

Resident's News

May 24 2017



Why is this important:

The newsletter shares useful and interesting news and information with residents across YMCA West London.

Please read the newsletter and please contribute to it. It's yours! Find out more inside.

What's inside:

- ▶ Founder's Day walk
- ▶ GO event
- ▶ Be a Board observer
- ▶ Recipe of the month
- ▶ Keeping in touch
- ▶ Get involved

www.ymcawestlondon.org/youth

The place to look for YMCA's residents' and young people's page

Welcome to YMCA West London's Resident's Newsletter

JOIN THE NEWSLETTER TEAM

Are you interested in

- photography
- writing
- production
- design?

Do you have a

- recipe
- inspirational thought
- story
- poem?

Get in touch with Richard Craig, Marketing and Communications Officer

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Join our walk to St. Paul's Cathedral Tuesday 6 June

- ▶ Walk 9.4 miles across London
- ▶ Celebrate YMCA's 172nd birthday
- ▶ Refreshments and lunch provided
- ▶ Free transport back
- ▶ **Ask your Housing Officer to register you**

YMCA was founded on 6 June 1844 in the heart of London, close to St. Paul's Cathedral. It now operates in 119 countries, supporting or working with 58 million people every year.

We're leaving at 09.30 and will be met by Bishop Pete Broadbent, Acting Bishop of London and our President, on the steps of the Cathedral at 14.00, along with staff from YMCA London South West and YMCA East London. We'll have lunch together.

It's part of a worldwide campaign coordinated by the World Alliance of YMCAs to mark the 172nd anniversary of YMCA, on 6 June. Events are also planned in YMCAs across Europe and the rest of the world throughout this day.



GO!

YMCA West London celebrated the success of 18 young people completing the Get on Track programme on Wednesday 10 May at the Hayes Working Men's Club.

Get On Track is an eight week mentoring programme led by world-class athletes run by YMCA West London in partnership with the Dame Kelly Holmes Trust. It improves young people's communication, teamwork, confidence, health and well-being, leading them into employment, education or further training. And it gets results!

"Get on Track made me realise how important it was to get a job and better myself, one week after Get on track, I'm in the final steps of an interview process and 100% confident that I will succeed." Will, aged 25.



What happens to our residents after they leave YMCA?

We're starting a new project to find out what happens when a resident moves on. Do they stay in employment? Do they need further support?

The information will help us to make sure the services we offer really do benefit the young people we work with. When you leave, you'll be asked for your contact details so we can stay in touch.

Inspirational thought

Three YMCAs are walking to come together in the spirit of the Bible verse that the YMCA has adopted as their motto: John 17:21 says, "that all of them may be one".



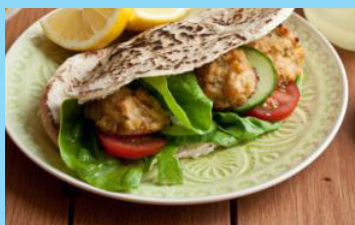
QUICK BITES

Recipe of the month: Home made falafels and salad

Ingredients:

For the falafel

- 2 tbsp olive oil
- 1 small onion, finely chopped
- 1 garlic clove, crushed
- 1 x 400g/14oz can chickpeas
- 2 tsp ground cumin
- 1 tsp mixed herbs
- 1 lemon, zest grated
- salt and black pepper
- 1 egg, beaten



For the salad

- 3 tbsp olive oil
- 1 lemon, juice only
- ½ cucumber, peeled and thinly sliced
- 100g/3½oz tomatoes (two medium tomatoes), roughly chopped
- 1 round lettuce, washed, leaves torn
- 4 pitta breads

Method:

1. Heat a tablespoon of oil in a small pan. Fry the onion over a medium heat for 3-4 minutes until softened. Add the garlic and fry for a further two minutes and remove from the heat.
2. Drain and rinse the chickpeas and transfer to a mixing bowl. Add the sautéed onion and garlic and crush together with a potato masher until the mixture is broken down.
3. Add the cumin, mixed herbs and lemon zest and mix well. Taste and season with salt and pepper. Add the egg and mix together.
4. Preheat the oven to 200C/400F/Gas 6. Divide the mixture into 16 walnut-sized balls and place on a non-stick baking tray. Rest in the fridge for 20-30 minutes.
5. Remove the falafel from the fridge, drizzle with the remaining oil and bake for 25 minutes, or until crisp and golden-brown. Turn occasionally to ensure even cooking.
6. Meanwhile place the cucumber, tomato and lettuce in a large bowl. Squeeze the juice of half the lemon into a small bowl, add a pinch of salt and pepper and using a fork whisk together with the olive oil to form a dressing. Pour over the salad and mix well.
7. Lightly toast the pitta breads then carefully slice open along one side using a knife.
8. When ready to serve, arrange a little salad in each pitta, top with some of the falafels and add a squeeze of juice from the remaining lemon half. Serve with the remaining salad alongside.

Find out what's going on in YMCA West London....

Wednesday 14 June 19.00 - 21.30

YMCA West London's Board Meeting

University of West London, St. Mary's Road W5

- Be an observer
- See the past Board papers on our website.

Put your name down to be an observer at the Board meeting:

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