

## YMCA Humber Calls on the Community to Make a Difference as National Awareness Day Approaches

Tuesday 16 February, 2016

**YOUNG people and staff from YMCA Humber are calling on local people to mark Random Acts of Kindness Day by supporting their local youth charity.**

Representatives from the charity, which supports 150 young people from across the Humber Region have put out the call as they work towards supporting their clients with four housing projects and a range of youth services.

The organisation has been running since 1906 and relies on donations from the public to help fund some of its support.

But Jonathan Byrne, Communications Co-ordinator, says local people can do so much more than donate money, starting from Random Acts of Kindness Day, on Wednesday 17 February.

He said: "Awareness events like Random Acts of Kindness Day go to show us that we could all be doing a little more to help people less fortunate than ourselves.

"This could be through donating money but it could also be extended to volunteering or simply sending a tweet to support a local charity.

"YMCA Humber is only so strong because of its amazing supporters and days like this remind us why we want to help others, too. We want to build a community where everyone, young and old, can thrive and all of this starts with just a little act of kindness."

YMCA Humber is part of the wider national YMCA federation that, in total, supports 228,000 young people.

To find out more about what the YMCA does to help in your community, visit: [www.ymca-humber.com](http://www.ymca-humber.com).

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