

YMCA
NORTH TYNESIDE

Impact Report
2017 - 18





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“YMCA North Tyneside is fast approaching it’s 145th anniversary and I firmly believe the developments we’ve seen in the past year are the building blocks for another 145 years of purposeful support for the young people of our communities.

Not only have we launched a café, to offer training and employment opportunities, and created a 65 place nursery to help us work with pre-school age children and their families; we have also continued to grow our provision of accommodation and youth work to meet the needs of our local communities.

Behind the scenes we have committed heavily in developing a framework to help us increase our impact on young people, but also to measure and report that impact. The fruits of our labour will be evident in next year’s Impact Report, but you will find evidence of our developments throughout this year’s report.



In all, it’s been another fantastic year. And if you haven’t already, I urge to get involved.... and to help YMCA to make a difference in the lives of our young people. Thank you.”



Dean Titterton, CEO

Contact:

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0191 257 5434

Get Involved

Have you ever wished you could give something back to your local community, but didn’t know where to start or what you could do? Volunteering for YMCA North Tyneside could be just what you are looking for..



Get in touch and see how **YOU** can become part of our **YMCA family**

We have a rich history of people gifting us their time and skills by volunteering with YMCA. In the last 12 months alone over 100 people have contributed 5122 hours to YMCA North Tyneside and YMCA Teesdale: helping in our gym, giving our young people essential life skills, participating in our allotment days and taking part in our various fundraising events throughout the year.

Not only can pledging your time be a great way to learn new skills, build new friendships and contribute to your local community, it may also enhance your CV and job prospects for the future.



Find out more:

www.ymcanorthtyneside.org

Nick's Case Study

Just over a year ago, Nick was referred to YMCA by North Tyneside Council's Housing Advice Team.

Nick needed both practical and emotional support to give him the confidence to teach him how to live independently. He worked with our housing support staff who helped him to budget and manage his money, how to prepare and cook healthy meals, how to keep his flat clean and tidy and ways to make and build healthy relationships.

Nick gaining control of his finances was a huge boost in confidence for him. It meant he was then able to focus on identifying his interests and planning some goals with the support of our housing team.

“YMCA has given me new skills like being able to budget my money and manage a healthy lifestyle”

One of Nick's key goals was to improve his health and fitness. He became actively involved in health based sessions and events with YMCA. Health and fitness were fast becoming a huge passion for him. Nick took full advantage of our state of the art gym facilities by becoming a member, for free, as part of the services available to all of our residents.

“My short term goal was to get fit, and learn. Being a member of YMCA gym always helped me to feel better when I was down.”

“YMCA is very good and without it I don't know where I would be, or what path I would have taken.”

During his time here Nick has taken part in as many of our trips and activities as possible. He has played a key role in groups, forums and discussion events on subjects like substance misuse and homelessness.

He was chosen to represent YMCA as part of an international Erasmus Exchange to Greece and Slovakia. He spent time with young people from both countries talking about the impact of homelessness and learning about the experience of refugees and asylum seekers.

The progress Nick has made during his time with YMCA has been nothing short of fantastic. He has embraced all of the opportunities that he has been afforded, and his hard work has really paid off. He wanted to find a job that would combine his passion for health and fitness while keeping his mind active and enable him to support himself financially.

Nick participated in a number of employability training events and worked with a volunteer teacher. He has recently been successful in his

application for a sports traineeship at The Parks Leisure Centre, which guarantees him an interview for an Apprenticeship at the end. He said,

“I am helping people smile and enjoy themselves, people who otherwise might be sitting on their own in the house - that makes me feel great.”

Nick has made the final transition into one of our 'Penthouse' flats, which are only open to residents who are consistently meeting expectations and making excellent progress under our strength and development framework. This is the final step before independent living. We are so thrilled for Nick and all he has achieved.

“I have all the support from YMCA housing and Gym staff and I'm finally heading in the right direction. I now have a much healthier relationship with my family. My long term goal is to be a personal trainer and a bodybuilder and have my own house with my girlfriend.”





YMCA Day Nursery is here!

In January 2018 we achieved our ambition of launching a Day Nursery for 0 - 5 year old's.

Based opposite our main site in North Shields (the former site of HSBC) the renovated building can accommodate 65 children and has its own outdoor space. Our vision for the nursery is simple:

Building confidence, creativity and community for children aged 0 - 5 years.

“My 19-month-old daughter has been going here since 14th March and I couldn't be happier. Her speech has really begun to develop and her list of foods she will eat is expanding!

The staff are lovely and friendly, always happy to help and clearly care for all the children there.

I especially love reading the observations on Tapestry. Highly recommended.”

- Zoe, mother



“We're delighted with the response from the local community. Not only have parents been really supportive, but there has been a great deal of positive feedback from child care professionals.

YMCA Day Nursery has all the usual hallmarks of a quality early years setting. But what I feel sets us apart is the sense of community we encourage; something that flows directly from the core values of YMCA.”



Rachel Danielson,
Manager at YMCA Day Nursery



To find out more about YMCA Day Nursery, visit www.ymcanursery.co.uk



After School Project

The YMCA led After School Club at Whitehouse Primary School has gone from strength to strength in the past year.

There are regularly 35 children and we now have a growing waiting list. 50 children also attended our first Whitehouse Primary Summer Camp during the summer holiday period. Following its' success, this will be repeated and extended in 2018.

Activities centre around a range of fun and creative pastimes as well as games and sports. The children prepare and eat a range of healthy snacks and the whole Club is run in an informal manner to ensure that the children relax, engage and work with a range of other children outside of their usual class groups.



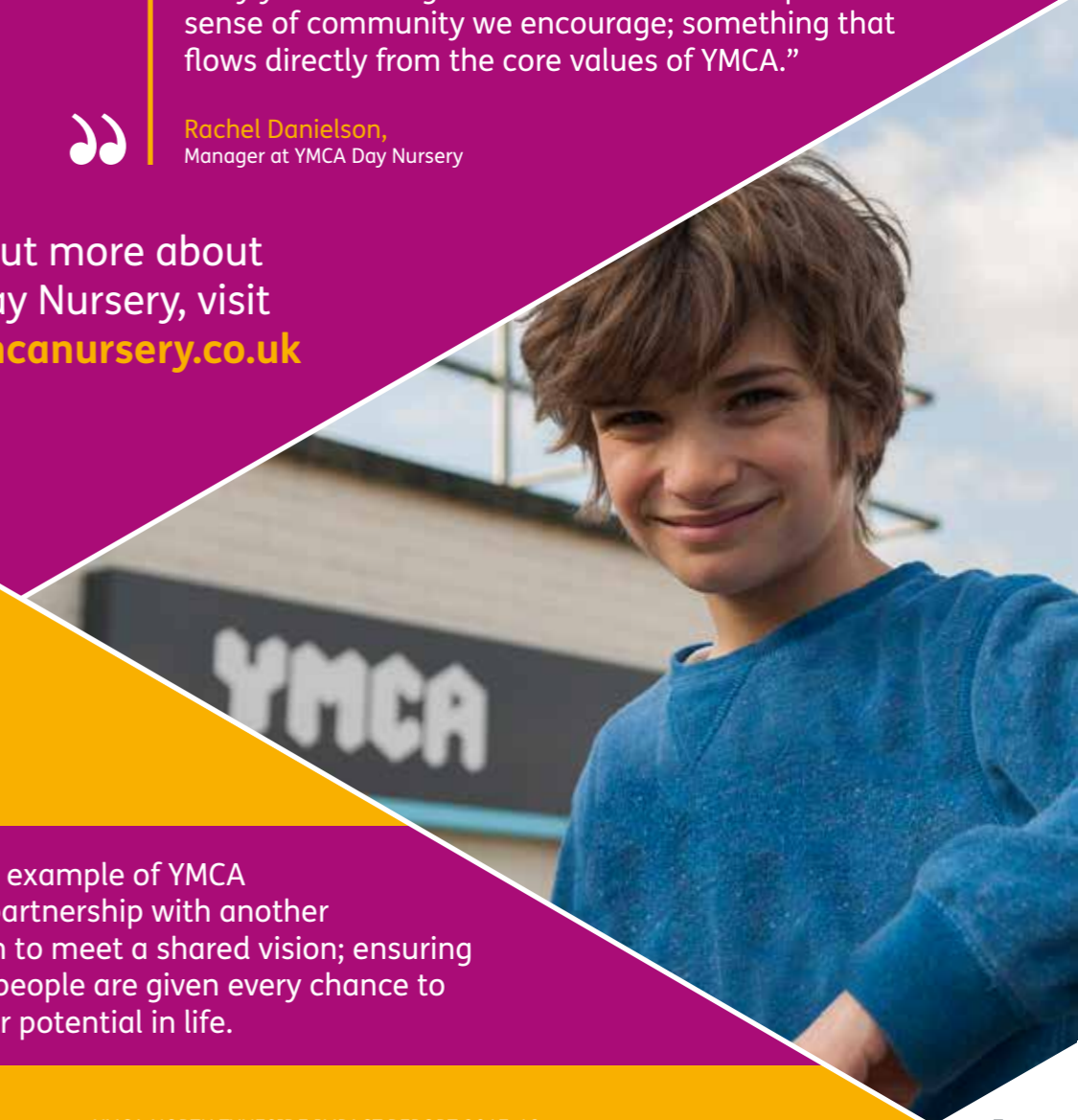
“YMCA's After School Club has provided some outstanding outcomes for the pupils of Whitehouse Primary School. Not only do the children have access to outdoor and creative activities, the Club has enabled a significant number of parents to engage in further study and take on employment, without the burden of normal childcare costs. The difference we're making through the After School Club is not just about the children, it's about an investment that is helping parents to improve their situation and the positive effect that has in the long term for the whole family.”



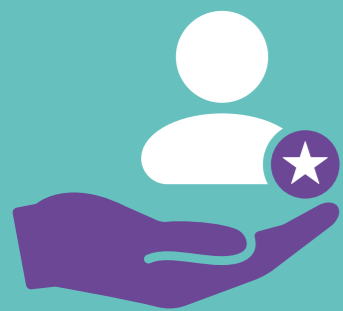
- Rachel Woods, Headteacher



This is great example of YMCA working in partnership with another organisation to meet a shared vision; ensuring that young people are given every chance to achieve their potential in life.



- ▶ Learning Skills
- ▶ Gaining Confidence
- ▶ Getting Jobs



To date, we have worked with over 40 learners and volunteers, like Chris. Many have already moved into employment or achieved other personal triumphs.

Training & Education:

In June 2017 we launched a café and training kitchen with the support of North Tyneside Council Employment and Skills team. Karen, our Café Supervisor, talks here about the impact that this has had on one specific learner.



“My involvement with YMCA has contributed to a drastic quality of life improvement for me. I have found confidence I didn’t know I had, and learned skills I have a genuine passion for. It took a lot of work, but for the first time in a long time I feel like I’m myself again.” - Chris



Chris’s Story*

*Chris’s story is real, but to protect his identity we have changed his name.

Karen, our Café Supervisor, talks about Chris: “We have had lots of amazing successes since the café first opened but one that really stands out for me is Chris. When he arrived with us he was very nervous, he found it difficult to make eye contact and had difficulty socially engaging with staff and customers. He would isolate himself.

His biggest challenges were social interaction, dealing with his anxiety in what can sometimes be a high pressure environment and engaging with customers.

secured a modern apprenticeship with us. It was truly wonderful to see his face on his very first payday, money that he has earned through hard work and dedication to overcoming challenges. It was a very special moment.

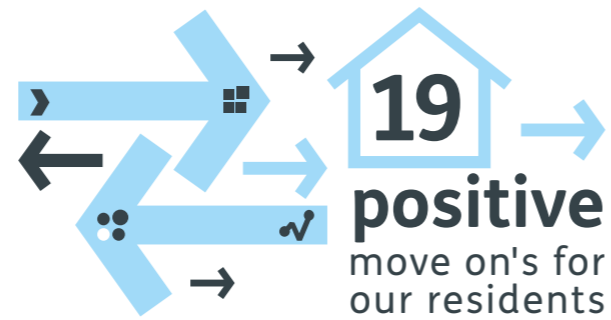
I am most proud of Chris for overcoming his fears. He is now a huge part of the team. He manages his anxiety well and is able to communicate about what needs to be able to overcome daily challenges.

Chris is now much more confident, outgoing, happy, great with the customers and a valued member of the team, plus he makes a fantastic coffee! The café simply wouldn’t be the same without him.”

His fantastic personality is finally shining through. He has progressed so much that he has

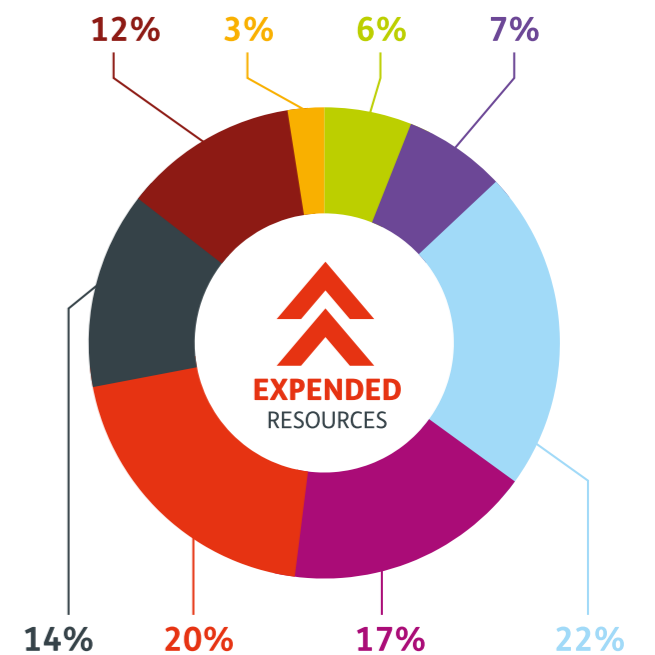
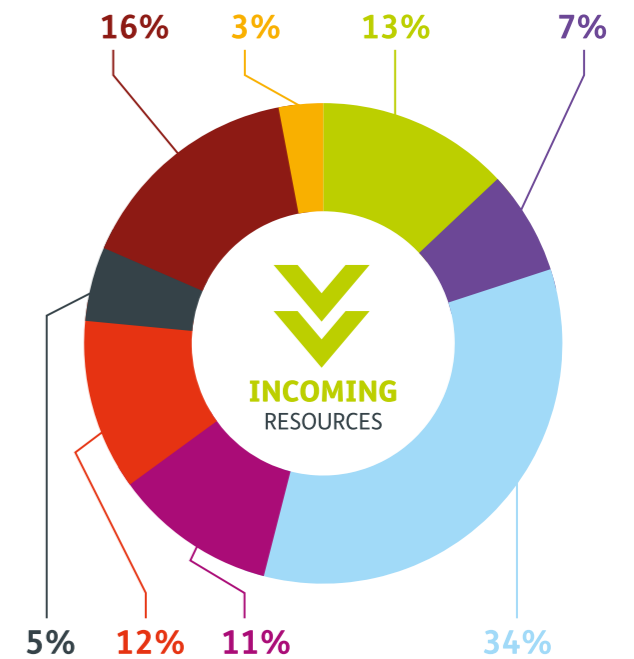
A few of our
achievements

in 2017-18



How the numbers
stacked up in 2017-18

- ▶ Health & Wellbeing
- ▶ Training & Education
- ▶ Accommodation
- ▶ Families & Communities
- ▶ Programme Support
- ▶ HQ & Other Support Costs
- ▶ Commercial & Investment
- ▶ Fundraising



The summary financial information has been extracted from the full audited accounts which have been approved by YMCA North Tyneside's Board of Trustees. These are available on request from YMCA North Tyneside. Auditors: Robson Laidler Accountants Ltd, Statutory Auditors, Fernwood House, Fernwood Road, Newcastle-upon-Tyne, NE2 1TJ

Our Work in Teesdale

On 14th March 2018, YMCA Teesdale became part of YMCA North Tyneside's family, as the two charities united in a merger.

“This merger really lays the foundation for further development of YMCA's presence in Teesdale, and has been done to ensure we are in the best possible position to serve the needs of young people in our localities. Both organisations will benefit from collaborative expertise, joined-up resources and a renewal of our shared desire to have a greater impact on the lives of the young people, within our respective communities.”

Rachel Dyne, Operations Director for YMCA Teesdale

Retaining YMCA Teesdale's local identity is an essential part of the plans for a shared future and the overall feeling from local communities, beneficiaries, staff and funders is that this merger is very much underpinned by the phrase 'stronger together'.

Here are some of the achievements of YMCA Teesdale in 2017-18



Intergen Project was awarded



Ryan's Case Study

Ryan began attending youth clubs at YMCA Teesdale when he was just 15 as a way of getting out more and socialising with his friends.

One of the youth workers recognised his potential and invited him to be a part of the Youth Panel, which aims to give young people a voice in their community.

Ryan's story is real, but to protect his identity we have used a model in the photograph and changed his name.



“I studied Public Services at college because I wanted to go into the Navy, I was allowed to complete my work placement at YMCA. This was my first taste of being there as a volunteer and not as a young person.”

Ryan found himself wanting to learn more about what goes on behind the youth sessions at YMCA Teesdale and began attending additional session outside of his work placement. He overcame some profound challenges to be able to transition from 'friend' to 'youth worker'.

“YMCA has helped me to understand how to be a better youth worker and how to be more professional. It kept me out of trouble, gave me opportunities to do things I wouldn't have thought of doing or had the opportunity to do.”

Ryan has since gone on to achieve a level 2 qualification in youth work, has taken the lead on many projects and amongst many other things was awarded Teesdale Business Apprentice of the Year 2018.

“When I think about my future I know I want to develop my skills in youth work further, I would like to go international to get a different perspective of things and the different ways youth work is done. I want to continue to learn about how to improve myself and my youth work skills.”



1,469 hours of volunteering time gifted to YMCA Teesdale worth an estimated **£19,097**

Front Cover:

Nick has taken full advantage of our gym facilities which are available, for free, to all our residents.

Along with his engagement with activities organised by our support team, keeping fit has been a major contributing factor to his progress, whilst at YMCA.

See pages 4 and 5 to find out more.



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