

## Highlights

June 2024 - Issue 82

### *Summer of Love: Y'EXPLORE '24*



At times it's breathtaking to read the news, hard not to feel helpless and blue. All the more reason to bring warmth, joy and light to the Mediterranean this Summer! Y'EXPLORE is BACK and is bursting with incredible learning and leisure activities for the youth of our islands!

Participants aged between 13–30 can enjoy some, or all, of the following activities 100% FREE of charge:

#### Workshops

Robotics, Art (Watercolour & Cartooning), Soap Making.

## Excursions

Esplora Interactive Science Centre, Nature Trust - Wildlife Rehab Centre, Vincent's Eco-Estate, Bird Life - Salina Nature Reserve.

## Activities

Mdina Treasure Hunt by Rock Adventure, Mural Painting, Sports Day, and an End-of-Summer BBQ.

For more information, contact Kyle: [kyle.ymcamalta@gmail.com](mailto:kyle.ymcamalta@gmail.com)

Thank you immensely to our sponsors APS Bank & Aġenzija Żgħażaġħ.

Sign me up!

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## *Get Ready to...Rock in the Forest!*



We are stoked to be co-presenting the latest edition of Rock in the Forest in aid of YMCA Malta! Join us August 31st for an evening of classic rock and contemporary music amidst the serene trees of Chateau Buskett in Rabat.

Featuring covers of AC/DC, Guns & Roses, Green Day, Alice Cooper, Metallica, Nirvana and many more. The bar and Restaurant will be open all evening.

While general standing space is available, early bookings for those who would like a table is advisable. Diners can book a table by sending a private message [here](#), or by emailing [here](#).

Tickets are available on [showshappening.com](#) for €12.00 + €1.20 booking fee. Or come as you are...and buy a ticket at the door.

Buy Tickets

## ***Honey, the Rent Went Up Again (Not Funny Honey)***

In line with our vital research and keeping of statistics around homelessness in Malta, we have records of rental prices that we use to gauge the ease of accessing affordable, appropriate accommodation.

We have created a GIF that shows the current trajectory we are all on; it illustrates with obvious alarm the plight of ordinary people needing to provide a roof over their heads for themselves and their families.

The information contained in this GIF is verified by YMCA Malta; the years 2017 to 2023 are given, except for 2022, for which we could not definitively find an illustrative figure. Several media outlets showed interest in this GIF. It is our hope that the information contained therein will continue to spread and inform the public about this ongoing social scourge contributing to homelessness.

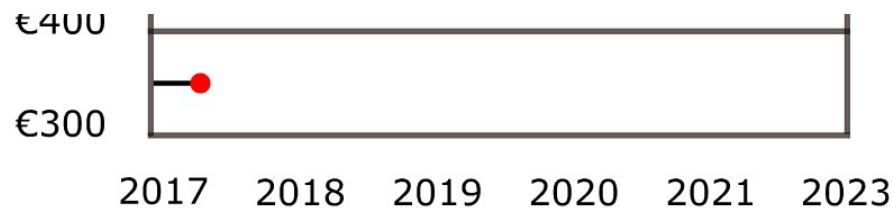
**2017**

**€350-500**

**ymca<sup>▽</sup>**  
**malta**

3-bedroom apartments available





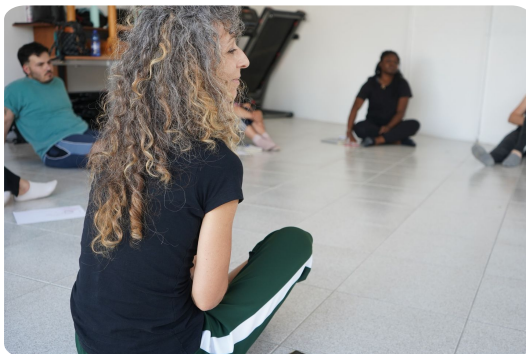
## RENT IN MALTA

● = lowest in range  
● = highest in range

### *We Came, We Moved: Somatic Dance Therapy*

On Saturday June 15th, we hosted a Somatic Dance Therapy workshop with the very lovely and passionate Helen Ilich. Participants were encouraged to break out of their shells using dance as a catalyst for self-expression and trauma healing.

YMCA breathes the ethos of health in Mind, Body & Spirit. Ever at the forefront of radical changes sweeping societies around the world, we are proud to have helped introduce this innovative form of therapy to the Maltese Islands.



### *It's Fun to Work at the YMCA! Annual General Meeting*







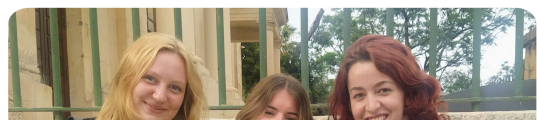
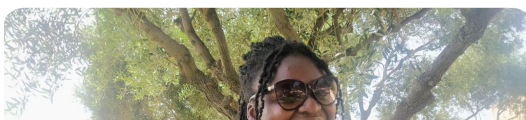
June 14th saw most of the YMCA Malta family come together at the Valletta Design Cluster for the Annual General Meeting. Besides being a fabulous reason to see one another and be together, the AGM saw us review all the dedicated work we have accomplished over the past year. The YMCA Awards were also given to deserving staff members across various categories.



## ***Volunteers Make the World Go 'round***

From energetic young ladies fighting for a more just society, to those on a visit to one of our shelters to experience the harsh realities of service users for themselves – we took time out this month to stop and thank our beautiful volunteers. It may seem glib but truly, YMCA Malta does not run without you.

If you would like to find out ways you could help the local Y, click the button below. There's something for everyone and we could always use the extra hands and heart!





Volunteer with Us

## Consider Helping the Y

Alongside the annual subsidy we receive from the Maltese Government, we rely on the generosity of individuals—both public and private—to keep us going. Whether you, the company you work for, or anyone else in your circle has ever considered donating to a solid cause, we invite you to think of us. There are many ways to donate, but you can do it right now by simply sending a text to the numbers listed below, or with Mobile Pay or Revolut.

### Donate by SMS

**Donate €4.66**

Send a blank message to **50618088**

**Donate €11.65**

Send a blank message to **50619212**

### Donate with Mobile Pay

**79550065**

### Donate with Revolut

BIC: **REVOLT21**

IBAN: **LT 6132 5001 9883 319 222**

\*Please include your full name and contact number.

The 'Doris Cusens Fund – Growing Independence' is also a fantastic way to give to individuals in need of extra support. It offers a variety of material and immaterial resources—everything from public transport help, mobile phone cards, to baby food and study materials. Every cent donated goes directly to those who apply for assistance through this fund.

Grow Independence

***Thank you, Grazzi ħafna***



### Bridge Advice

Bridge Advice for your specialised consultancy services. Your assistance makes our organisation more resilient.

### Needs Support Programme

The support of the following organisations is ongoing in our [Needs Support Programme](#):

- Hartons
- Victory Kitchen
- Malta Food bank
- The Alfred Mizzi Foundation



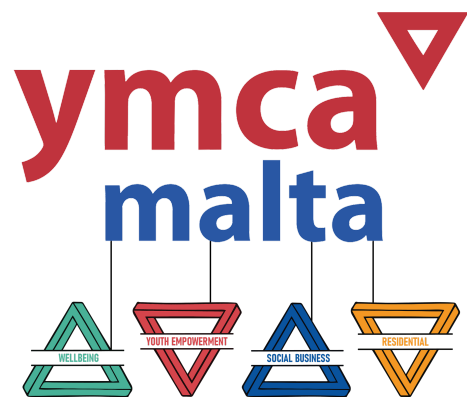
- TTBL Limited
- Panku Streetfood
- ST Media Company Limited
- Maypole

An enormous thank you to these organisations. Your philanthropy is much appreciated.

If you or an organisation you work for would like to contribute to the Needs Support Programme and help us gather food and other essentials for our programmes, please do not hesitate to contact us.

### Thank you

If you would like to support us further, click [here](#)



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