

**YMCA**  
**BOURNEMOUTH**

Bournemouth/Poole/Christchurch

**YMCA**

## Nina, YMCA Bournemouth resident

"I went from being a house wife to being in a domestic violence unit then referred to the YMCA where they helped me with counselling, securing my medication so I am unable to self-harm and gaining the help I needed from CMHT (Community Mental Health Team).

After previously staying in the YMCA but not using the opportunities or services to their full potential, this time round, I had the knowledge and realisation of what YMCA could offer me with the excitement of being able to do this properly. I became a representative of the YMCA.

After about a year into my stay I was admitted into hospital where a non-cancerous tumour was found. These words changed my life forever but I also knew I was in the best place at YMCA. I was supported by my support worker who took me to every hospital appointment; coming in earlier to take me when not on duty.

I have the confidence and ability to handle my situation due to the counselling and help from YMCA. I know I would not have been able to continue, achieve and strive without all this help especially knowing my treatment could paralyse me."

**YMCA**

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