

SNAPSHOT

OF 2015

We believe that everyone should be able to develop their full potential in mind, body and spirit.

- Support and advice
- Health and wellbeing
- Family work
- Training and education
- Accommodation



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Welcome!

YMCA Bournemouth enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities where everyone can truly belong, contribute and thrive. Our five core areas are Support & Advice, Accommodation, Health & Wellbeing, Family Work and Training & Education.

This year, we have had much to be proud of at YMCA Bournemouth. Our successes have reached far and wide as we pursue our goal to transform communities so that all young people can belong, contribute and thrive.

Our young people, staff and volunteers achieved all that they did in a year of continuing economic challenge. We had fewer funds but more demand for our services and more people than ever needed our help. Challenges that look set to continue in 2016 and beyond.

We're proud of the work we do and the people we support in the community. And, crucially, we're also proud of the people who support us. We couldn't do all that we do without your efforts and commitment. Thank you.

So, please enjoy our snapshot of the vital work we've carried out in 2015. We hope it fills you with enthusiasm for our YMCA in the year ahead.



Who we helped in 2015

Directly affected over **34,000** people.

Kept **247** people safe from homelessness.



Reached out to **625** disabled young people.

2,000 young people supported.



Over **4,000** gym users.

utilised the help of **223** hours of volunteering per week.

20,830 people visited our Children's Centres.

Award winners:



Olivia Tuckerman, winner of **YMCA Volunteer of the Year 2015**

The Chatterboxes won '**Volunteer Group of the Year**' at the annual Dorset Volunteer Awards.

The impact of our work

Joely, member of The Chatterboxes

Joely has Asperger's Syndrome and Post Traumatic Stress Disorder. But she does not 'suffer' from a disability; she views her disability as a gift. Joely is such an inspiring young lady who is passionate about improving the lives of young disabled people through her work with The Chatterboxes.

Joely said *"The Chatterboxes have improved my life and enabled my Autism disability to blossom; by giving me opportunities to achieve my dreams and realise my disabilities gifts. Thanks to the Chatterboxes I am now a multi National Award Winning Autism Activist and a representative of England's Autistic Community. I wouldn't be in a position of happiness without the Chatterboxes; volunteering remains the best decision of my life."*

George, resident at YMCA Bournemouth

"George went from being a qualified accountant to living on the streets after being subjected to an abusive marriage. He felt he had no way out until one day he bravely disclosed he was suffering abuse to his GP who quickly referred George to YMCA Bournemouth. He was welcomed into the YMCA; given breakfast, hot dinners and toiletries as well as support with finance & welfare. By leaving the abusive relationship, George also stopped drinking but his support worker knew he was suicidal so organised appointments with Community Mental Health Team, internal YMCA support and support from a domestic violence project. A year on, George has felt the depression lift, his confidence has grown and the YMCA team helped him into Council accommodation. With a renewed vision and hope for the future, George helps other people using his accountancy skills."

YMCA Bournemouth gave George the support and security he needed to rebuild a future for himself.

Volunteering at YMCA Bournemouth

Robert has been volunteering for the YMCA for over 7 years both with The Chatterboxes and YMCA Youth Projects in various roles. Robert thrives in making a difference and volunteers over 10 hours per week demonstrating a passion and commitment in supporting young people with disabilities to achieve their full potential.



Over **1/3**rd of our Chatterbox volunteers have been with us for over 3 years

We kept
over **247** people safe
from homelessness

9 rooms sponsored with
one-to-one support

**We believe that
everyone should have
a safe place to stay.**

SUPPORTED HOUSING

We provide a range of accommodation with 63 beds in our hostel (with an additional 4 being built in 2016), 22 flats and 14 move-on flats. Each type of accommodation has different support levels to accommodate residents' progression to independent living.

Supported accommodation is accessible via referral through Bournemouth Borough Council or direct referral opportunities. There are new partnership opportunities in the provision of supported housing and direct referrals; one being our new room sponsorship scheme.

120 residents **progressed** from supported housing back to independent living

51 residents attended skills training workshops such as CV writing, interview preparation and job searching.

“Sandyholme was a great opportunity for our students to build stronger relationships with each other and experience the British culture. Our students particularly enjoyed spending time with the YMCA Bournemouth Chaplaincy Team who shared with our students and organised activities in the local area.”

**Czech School Group
Leader, 2015**





SANDYHOLME

PART OF YMCA BOURNEMOUTH

Sandyholme is a 32 bed residential facility situated in the delightful village of Studland in the Isle of Purbecks.

From times of worship and Bible teaching to team building challenges and adventure activities our Chaplaincy team can help you design a bespoke trip for your group. Sandyholme is perfect for schools, underprivileged families, youth groups, disability charities, walking groups and churches.

Sandyholme had **56** groups visit in 2015.

Our chaplaincy service exists to offer spiritual support, pastoral care and moral guidance to the organisations staff, volunteers, clients and their families.

What have the Chaplaincy Team been involved with in 2015?

- Delivered school assemblies and story time in our nurseries.
- Hosted a 24/2 prayer weekend uniting Christians across

Bournemouth to pray for the town and the work of YMCA Bournemouth for 48 hours straight.

- Delivered 30 group sessions for residents at the YMCA Bournemouth hostel.
- Four residents responded to the gospel for the first time and two made recommitments. We are continuing to follow up and support them grow in faith.

The Chaplaincy Team engaged with over **700** people in the Boscombe community through the Love:Boscombe outreach work .



YOUNG CITIZENS

PART OF YMCA BOURNEMOUTH

We believe that every young person should have someone they can trust.



Over 2,000 young people supported in 2015

Our Youth Projects achieved Approved Provider Standard from the Mentoring & Befriending Foundation.

Bournemouth may be a sunny seaside town but its pockets of deprivation have a big impact on young people. For example, a huge majority of our young people come from Boscombe which sits in the top 1% of most deprived areas in England (National Statistics, 2015).

YOUTH PROJECTS

YOUNG CITIZENS

Provides volunteering opportunities for 11-19 year olds in schools and the community as well as intergenerational work, breaking down barriers between young people and older people. All of the activities are youth-led and based on the young people's interests, skills and abilities.

Peer mentoring enables young people to support one another and builds their resilience and support networks in a highly effective and safe way.

"Thank you for giving my son this opportunity as being a single parent and on a low income I could never afford what you have given to him."

92% of people attending the Festival of Me (collaborative event) felt more proud of their local area.

As a result of the Everyone's Different project, 95% of people reported having more contact with people in their local area.



Boscombe Behind the Scenes, 2015

22 Young Citizens directly led and developed their own community action projects.

15 young people successfully completed Peer Mentor Training

Following the BCVS Awards, 98% of young volunteers felt they had developed new skills.



THE CHATTERBOXES

PART OF YMCA BOURNEMOUTH

100% of young people said the Chatterboxes project had helped build their confidence.

Chatterboxes ran 12 week youth action projects in central Bournemouth focusing on friendship and in Kinson celebrating difference.

and disability awareness in the community had increased 'amazingly' by **59%**

419 young people accessed My Place youth sessions

CHATTERBOXES

A youth-led media project where young disabled people across Bournemouth aged 13-25 years old meet to design a quarterly easy read magazine with printed and online versions which aims to showcase activities which are available in the local area for young people with disabilities, share individual youth achievements and educate the community about disabilities.

The Safe Places Scheme identifies that there is a need for more safe places within Bournemouth for young people with disabilities. In 2015 the scheme won the Accessible Britain Award from the House of Commons.

MY PLACE

My Place provides youth-led youth work in the form of open access sessions and small group projects from Fusion Youth Centre, Pokesdown Youth Club and the Youth Bus.

In 2015, My Place expanded the range of opportunities provided for young people to participate in, including:

- A fully youth-led 'Hope not Hate' anti-discrimination social action project
- a 'Mellow and Mindful' group building strategies against anxiety
- a 'Headspace' group for peer support and developing strategies for mental health

Reached out to **625**
disabled young people
with **499** direct hours
of support

13 young people achieved at least 1 AQA Unit Award across 8 different subject areas such as project budgeting, leadership and fundraising.

T.E.A.M

Together Everyone Achieves More (TEAM) is a multi-cultural peer support and youth action group who tackle issues facing young people who are from black and ethnic minority (BME) groups living in Bournemouth. Last year, TEAM completed their annual 'Kick it Out' event helping to kick racism out of football and were involved with many local events including the Love Boscombe Festival.

The project also offers 1-to-1 Youth Worker mentoring for vulnerable young people from ethnically diverse backgrounds. Young people are referred through the youth offending service, care homes, children's services and the mental health service. Youth Worker mentoring supports the young person through particularly challenging times in their lives and provides a positive BME role model whom young people can trust and lean on.

At least 72% of Quay Success participants felt their confidence and communication skills had significantly improved.

QUAY SUCCESS

In 2015, we wrapped up another successful year of Shore Ideas in Bournemouth and moved the project to Poole under the new name, Quay Success.

Budding young entrepreneurs from across Poole developed social enterprise ideas to raise funds for good causes. The young people were selected from hard to reach backgrounds and many were at risk of low educational attainment. The groups pitched their ideas and worked together for several months, developing their projects and events with support from their mentors.



T.E.A.M

PART OF YMCA BOURNEMOUTH

Over **100** young people helped 'Kick Racism out of Football'

"We've been working with [him] since July 2015 when he came as a youth offending referral ... [He] was reinstated into mainstream school in September 2015 and even represented T.E.A.M in an assembly at his school where he felt very proud to be giving something back after a very challenging year." Youth Work Mentor

We believe that everyone should be able to enjoy the benefits of good health & wellbeing.

THE JUNCTION SPORTS & LEISURE CENTRE

At the heart of the community we deliver quality facilities/ services for all your health and fitness needs. Since the YMCA Bournemouth investment in April 2015 of £400,000+ in The Junction's Gymnasium facility, opened by Eddie Howe, membership and usage has increased over 20%.

3,000+
adult members

300,000+
footfall per month

1,000+ weekly fitness class users

5,500+ participating on the Holiday Club Programme

650+ attending Junior swimming academy

A successful Apprenticeship Programme operates at The Junction which can lead to first line Management opportunities

LIFEWISE SPORTS HALL

Lifewise promotes a healthier lifestyle for all and offers excellent facilities at an affordable price.

The Sports Hall offers football, badminton, volleyball and a range of classes.

It is recognised that Lifewise is not only commercially focused but should also be somewhere individuals can benefit, and enjoy a more supported facility for overall wellbeing and rehabilitation.



LIFEWISE

PART OF YMCA BOURNEMOUTH



THE JUNCTION

PART OF YMCA BOURNEMOUTH

**Last year, over 300,000 people
visited The Junction
per month.**



Being part of a healthy, stable family gives a young person the best start in life. We offer a range of support to families including childcare services, before and after school activities, family mediation and parenting programmes.

POKESDOWN & SOUTHBOURNE CHILDREN'S CENTRES

YMCA Bournemouth manages two Surestart Children's Centres on behalf of the Council in the Pokesdown and Southbourne Area.

These provide a range of play care and learning services for children, adults and young families.

"I have been a mum for nearly 17 years and the team at Southbourne Children's Centre are the only people who have ever really supported me and my 5 children. They have given me confidence and made a huge difference to the whole family. The range of groups and support services are fantastic. Thank you."

Children's Centres helped **1,152** individual families.

Watch this space
New Child Contact Centre
coming in 2016



CONTACT
CENTRE
PART OF YMCA BOURNEMOUTH

Last year, we had a footfall of **20,830** at our Children's Centres.

POKESDOWN CHILDREN'S CENTRE

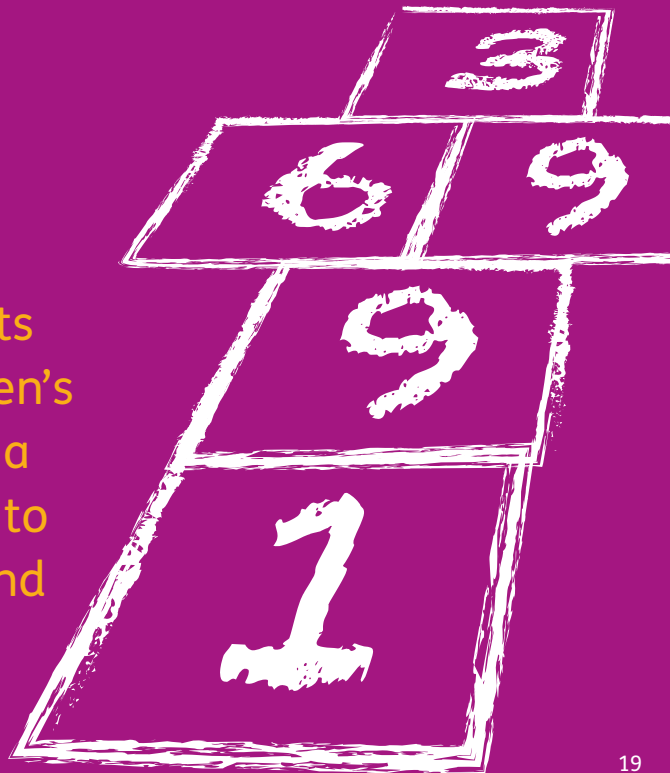
PART OF YMCA BOURNEMOUTH

SOUTHBOURNE CHILDREN'S CENTRE

PART OF YMCA BOURNEMOUTH

We believe that every family should have the support they need to develop and lead more fulfilling lives.

98% of parents thought the Children's Centres had made a positive difference to them, their child and family.





“I cannot recommend this nursery enough.. my daughter has gained confidence and there is so much one-to-one interaction as well as lots of regular walks to the beach and Bournemouth Gardens. The staff and Manager have been amazing, welcoming & friendly ” Parent via Netmums.com



TEDDY'S PLACE DAY NURSERY

PART OF YMCA BOURNEMOUTH

TEDDY'S PLACE DAY NURSERY

Teddy's Place has been established since 1988 and is registered with Ofsted as a provider of childcare to deliver the Early Years Foundation Stage Framework.

The nursery on Westover Road is licensed to take up to 25 children in the 2-5 year age group. It is run by well-qualified staff and offers a range of educational and recreational activities including supervised trips to the local park and nearby attractions.

The caring, supportive and fun atmosphere ensures that

children learn and develop while having fun and building relationships with adults and other children.

One member of the Nursery team is a designated "Communication Champion" and supports children's language through running language cluster group activities.

Excellence does not have to equal expense. Our rates are reasonable and every penny is reinvested in the nursery or in the wider community work of YMCA Bournemouth.

2 staff members were nominated by parents in the Local Authority Childcarer of the Year Award.

Teddy's Place Day Nursery has worked with **65** families and **30** children who have English as a second language.



TEDDY'S PRE-SCHOOL

PART OF YMCA BOURNEMOUTH

TEDDY'S PRE-SCHOOL

Teddy's Pre-school is run on the same premises as Pokesdown Children's Centre. The setting is open between the hours of 8.30-4.00pm. and currently provides morning and afternoon sessions for children aged between 2-4 years in receipt of Early Education Funding on a term time only basis.

Qualified and skilled Early Years Practitioners work to support the individual child, offering a wealth of learning opportunities through free flow play and activities both inside and outside which was introduced in Summer 2015.

A child centred approach is used to promote individual interests, learning and development within Prime and Specific areas of learning including:

- Personal, social & emotional development
- Communication & language
- Literacy, mathematics
- Expressive arts & design
- Understanding of the world

Teddy's Pre-School increased its session sizes from 25 to 32 children following a successful Ofsted Inspection with a 'Good' outcome.

"They have helped my child gain confidence and supported [her] with speech challenges. They have supported us as a family too"

Supported **3** children with identified Special Educational Needs, accessing a combined **35** hours per week of one-to-one support.



Teddy's Pre-School has worked with **62** families in 2015 and supported **27** families who have English as a second language.

We believe that every young person should be able to fulfil their potential.

Training & education is a fundamental element of all our core services. Here are a few ways we use training & education to help people reach their full potential:

- Our residents receive work and employment skills training, such as CV writing, interview preparation and job searching.
- In 2015, YMCA Bournemouth became an AQA Unit Award Scheme provider, issuing 34 Unit Awards in subjects like Interview Skills, Teambuilding, Catering and Presentation Skills.
- The Junction Sports & Leisure Centre introduced a successful Apprenticeship Programme which can lead to first line Management opportunities.
- Our Youth Teams ran Equality & Diversity Conferences, Disability Awareness Events and Peer Mentoring Training

In addition, YMCA Bournemouth offer a range of training courses available to the general public. These courses include:

- COSHH
- Fire marshall and fire extinguisher training
- 1 day and 3 day First Aid Training
- Health & Safety Awareness
- Level 1 & 2 Manual Handling
- Risk Assessment
- Food Hygiene

On completion of each course, successful candidates will receive a recognised certificate.





51 residents attended skills training workshops such as CV writing, interview preparation & job searching.

15 young people successfully completed Peer Mentor training.



THANK YOU

We can only change the lives of vulnerable people in the community thanks to all the support we receive.

The photos above show just a few ways people have supported us over the last year.

How can you help?

Here are a few ways you can support the work we do:

Regular Giving

Monthly standing orders help us to continue our work and help everyone in the community fulfill their potential in life.

Any amount you can give us is hugely appreciated.

Fundraising Events

Are you interested in holding your own event to raise money? From dress down days to charity auctions we would love your support!

We are also always looking for volunteers to support our events. Make sure you contact us.



Prayer

This is one of our legacies without which we would be unable to exist as a Christian Association.

Prayer has been described as the Christian's vital breathe, to ensure the 'body' continues to function.

We covet your prayers for us in these times of change and challenge, and hope this booklet will enable you to pray for us more intelligently

Please pray for our residents, staff and Jez our Chaplain as he seeks to support us all.

Corporate Sponsorship

Corporate sponsorship makes a huge difference to the support we can offer.

In 2016/17 we have the following sponsorship opportunities:

- YMCA Charity Fun Run
- Sleep Easy Events
- Room Sponsorship opportunities

For information about any of these options please contact Sheena Dayman on

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YMCA

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SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION