



ADVENT APPEAL 2021

YMCA STATEMENT

'Inspired by Jesus' example, we support young people to experience fullness of life in body, mind and spirit'

'We are passionate about local communities being places that are characterised by love, joy, peace and hope where all young people can become everything they were created to be. We believe everyone can experience fullness of life in body, mind and spirit and all of our support is orientated around meeting young people's physical, psychological and spiritual needs, including:

- *Finding and maintaining accommodation*
- *Addressing addictions*
- *Emotional and mental health*
- *Employment, education and training*
- *Social networks and interpersonal skills*
- *Faith and culture*
- *Purpose, motivation and identity*
- *Contributing to society*


As a local charity, YMCA work with young people who need our help the most. They have often been homeless, experience poor mental health and can lack purpose for their lives. Since 1846, we have continuously adapted to meet the needs of young people in each generation and the demands of Covid-19 are once again requiring us to deliver services in new and innovative ways.


The consequences of Covid-19 are far-reaching and the young people we support are really feeling the mental and physical effects. From increased anxiety and social isolation, to losing employment and struggling to access food, we are supporting young people in the ways they need it most'


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How can you support the YMCA with their work?

Do you have time to give, or can you make a donation to help?

 For any queries relating to **volunteer** opportunities at YMCA Exeter, call us on **01392 410530** or email **sue.wilson@ymcaexeter.org.uk** to arrange a chat.

 Can you make a one off or regular donation? To donate by text - text YMCA to 70085 or donate via their website link [Make a donation - YMCA Exeter](#)

 Send us a cheque payable to YMCA and post to Fundraising, YMCA 39/41 St. David's Hill, Exeter EX4 4DA

 Donate via bank transfer using the following details: City of Exeter YMCA
Account number 00982170 Sort Code 12-13-55

YMCA Exeter - call us on 01392 410530 if you have any questions

For every £1.00 we receive...

- 77p is spent on providing supported accommodation, mental health intervention and community support initiatives
- 15p is spent on Christian leadership and governance
- 8p is spent on fundraising and generating sustainable income



THANK YOU
YMCA



YMCA EXETER

Scan to find out about our services



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

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION