

IMPACT



REPORT 2023/24



Mission

The YMCA Athlone will render stimulating programmes to improve community wellbeing, encourage civic responsibility and promote social inclusivity.

Vision

Empowering & Impacting communities towards Wellbeing, Responsibility and Inclusion

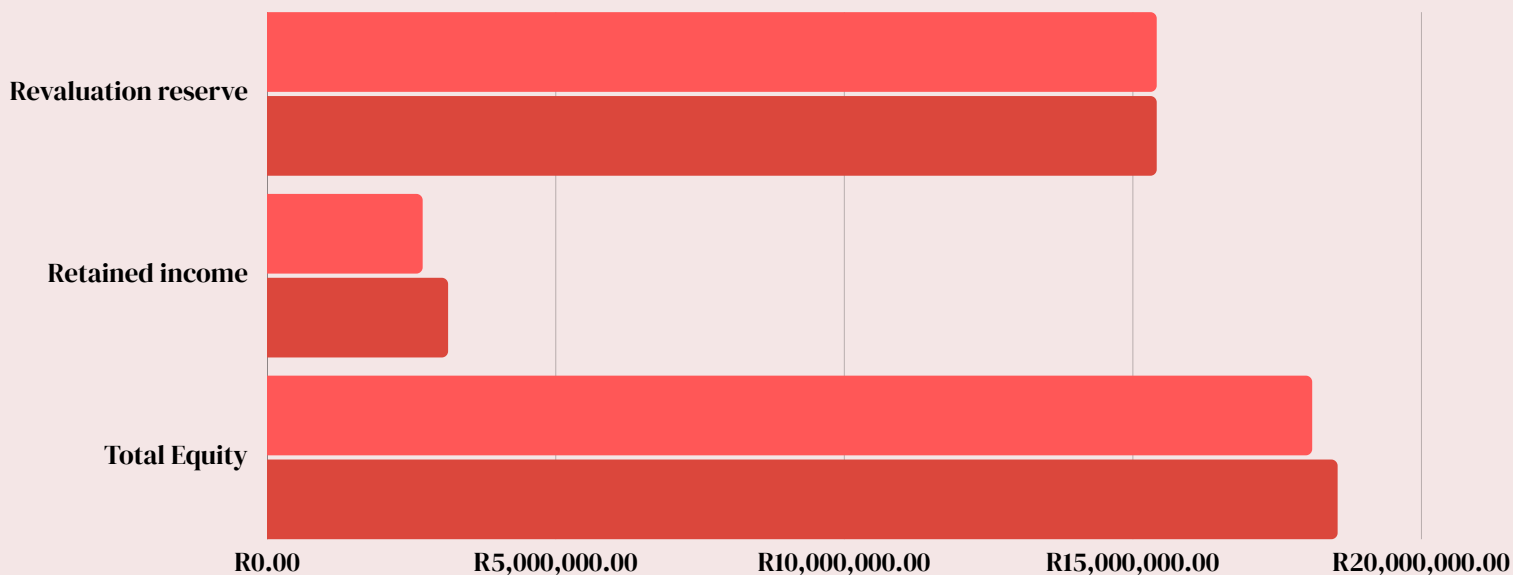
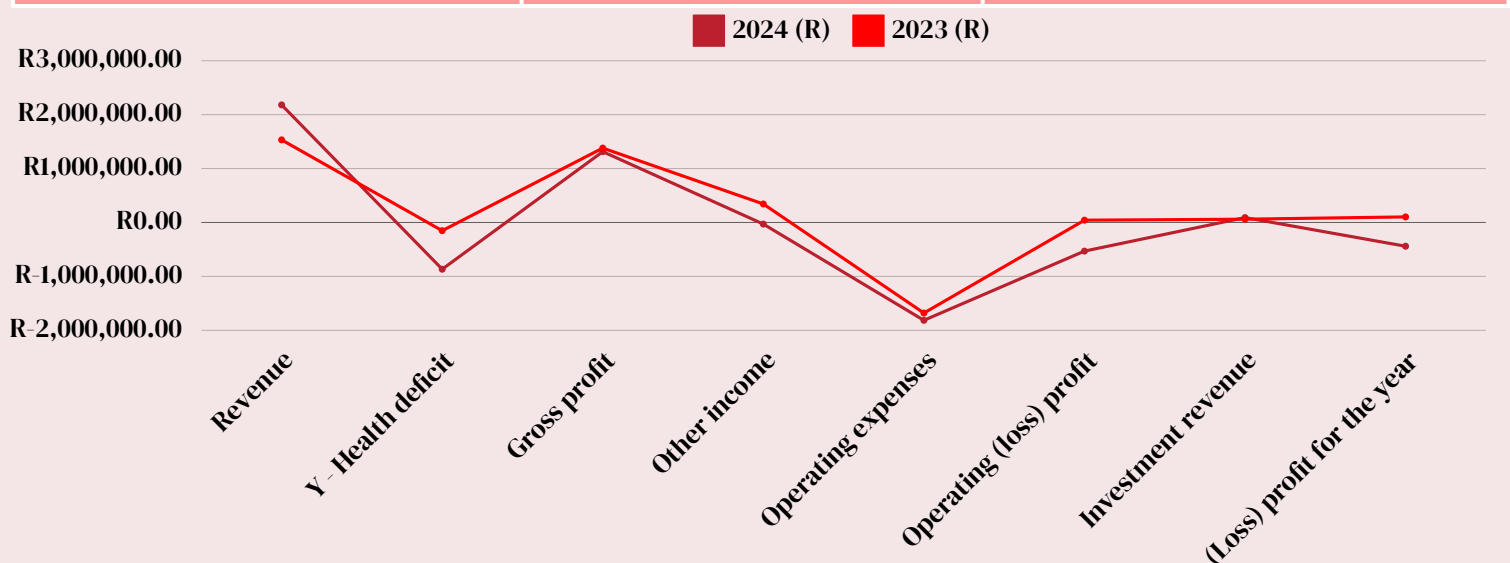


Financial Synopsis

During the year 2023/2024 the following FACTUAL, AUDITED, financial facts were collected. We trust you find this report transparent and informative as you entrust the YMCA with your donations to carry out its mission. Thank you, dankie, enkosi & ke a leboga.

The full set of the financial statements and the Boards Report for the year ended 31st March 2024 can be obtained from the Manager at Athlone YMCA office at Dr. Abdurahman Avenue Kewtown.

Non-Current Assets & Current Assets	2023	2024
Property, plant and equipment	R 20 683 495	R 20 676 980
Trade and other receivables	R 52 926	R 402 613
Cash and cash equivalents	R 2 171 445	R 1 419 460
Total Assets	R 22 907 866	R 22 499 053



Chairperson's Report: Reflecting on Our Journey and Looking to the Future

As I step into the role of Board Chairperson for YMCA Athlone, I am deeply honored and inspired by the legacy of impactful service this organization has fostered within our local community. I feel immensely proud to be associated with the individuals who lead this organisation operationally daily. The overall leadership team together with our volunteers and supporters have been instrumental in empowering individuals and strengthening the very fabric of our society.

YMCA Athlone's commitment to youth development, social responsibility, and community engagement is nothing short of remarkable. From creating safe spaces for young people to fostering personal growth and leadership, the organization continues to be a beacon of hope and progress. I am particularly impressed by the innovative programs that address critical social issues, promoting inclusivity and resilience among our diverse community members. As we look ahead to the coming year, I am confident that YMCA Athlone will continue to expand its reach and deepen its impact. Together, we will embrace opportunities to grow, adapt, and innovate while staying true to our mission. I am excited to collaborate with our dedicated board, staff, and community partners to ensure that our initiatives remain sustainable and transformative.



I extend my heartfelt gratitude to all who have contributed to the success of YMCA Athlone thus far. Your passion and commitment are the driving forces behind our progress. I am eager to embark on this journey with you, and I offer my best wishes for another year of meaningful impact and shared success.

Let us continue to inspire positive change and uplift our community.

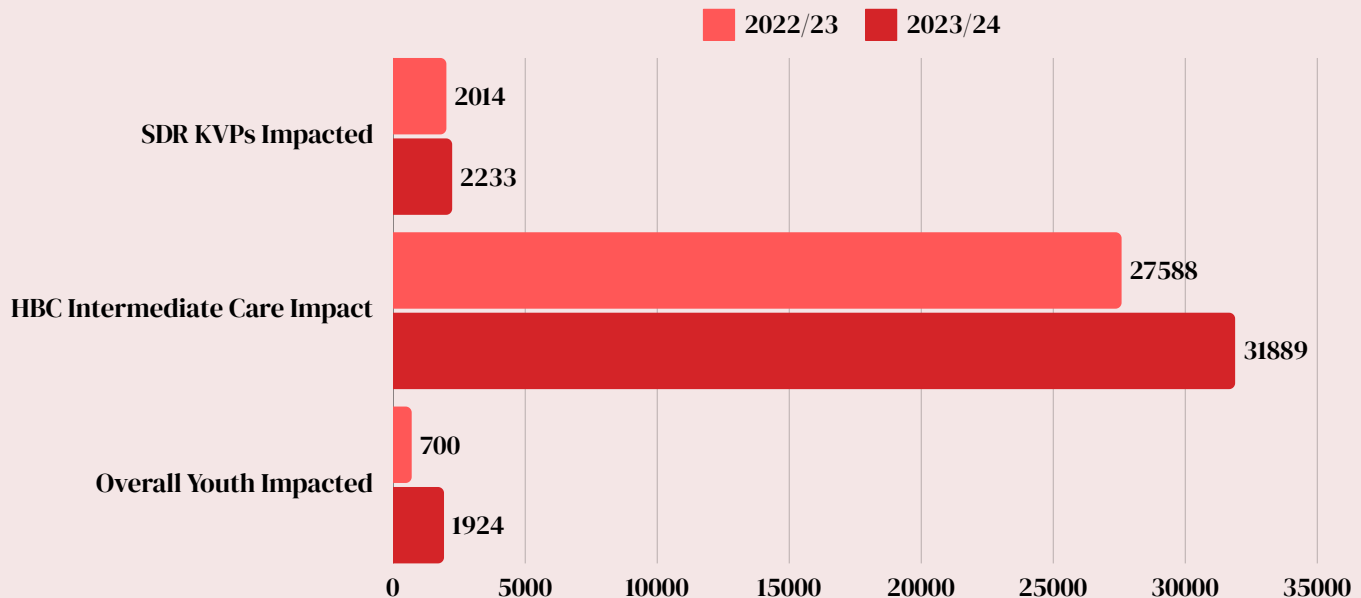
Warm regards,

Tania Davids

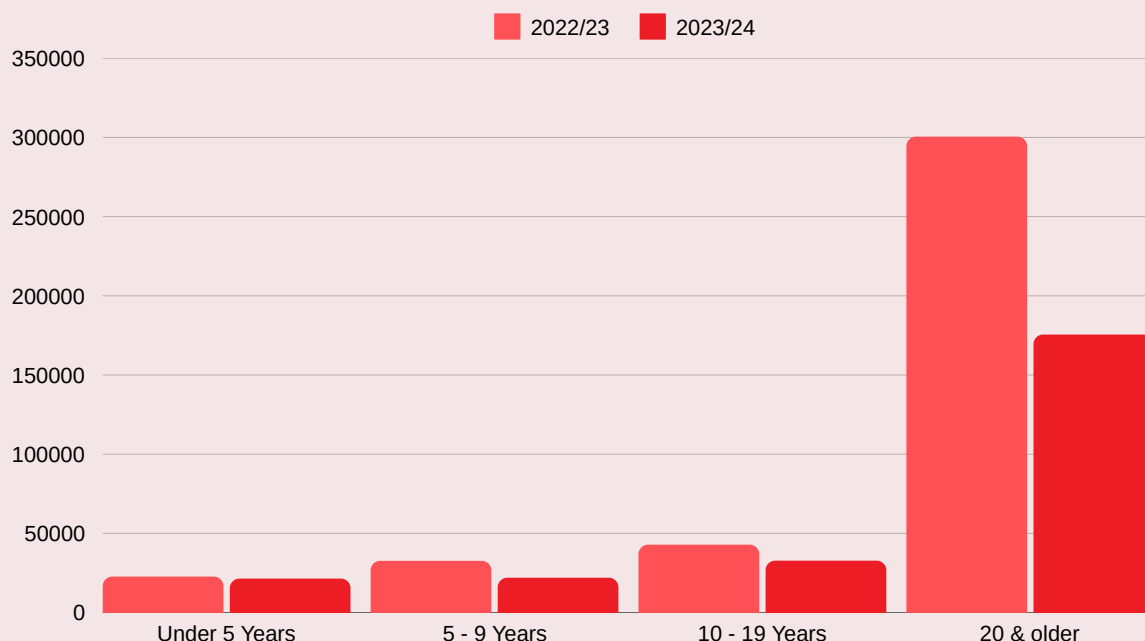
Chairperson of the Board of Management
YMCA Athlone

KPI YEAR - TO - YEAR PROGRESS

As we reflect on the Impact made for the year 2023/24, the data below presents a look into the three major Key Performance Areas our projects have improved upon from the previous financial year to the one being reported on.



The Data presented below shows the different ages impacted over the financial periods of 2022/23 to 2023/24, it also highlights the age category that our services are most relevant to, and the changes that have taken place, according to individuals reached.



Breaking the Chains: A Journey of Stigma Reduction and Solidarity for HIV and TB Awareness



In a bustling city plagued by the stigma surrounding HIV and tuberculosis (TB), young people found themselves trapped in a cycle of fear, ignorance, and discrimination. Misconceptions and misinformation ran rampant, leading to ostracization and isolation for those living with these conditions.

Determined to break the chains of stigma, a group of passionate advocates organized a series of dialogue sessions aimed at young people. They sought to create a safe space where individuals could openly discuss their experiences, share knowledge, and challenge harmful stereotypes.

As the dialogue sessions unfolded, stories poured forth from those affected by HIV and TB stigma. Young people bravely shared their journeys, recounting the pain of rejection and the longing for acceptance. Through their narratives, a powerful sense of solidarity emerged, uniting individuals in their shared struggles and aspirations.

These conversations didn't just shed light on the challenges faced by those living with HIV and TB; they also dispelled myths and misconceptions surrounding these conditions. Participants learned about the realities of transmission, treatment, and prevention, replacing fear with understanding and compassion.

In the end, the impact of the stigma reduction dialogue was profound. It empowered young people to confront stigma head-on, advocating for their rights and dignity.

It transformed communities, fostering empathy and support for those affected by HIV and TB. And it served as a reminder of the power of dialogue to drive positive change and create a more inclusive society for all.



A Journey of Hope: YMCA Athlone Volunteer Lands New Opportunity

At YMCA Athlone, every day brings new challenges and the resilience to meet them. Among those at the heart of this community-driven mission are the volunteers—young people from diverse backgrounds, driven by a common passion to make a difference. But for many, volunteering isn't just about giving back; it's a step toward something bigger—a chance to grow, develop skills, and ultimately secure meaningful employment.

Take Nelo's story. He joined YMCA Athlone with a desire to help his community, having faced many personal hardships growing up in one of Cape Town's underserved neighborhoods. For years, he dedicated himself to various YMCA programs, from youth mentorship to assisting in leading the YCrew programs. His leadership skills and positive spirit shone brightly, catching the attention of his supervisors and fellow volunteers. Nelo was reliable, hardworking, and always willing to go the extra mile.



The YMCA staff noticed Nelo's commitment and believed he had potential beyond his volunteer role. Through an ESL (Economic Service Learning) program and a Job Readiness Program, designed to support dedicated volunteers in finding formal employment, and with guidance from his mentors at YMCA Athlone, Nelo prepared his CV, attended interview workshops, and received coaching on how to present his skills in the best light.

When Nelo received the news that he had been hired, his joy was shared by everyone at the YMCA. It was more than just a job offer; it was a testament to his hard work and perseverance. Today, Nelo's main role is to recruit more young people for the ESL program so that the program may impact more young people within our area. Nelo Crow has successfully recruited 30 more individuals for the next ESL program and has facilitated in the program as well.

The success of volunteers like Lunga highlights the power of support, mentorship, and a community that believes in second chances. Through YMCA Athlone's referral network, more volunteers are building career paths, turning their passion into impactful careers that inspire others. It's a ripple effect of hope, proving that with the right opportunities, change is not just possible—it's unstoppable.



From Volunteer to Community Champion!

In November 2020, as the world slowly emerged from the grips of the COVID-19 pandemic, Maleeqah Abels took a leap of faith that would redefine her life. “The care of people and the desire to help inspired me to take the Home-Based Care Course,” she recalls. “We were in an epidemic, and I wanted to learn something meaningful, to go out and make a difference in our communities.” Her mother’s encouragement also played a pivotal role. “She motivated me to take the course,” Maleeqah says, her voice softening. “Growing up, I saw how small acts of kindness could uplift people, and I wanted to do the same.”



With unwavering dedication, Maleeqah immersed herself in the program, mastering skills from wound care to patient advocacy. But her journey was far from easy. “Life was very demanding when

I started volunteering at YMCA Athlone,” she admits. Long days split between studies, home responsibilities, and community work tested her resolve. Yet, it was the moments in patients’ homes that kept her going. “After helping someone, I’d leave feeling so fulfilled. That joy pushed me forward, even on the toughest days.”

By 2023, Maleeqah’s perseverance began to bear fruit. She joined YMCA Athlone as a volunteer, where her empathy and work ethic quickly stood out. “The YMCA gave me the knowledge and skills to understand both myself and the patients,” she explains. Her training helped her identify gaps in healthcare, particularly the shortage of nurses in underserved areas. “I realized we, as caregivers, could bridge that gap by reaching more communities,” she says.

Her breakthrough came in September 2023, when her volunteer role transitioned into a permanent position. “I’ll never forget the day my supervisor announced I’d be working in Manenberg,” she shares, her eyes brightening. “I felt overjoyed and grateful. It was proof that hard work pays off.” But Maleeqah’s story doesn’t stop there. Today, she’s a driving force in YMCA Athlone’s school health program.

Partnering with Sister Nando, a seasoned nurse, she conducts health screenings, delivers medication to children with ADHD, and even distributes food parcels to families in crisis. “One family cried when we brought them groceries,” Maleeqah says. “Their gratitude brought me to tears too. Those moments remind me why this work matters.”

The program isn’t without challenges. “Some days, the youth are resistant, or the needs feel overwhelming,” she admits. “But Sister Nando taught me to face obstacles head-on. Every child we help, every parent we reassure—it adds up.”

Behind Maleeqah’s professional success lies a deeply personal journey. In 2023, her father was diagnosed with dementia. “The YMCA training saved me,” she says quietly. “I knew how to turn him, care for his



wounds, and stay calm when he didn’t recognize me.” Her voice cracks as she recalls his passing in February 2024. “My coordinator and supervisor came to his funeral. Their support changed my life. It showed me that compassion isn’t just a job—it’s a family.”

For Maleeqah, motivation comes in many forms: a child’s smile after receiving medication, a parent’s relief when their struggles are heard, or the quiet pride of mentoring teens interested in healthcare careers. “Success isn’t about grand gestures,” she insists. “It’s about showing up, listening, and trusting that even the smallest act can ignite hope.”

Her advice to others is simple yet profound: “Volunteer at YMCA. See if it makes you happy. If you have a passion for helping people, take it from there.”

Maleeqah’s journey is more than inspiring—it’s proof that determination and heart can turn dreams into reality. Let her story remind us all that when you stay committed and passionate, anything is possible.

MEET THE TEAM



Center backrow - Liam Ruiters, Middle left - Lilian Benjamin, Middle right - Rudy-May October,
Front left - Rafiq Lawrence, Front right - Carlton Marks, and Front & Center - Ryan Benjamin

Amplifying Impact Through Collaboration & Partnership

Our work would not be possible without the invaluable contributions of our key funders—NACOSA, the Department of Health, and One Day's Work—whose collaboration has strengthened our efforts and expanded our reach.



Department of Health: Their partnership has been instrumental in connecting underserved communities to essential healthcare services, bridging the gap for those who have faced barriers in accessing care.



NACOSA (Through Global Fund): Through its support in programmatic and M&E processes, NACOSA has enhanced our ability to deliver targeted interventions, ensuring accountability and continuous improvement in service delivery.



SAYMCA (Through The Norwegian Organization - One Day's Work): By mobilizing resources and volunteers, they have amplified our community-driven initiatives, supporting efforts that create tangible, lasting change on the ground.

Together, these partnerships have reinforced our mission, improving service access, strengthening community health responses, and ensuring that no one is left behind.

Dear Friends, Partners, and Supporters,

As I reflect on the past year, I am reminded of the power of collaboration and shared purpose. 2023/24 was a pivotal year for YMCA Athlone, one filled with growth, challenges, and countless moments of impact, all made possible by our collective support and belief in the mission.

Thanks to your generosity, we were able to deliver programs that truly changed lives. Initiatives like the Young Leaders Workshop and Tech for Change equipped young people with critical skills and confidence, while our partnerships with schools and other NGOs allowed us to extend our reach further than ever before. A particular highlight was the launch of our pilot mental health program for at-risk youth through our stigma reduction programme, a vital step toward addressing a growing need in our community. Your support also enabled much-needed renovations to our facilities. The upgrades to our youth center and computer lab created spaces that are not only safer but also inspire growth and creativity. These improvements have made a tangible difference in how we engage with our community and deliver our services.



This year also marked a significant moment in my own journey as I was seconded to YMCA South Africa to serve as Chief Operating Officer. This role allows me to bring the learnings and successes from YMCA Athlone to a national level, helping to strengthen and support other local YMCAs across the country. While my heart remains firmly rooted in Athlone, this opportunity has underscored the importance of collaboration and shared resources in building a stronger YMCA movement in South Africa. Like many organizations, we faced our share of challenges in 2023/24. Balancing the growing needs of our community with limited resources required difficult decisions and innovative solutions. Yet, with your partnership, we've been able to adapt and persevere, ensuring that our mission continues to thrive. As we plan for the year ahead, our focus remains on empowering young people and creating sustainable change. We aim to expand our youth programs, invest in staff and volunteer development, and strengthen ties with neighboring YMCAs to amplify our collective impact.

On behalf of everyone at YMCA Athlone, I want to express my heartfelt gratitude. Your contributions whether through financial support, time, or advocacy has made all the difference. Together, we are creating a brighter future for our community and inspiring hope in the lives of many.

Thank you for standing with us, and I look forward to continuing this journey with you in the years to come.

With warm regards and sincere appreciation,

Ryan Benjamin
General Secretary
YMCA Athlone



**DID YOU
KNOW?**

**YMCA Athlone
Celebrates 110 Years
on 06 June 2025!**

Find out more



Heart felt Gratitude for Your Support and Dedication

This past year has been a journey filled with challenges, victories, and moments that reminded us of the incredible power of community. As we look back, our hearts are full of gratitude for every single one of you who stood with us, contributed, and believed in what we do. Your kindness, dedication, and generosity have kept us going and made a real difference in the lives we touch.

To our community members, your energy and unwavering belief in our mission keep us striving to do more and be better. Every time you show up, share your stories, and participate, you remind us why we do this work. You are the heart of everything we do, and without you, none of this would be possible. Our generous donors kindness has turned ideas into reality. Your support, whether big or small, has helped us reach more people, provide essential resources, and create opportunities for those who need them most. You are not just giving financially; you are investing in hope, growth, and a brighter future for so many.

To our partners—you have shown us the power of collaboration. By working together, sharing knowledge, and combining resources, we've broken barriers and built bridges toward a stronger, more inclusive community. Your contributions don't just add value; they amplify our impact in ways we could never achieve alone. Now to our staff and volunteers—you are the backbone of this organization. Your dedication, passion, and relentless hard work bring our mission to life. Whether you're on the front lines or behind the scenes, your efforts ensure that every person we serve receives the care, support, and dignity they deserve. You inspire us every single day.

Looking back at all we have accomplished together, we see a story of resilience, unity, and purpose. We've empowered young people, advocated for justice, strengthened healthcare initiatives, and deepened community connections. But our work is far from over. The road ahead requires even more commitment, creativity, and collaboration.

So, let's keep going. Let's continue showing up for one another, pushing boundaries, and making an even greater impact. Whether you choose to volunteer, donate, or spread the word, your role in this journey is vital. Let's not just celebrate what we've done—let's dream bigger about what we can do next, together.

Now is the time to act. Now is the time to strengthen our impact. Now is the time to stand together and create lasting change.

From the bottom of our hearts, thank you. Your support fuels our mission, and because of you, we move forward with hope and determination.

With deep appreciation,





Join Us in Making a Lasting Impact!

You have received an inside look into the impact made and work done by YMCA Athlone. However, making impact is not a one-person job, neither is it a single organization's calling. Impact is made through active collaboration and long-lasting partnership, through shared vision and the willingness to be part of the change.

“Therefore, “We Need Your Help !!”

Your support can change lives! By donating or partnering with us, you help expand essential healthcare services, empower communities, and ensure that no one is left without access to the care they deserve.

How you can support us

Partner with Us – Collaborate to amplify impact and drive sustainable change.

Make a Donation – Every contribution goes directly toward improving healthcare access and community & youth development programs.

Together, we can build healthier, more resilient communities.
Join us today!



Get Involved: Contact us through any of our contact details found on the next page.
Donate Now:

BANK: Nedbank
BRANCH: Cape Town
BRANCH CODE: 100909
ACC NO: 1009314181
ACC NAME: YMCA Athlone
SWIFT CODE: NEDSZAJI





Constitutionally the YMCA Athlone has been registered with The Department of Social Development 010-298 NPO and is also registered with SARS as a PBO 930051686.

Address to contact us (and The Board of Management) is PO Box184, Athlone 7760. The Management of YMCA ATHLONE rests in the stable and effective management capabilities rendered by the following individuals. Their proven track record of reliability and dependability gives confidence in tackling the many varied tasks and challenges facing us and the services we render.



Reach out to us



+27 21 637 5150



www.facebook.com/Yathlone



www.ymcaathlone.org



12 Springbok R, Kewtown, Athlone 7764



<https://www.instagram.com/ymcaathlone/>

The Board of Management are:

Chairman: Mr. Ashley Meyer
Secretary: Ms. Gail Henry

Members: Mr. Ryan Benjamin
Mr. Edson Klassen
Ms. Tania Davids

