

YOUTH ALIVE TRUST

Serving New Brighton Since 1989

www.yat.org.nz

AUTUMN Newsletter 2026

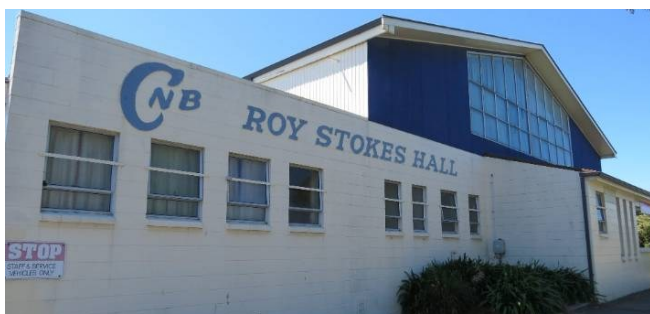
grace
vineyard church



BEACH

Less Youth Workers - but plenty of Youth Work!

Youth Alive Trust is now in its 37th year of serving young people and whānau on the east of Christchurch. Funding is tight, and through natural attrition, in the last 18 months we've lost 3 youth work staff, and have not had the funds to replace them. We've re-prioritised our work, and still continue to offer programmes for all age ranges, and a wide variety of activities. This year we've started a Free DanceFit class for Teenage girls, plus an adults class as a fundraiser for YAT. We've also started a Teenage Drop-In, and a re-jigged a few clubs, to offer a new Multi-Sports Club and a new club called, Make-Bake-Create. We're still pretty stoked with our 2025 stats though - 3,704 individual attendances at our weekly clubs, 1,838 individual attendances at our Oscar after-school care programme, 1,623 attendances at our holiday programmes, 4,847 musical instrument lessons, 544 individual wellbeing support sessions, 738 young people attended wellbeing support groups and 325 parents attended one of our parenting seminars. There's always more need than we can cater for, but we'll continue to be efficient with every donation and grant received, to continue positively impacting lives of local young people.



Roy Stokes Hall - Feasibility Study

Youth Alive Trust were honoured to be chosen as custodians of the Roy Stokes Hall in 2023 and continue to look after the building and all the one-off and regular users. However, it was built in the 1970's and very little upgrades or modernisation has taken place. We've just received a grant from the Lottery Grants Board to undertake an extensive feasibility study to help understand and plan for the future of the hall. This will allow us to apply for funding to upgrade it to be more energy efficient, more fit-for-purpose and an even better community asset. If you have ideas or visions for the hall, you can speak into the feasibility by getting in touch: roystokes@yat.org.nz



Recent Highlights...

The New Oscar



Our After-School Care has started a new philosophy this year following the Rest, Play, Grow approach. We also do pick ups from Hillview Christian School.

Kite Day



We loved being involved in one of Christchurch's biggest events of the year - selling kites and Candy Floss by the Pier at the annual Kite Day.

Nature Walks



We're all about getting young people off their screens and we weren't surprised when we heard that walks in nature are more fun than expected!

DanceFit



YAT has started FREE DanceFit classes for teenagers and also Adult Classes. Come check them out at the Roy Stokes Hall every Tuesday - first class free and all funding supports the work of YAT.

PCT Day



4 of our youth work team recently ran fun team building activities for young people from throughout the region as part of the Police Competency Test at Cowles Stadium.

Parent Survey



We're keen to hear feedback, ideas and encouragements from Parents of young people who attend our programmes. Here's the short survey link:

<https://forms.office.com/r/eaTAzgC4kU>



Parenting Big Emotions & Other Supports

We host various courses and seminars for parents throughout the year. Nothing to be shamed about - every parents needs some hints and tips for the worlds most complicated job! Check out our upcoming Tuning into Teens Programme, running on Monday evenings, suitable for any parent starting or about to start parenting teenagers! Also register now for our FREE Parenting Seminar in partnership with Mana Ake on Thursday 7th May for anyone dealing with children with Big Emotions! Children grow through experiencing and practicing a wide range of feelings - including the tricky ones. Book now to hear Catherine Gallagher – Clinical Psychologist at: <https://events.humanitix.com/parenting-big-emotions-free-seminar>

How can I help ? Email: office@yat.org.nz

- I'm keen to volunteer and would like to chat to someone about the different options. Email: volunteer@yat.org.nz
- I'll set up a bank payment to give \$.... per week/fortnight/month to become a 'Friend of YAT'. Acc: 117892-0066444-00
- I'm interested in discussing how my business can partner with you or Upstream. Email: office@yat.org.nz
- Please send me information about how to leave a legacy for eastside young people in my Will. Email: office@yat.org.nz
- Please keep me updated with YAT news, by signing me up to your e-newsletter. Email: office@yat.org.nz