



YMCA

**Join Team YMCA MK
and help young
people to belong,
contribute and
thrive**

YMCA MILTON KEYNES



Thank you for joining Team YMCA MK

We really value your support. With your help we can continue to provide services that will help young people in MK work towards a bright and positive future.

Stay in touch throughout your fundraising journey and follow us on Facebook, Twitter, Instagram and LinkedIn.

Thank you again for supporting our charity and residents.

How we help

YMCA is the only provider of supported housing dedicated to young adults aged 18-35 in Milton Keynes.

We opened our doors in 1980 and since then we've helped more than 10,000 local young people.

We offer much more than just a home – we provide practical, emotional and employment support to enable our residents to belong, contribute and thrive.

Why your support is vital

The donations we receive from our fundraisers are a real lifeline. Without them, we simply wouldn't be able to provide the holistic support that our young people desperately need.

- Since the pandemic, our waiting list for housing has grown by 50%
- We rely on donations and grants to fund our employment, mental health and wellbeing services.

With your help, we can give our residents the tools needed to help them achieve their full potential and truly thrive.

A young woman with voluminous, curly brown hair is smiling warmly at the camera. She is wearing a grey, textured knit sweater with a mesh-like pattern on the sleeves. She is leaning her arms on a metal railing. The background is a soft-focus indoor setting.

Thanks to you, we are here to support people like Emily.

Emily moved out of her family home when she was 18 and spent the following months sofa surfing with friends.

When Emily moved into our accommodation, she had just lost her job and felt like she had nothing to live for anymore. The first step in supporting Emily was to help her improve her mental wellbeing. We did this by providing counselling sessions via our free in-house service.

We then supported Emily back into employment. She worked with one of our Employment Coaches to create a CV and started to contact local companies.

This improved Emily's confidence and helped her to identify and talk confidently about her skills and strengths. It wasn't long before Emily was offered a job with a local employer.

The pandemic and periods of isolation were very challenging for Emily. She had to shield for much of the year but was supported by our staff and always had someone to talk to.

Emily is now doing well and thriving in her job and studio flat. It has been wonderful to watch Emily flourish and when the time comes, we will continue to support her as she prepares for life beyond YMCA MK.



Fundraise online

Setting up an online sponsorship page is the easiest way to encourage friends and family to support your fundraising activity.

Follow these simple steps.

1. Visit **JustGiving** and search for 'YMCA Milton Keynes'.
2. Input the information requested to set up your fundraising page.
3. Don't forget to tell people why your fundraising is so vital and how it will improve the lives of young people in MK.
4. Once your **JustGiving page** is live, share the link with your friends, family and colleagues on social media and encourage them to get involved!

Offline donations

You can also download our sponsorship form to collect donations manually.

It is recommended to bank any cash donations first and then send us a personal cheque for the same amount. Cheques should be made payable to 'Milton Keynes YMCA Limited'.

Alternatively, if you have a **JustGiving page**, once you've banked the sponsorship money you can then donate it to your own page.



Fundraising ideas

There are lots of fun ways you can fundraise for YMCA MK.

- Host a coffee morning and sell tasty cakes and treats.
- Organise a quiz night and charge an entry fee. A proportion of the funds could go to the winning team, with the remainder going to YMCA MK.
- If the weather permits, host a BBQ and accept donations in return for delicious food!
- Clear out your cupboards and sell unwanted items at a car boot sale.
- Host a garden party with food, music and drinks. All guests need to bring is a donation!

You can download posters and bunting from our website to print off and use for your event.



Spread the word

There are lots of ways you can share your fundraising activity with your friends, family and colleagues.

- Upload photos before, during and after your event to generate interest
 - Share videos explaining why you're fundraising for YMCA MK
 - Use our tags on social media and include **#TeamYMCAMK** in your posts
-  **@YMCAMILTONKEYNES**
 **@YMCAMILTONKEYNES**
 **@MKYMCA**
 **YMCA Milton Keynes**
- Remember to link to **[mkymca.com](https://www.mkymca.com)**

Thank you for choosing to support YMCA MK. Together, we can support local young people as they build a future full of hope and possibility.

For further information about fundraising, email **fundraising@mkymca.com** or call 01908 295 600.

YMCA MILTON KEYNES

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Registered Company No: 2769788 Charity No: 1125743



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