

YMCA NEWCASTLE



## ANNUAL REVIEW

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2017-2018

YMCA NEWCASTLE  
592-596 Welbeck Road  
Walker  
Newcastle upon Tyne  
NE6 3AB

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## INTRODUCTION

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YMCA Newcastle are passionate about empowering young people to achieve their full potential.

In recent consultations, young people identified their priorities as having a stable home, good physical and mental health, to be well educated and able to secure employment and decent, affordable housing. Despite the views of some, these priorities have remained unchanged for decades, yet for many in this City the present system fails to meet these basic needs.

YMCA Walker Project and our City Centre facility; SPACE2..., have enabled more of Newcastle's young people to develop skills, access employment and play an active and fulfilling role in their communities. Meanwhile, our two social enterprises; Walker Park Cafe & Centre and Urban Mushrooms continue to develop and provide high-quality jobs and training opportunities for our beneficiaries. The last year has seen the charity establish links and potential partnerships with a range of voluntary, academic and commercial partners, helping to ensure our services are holistic and well-shaped to meet the needs of young people.

This level of support could not have been achieved without grants from charitable funders. Statutory funding has reduced significantly over the last 4 years and we, as with most other charities, need to be more proactive and creative in developing funding streams from other sources. Our new fundraising team had a successful first year upon which we intend to build and the Trustees and CEO are developing a programme of new funding possibilities that will commence in the coming year. As we approach the 175th Anniversary of YMCA Newcastle we are determined to provide a sound financial footing from which we can develop our core activities and continue to successfully serve the ever-increasing needs of the young people in our City for the next 175 years.

Please take a few minutes to read our review and reflect on how lives have been changed for the better. If you would like to share in our accomplishments in any way by giving your time as a volunteer or supporter or providing resources we would appreciate hearing from you.

- Stephen Kerry  
*Chair of the Board of Trustees*

# Welcome

## from our Chair and CEO

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This year has provided many challenges for us. More people are turning to us for help and support, their needs are more complex and there is greater pressure on those who support us financially. We are fortunate to have a dedicated and talented team of trustees, staff and volunteers who have worked extremely hard to deliver high quality services to a lot of young people, many of whom have no where else to turn to.

This year we have spent some of our resources to maintain our services whilst working to change our business model to increase income from social enterprises that can deliver our charitable objectives. Next year we plan to increase this by opening a nursery and an ethical letting service providing starter tenancies for young people.

I would like to thank everyone involved for their hard work and support and look forward to the year ahead with confidence as we celebrate 175 years of YMCA's work.

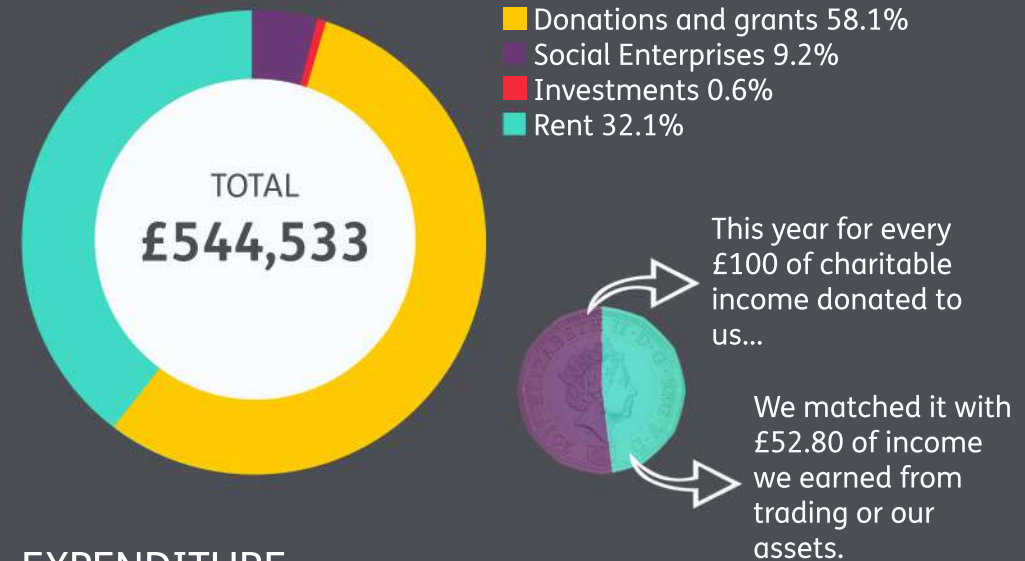
- Jeff Hurst  
*Chief Executive Officer*



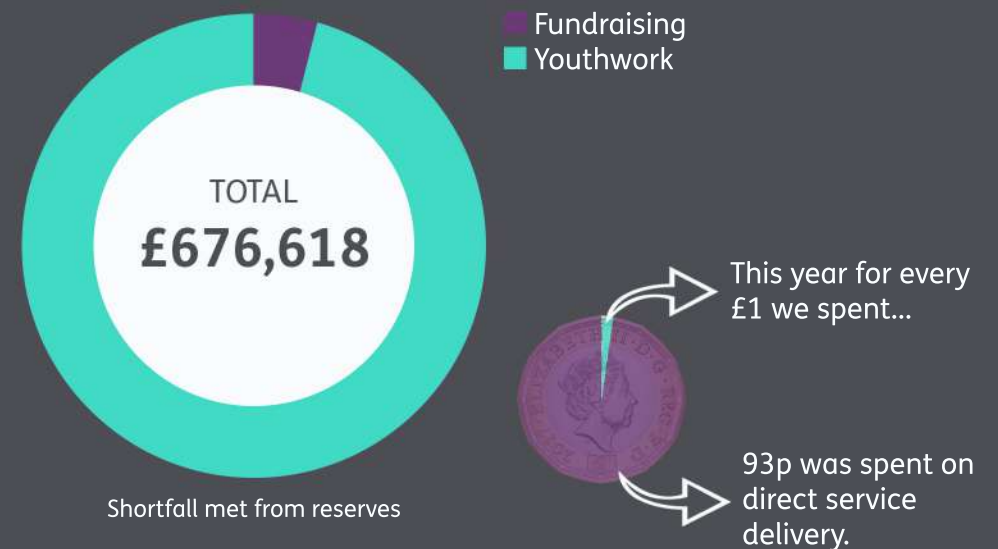


Thank you to all the individuals and organisations that have donated to us and supported the young people of Newcastle.

## INCOME



## EXPENDITURE





# OUR YEAR AT A GLANCE

## URBAN MUSHROOMS

Our urban farm employed 2 young apprentices. They have come on leaps and bounds this year. Here they are in November selling GrowBoxes on a market stall at the Virgin Money Street.



## BIZIBODIS

YMCA Walker has been enabling young people to coach children to improve their health and fitness. They arranged an Easter Fun Run to help kids get fit and have some fun.



## MANDOWN

Our Man Down campaign celebrated International Men's Day in November, we campaigned to encourage young men to talk openly about their mental health problems.



## SLEEPEASY

A group of brave individuals slept rough on a cold March night in rain and snow to raise funds for our homelessness prevention work.



## WALKER PARK CAFE & CENTRE

Our community cafe and centre has had a busy year serving up delicious meals and hosting some fantastic events.



## UNSTOPPABLE

We launched 'UNSTOPPABLE' in March: a campaign to empower young women to be healthy, happy and confident.



## OUTDOOR ADVENTURE

Our young people have gained new skills on residential and expeditions.





# YMCA NEWCASTLE IN NUMBERS



children from the East End of Newcastle took part in programmes to improve their health and fitness to combat obesity.



**2,465** young people

accessed our services last year.

**“YMCA Newcastle don't judge.  
You can tell the staff anything  
and they really listen.  
It's perfect here!”**



**117**

young people attended independent living skills programmes that taught them how to cook healthily on a budget and manage their finances and debt.



**69**

individuals discovered their rights as young people by taking part in citizenship programmes against discrimination and gender inequality.



**401**

young people received crisis and 1-2-1 support such as overcoming abuse, accessing hardship grants or finding accommodation.

**37**

young people completed the Duke of Edinburgh's Bronze Award with us this year.



young people trained to become accredited young work coaches and helped their peers to find employment.



young volunteers were recruited as mentors to coach children to improve their health and fitness.



young people took part in in-house apprenticeships and traineeships.

**123**

young people used the C-Card scheme at our centres to access free contraception and sexual health advice.



**9**

trustees volunteered and spent

**321**

hours governing the charity's business.



**161**

young people received employability support and

**64%**

secured a job or apprenticeship.

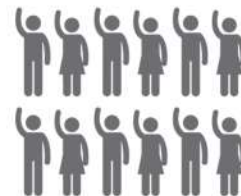


**24**

trained volunteers have contributed

**12,636**

hours to YMCA Newcastle.



## Our mission

Our mission is to provide unconditional support to young people.

## Our values

### Equity

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

### Integrity

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

### Openness

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

### Unconditional

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

### 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.

## BBC Children In Need

YMCA Walker's Hungry2Learn project, which is funded by BBC Children In Need, was featured on BBC Look North in the run up to the BBC Children In Need telethon. Both YMCA Walker and SPACE2... taught young people to cook healthy, nutritious meals on a budget, an invaluable skill!

## Youth Matters Awards

Our SPACE2... youth work team sparkled in London last November at the prestigious Youth Matters Awards where they were nominated for Family Work Project of the Year. SPACE2... was shortlisted as one of three finalists via a public vote and came out as runners up. Well done to all of our youth work team!

## Growing strong

This Christmas YMCA Urban Mushrooms sold their very first GrowBox. Our urban farm grows gourmet oyster mushrooms on used coffee grounds. Our GrowBoxes allow you to grow your own gourmet mushrooms at home. All profits made from GrowBox sales are reinvested into our work with young people.

## SLEEPEASY

YMCA supporters accross the nation slept out to raise money for homelessness prevention work. Two groups slept out to raise funds for YMCA Newcastle; Newcastle Gateshead CCG and Newcastle University Help the Homeless Society and raised a total of over £4,500.




Jade first came into contact with YMCA Newcastle at our Spires Lane Project in Byker when she was 12. She came along with a group of friends and quickly became a regular attendee. She was always keen to get involved in activities, particularly cooking, day trips in the school holidays and sports activities. Since the closure of the Spire's Lane project she has been attending YMCA Walker Project with a group of her school friends.

YMCA Newcastle has enabled Jade to develop confidence in her abilities and has provided a range of opportunities to express herself, follow her interests and have fun with her peers.

Over the past year Jade has been working towards completing The Duke of Edinburgh's Award: a prestigious programme that provides young people with a range of valuable life skills as well as qualifications and experience that can be used to enter into the world of work.

She has completed her volunteering section of the award working in our community cafe in Walker Park where staff noted she was hardworking and polite and they loved having her as part of the team. For the skills section she has learnt to fish and for the physical section she's been attending the gym to improve her own fitness. She has also volunteered as a mentor for our Bizibodis project, coaching young children to improve their health and fitness as a means of combatting obesity in the East End.

She will soon be taking part in an over-night expedition to complete her Bronze Award and is keen to move on to the Silver Award.



**“I like YMCA because we do plenty of fun trips and can hang out but also because they help us through tough times and educate us in how to be more independent”**



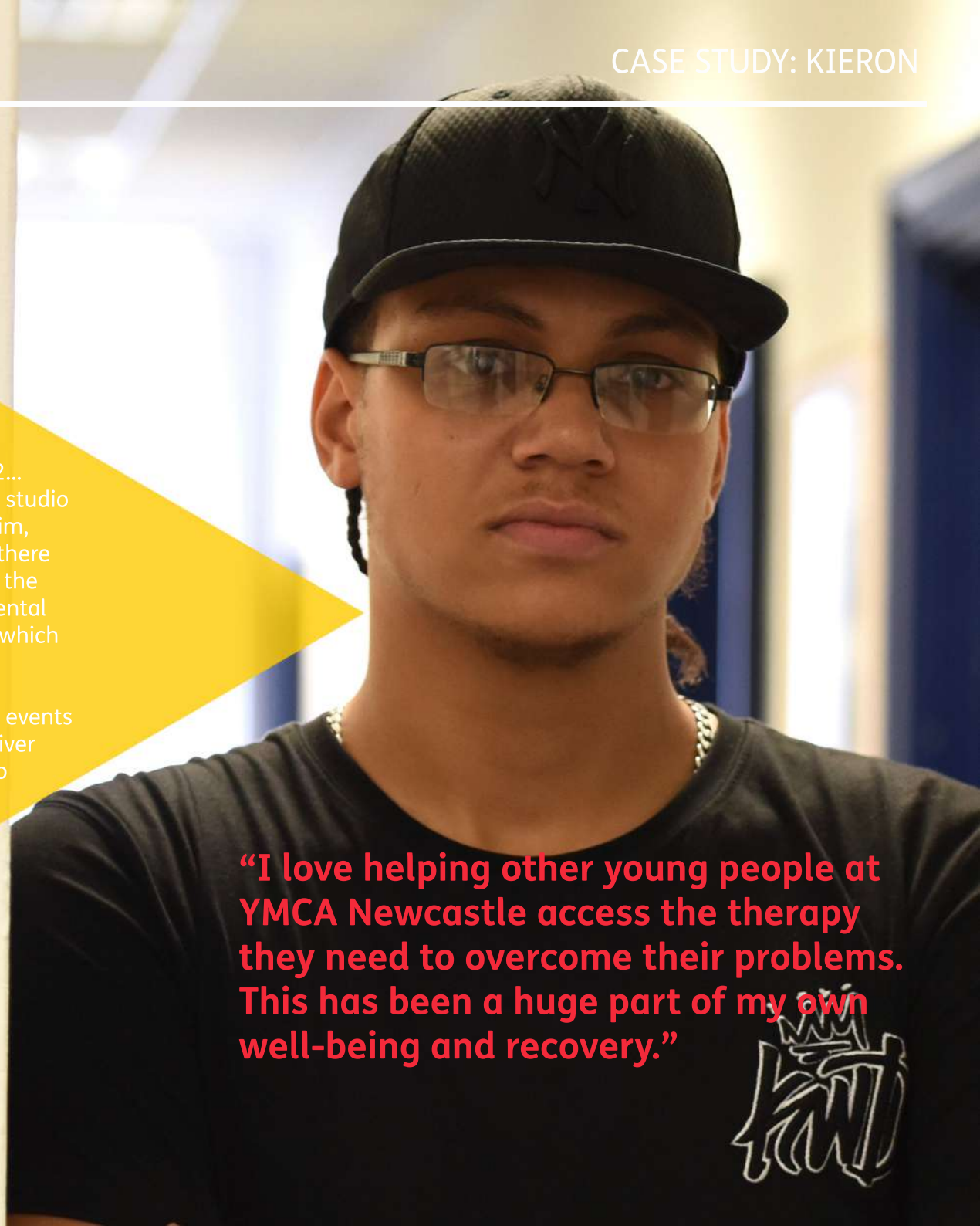
Kieron has attended SPACE2...: YMCA Newcastle's City Centre youth project for a number of years, first as a young person then as a volunteer.

This year, Kieron played a key role in YMCA England's #IAMWHOLE campaign. He starred in an online video with rugby legend Toby Flood as they discussed the stigma surrounding mental health problems in young men. In the footage, Kieron talked openly about his own personal mental health history, including his battle with anxiety, depression and loss of self-esteem and how youth workers at SPACE2... helped him to overcome these through music. Kieron used the music studio at SPACE2... to write songs and music that reflected his feelings. To him, music and song writing was therapeutic and helped him to feel that there was a light at the end of the tunnel. Kieron now voluntarily manages the SPACE2... music studio and helps other young people dealing with mental health problems to seek support and to find a therapeutic activity in which they can express themselves.

Kieron is very active within YMCA Newcastle; he has helped to deliver events for young people at the centre and worked with youth workers to deliver projects around prejudice and discrimination. He used song writing to highlight current practices of discrimination in his local community.

Kieron is currently volunteering as one of our MENTors, a team of trained young people that aim to equip young people with the knowledge to identify and report illegal, underage sexual content online. The project deals with extremely sensitive issues, but Kieron has effectively worked with other young people to challenge their perceptions of accessing online pornography.

**"I love helping other young people at YMCA Newcastle access the therapy they need to overcome their problems. This has been a huge part of my own well-being and recovery."**







**"YMCA Newcastle has helped me become the young man I am now"**

When Jay turned 16, he wanted to experience getting drunk in the 'Party City' and started going out with his friends and drinking at house parties or in parks. He loved his part time job at a local supermarket and was in his first year of college with lots of friends. Over time, as exam pressure from college increased, Jay started drinking 4-5 nights a week.

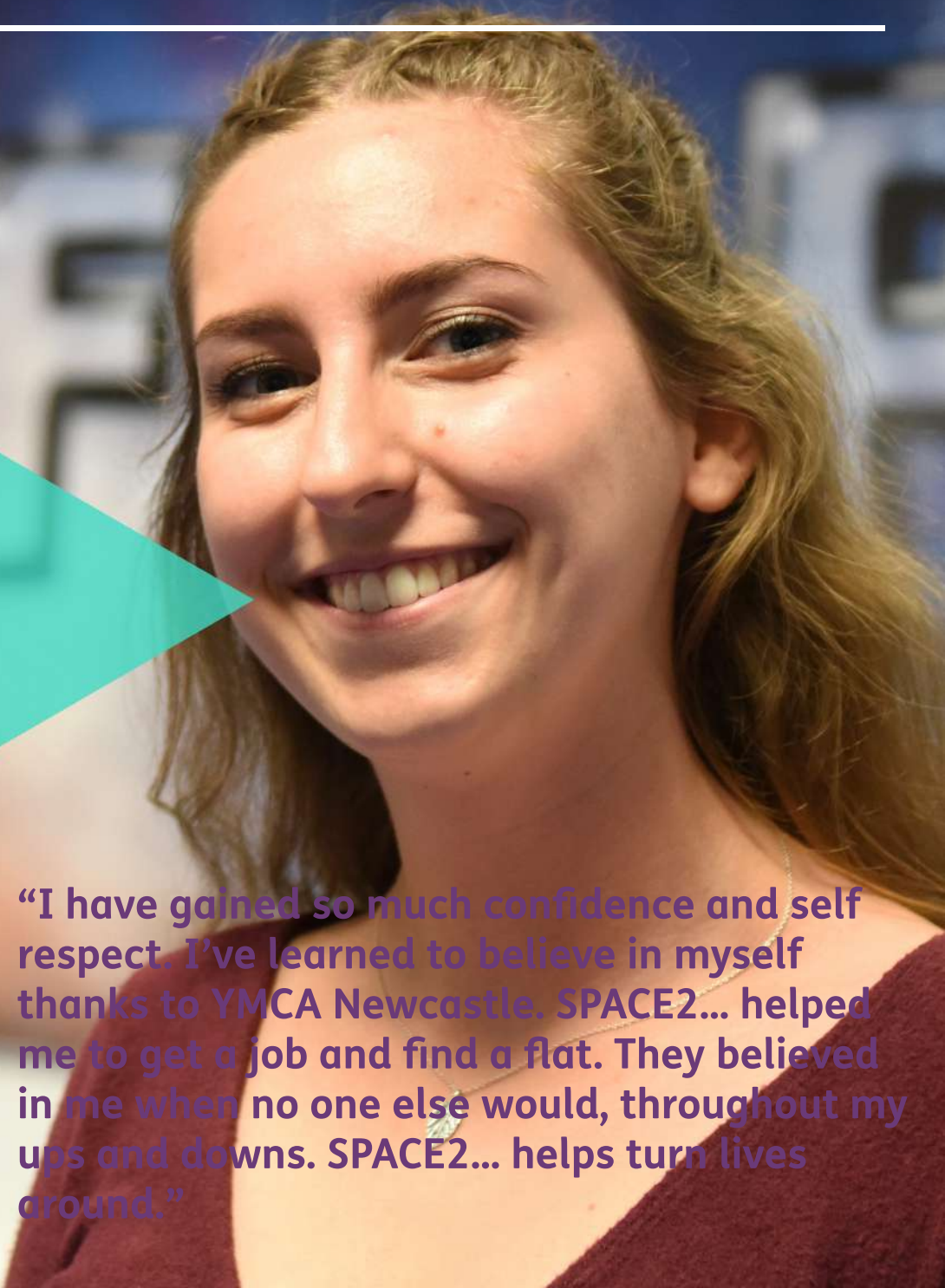
He began missing college due to hangovers and late nights and was struggling to afford bus fare after spending so much on his drinking habit. He was almost sacked from his job and had fallen out with lots of his friends because of his excessive drinking- they thought he was no longer interested in anything else.

Jay started coming to YMCA Walker as he wanted to make new friends. His self-confidence and well-being were poor at first and he told staff that he felt lonely. Staff helped Jay to get involved in lots of activities including music, dance, cooking, and out-bound trips and he quickly made a new group of friends. With so much going on at YMCA Walker, he was less bored and felt less and less like going out drinking each night. He got back on track with his college studies and he now has a group of mates who he sees 3-4 nights a week at YMCA Walker. He has several hobbies and is completing our Volunteer Training award to support other young people.

Steph has been accessing support from SPACE2... for some time. She is from Arthurs Hill in Newcastle and has had a very tough upbringing.

She has struggled to find permanent employment and has moved around lots of jobs, often spending long periods of time unemployed and relying on universal credit. She completed employability and personal development qualifications, along with the volunteer training programme at YMCA Newcastle and found work at the RVI Hospital and City Vaults nightclub in town. Her volunteer work has been of fantastic benefit to other young people at SPACE2... and Steph is enjoying leading hair and beauty sessions at SPACE2...’s hair and beauty studio.

The last year has been particularly tough for Steph as she lost her mother to cancer in July 2017. YMCA Newcastle youth workers were able to help her move into a flat of her own but she has been finding it very tough coping with both her grief and adapting to living on her own. She attended independent living skills workshops at SPACE2... to learn how to cook healthy, nutritious meals on a budget and how to manage her personal finances and pay off any debt. She also visits SPACE2... to talk with youth workers to help her work through her grief.



**“I have gained so much confidence and self respect. I’ve learned to believe in myself thanks to YMCA Newcastle. SPACE2... helped me to get a job and find a flat. They believed in me when no one else would, throughout my ups and downs. SPACE2... helps turn lives around.”**





# YMCA WALKER PARK CAFE & CENTRE

PART OF YMCA NEWCASTLE

Our community cafe and centre in Walker Park has been open for 2 years now and is a thriving community hub. Our Cafe & Centre are located in the heart of Walker Park and serve delicious meals and snacks 7 days a week, as well as providing a professional catering service and flexible room hire.

YMCA Walker Park Cafe & Centre has become a hub for the local community. We regularly host free community events such as weekly fitness and wellbeing classes and arts and crafts sessions as well as annual events such as our children's Halloween Party and Santa's Grotto.

The café offers employment and volunteering opportunities to young people. The volunteers support the running of the cafe and centre, from providing great customer service when dealing with customers to preparing delicious meals and professional buffets. All volunteers undergo professional training allowing them to gain recognised qualifications and gain practical skills and experience helping them to access employment.

This year we launched a free weekly baby and toddler group for parents and their little ones. The group is supported by YMCA Newcastle Youth Workers and provides development opportunities for young children as well as support for parents.



YMCA Urban Mushrooms is one of 2 social enterprises operated by YMCA Newcastle. Urban Mushrooms are growing jobs for young people; we provide training and education opportunities to young people through apprenticeships and traineeships allowing young people to gain valuable workplace experience enabling them to access employment.

At Urban Mushrooms we grow speciality oyster mushrooms using recycled coffee grounds that we collect from coffee shops and restaurants around the City (our Coffee Partners). Around 55 million cups of coffee are drunk every day in the UK, that's about 350,000 in Newcastle alone, with over 500,000 tons of used coffee grounds making its way to landfill every year.

Urban Mushrooms has grown significantly this year! Over the past 12 months we've provided 2,413 hours of training to young people, planted 700 growbags and prevented 7,000kg of coffee grounds from going to landfill. We supply to a range of restaurants that are using our mushrooms as the highlight of their vegan and vegetarian menus and we had a very successful Christmas selling our GrowBox grow at home kits. Our delicious mushrooms have been awarded some fantastic reviews by local food bloggers.

One of the young apprentices at Urban Mushrooms told us "I never got anything from school, but this is probably the best thing I've done"



**YMCA**  
**URBAN MUSHROOMS**

PART OF YMCA NEWCASTLE



## OUR PEOPLE

### Our trustees

Phil Joyce (Chair - retired Sept 2017)	Alan English
Stephen Kerry (Chair - appointed Sept 2017)	Thomas Lillie
Andrew Gordon (Treasurer - retired Feb 2018)	Tom Nisbet
Neil Jackson (Treasurer - appointed Feb 2018)	Emma Peacock
Jon Burns	Tiffany Scott
Sandria Charalambous	Jennie Whitell
Austin Gibbons	

### Our staff

Central Office	Youth Work	Social Enterprise
Jeff Hurst <b>CEO</b>	Helen Parker <b>Youth Work Manager</b>	Tracey Mienie <b>Business Manager</b>
Jean Alexander <b>Finance Officer</b>	Maxine Brown Tom Cleminson <b>Senior Youth Workers</b>	Kath Reay <b>Centre Manager</b>
Caitlin Hunter <b>Fundraising Officer</b>	Dave Edgar Jonny Falcon	Roberta Davidson <b>Cafe Manager</b>
Calvin Bateson <b>Marketing Officer</b>	John Rudd Marufah Rahman Kerry Willshire <b>Youth Workers</b>	Rebecca Davidson Jacque Doguie Tracey Graham Lisa Richardson <b>Walker Park Cafe &amp; Centre</b>
		John Bennett Leslie Shaw <b>Urban Mushrooms</b>

### Our volunteers

Over the past year our volunteers have donated over 12, 636 hours of their time to YMCA Newcastle. We would like to thank all of our volunteers, we couldn't do what we do without them!

## OUR SUPPORTERS

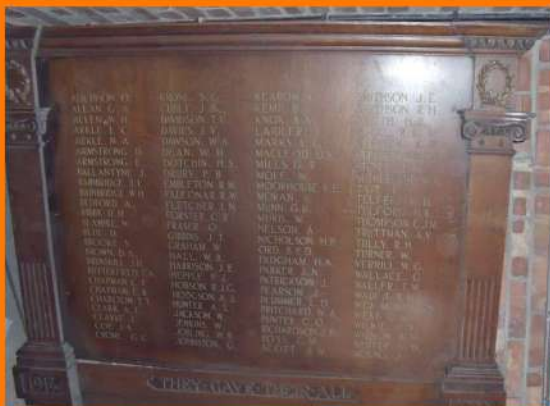
We would like to thank all of the organisations that have funded our work supporting the young people of Newcastle this year and all of the individuals that have supported us through donations.

- The Andy Fanshawe Memorial Trust
- Anne Frank Memorial Trust
- The Barbour Foundation
- Barnardos and Newcastle City Council- EIG
- BBC Children in Need Main Grant
- BBC Children in Need Small Grant
- Bernard Sunley Foundation
- Big Lottery Fund Awards for All
- Catherine Cookson Charitable Trust
- The Clothworkers Foundation
- County Durham Community Foundation (Christ Hospital in Sherburn Trust)
- Community Foundation Tyne and Wear and Northumberland (Guy Readman Endowment Fund, High Sheriff's Award, Proctor and Gamble Everyday Confidence Fund)
- Dr Brand
- The Ernest Cook Trust
- Garfield Weston Foundation
- The Hadrian Trust
- The Hedley Foundation
- Heritage Lottery Fund Young Roots
- Hospital of God at Greatham Charitable Trust
- Houghton International
- Sir James Knott Charitable Trust
- Joseph Strong Frazer Trust
- Keyfund
- Music for Alice
- Newcastle and Gateshead NHS CCG
- Newcastle University Helping our Homeless
- The Rothley Trust
- R W Mann Charitable Trust
- The Shears Foundation
- The Souter Trust
- St. Hilda's Charitable Trust
- Stop Loan Sharks
- W.A. Handley Charitable Trust
- Virgin Money Foundation
- YMCA Douglas Wood Trust
- YMCA Movement Trust Fund
- YMCA North East Regional Discretionary Fund

### WWI Memorial Relocation Celebration

A memorial dedicated to members of YMCA Newcastle who lost their lives during the First World War has been rediscovered within the elevator shaft of a former YMCA Newcastle building.

To commemorate the 100th anniversary of the end of WW1 we will be relocating the memorial to a central public location. Come and celebrate with us as we unveil the memorial in November 2018. Follow us on social media or subscribe to our mailing list via our website to find out more about the ceremony.



### YMCA 175th Anniversary - June 2019

The YMCA movement will be celebrating it's 175th birthday on 6th June 2019! YMCA was founded in London in 1844 by Sir George Williams, and YMCA Newcastle was founded just 5 years later in 1849.

To celebrate the occasion YMCA's around the World will be taking part in the YMCA World Challenge. Follow us on social media or subscribe to our mailing list via our website to find out more about the YMCA World Challenge nearer



### SLEEPEASY - March 2019

Are you willing to sleep rough for a night so others don't have to? Following on from the success of SleepEasy 2017 we're looking out for groups and organisations to sleep out under the stars for a night to raise funds for our homelessness prevention and crisis support work.

If you're interested in organising your own SleepEasy event in March 2018 get in touch with our fundraising team at [fundraising@ymcanewcastle.com](mailto:fundraising@ymcanewcastle.com) to register your interest.