



IMPACT REVIEW

2018-2019



INTRODUCTION

Young people are facing new challenges

The image of young people portrayed in the media is still a negative one - high unemployment rates, poor grades, drug and alcohol use, crime and teenage pregnancy.

However, research carried out by the national federation of YMCA's in England & Wales discovered that the challenges that young people are facing today are changing and many of the traditional issues young people experience are no longer so prominent.

Young people are less likely to drink or smoke and are also doing fewer drugs. Teenage pregnancies are at the lowest level since records began. Young people are staying in school longer and are achieving more qualifications than previous generations.

Young people are making healthier decisions and are thinking more about their futures. But, they are facing new challenges.

Crimes committed by young people are reducing, but the crimes being committed are becoming more violent and driven by gang culture. Young people are concerned with finding employment. More young people are talking openly about their mental health difficulties. Social media plays a major role in the lives of young people today, but this comes with a cost, many young people are experiencing body anxieties and are feeling lonely and isolated.

We have supported a record number of children and young people this year

30 years ago, the research project by Newcastle University and YMCA Newcastle, 'A Generation Without Hope', led to our strategic decision to deliver youth work services targeted at those resident in disadvantaged areas. While the needs of children and young people have since changed drastically, the demand for our services and support is increasing each year.



More young people are turning to us for help getting jobs and apprenticeships and, unfortunately, more are coming to us in crisis having been made homeless or victims of crime, or who are experiencing poor mental health.

This report tells the story of how we've helped those young people in need through images, numbers, figures and real-life stories.

Next year, we look forward to celebrating our 170th anniversary as Newcastle's oldest children's and young people's charity, as well as the 175th anniversary of the national YMCA federation. We have a busy year ahead as we continue to provide exciting activities and opportunities for young people and begin to support young families and older people from our Walker Park Community Centre. Our SPACE2... City Centre youth project is opening a cafe and our Urban Mushrooms project is set to scale-up next year so that they can both provide training and work experience opportunities to young people furthest from the labour market. We also look forward to taking on the running of a nursery in the Felling area of Gateshead.

We'd like to thank all of the funders, partners and supporters who have helped us deliver our work this year and contributed to making Newcastle a better place to grow up.

- Jeff Hurst, Chief Executive Officer



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.

OUR YEAR IN NUMBERS



116 young people explored their citizenship in cultural exploration programmes

We provided activities for families to play and develop at our free baby and toddler group



115 young people engaged in youth social action projects by peer educating, volunteering and campaigning for issues important to them

We helped **3,295** of Newcastle's children and young people onto the path to fulfilling their true potential



We provided **60** children and young people from low income families with free meals and free fruit and water to children in Walker Park during the Summer Holidays

146 young people took part in personal development outdoor adventure programmes including mountain biking, fishing, overnight residentials and a sailing expedition



303 children aged 5-12 from Newcastle's East End took part in programmes to improve their health and fitness to combat local childhood obesity



144 young people gained independent living skills such as cooking nutritional meals on a budget and managing finances

38 young volunteers were trained as mentors to coach children to improve their health and fitness



34 trained volunteers have contributed **10,608** hours to YMCA Newcastle which equates to a contribution of over £80,000



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

20 young people completed in-house apprenticeships and traineeships



12 trustees volunteered **426** hours governing the charity's business



70% of young people that accessed our Job Club and employability support secured a job or apprenticeship

OUR YEAR AT A GLANCE



Back on the road! In April we took ownership of our new minibus. Thanks to funding from The Bernard Sunley and The Clothworkers Charitable Foundations.



Our MENTor project in partnership with the Home Office, Marie Collins Foundation and IWF peer educated young people about illegal online content.



The #iwill funded youth led Wor Walker project aims to improve inter-generational relations in Walker. In April young people hosted a seniors bingo event.

Young people from SPACE2... began researching the 100 young men who are named on a YMCA Newcastle memorial plaque who lost their lives in WWII.



Our Holiday Hunger campaign enabled us to feed hungry children in over the Summer Holidays. We provided 60 children with community meals and offered free fruit and water to kids in Walker Park.



Our baby & toddler group in Walker Park re-launched. The free weekly group is very popular with local residents.

In October, our social enterprise, Urban Mushrooms, was shortlisted for the Outstanding Social Enterprise of the Year award at the North East Charity Awards.



Our volunteer Kieron was a Young Volunteer of the Year finalist at the National Youth Matters Awards in London.



Young people from YMCA Walker were presented with £500 from the High Sheriff of Tyne & Wear towards their sailing trip.



In November, young people from SPACE2... explored modern prejudice and created and performed their own grime performance in partnership with the Anne Frank Trust.



In September, 8 young people from YMCA Walker took part in a sailing expedition around the Hebrides.



All year, young people from YMCA Walker and SPACE2... have been learning to cook healthy, nutritious meals on a budget.



OUR PEOPLE AND SUPPORTERS

Our Supporters

We would like to thank all the organisations that have funded our work supporting the young people of Newcastle this year as well as all individuals that have donated to our appeals and fundraisers.

8%
of our
income

comes from statutory
funding

55%
of our
income

comes from letters,
foundations and trusts

Our Trustees

Stephen Kerry - Chair
Neil Jackson - Treasurer
Jon Burns
Sandria Charalambous
Austin Gibbons
Alan English

Thomas Lillie
Dave Matthews
Tom Nisbett
Emma Peacock
Tiffany Scott
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Our Staff

Central Office

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Jean Alexander
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Calvin Bateson
Marketing Officer

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Walker Park Cafe & Centre
Manager

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Tracey Graham
Lisa Richardson
Kyla Robertson
Walker Park Cafe & Centre

John Bennett
Dan Hurst
Cameron Milby
Urban Mushrooms

- Leatherseller's Charitable Company
- Virgin Money Foundation #iwill Youth Social Action Fund
- The Joseph Strong Frazer Trust
- Community Foundation Tyne and Wear and Northumberland
 - The High Sheriff of Tyne & Wear's Award
 - #iwill fund
 - Women's Fund
- YMCA North East Region Discretionary Fund
- Walker, Walkergate and Blakeley Ward Committees- Newcastle City Council
- Thomas Thompson Trust Fund
- The Souter Charitable Trust
- The W.A. Handley Charitable Trust
- The Catherine Cookson Charitable Trust
- The National Lottery Heritage Fund- Young Roots Programme
- The National Lottery Heritage Fund- WW1 Centenary Programme
- BBC Children in Need Main Grant
- BBC Children in Need Small Grant
- Santander Foundation
- The Hadrian Trust
- The Albert Hunt Charitable Trust
- St. Hilda's Charitable Trust
- The Rathley Trust
- The Joicey Trust
- St. Nicholas' Educational Trust
- Garfield Weston Foundation
- Holiday Hunger donors
- Dr. Brand





YOUTH MATTERS AWARDS

YMC-Ahoy

Young people from YMCA Walker embarked on a sailing expedition around the Scottish Hebrides. The group found the trip a challenge but picked up skills in sailing, teamwork and confidence along the way.

Youth Matters Awards

One of our hard-working young volunteers, Kieron, was a Young Volunteer of the Year finalist at the Youth Matters Awards in London. Kieron volunteers at SPACE2... and heads up the music studio there. He peer-educated young people about illegal online content as a MENTor. He also took part in the national #IAMWHOLE campaign talking openly with Rugby legend Toby Flood about how music helped his mental health struggles. Thanks Kieron!

Holiday Hunger

Our Holiday Hunger campaign raised over £500 to feed hungry kids in Walker Park over the Summer Holidays. We provided free community teas and packed lunches to those most in need and free fruit and water to kids playing in Walker Park.

Outstanding Social Enterprise

Our Urban Mushrooms project was highly commended as runner up in the Outstanding Social Enterprise of the Year category at the North East Charity Awards.

The People's Projects

YMCA Newcastle was featured in ITV and the National Lottery's televised The People's Projects competition. We were lucky runner ups and received funding to provide employment and training opportunities to local young people who are furthest from the labour market.

Young people are the voters, work force and leaders of tomorrow. Unhappy with the future they may face, young people are choosing to stand up and make a change.

Youth led social action has been a prominent part of our work over the past year. Unhappy with; the negative image of young people portrayed in the media, rise in violent crimes among young people and inequality that young people are still facing in today's society, groups of young people across our projects have come together to make change.

Shanked

A group of young people from YMCA SPACE2..., concerned with the rise in violent crimes among people in Newcastle created an online social media campaign and short film informing people about the dangers and consequences of carrying weapons and visited local youth groups to spread their message.

Wor Walker

Young people from YMCA Walker unhappy with the rise in local anti-social behaviour are campaigning to improve the image of young people by organising a series of inter-generational events.

Is She Legal?

Young volunteers from YMCA SPACE2... have been peer-educating other young people about how to report illegal online content and navigate online safely to tackle illegal underage pornography.

YOUTH SOCIAL ACTION



YMCA Walker

YMCA Walker is our detached youth project based on Welbeck Road in Walker in the East End of Newcastle. YMCA Walker was established in 1989 and has

supported up to 3 generations of some families since. YMCA Walker is free to access and is open to 11-25 year olds.

Youth Workers at YMCA Walker work with small groups of young people during evenings, holiday periods and at school encouraging them to take part in positive activities such as Hungry2Learn cooking sessions or accessing C-Card sexual health services.

Jade's story


Jade is 15 years old and is relatively new to YMCA Walker Project. Jade is known for being a key perpetrator of disruptive and anti-social behaviour in the park.

It was particularly encouraging to see that Jade was enthusiastic about getting involved in the Wor Walker project centred around improving the park for the wider community and the perception of local young people.

Interestingly, Jade has expressed a few times that she believes the problems in the park are centred around anti-social behaviour from particular groups of young people. Jade believes the cause of this anti-social behaviour is because young people have nothing to do in the park.

Although Jade is still prone to hanging around in the park late at night with her friends, he is taking an active role in planning and organising inter-generational events and creating ideas to effect positive change in the park.

Jade is now an active member of the steering group of the project and is growing in confidence and developing her skills. We anticipate that if she continues to engage in the project, she will improve her attitudes towards the park and cease the disruptive behaviour.



“I really like the park and it's nice being able to have a say in what happens there and making my voice heard.”



“YMCA potentially saved my life. I’m so grateful to the staff there.”

What is Youth Social Action?

Youth social action involves young people undertaking activities that make a positive difference. These actions don’t have to be huge. Taking small positive actions to improve your home, school or local community can all make a big difference.

The #iwill campaign, which encourages young people to take up volunteering and campaigning, has identified six principles which define great youth social action; **Youth-led, Socially Impactful, Progressive, Embedded, Re-lective and Challenging.**

#iwill

Fred’s story

Fred was well known to the local police team for anti-social behaviour in The City Centre at night. He began attending YMCA SPACE2... to use the music studio with his friends. YMCA SPACE2... staff built a relationship with Fred over a few months and he told us that he had started mixing with gangs in the Elswick area of the City and had recently tried the drug, Spice.

Staff motivated Fred to keep using the music studio as a diversionary activity from anti-social behaviour and offered support around his drug use and court hearings. One of Fred's friends was then killed during a gang-related stabbing which Fred told us was motivated by drugs.

Fred's mental health took a toll as a result and he was traumatised by the incident. Nevertheless, with the continued support of staff at YMCA SPACE2..., Fred started to regain his confidence and participated in the 'Drop the Knife- Save a Life' social action project last year (supported by the #iwill fund). He played a key role producing the film and social media content and underwent training in digital marketing and presentation skills. He went on to present the campaign to other youth centres around Newcastle.

Fred's offending rate has dropped significantly. While gaining transferable skills and engaging in something challenging and impactful were never Fred's motives for getting involved, the relevance of the project to his own life and the opportunities he had to take a lead on the direction of the campaign meant that he experienced positive changes as a result of meaningful social action.

YMCA Urban Mushrooms

YMCA Urban Mushrooms is one of our social enterprises. They grow speciality oyster mushroom products on used coffee grounds. The enterprise offers young people furthest from the labour market training opportunities through employment on the urban farm.

Liam's story


Liam has been coming to YMCA Newcastle since 2015. He first attended our Spires Lane Project in Byker to hang out with some friends and now YMCA Walker. He has always been keen to get involved with anything going on at YMCA and often helps out at our inter-generational events at YMCA Walker Park Centre.

Liam volunteers some of his time helping out younger children as a Bizibodis Mentor - he coaches children during fun, active sessions to help them improve their health and fitness and combat childhood obesity in the East End of Newcastle.

He was keen to improve his CV so he decided to take part in the prestigious Duke of Edinburgh's Award, to achieve the award he is required to spend 3 months volunteering, 3 months developing a new skill and 3 months improving his health and fitness. Liam volunteered at Urban Mushrooms, our urban farm which provides training and employment opportunities to young people.

Liam always gives his all when he's working on our urban farm and the staff there noted how hard working and enthusiastic he is, so much so that he was offered a job at Urban Mushrooms. Whilst working there he has completed health and safety and manual handling training which will look great on his CV and has gained loads of new skills ranging from communication to production and sales.

The urban farmers collect used coffee grounds from coffee shops around Newcastle and use them to grow oyster mushrooms. Urban Mushrooms then sell on their produce and reinvest any income into YMCA Newcastle's work with young people.

A photograph of a young Black man, Liam, smiling broadly at the camera. He is wearing a black baseball cap backwards and a black tank top. The background is slightly blurred, showing what appears to be an indoor setting with some artwork on the wall.

“I loved working at Urban Mushrooms and have learned so much there.”

“It’s been fun learning how to cook. Now I tell my friends how to eat and cook healthier.”



Tyler’s story

Tyler has been attending YMCA SPACE2... since he was 15. Staff there encouraged him to get involved with Hungry2Learn; a programme that teaches young people to cook tasty, nutritious meals on a budget.

When Tyler first started engaging in Hungry2Learn he wasn't taking the sessions seriously and had to be reminded about behaving appropriately when in the kitchen. He was unwilling to try new foods and discouraged his peers from trying them by making loud silly noises and disrupting the sessions when ingredients such as goats cheese were introduced.

Despite this, Tyler showed promising ability in cooking and youth workers at SPACE2... aimed to increase his confidence by enrolling him onto The Duke of Edinburgh Award programme. Having to complete his skills section of the award under assessment motivated Tyler to take the sessions seriously and concentrate on his skills. By the end of the 4-month period, Tyler successfully prepared a vegetable bhuna with pilau rice as part of his Duke of Edinburgh’s Award skills assessment. He followed sound food hygiene and safety practices, used utensils safely and cleaned up afterwards by washing the crockery and sanitising the surfaces.

Tyler was very active in helping to arrange and prepare the open-house Christmas dinner and supported less confident young people in chopping the meat and vegetables. Tyler now tries new food at least once before deciding that he doesn't like it and has come to love food such as halloumi and butternut squash as a result of engaging in the project.

YMCA SPACE2...

YMCA SPACE2... is our City Centre project and has been open since March 2013. SPACE2... is free to access and is open to young people aged 11-19 (19-25 year olds can access SPACE2... by appointment).

Activities run Monday to and range from creative music studio sessions to Job Club employability support. Staff are also available for one to one and crisis support.



International visitors

We're looking forward to welcoming a group of young people from New York City's YMCA in August. They're crossing the pond as part of the YMCA Movement's 175th anniversary.

WW1 France Trip

Young people from SPACE2...are researching 100 young men named on a WWII commemoration plaque. In August young people will be visiting the Lochnagar Crater and The Battle of the Somme site where many Tynesiders lost their lives to find out more about Newcastle's young people in WWI.

Combatting isolation

We're launching a new National Lottery Community Funded project at our Walker Park Centre to combat social isolation in our community. The project will focus on older members of the community as well as young families.

Sleep Easy

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.

Celebrating our 170th anniversary in 2019

YMCA Newcastle is Newcastle's oldest young people's charity. Throughout 2019 we are celebrating 170 years of transforming young people's lives.

To celebrate we are hosting a series of celebratory events, the highlight of which will be at The Assembly Rooms in Newcastle on 29th October. The event will include a drinks and canapes reception, silent auction, exhibition highlighting our 170 years of work and performances from some of our fantastic young people.

YMCA Newcastle was established in 1849, five years after the YMCA Movement was founded in London by George Williams. Since then we have supported thousands of local young people; providing employability support, independent living skills workshops and crisis support aimed at overcoming abuse, accessing hardship grants or finding accommodation. We supported troops on the front line and at home during both World Wars and have played a prominent role in the lives of Geordies for generations! To find out more about our anniversary celebration follow us on Facebook, Twitter and Instagram. Interested in attending our October celebration event?

Email 170@ymcanewcastle.com to RSVP.

Growing Mushrooms

Throughout 2019 we will be upscaling our Urban Mushrooms social enterprise thanks to funding from Social Investment Business, Sage Foundation and The National Lottery Community Fund. The funding will provide employment and traineeships to local young people furthest from the labour market.

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YMCA NEWCASTLE

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

0191 2765327
enquiries@ymcanewcastle.com