

# RESIDENTS NEWSLETTER

## Welcome!

Welcome to the latest edition of the Resident's Newsletter, produced every three months to share news and highlights from across YMCA SPG. This edition brings together stories and updates from the wide range of projects and activities happening at our sites.

## Spring is here!



Residents from St Margarets recently enjoyed a fantastic morning out playing tennis in the sunshine. A small group headed out to the courts to get active, try something new and enjoy spending time together outdoors. The session was filled with laughter, encouragement and lots of movement, with residents supporting one another as they practiced their shots and rallies.

The good weather made the experience even more enjoyable, helping everyone to relax and have fun. After the game, the group treated themselves to ice cream, which was a lovely way to cool down and reflect on a fun and energetic morning.

## Spring Planting at Wimbledon

Residents, staff and volunteers came together for a wonderful spring planting event at Wimbledon. Together we planted a variety of vegetables and herbs that will be used in our Community Kitchen in the months ahead.



## Residents Involved in Recruitment

Residents from South Ealing, Ventura House, St Margarets, Ealing Common and Uxbridge were involved in interviewing candidates for Progression Coach roles. They observed presentations based on mock engagement workshops and provided helpful feedback on each candidate.

Residents also learned about the recruitment process, including objective scoring and safer recruitment practices, with support from our HR Business Partners.

## A Trip to the Theatre

Residents from Wimbledon and Walthamstow, along with some of our volunteers recently enjoyed a special evening out at Wimbledon Theatre, where they attended the acclaimed production Dear England. The trip offered everyone the chance to experience live theatre and explore Pippa Grange's methods to help overcome fear and pressure. Everyone really enjoyed the performance and the opportunity to get out into the community, try something different and share the experience with others. For some, it was a chance to visit the theatre for the first time, while for others it rekindled a love for the arts.

## Training Across St Paul's Group

We have been working to facilitate and deliver skills across the charity with a range of training opportunities open to ALL sites. Recently, staff and volunteers took part in:

- Two First Aid training courses
- Organising and Campaigning training with Citizens UK
- A two-day Train the Trainers course

Coming up soon:

- Volunteer Training – Wimbledon, Thursday 28 May
- Compassionate Mind Training (CMT) – South Ealing, Wednesday 24 June
- Recruitment Training - To Be Confirmed
- Resident Scrutiny Training - To Be Confirmed
- Level 2 Gym Instructor Training - Walthamstow, May

Thank you to everyone who has taken part and supported learning across SPG.

## Celebrating Together: Eid and Easter

We were delighted to celebrate Eid and Easter across the charity, bringing residents and staff together to mark these important occasions. Celebrations took place at several sites, including South Ealing, Surbiton and St Margarets, with everyone enjoying a welcoming and joyful atmosphere. Residents took part in shared meals, decorations and moments of reflection, creating opportunities to learn about the traditions and cultures.



## Having a Seat at the Table – Citizens Event

Residents from across the group attended a Merton Citizens event where they challenged local prospective councillors on key issues, including housing.

Wimbledon residents also created and performed a powerful poem on the theme of “having a seat at the table.” The poem was read out on the evening and was very well received, highlighting residents’ voices and lived experiences.