



**TEN:10**  
**INTERNSHIP**  
AT YMCA EXETER

## Welcome to YMCA Exeter!

Are you looking for a 10-month volunteering experience where you will be encouraged, challenged and supported to develop personally, spiritually and professionally whilst having as much fun as possible? If so, YMCA Exeter could be the place for you.

Exeter has a population of 130,000 and is situated in the beautiful countryside and coast of Southwest England. Exeter is a cathedral and university city 10 miles from the coast and 2.5 hours from London by rail.

**Our vision** is to see communities transformed into places characterised by love, joy, peace and hope where young people can become everything they were created to be. We work this vision out through demonstrating Christ's love in practical service that empowers young people, and their communities, to flourish.

**We seek out:** We actively look for opportunities to make a transformative impact on young lives in the communities where we work, and believe that every person is of equal value.

**We welcome:** We offer people the space they need to feel secure, respected, heard and valued; and we always protect, trust, hope and persevere.

**We inspire:** We strive to inspire each person we meet to nurture their body, mind and spirit, and to realise their full potential in all they do.

**We speak out:** We stand up for young people, speak out on issues that affect their lives, and help them to find confidence in their own voice.

**We serve others:** We are committed to the wellbeing of the communities we serve and believe in the positive benefit of participation, locally and in the wider world.

## Our Principles

At YMCA Exeter, we seek to model our lives and work on Christ's life and his words, "Love the Lord your God with all your heart, and love your neighbour as yourself."

**Faith:** We believe God deeply cares about us, our work and those we serve, so we trust him and prayerfully seek his help in all we do.

**Courage:** We will do all we can in God's strength, challenging injustice and overcoming obstacles to bring positive change in the communities we serve.



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**Excellence:** We will seek to provide the best possible service in every aspect of our work.

**Service:** We want the way we treat our clients and the way we behave towards each other to be characterised by an attitude of compassion and service.

**Integrity:** We are committed to truthfulness, honesty, transparency and accountability in everything we do.

**TEN:10 Interns** immerse themselves into the life of YMCA Exeter and are able to gain professional knowledge of working within the charity sector. From providing one to one pastoral care and support to running creative arts and sports initiatives, year long interns arrive in September and finish in July with a wealth of skills and experience to equip them for a lifetime of work

## 2018-19 Dates

Saturday 22nd & Sunday 23rd Sept: Arrive in Exeter

24th Sept – 5th Oct: Induction Fortnight (see timetable)

8th Oct – 16th Nov: Five-week project placement

16th/17th Nov: Staff Retreat at Sidholme Hotel

19th Nov – 21st Dec: Five-week placement

13th Dec: Team Christmas meal

21st Dec: Christmas break

7th Jan: Spring term

7th Jan: Term begins

15th Feb: Five-week placement

18th Feb – 5th April: Five-week placement

9th -18th April: Day trip to Spring Harvest

23rd April – 31st May: Five-week placement

25th - 29th May: Big Church Day Out & Wildfires Festival tbc

3rd June – 27th July: Five-week placement

25th July: Goodbye Barbeque



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## Volunteering with us

You will be timetabled for 30 hours a week across our projects. These include:

### St Davids Hill Stage 1 Housing

- Admin, processing applications, tours and interviews

### Newcourt Stage 2 Housing

- Community Café & Breakfast Club

### Wellbeing groups

- Singing and Music group, Community Meal, Football & Fitness, Chapel Space, welcoming team

### Connect & social enterprise project

- C.V writing, interview skills, project management and event planning

During your induction week you will be introduced to the projects and co-ordinators and there will also be the opportunity to choose another two areas of placement. These are in:

### Youthwork

- Allotment project with ex-offenders Marketing and fundraising
- Finance and administration

## TREAD – A weekly 2 hour session that runs through our TEN:10 internship.

The basic premise of TREAD is that it is time set aside where, together we 'tread' or wrestle through biblical principles relating to work and how these are applicable in our everyday world of work.

Under the umbrella of 'Faith in the Workplace', we will cover topics such as: Missions, Calling & Vocation, Ambition, Interpersonal Relationships, Ethics and Integrity, and Working through Failure.

The world has its own standards as to what success looks like but we, through TREAD, will seek to find the heart of God and let his guiding principles define our pursuit of success. These conversations will be designed around group discussions, individual presentations, book reviews and written assignments.



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## Mentoring

To help you grow spiritually and live well during your internship we will allocate a mentor who will meet with you each week for an hour a week. Our structured mentoring programme will help you develop personally, spiritually and professionally, challenging and encouraging you through your time with us. They will also be there for you to talk and pray through any concerns.

## Meet Paula!

I'm Paula and I have just finished my internship at YMCA Exeter. Throughout the year I have had some amazing experiences and I have learned a lot through working in the different projects.

When I first arrived at the YMCA it was all a bit overwhelming. Coming from a non-Christian family and not really being involved in church I came to work in a Christian charity where we met to pray and where my colleagues encouraged me to go to church. I really learned to love and value all the support and I gained a lot of confidence and new experiences in my faith.

Through working with young people from quite different backgrounds I have learned how to deal with people in crisis in a confident and patient way, supporting them throughout difficult periods of life.

Working in the YMCA projects has been really fulfilling, I learned a lot about mental health and how to bring my faith into my work.

I also think this year has really shaped my personality and has given me a new appreciation for the value of building great relationships.

## Social Life

Your weekends are generally free so you can explore Exeter, Devon and beyond. We will provide you with a local bus or train pass or help you source a bike. Here's a few of our favourite places to visit...

**Exmouth and Dawlish:** As part of the Jurassic coast, there are some amazing cliffs right on the beach

**Dartmoor:** Regular day trips leave from Exeter to this beautiful national park and moorland



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**Topsham:** Located just south of Exeter, this ancient port has lots of restaurants and cafes

**Killerton House:** Ideal for a walk or the weekly park run

**Exeter Cathedral:** Visit one of the country's oldest cathedrals - there is a huge programme of concerts and events throughout the year

**Exeter Quayside:** Ideal for canoeing, climbing & walking and cycling

**RAMM:** A fascinating free museum on Queen Street

**The Picturehouse:** A small art house with café/bar

**The Vue & Odean cinemas:** Showing the latest and greatest blockbusters

**Phoenix Arts Centre:** Check out their gigs, exhibitions, courses and films

Exeter is also known for being an excellent 'foodie' city. From the 'Plant' vegan Cafe on Cathedral Green to the Glorious Art House down on Fore Street, you will no shortage of places to tickle your tastebuds!

## **Contact information**

Useful contact information:

If you have any questions, please contact us and ask for a member of the TEN:10 team, Sue Wilson and Sam Thomas.

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