

PROGRAMME

- **9:00** Arrival & Registration
- **10:00** Welcome & Spotlight
- **10:45** YMCA Nursery's North Star Featuring Special Guests
- **11:00** North Star & Robin Hood Award
- **11:20** Mind, Body, Spirit Activities
- **12:30** Lunch
- **13:00** Our Year of Impact
- **14:00** Looking Forward with Craig Berens (Group CEO)
- **14:30** Campfire Close



George's Work Log

- ✓ Getting his Housing Ombudsman qualification
- ✓ Making cakes with young people
- ✓ Visiting friends in 16+ Cluster service
- ✓ With colleagues in Supported Housing, after their honey win!
- ✓ Playing board games with children at White City
- ✓ Ice cream trip! With Children's Residential Services

YMCA CAMPFIRE

YMCA Robin Hood

25TH APRIL 2025

CAMPFIRE #004



YMCA

Here for young people
Here for communities
Here for you

WELCOME TO CAMPFIRE!



I am very pleased to be welcoming you to our 4th ever YMCA Campfire. That's a whole year of celebrations! I'm very excited to be welcoming colleagues from every department to the stage today,

to really showcase and celebrate the incredible impact you all have made this past year.

On this theme of impact, we'll also be zooming in on one of the core concepts of YMCAs across the world - the mind, body, spirit triangle. You'll learn a little about what that means, and be able to enjoy some time experiencing it together in one of our much-loved activity sessions.

I'm also delighted to be leading as your Spotlight host this Campfire, accompanied by our talented Support Services teams, who will be lifting a lid on what we do and how our work ties into the incredible achievements of this charity

**I hope you have a fantastic
Campfire day!**

Todd Cauthorn
Chief Strategy and Compliance Officer
Spotlight Host

Why the triangle!?

The red triangle has been synonymous with YMCA since 1891, and you can see it all over the world as a marker of YMCA support, facilities and programmes.

Each side comes together to represent mind, body and spirit. It recognises the interconnectivity of all three, and YMCA's commitment to supporting them all.

Everyone's interpretation of mind, body and spirit is personal to them, but YMCAs like ours typically focus on ideas like these:

Mind

Learning, reflection, creativity and identity. Development of qualities like resilience and confidence, as well as mental and emotional health.

Body

Physical wellbeing, movement and overall health and balance - whatever that means for you.

Spirit

Purpose, positive values, beliefs, connection and belonging to community.

