

# THE GOOD WORD

*The official newsletter of YMCA Worcestershire Service Users*

## NOW'S OUR CHANCE!


### REGISTER TO VOTE!

Your voice matters.

When is the general election?

 **4th July 2024!**

When do you need to

 register by?

**11:59pm on**

**Tuesday 18 June.**

Speak to your Life Coaches and Support staff if you need any help.

 [Register here!](#)



## 180 Years of YMCA

*Emily Brooks*


On June 6th, YMCA celebrated an incredible milestone: 180 years of dedication to empowering young people and developing communities. Founded in 1844 by George Williams, a young drapery worker in London, and 11 other young men concerned for his fellow workers' welfare, YMCA has grown from a small prayer and bible study group into a global movement, impacting millions of lives. Worcester YMCA, established in 1896, extended the YMCA's mission and values to Worcestershire.

During WWII, YMCA introduced mobile canteens, aiding troops and supporting displaced individuals. The 1970s saw YMCA Redditch's birth, (alongside a very famous song) and the 1980s saw YMCA focusing on pressing issues such as homelessness and unemployment by creating safe spaces for young people. By 2000, YMCA had a global network of over 58 million members. The 2013 merger of YMCA Worcester and Redditch formed YMCA Worcestershire, further strengthening its community service capacity. Today, YMCA has grown to serve more than 65 million people in 120 countries regardless of age, race, gender, sexual orientation or socio-economic background.

Join us in celebrating this historic milestone and envisioning a brighter future for all young people in Worcestershire and beyond.

Happy 180th Anniversary, YMCA Worcestershire!

## Euro Football Sweepstake!

 Grab your favourite team (first come, first serve; act fast)

 £1 to enter

 £24 prize up for grabs!

Ready to play? 

Contact Michelle Lee at [michelle.lee@ymcaworcestershire.org.uk](mailto:michelle.lee@ymcaworcestershire.org.uk) and claim your team!

## Feeling Low?

When times are tough, and you're feeling overwhelmed, try these simple steps:

- Stop & Breathe
- Talk to a person you trust
- Write down your feelings
- Get some fresh air
- Move your body

## Happy Pride Month



Thank you for celebrating diversity, inclusion, and the ongoing efforts of those LGBTQ+ heroes who champion equality and work tirelessly for a just society.

We truly believe that everyone deserves to live authentically without fear of judgment or discrimination.

## Staff Spotlight - Dave Knatt

I've been lucky enough to work at YMCA Worcestershire (and YMCA Worcester before that) for nearly 21 years. In that time, I've had 13 different managers and 7 different job titles, and I can honestly say I have absolutely enjoyed every single day! Working for YMCA has provided me with so much. I've push biked from Worcester to Redditch (only one resident fell into the canal!) climbed up Yr Wyddfa (and managed to lose the minibus keys), had a snowball fight in Romania, attended a 4 day birthday party in London, had a cream tea with a monk, and swayed awkwardly at a number of evangelical leadership summits! I've learnt how to be a life coach, a first aider, a land yachtster (I kid you not), a fire warden, an MC, and a guitarist. And I've taught a wide audience a broad range of topics, from team building, conflict resolution, sexual health, interpersonal skills, job seeking, budgeting, and most important of all, ironing. Across the years I've worked alongside some wonderful colleagues (the current bunch are my favourite) and I love waking up every day and having the opportunity to work here. I mean, yes, I can get excited about the opening of a bag of crisps, But I've still not lost any of the enthusiasm, I had since my first day, and I cannot wait for the next 21 years!



**"The clients I've worked with have been the best teachers I've ever had" Dave Knatt - Life Skills Coach**



### Dates for your diary

Yingo Bingo - 21st June, 7pm @ Willow Trees Community Centre  
 YMCAlympics - 14th August @ Abbey Stadium Sports Centre

## Ask the Staff!

*“What’s one piece of advice you’ve never forgotten?”*

“You attract what you are” - I don’t even remember where I heard it (thanks ADHD!) but it’s stuck with me! When my house is a mess, my brain is a mess. if I tell myself I can’t achieve something - I won’t. BUT if I tell myself what I’m capable of, I seem to find more opportunities. When I am kind to others, I am offered kindness in return. When I make the effort to truly take care of my mind, body and soul, I attract more people into my circle who have the same mindset.  
Law of attraction really is a thing!”



**Emily Brooks**  
HR Coordinator

# PUZZLE PAGE

Test your brain power and keep your mind sharp!

## Word Scramble

This month’s words are things that make you think of summer.  
Can you unscramble the letters and figure out the words?

**RSNEUCSEN**

**IICNCSP**

**HLYAIDO**

**WGNMISMI**

**IKSCOTLCA**

**ABCEH**

## Riddle me this

I’m popular in Summer, but  
I don’t like the sun.  
What am I?