

Y-TIMES



GREATER DURBAN YMCA

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Y-FIT LIVE ON RADIO DUT

The interview was greatly anticipated by the Durban University of Technology as they wanted to hear more about Y-FIT Durban. Nobody knew what to expect from the interview as the host and the listeners had minimal information about T-FIT. The lively and energetic **Thalente Ngwane** made the 30 minutes interview interesting and exciting. He swept the host of the morning **feel good show, Bra Mandla** off his feet with the excellent responses he gave. He was asked about the entire organization not just the gym which he is in charge of. He was also asked how the holistic background of the organization came about. "okay that is simple, as you know a triangle has three corners. One for the spirit, one for the body and one for the soul. At Y-FIT we deal mainly with

the body. The other programs which are offered at YMCA deal with the other two" said Talent. "ow yeah now I understand because I've been asking myself where it fits in. that is interesting for me, I feel there's more to the organization than what is on the internet" responded the radio presenter who was amazed at how professionally the gym is run. The interview received a great feedback from the students who took to social media and asked questions concerning the gym, where it is located and the price range and also requested fitness advice from Thalente who was cool, calm and collected through the entire interview. He was honest and gave them straight answers. " We all had to start somewhere and we all have different body types .You can make your body beautiful with whatever body type you have.



Left: radio DUT presenter bra Mandla. Right: Thalente Ngwane Y-FIT representative.

You have to be honest and committed to yourself. I always tell people to give themselves 12 weeks to see a difference". advised Mr. Ngwane ,who was having the time of his life and wished the interview was a little bit longer he joked .

WESTVILLE CORRECTIONAL CENTRE

Greater Durban YMCA works in partnership with the Department of Correctional Services, offering a Life Skills Course to inmates who wish to participate. YMCA works in 4 sections of the prison and a new section was added last year by a request from social workers in that section. The influential courses cover mostly

these topics amongst many other.



Inmate class in progress

Entrepreneurship, financial issues and budgeting, public speaking, identity, decision making, advocacy, job creation, volunteerism etc.. Greater Durban YMCA received an award from the Department of Correctional Services in 2011-2012 for Excellence.

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Y-JUSTICE

This program is designed to reach young people who are in conflict with the law, and young people whose social circumstances place them at a high level of risk regarding potential conflict with the law. When asked to briefly explain what the program is all about, Zikhona said “this program does a lot awareness campaigns, the last one we had was a drug awareness campaign in Umlazi. We also run programs in Westville Prison young people are incarcerated. We try to give them counselling, give life-skills education, do re-integration programs of those people back to the community. There is also a post release program which monitors the progress of the

people who have been released back to the community, which reminds me that this program was in fact established by an ex –



GRADUATION IN PRISON

convict”. The community needs a lot more programs like the Y-JUSTICE which ensures that the people who are in trouble with the law turn their lives around in a positive way and get life-skills which will make them better people when they go back to their communities. “We are still going to do more campaigns. We have been invited to one school in Umlazi to come and address the issue of drug and substance abuse in that school. So we are just waiting for them to complete their exams and then we head their way” closed the program director Zikhona

SKILLS DEVELOPMENT UNIT

The Computer Centre runs a Skills Program which has the intent of providing a solid IT foundation to enhance employment opportunities and enrich interactions with the virtual world.

The program offers a course for students over a two week period, For days a week. The course covers the core parts of the Microsoft Windows and Microsoft packages at minimal costs.

The center also gives computer lessons to kids during their school holidays, and also once a

week to children who attend the Y-ZONE program at Durban YMCA, Anchor house. They also give computer lessons to participants in the youth justice Post Release program.

Press any key to continue or any other key to quit....



HUMAN RIGHTS CAMPAIGN

The week prior to Human Rights Day, Y-FIT ran a Human Rights campaign which was mainly to remind and teach those who didn't know about what Human Rights Day means to the history of South Africa. The campaign ran for the entire week with posters and charts teaching about this day placed around the gym. The day was well commemorated when the Y-FIT staff planned and hosted a competition which they called ‘The Human Rights Endurance Challenge.. This was a huge suc-

cess. This competition took place on the 21st of March 2017 at Albert Park. This challenge left many gym members angry at



themselves for missing it. “ You guys should have another challenge soon because that is why we come to gym, to compete” said a client who is looking forward to the next challenge which Y-FIT is yet to disclose.

THE SAFE SPACE FOR GROWING

Y-ZONE, a safe space for growing. This deals mainly with educational programs that empower children with the necessary knowledge of the choices that they have and how those choices can lead them to financial security. The Northern Illinois University (NUI) with SA YMCA created an economic entrepreneurial education program called TEEEP.

The TEEEP program facilitates learning of basics of economics and entrepreneurship. Each session is conducted and led by a TEEEP group leader and trained volunteers.

Sessions include hands-on-activities, songs, games and stories to engage the learners, and to relate each session to their local community



and its economy. Children who participate in this program learn to identify their roles in the economy as producers, understand that they

have choices, develop good decision making skills, demonstrate an ability to set goals, recognize the value of education and to also recognize the opportunities to create and sustain.

LIFE SKILLS AND JOB PREPARATION

The organization has found pleasure in equipping young adults with job search skills which are very rare to find when one can't afford to get into college or varsity. The training is done in both theory and practical's. There are a number of enterprises which have come into play that help the youth with their practical's and help them acquire the necessary skills. If they pass the course, they are given the opportunity of work experience. This course helps the trainees to be first choice candidates for these respective shops whenever the vacancies arise.

Under this course, the trainees are taught numerous and computer skills, communication skills and interview advice just to mention a few. A matric certificate is the only requirement. It's time for the youth to take initiative and control and to equip themselves with the necessary skills to make a better life for themselves.

*A LIFE TIME OPPORTUNITY.
DON'T LET IT PASS YOU BY.*

ENDURANCE WALK

The endurance walk is a wellness campaign which promotes an active lifestyle. On the 2nd of April 2017 Y-FIT had its second successful 7km fitness walk to suncoast and back. Every client/member is allowed to come with family members and friends to make the walk more enjoyable. The aim of this walk is to bring people into contact because it is believed that group training or exercises bring the best results. "We also want to change the training environment for the clients because they can

get easily get bored when they do the same thing over and over again. So this walk is



YFIT CLIENTS

good to change things up a bit. It also encourages many people who walk out there every morning who don't know about Y-FIT to come and join" said the fitness instructor Vusi Jobe.

GREATER DURBAN YMCA

82 Diakonia Avenue
Anchor House
Durban 4

Phone: 031 305 4498
Fax: 031 305 4499
E-mail: admin@dbnymca.org.za



**EMPOWERING YOUNG PEOPLE FOR
LIFE, LEADERSHIP AND SERVICE**

**We're also on the
web!
www.yfit@dbnymca.org.za**

Greater Durban YMCA is a registered NPO located in the Albert Park Area of Durban. It is affiliated to South Africa YMCA, the African Alliance of YMCAs which link to the World Alliance of YMCAs.

They have programs such as:

Y-ZONE/TEEEP

YOUTH-JUSTICE/POST RELEASE

LIFE SKILLS AND JOB PREPARATION

LOCAL ACTION GROUPS (LAG)

These programs are aimed at improving lives and equipping young people for life, leadership and service.

In June/July and December/January Durban YMCA offers affordable rooms to rent on a daily basis .

LOCAL ACTION GROUPS

The concept of a Local Action Group known as the LAG is engage young people from the various communities we work with to become agents of change for their communities. A group of 6 young dynamic people start out, with an initiator. Together they consult the community in order to determine their needs, and then have 6 months in which to make a difference. After those 6 months have elapsed, the lead initiator changes and a new project is determined, they set out to achieve their targets around those particular needs. There have been some significant successes from this initiative.

The work is characterized by Ubuntu, Compassion, Integrity and Responsibility. The Y-



AFTER A SUCCESSFUL CLEAN UP CAMPAIGNE IN MAYVILLE

LAG had a clean up campaign in Mayville I,

with the assistance and support from the community it was a success. Also in 2016 the LAG took to the Molweni area where the need to bring about more mobile clinics to the area was observed hence there is a great shortage of efficient and reliable clinics.

This was a great awareness to raise as this is a life and health threatening issue