

YMCA Youth Programme

Introduction

The aim of our programmes is to equip students with essential life skills relating to academic achievement, self-management, social development, Hiv/aids awareness and interpersonal and career development. This will enable students to function optimally and be academically successful.

Our life skills programme was developed to help students to development skills that will allow them to be more competitive in the work environment and make them more marketable and confident in order to survive the challenges facing them in their personal and academic world.

Our programmes will be a long term venture with fixed time slots for certain activities, so Youth can start managing their time and make appointments on a regular basis instead of pitching up whenever, We believe the Youth of today need to know how to make a commitment and to stick with it.

All Programmes will be opened with prayer and a chance for students to talk about something that is bothering them.

We will be targeting Students (UKZN, Damelin Varsity college) and, High school scholars. Targeted Schools: Alex High, Long Market Girls High School, GHS and Maritzburg College. Age Group: between 15 and 25 years old. Marketing: Adverts in the Natal witness, Pamphlets, Posters, word of mouth through existing members.

Life Skills Programme: Cecil (Youth volunteer)

Every Monday we shall co ordinate a life skills session through Drama and Music. The programme will teach the Student how to deal with teamwork, communication, understanding yourself, information gathering, thinking methods, problem solving and decision-making.

Cecil will give us feed back after every session and will be expected to take a register and make sure all members have paid their YMCA Membership Fee.

We will be giving Cecil petrol allowance of R50 a session.

Resources: Umsobomvu life skills manual

Tensing Programme:(Prince Youth Volunteer)

On a Tuesday and Thursday the Dancing group will co ordinate their dance programme. We have met with them and said that if they pay membership and commit to the YMCA they will be able to use the Indoor Centre. In return we will look out for sponsorship for them and help them organise a Concert every so often, So that we can raise funds for the YMCA and to raise funds to Equip the dancers with the equipment they need e.g. Clothing, HiFi. Some of the life skills subjects could also be used. This must have a Christian emphasis.

The dance group will also have to take register and give us progression reports once a month.

Resources: Umsobomvu life skills manual

Sport Programme: (Brenton Cryer)

On a Wednesday the YMCA will invite the SOS Children's home and street children to play sport and have fun. Through Sport we will teach the Children How to deal with Decision Making, Acceptance, Discipline, Socializing, HIV/AIDS awareness, teamwork and how to motivate themselves. Brenton Cryer has level 2 coaching grade and will co ordinate this programme and give the Children the best possible coaching they can get.

The Aim of this programme is to scout for young talent amongst the Children and try help them benefit from there talent and take them further in sport, and to develop the children in to confident and professional young adults. The YMCA Staff and friends will organise an indoor soccer match with the YFC Staff and older Children every second week. Some of the life skills subjects could be implemented.

We will also provide food and drinks for the Children every Wednesday.

Life Skills:(Otto Franke)

Every second week Otto Franke will have lessons in the Chapel. He is experienced and qualified in Job Hunting techniques and will teach the Students

- Job Hunting Skills: Networking
 - Recourses Human Resource management 6th edition
- Job Hunting Skills: CV
 - Internet
- Job Hunting Skills: Interview
 - Recourses Human Resource management 6th edition
- How to manage your money effectively.
 - Umsobomvu life skills manual
- Time Management
 - Umsobomvu life skills manual
- Using a financial institution
 - Umsobomvu life skills manual

Skills Development Programme (Vimba, Nondumisa & Abraham)

We shall train unemployed people in the following jobs to get basic work experience.

1. Cooking in the Kitchen
2. Telephone etiquette (Reception Skills)
3. General Maintenance.

Membership:

Our aim at the YMCA is to increase membership; our target for the Youth Programme is 50 members. All members will pay R10 for the year and will receive a Laminated Membership card with our contact numbers, Programme schedules and information on it.

The LYC will be informed to assist and give their input.