

# SERVICE IMPACT

in Southeast Raleigh

July - September 2022



YMCA OF THE TRIANGLE

## COMMUNITY IMPACT: Q3 2022

### Health & Wellbeing

#### Breast Cancer Awareness Lunch & Learn Event

In partnership with [WakeMed](#) and [Raleigh Radiology](#), we hosted a lunch and learn event that covered issues such as health disparities, breast cancer statistics, risk factors, prevention, screening, surgery and treatment. This event was sponsored by [Raleigh \(NC\) Links Incorporated](#).

#### Diabetes Prevention Cooking Class

SER Y partnered with [EatWell Exchange](#), a local nonprofit organization that uses nutrition education to decrease health disparities in low socioeconomic communities to offer a free Diabetes Prevention Cooking Class. This 10 week program was an interactive cooking class centered on using nutrition education focused on cultural food.

#### Family Food Distribution

In Q3, our branch held monthly [food distributions](#) where we distributed 36,450 meals, serving 1078 individuals (631 adults and 447 children).



### Education

#### SER Elementary School PE Class Swim Lessons

Fall Swim lessons with [SER Elementary School](#) expanded to include 170 students in grades 3 - 5. YMCA Swim Instructors taught swimming lesson and water safety skills to students as a part of their PE curriculum.

#### Teen Fellowship Program

SER Y launched a new initiative for teens and young adults, our Connection to Career: Teen and Young Adult Fellowship. This program is a 6-month immersive, cohort-based program for teens ages 16 and older offered at no cost to selected participants. The Fellowship brings together a diverse group of 10 - 20 teens and provides them with the tools, feedback and guidance needed to experiment, collaborate and grow as leaders all while exploring job opportunities as they work alongside industry professionals.

#### Women's Empowerment Conference

SER YMCA collaborated with [The Encouraging Place](#) to host a 5-week Summer Oasis Self-Care Conference designed specifically for women. The Encouraging Place is a nonprofit organization located in Southeast Raleigh with the focus of supporting women and families on their racial healing journey.



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# Economic Opportunity

## Workforce Development Baking Classes

In partnership with [Wake Tech Community College](#), Workforce Development lead an 8-week Baking and Culinary class. Class registration fees were waived for all students that signed up for one of the courses. After completion of the course students received an industry certification and job placement support.

## Food Distribution Purchases

To meet the increase demand during our bi-monthly food distributions, we purchased \$31,095 of fresh produce, eggs, and meat through local and minority-owned farms.

## Black Farmers' Market

We continued our partnership with [Black Farmers' Market](#) and hosted three farmers' market events in Q3. The market events averaged 500 community participants.

## Community Action ID Drive

Our community partner [El Pueblo](#) hosted a Community Action ID Drive focused on providing a valid form of identification aimed especially at those who cannot access an identity document issued by the state or federal government or consular entity. Community ID is a verifiable form of identification that says you are part of our community. In Wake County, these IDs are issued by El Pueblo with the support of local grassroots groups and organizations, which are part of the [Community Action ID Coalition](#).

## Mama Afrika Festival

As a part of the Welcoming Week activities, the SER hosted the 11th Annual Mama Afrika Festival. This festival celebrated the beauty of African Culture with an African style festival. Activities included drumming, entertainment, poetry, educational speakers, bouncy houses, African and Black-owned vendors.



### Special thanks to our community partners:

- [The Southeast Raleigh Promise](#)
- [Southeast Raleigh Elementary School](#)
- [Wake County Public School System](#)
- [DHIC Affordable Housing](#)

To learn more about the Southeast Raleigh YMCA, visit [YMCATriangle.org](https://ymcatriangle.org) or stop by our branch at 1436 Rock Quarry Road.

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