 am – 5.30 pm

Friday – 8.30 am – 5.00 pm

Saturday – 9.00 am – 11.00 am

Sunday – 12.30 pm – 2.30 pm

Feel free to contact us at 06 7583666 ext 0 or by e-mail at mail@ymcataranaki.org.nz

STAFFING

YMCA Taranaki provides a wide range of programmes and services for all ages from pre-school to adults and this is reflected in the wide-ranging staff positions at the Y. Permanent staff have the opportunity to utilise free gym membership and staff concessions for services, ie Childcare, Before & After School Care, Holiday Programmes, Climbing Wall and other activities.

If you are interested in applying for any vacancies, please check: Indeed, Trademe, Student Job Search, Seek, YMCA Taranaki and Taranaki's 'Live, Work, Learn' websites.

We welcome volunteers to join our fabulous, fun and supportive team at the Y and have the opportunity to give back to the community, flexible hours and amount of time (ie a few hours or a few days, once a week or as you can), various volunteer opportunities. If you are interested in volunteering, please email recruitment@ymcataranaki.org.nz for a volunteer pack.





A WORD FROM THE TOP

Our ambition is to drive social change through a culture of high-quality services while remaining true to our values and our purpose.

Working together with a high-achieving team like the YMCA Taranaki is a privilege.

A huge thank you to our passionate and supportive team members. The YMCA Taranaki leadership team has worked exceptionally hard to guide the organisation to a place of strength.

We are strategically led by a community-minded Board. By continuing to work together we will ensure the best outcomes for our community.

Joanne Dusterhoft - CEO YMCA Taranaki

Please support the people that support us ...



We have been very fortunate to have the support of the Lloyd Morrison Foundation. With their support, we have been able to purchase 2 brand-new fresh off-the-lot vans. These have been allocated to the Central education team and to YKC.



Black and Decker kindly donated a whole load of tools to keep our young people and staff busy. There were three sets provided. Two went down to our Central sites and one went to our Youth Services department.

StanleyBlack&Decker

L'OREAL

L'Oreal donated a massive amount of their end-of-stock products for us to use within our organisation and to others in our community. We used these products to give staff a special Mother's Day gift bag, either for themselves or to give to others. We have also donated products to The Cancer Society for a raffle prize for their upcoming Daffodil Day and to the Women's Refuge for a raffle prize at their annual pop-up shop. Gift bags were also donated to The Wise Charitable Trust to give to their staff and volunteers who work hard on the Healthy Homes initiative and to Tui Ora Youth Services for their wellness boxes for young people.



You may have noticed our new recycling bins around the main building. Contact Energy kindly donated \$2500 for us to purchase these. Waste Management has also provided a yellow recycling bin for us to get rid of our mixed recycling



the TARANAKI

Please support the people that support us ...

We would like to take this opportunity to thank Powerco for their ongoing support. Over this year they have provided us with lots of furniture and office supplies. Some of their staff spent a day at Rangiatea helping staff and young people to make a fruit and vege garden. They also kindly donated a greenhouse for the garden.



Supporting Community
with Surplus Food

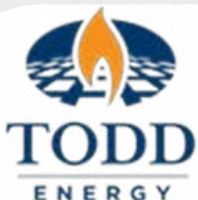
We have been very fortunate this term with food donations from On the House. We have been given a range of produce from apples to bin bags. Child care, YKC, climbing wall and Youth Services have all benefited from these donations. By using these we are helping to reduce food waste in our community and saving us money at the same time. Win-Win.

Tegel has been supporting Youth Services with monthly donations of chicken. This has supported staff with lunches for the young people who attend courses there. These donations have been a huge help in reducing their shopping bills



Methanex provides us with an amazing shed at our Rangiatea site. This space is used for our young people to get creative.

Once a month Youth Services receive a box of pancakes from Van Dykes. These are offered to the young people for breakfast before they start their day of education



Todd Energy kindly donated 12 computer screens and 6 laptops to the YMCA Taranaki. These resources have been distributed throughout the organization. The 6 laptops have been given to education and the 12 screens have been distributed to staff. They are continuing to support us with laptops when they become available.

Please support the people that support us ...

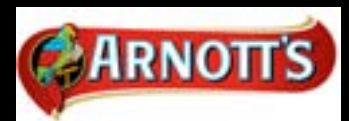


OMV gave us a donation of \$22,900 which was used to purchase two new cars. We were able to purchase two Toyota Aqua Hybrid cars for Youth Development. They also donated 13 TVs and 10 Laptops that have been given to all departments that requested them.



Singer has donated 7 sewing machines. 1 has been kept at the main Y and the other 6 have been distributed between our 3 education sites. Students are planning on making outfits for their end-of-year graduation

We have been lucky enough to have donations from Arnotts. We have donated 4 pallets of shapes. These have been distributed to different departments and have then given them out to staff, clients and their families. We had such a huge amount that we were also able to give boxes to On The House for them to distribute to the wider community.



Sanitarium and Fonterra have been providing our youth services department with Weet-Bix and milk, which is put out in the morning for the young people to have breakfast before they start their day.

Pic's peanut butter has been kindly giving us their delicious peanut butter once every quarter. So far they have been delivered to our Central education sites.



Nestlé has provided us with coffee, milo and chocolate. All the good stuff to keep us going through the day.

We are very grateful for the continued support of these businesses and organisations. If you are part of a business, organisation or foundation that is interested in supporting the Youth of Taranaki please contact us at mail@ymcataranaki.org.nz. It is only through the support of the community that we are able to continue to grow Strong Kids, Strong Families and Strong Communities.