

YMCA
NORTH TYNESIDE

Impact Report
2016 - 17



YMCA

We focus on young people and help them play an active and fulfilling role within communities.

"I am incredibly proud of what the team have achieved this year. And whilst this report gives you a flavour of what YMCA North Tyneside is achieving for young people in our community: seeing, really is believing. So please come and visit, to see with your own eyes, what we have in store for our young people in the forthcoming years. You are always welcome..."

Dean Titterton, CEO
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Find out more:
www.ymcanorthtyneside.org



Our community made a growing contribution in 2016-17



"For every £1 we receive 83p is spent on direct service delivery to our community."



55 people slept rough
Raising over **£10,000**

44 runners in **great north run**
£5,000 raised

XX Volunteers
XXX hours given
Estimated contribution to YMCA North Tyneside
£XXXX

HEALTH & WELLBEING

We believe everyone should enjoy the benefits of good health and wellbeing

1792 
attendances to Healthy Hearts

 **1580**
Gym Members

 **159**
young people inducted into the gym

515 gym members under 25yrs

Case Study: Alan's Story

Alan joined YMCA in 2010 after having a heart attack. He is a regular at our Healthy Hearts sessions. After the heart attack he felt like that was it; life would never be the same again. Alan had a very physical job before he retired and coached a local youth football team.

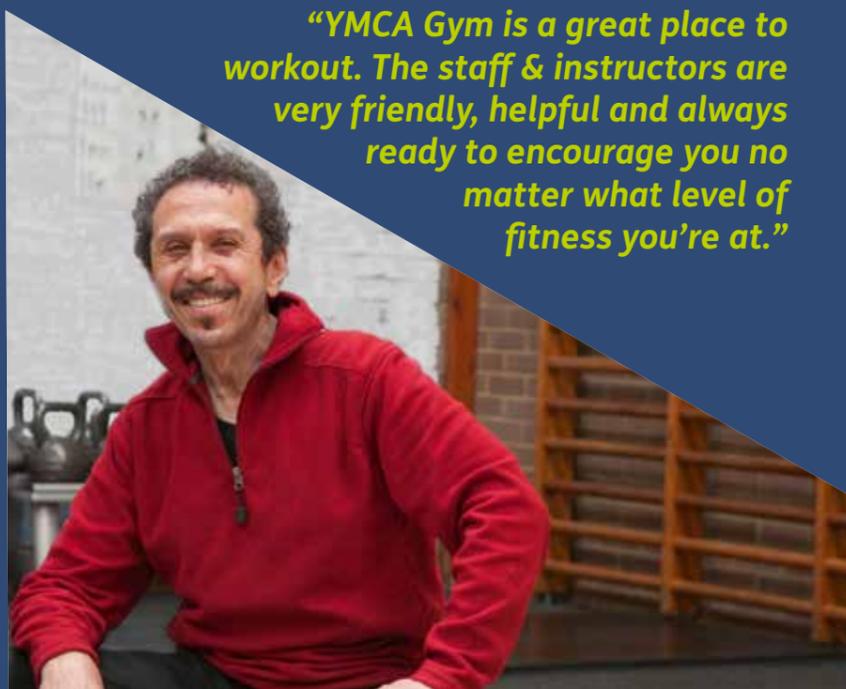
Alan started on a basic programme and now completes a strength training programme and runs for over 30 minutes at a time. Alan helps set up the Mondays circuit and gives new members a warm welcome.



77 young people participated in the **Sportivate** program resulting in **462** visits

Our Sportivate activities have offered free fitness activities to young people aged 12-25yrs with funding from Tyne and Wear Sport and Sport England. The sessions are aimed at young people who currently don't participate in regular exercise and 23% have continued to exercise at YMCA North Tyneside since the project ended.

"YMCA Gym is a great place to workout. The staff & instructors are very friendly, helpful and always ready to encourage you no matter what level of fitness you're at."



YOUTH OUTREACH



We believe every young person should have someone they can trust

The projects in Howden and Jarrow have continued to flourish with a variety of new initiatives and the Whitehouse After School Project has generated additional funding to secure its immediate future.

Thanks to our youth workers, volunteers and support from our Partner agencies, we have been successful in promoting young people's personal and social development enabling them to have a voice, place and influence in their wider communities.

 **30** young people from **Greece & Slovakia** participated in the **Erasmus exchange programme.**

100+ children and young people  took part in educational trips and residential

"I loved taking part in YMCA's Heritage project, Faye was fantastic and had lots of exciting ideas!"

– Nick (Whitehouse Primary School - Year 6)



Following on from previous successful Heritage Projects, we linked up with Schools and Youth Groups to work on an initiative aimed at exploring food distribution and eating habits during World War One..

find out more about this project here:
www.facebook.com/whatsfordinnermam

ACCOMMODATION

We believe every young person should have a safe place to stay.

Abbie moved into YMCA Supported Accommodation in February 2016 after sofa surfing for many months.

Abbie had a dream to go to University. She was working hard at College but had missed some of her course due to homelessness. This meant she needed to re-sit a year to make up the credits required. At age 21, she was no longer eligible for income support or housing benefit. She was going to have to give up her dream of going to University.

Instead, YMCA offered Abbie a rent free room in the Community House to enable her to complete her final year and get to University.

In July Abbie got her results, 3 distinctions in Level 3 Diploma Fine Art and Graphics and a secured place at Northumbria University to study Fine Art. Well Done Abbie!

We have grown from

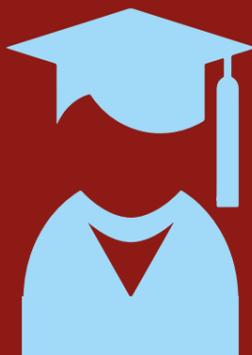
20 to **29** bedspaces



“Abbie’s potential is clear for all to see, but she has been held back by circumstance and the fact that she’s had to fight to keep a roof over her head. She just needed some security, a bit of breathing space and the care and attention that YMCA is renowned for. We dug deep to find the money to fund Abbie’s accommodation. We’re so grateful to our funders and donors for helping YMCA North Tyneside to sponsor Abbie.”

Nicola Hudspith, Housing Manager

4 young people



have successfully completed academic study courses with excellent pass rates and one young person has been accepted to **Northumbria University** to study Fine Art.



We have had

15

successful move ons.

To either; fully independent living, reduced-support living or back to the family home.

We achieved **2nd place** in the national



Fruit-full Communities Orchard Competition

due to the development of our Allotment.

TRAINING & EDUCATION

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

Our training and education provision is closely tied to the provision of accommodation services, meaning that we can respond to the needs of our young people.

A great many successes do not involve the attainment of a qualification, but over 40 young people have gained a recognised qualification through YMCA in 2016 - 17.

 **8910** Guided Learning Hours delivered to our young people

12 young people achieved Level 3 qualifications at YMCA Music Studios 

30  **YMCA** awards young people successfully attained a Level 1 Body Image qualification through YMCA Awards

Front Cover:

Abbie, one of our residents, presents her work at the end of course show at TyneMet College. Abbie achieved multiple distinctions and won a place at Northumbria University to study Fine Art. Her work was inspired by her experience volunteering with our allotment project.

Read more about the challenges Abbie has faced on page 6.



A huge **THANK YOU** to all our partner organisations, volunteers, staff, funders and donors.

Find a full list of our amazing sponsors at www.ymcanorthtyneside.org/thanks

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YMCA North Tyneside is a company limited by guarantee registered in England No. 02703063. Registered charity no. 1011495. Registered social housing provider no. 4793. Our registered offices are: Church Way, North Shields, Tyne & Wear, NE29 0AB. Telephone 0191 257 5434

www.ymcanorthtyneside.org

 /YMCANorth Tyneside

 YMCANTyneside

YMCA

YMCA 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 young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION