

ANNUAL REVIEW

2016/17

YMCA NEWCASTLE

YMCA

INTRODUCTION

We firmly believe that everyone is capable of great things but to achieve them they need three things; the opportunity, the resources to be able take the opportunity and the support to make the most of it.

I invite you, the reader, to reflect on your successes. Who created that opportunity, who enabled you to access the things you needed to be able to take full advantage of it and, who was there for you when it mattered? There's a large number of young people in Newcastle who lack opportunities, have few resources and often have insufficient or inadequate support from those around them. 50% of children in Newcastle live in households below the national poverty line, 50% fail to get 5 GCSEs and half are considered overweight or obese.

YMCA Newcastle has been there for the young people of the city since 1849 and this year we supported 2,583 individuals to overcome some of their barriers to success.

This report tells the story of our very busy year through numbers, pictures and words.

This year represents one of significant change at YMCA Newcastle. Critical changes within the external funding climate led to the closures of our youth projects in Byker and Cowgate, along with our Alternative Education and training programmes for young people aged 11-18. Nevertheless, our dedication to empowering young people to fulfil their true potential remains unchanged.

Our youth projects in Walker and The City Centre (SPACE2...) continue to thrive. We have established two social enterprises, despite the challenges we've faced, a community café and centre within Walker Park and Urban Mushrooms: an urban farming business. These create new opportunities and resources for young people including training, volunteering and employment as well as generating income to sustain themselves. We couldn't have done it without the support from charitable funders. With continued support like this from other organisations, businesses and individuals we will continue to make a significant impact for young people in our city.

I hope you enjoy reading our review and if you can help us in any way, with opportunities, resources or support please contact us.

- JEFF HURST, CEO



FINANCES

INCOME £973,907

Grants and Donations
Social Enterprise
Rents
Investments

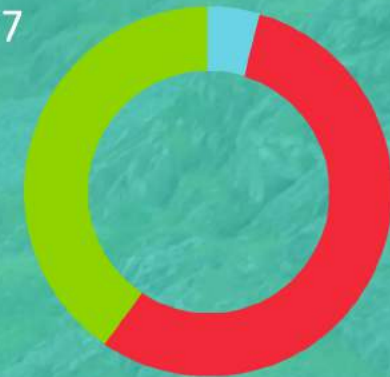


This year for every £35 of charitable income donated to us...

We matched it with £75 of income we earned from trading or our assets.

EXPENDITURE £849,577

Fundraising
Youth Work
Alternative Education



This year for every £1 we spent...

93p was spent on direct service delivery.

79 young people organised their own youth games in partnership with Northumbria University

79



42

young people supported to access accommodation and to set up a home



222

222 young people took part in creative arts productions



65% of young people from the Byker Project who attended education and training sessions went onto education, employment or training

65%



4

We started 2016 operating from 4 bases across Newcastle. A reduction in funding lead to the closure of our youth projects in Byker and Cowgate



790 training and education sessions were delivered

55

55 young people accessed the youth sexual health advice service at the Walker Project



790



32

32 young people from Walker got a job by accessing our employability workshops





28

28 young people took part in the Duke of Edinburgh's Award scheme

330

330 young people used 1-2-1 and crisis support services



2,583

2,583 young people accessed our services



2



2 Social Enterprises established to support our charity work and provide youth employment

1132 young people took part in sports, fitness and health related activities at SPACE2...



229

229 young people received support and advice about diet and nutrition at BIZIBODIS sessions



20

20 young people completed an accredited course to become youth work volunteers



SUPPORT & ADVICE ABDI

Abdi left college in 2015 because of health issues and left his family home because of problems there. He initially came to us for advice about finding accommodation however we soon identified that he did not have the proper documentation that proved his right to remain in the UK so would be unable to access accommodation. We worked in partnership with Newcastle Law Centre to support Abdi, together we were able to prove Abdi had the right to remain in the UK and we were then able to support him in finding a home and accessing the benefit system. Abdi needed a period of stability before moving forward, and during this time we supported him to live independently and develop the personal and social skills he needed to go back to college. We still continue to support Abdi today.

Abdi commented: "Thanks to the staff at YMCA I've got a place to call home and now I can start planning for the future. With YMCA's help I'm planning on returning to college."

330

330 young people used 1-2-1 and
crisis support services







ACCOMMODATION LUKE

Luke is from Cowgate, a deprived area of Newcastle, he has been homeless since 2012 and sofa-surfing where he can but often sleeping rough. Luke had many barriers to securing and keeping a place to live; we have provided Luke with food, clean clothes, someone to talk to and most importantly somewhere to develop the skills he needed to break the cycle of homelessness. Luke has had the opportunity to take part in personal development programmes such as the Duke of Edinburgh's Award and the Prince's Trust programme. This year Luke signed his first tenancy agreement and we continue to support him to ensure he can maintain it. With our support and the opportunities we provide he can develop new skills and can confidently maintain his own accommodation as well as become more independent and live by himself.

Luke said: "Through the help of YMCA I feel more secure in having my own place, where I feel safe and happy. I feel more confident in handling my money to pay bills and buy food and now I am ready to enter into paid work or further education. I am now in a much better place with a brighter future ahead".



42 young people supported to access accommodation and to set up a home

FAMILY WORK NATASHA

Natasha has accessed our youth work programmes for three years. Earlier this year Natasha left her family home because of constant rowing and altercations with her mother. However, it soon became clear that Natasha was struggling and we noticed her overall wellbeing was deteriorating. Because we have built a strong relationship of trust with Natasha we were able to talk to her about the ability to manage relationships, especially with her family. After initially refusing to meet with her mother, SPACE2... staff were able to arrange a meeting between Natasha and her aunts, with staff acting as mediators. Natasha agreed to work through the problems with her mother and with our support she is now back at home.

Natasha's aunts said: "Without the help of the staff at SPACE2... we never would have been able to meet with Natasha and talk through our problems, now we're all on the road to having more positive relationships with each other."

87,225



87,225 family work
related contact
hours





HEALTH & WELLBEING PHILLIP

Phillip is extremely vulnerable as he has poor mental health. He had a psychotic episode in June 2015 and has become estranged from his family as his mental health has deteriorated. He went on to take an overdose. Since then Phillip has been homeless and staying with friends when he can. He has been diagnosed with early psychosis and depression and is in receipt of benefits until he is able to look for work again.

Phillip's doctors and health support workers suggested that having his own flat and stable environment would significantly improve his mental health and leave him less vulnerable in the future so we prioritised our support to secure him a flat. He has taken part in a football team at SPACE2... and is actively involved in our health and exercise activities. He enjoys taking part in sports and he wants to engage in more sport in the future alongside his rehabilitation. Phillip comes into SPACE2... every week to socialise with his friends, this is crucial to his wellbeing. We continue to support Phillip.

Phillip said "SPACE2... is my favourite place to hang out , it's safe, it's fun, there's plenty to do and I've got loads of friends here."

79 young people organised their own youth games in partnership with Northumbria University





TRAINING & EDUCATION

KYLE

When Kyle first started coming to SPACE2... he was a shy, reserved young man who was working as a trainee mechanic. He liked coming to SPACE2... to see his friends and the staff. He started to visit our job club because he wanted to see what other jobs were available. He saw an advert for Nissan, we worked with him to increase the skills he needed to pass the online entrance exam. He passed the test first time and gained a place on a six-week training course. Kyle passed all his tests with flying colours and was offered an interview and a trial shift. He is now working at Nissan and is hoping to secure a permanent contract in the near future.

Kyle said that coming to SPACE2... gave him the confidence to change his career and take up the opportunity on offer thanks to the support that the job club offered him. Kyle thinks that SPACE2.... is “Fantastic! It helps get young people off the streets; it feels like home, it is warm and safe”.

65% of young people from the Byker Project who attended education and training sessions went onto education, employment or training



YMCA



YMCA WALKER PARK CAFE & CENTRE

PART OF YMCA NEWCASTLE

WALKER PARK CAFE
PART OF YMCA NEWCASTLE

Our Cafe & Centre is more than just another place to eat, drink and relax; it is a reflection of our community. The Cafe & Centre is run as a professional social enterprise by YMCA Newcastle, so every penny spent here helps support our charitable work with young people.

The Cafe & Centre provide a vital link for our young people through training and education; we have two full-time apprenticeships and several volunteer posts that are supported by our Café management team.

Walker Park Cafe & Centre is located in the heart of the Walker community Park. The bright venue is a comfortable meeting place for people and provides a variety of community based services, which include room hire, birthday parties, conferencing, event hosting and sporting fitness activities. Our Cafe offers a selection of teas, coffees, pastries, cakes, paninis, toasties and sandwiches. We also serve a variety of freshly prepared meals including our famous all day breakfasts and Sunday lunches. We serve soft ice cream and slushes for those hot days in the park with the family.

The Cafe is open year round, Monday to Friday 9am–8pm, Saturday and Sunday 10am–6pm. Events are held in the centre and within the park. Some highlights are the Halloween disco, our Christmas event and our Rabbe Burns night. The Park has a long history with the 100-year-old original Rabbe Burns statue now standing in the Cafe.





YMCA URBAN MUSHROOMS

PART OF YMCA NEWCASTLE

YMCA Urban Mushrooms is our newest project and is run as a social enterprise by YMCA Newcastle, meaning that any profits that are made from this project directly benefit the young people we support.

The Urban Mushrooms project will provide training and education for four young apprentices. They will be supported by the management team and additional volunteers as required. The apprenticeships are based on entrepreneurship and enterprise providing the opportunity to learn a business from the ground up.

The Urban Mushrooms project is based on the concept of growing gourmet oyster mushrooms on waste coffee grounds that would otherwise go to landfill. We currently consume around 55 million cups of coffee per day in the UK, with over 500,000 tonnes of coffee grounds making it to our landfill every year at a disposal cost of over £50 million.

Working in partnership with local coffee shops we collect the coffee grounds regularly helping them reduce their waste. We mix them along with other materials and mushroom spawn to produce a high quality product.

We have secured a disused city centre location for our growing and production. Our apprentices are due to start this year and we are launching our product soon. Our aim is to meet the Christmas market with our new home grow boxes and secure orders for both our fresh product and our specialty dried range. Very exciting times ahead!

YMCA NEWCASTLE

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YMCA Newcastle was founded in 1849 and has been supporting the city's young people ever since. We are an independent local charity, and use all donations and funding given to us in order to keep supporting young people and find new ways to help our future generation of Newcastle.

OUR MISSION

“Provide unconditional support to young people”.

We believe every young person can achieve their full potential and we achieve that by applying our beliefs and values:

EQUALITY

We treat everyone as equals, however we work to reduce inequalities and allocate our resources depending on individual needs and circumstances.

RESPECT

We respect individuals for who they are regardless of their circumstances.

TOLERANCE

Our culture is non-judgemental and tolerant of different lifestyles, values or beliefs.

OPENNESS

Our culture is transparent so that all our stakeholders can see the work we do.

INTEGRITY

By acting in accordance with our organisational beliefs and values to do the right things, in the right way and the right time.

SUSTAINABILITY

We strive for long term sustainability by governing the organisation to ensure its long term ability to meet the future needs of the young people of Newcastle.

UNCONDITIONAL

Our support to young people is unconditional regardless of their actions, beliefs or attitudes.

OUR PEOPLE

Trustees

Phil Joyce (Chair)
Andrew Gordon (Treasurer)
Alan English
Anna Reay
Anne Bonner
Jon Burns
Kevin Douglas
Nichola Quinn
Stephen Kerry
Thomas Lillie
Tiffany Scott
Tom Nisbett

CEO

Jeff Hurst

Business Administrator

Pam Richardson

Finance

Maxine Stephenson
Jean Alexander

Operations Manager

Sarah Warren

Youth Work

Helen Parker
Dave Edgar
Haley Tams
Jan Gurkin
John Rudd
Jonny Falcon
Kerry Willshire
Marufah Rahman
Maxine Brown
Tom Cleminson

Alternative Education

Dawn McGarrigal
Dawn Hoggins
Johnny Grant
Mark Hamilton
Lizzy Robinson
Robin Smith Davies
Sarah Leighton
Sarah Morley

Walker Park Center

Kath Reay
Roberta Davidson
Lisa Richardson
Rebecca Davidson

Volunteers

Without our
volunteers we
couldn't do what we
do.

FUNDERS AND PARTNERS

Thank you to all our funders, partners, donors, supporters and fundraisers in 2016/17. Your help is invaluable in helping us reach local young people.

Age UK Newcastle
Austin Hope & Pilkington Trust
Barbour Foundation
Barnardos
BBC Children in Need
Ben Yeowart
Byker Primary School
Catch 22
Christ's Hospital of Sherburn
Community Foundation – Women's Fund
Daybreak
Denton Young People's Project
Dr Brand
Food Nation
Greggs Foundation
Hadrian Trust

Helix Arts
Hotspur Primary School
Houghton International
John Lewis Partnership
Keyfund
Linhope School
Ms C Pearson
Mr D Lowrie
Mr E Ingram
Ms H Robertson
Ms J Maher
Mr J Smith
Ms J Heslop
Mrs K Reay
Mr K Ditshego
Ms L Brown
Ms L Chiru
Ms N Brewlis
National Citizen Service
Newcastle CVS
Newcastle NE1

Newcastle City Council – Byker Ward Committee
Newcastle City Council – Change4Life
Newcastle City Council – Leaving Care Team
Newcastle City Council – Park Lives
Newcastle City Council – Walker Ward Committee
Newcastle City Council – Youth Service
Newcastle Scrabble Club
Newcastle University
Non-Ecclesiastical Charity of William Moulton
North East Region YMCA's Discretionary Fund

Sport Works Ltd
St Anthony's Health Centre
St Anthony's of Padua Community Association
St Nicholas Educational Trust
Streetwise
Sunderland College
Trinity Academy
Tyne Met College
Virgin Money Foundation
WA Handley Charity Trust
Walker Soup
Warburtons Trust



HIGHLIGHTS

AWARDS

Our youth centre in Newcastle's city centre, SPACE2... was runner up as project of the year and Mark Sillett was runner up as national volunteer of the year at the National 2016 Youth Matters Awards.



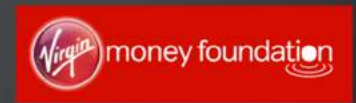
DUKE OF EDINBURGH PRESENTATION

Paralympian Matt Wylie presented Duke of Edinburgh Award certificates to 28 people, including the Gold Award to our Chair who completed it in 1968 but couldn't go to Buckingham Palace to receive it!



WALKER PARK CAFE AND CENTRE

With the support of a grant from the Virgin Money Foundation we took over a building in Walker Park that had been closed for five years and opened a new cafe and community centre creating the opportunity for a self sustaining service that opens new opportunities up to the local community.



LOOKING FORWARD 2017/18

YMCA NEWCASTLE IS LOOKING FORWARD TO THE UPCOMING YEAR AND ALL THAT IT HAS TO OFFER. WE HOPE THAT YOU CAN JOIN US IN SUPPORTING THE YOUNG PEOPLE OF NEWCASTLE IN 2017/18.

M2N 29TH OCT 2017

In 2017 YMCA Newcastle will be getting on their bikes, putting on their running shoes and taking part in the Morpeth 2 Newcastle marathon, half-marathon and Cycle2Newcastle road race. The route, starting in Morpeth, passes through; Cramlington, Blyth, Whitley Bay, Cullercoats and North Shields before finishing up on Newcastle's iconic Quayside. We're looking for people to join us and run or cycle with #TeamYMCA. If you are interested in taking part or would like more information about M2N, contact us at; fundraising@newcastleymca.com.



SLEEP EASY MARCH 2018

YMCA Newcastle is asking you to sleep out so others don't have to this year by taking part in Sleep Easy. Since 2010 over 6,000 people across England & Wales have slept rough for a night to raise £1m to support local YMCA services that help young people rebuild their lives. This year, we're looking for others to sleep out with us, you could help us to support young people by sleeping rough for just one night at YMCA Newcastle's Sleep Easy event. To sign up or for more information about Sleep Easy, contact us at; fundraising@newcastleymca.com.

