

YMCA



YMCA BARNESLEY

Annual Report and Accounts 2019 -2020

► A Message From The Chair

I am delighted to welcome you to the annual report of YMCA Barnsley. A showcase of our work within the local community.

Our team of dedicated, hardworking staff have continued to go above and beyond their remit culminating in the recommissioning of work within the central area to "Build Emotional Resilience and Wellbeing in Young People age 8–14 years". This project runs alongside the other children's and youth work programmes, all of which enable young people to reach their true potential. There has been a wide range of activities offered, to suit all, building confidence and enabling young people to develop skills to take through life. This has been particularly illustrated within Y Stay In, the 13-19 year-old youth group. Having approached the Board to ask if they could repurpose the IT suite to use as a safe space, they embarked on fund raising to raise money to refurbish the room. This shows the confidence they have gained to take control of their space and to engage with the Trustees in a positive manner. This can only bode well for the future of our organisation. The success of the projects has continued to grow as participation levels increase and relationships with third parties continue to expand. Likewise, our Young Volunteers continue their excellent role and have participated in YMCA 175 and Greenbelt where once again there has been fabulous feedback.

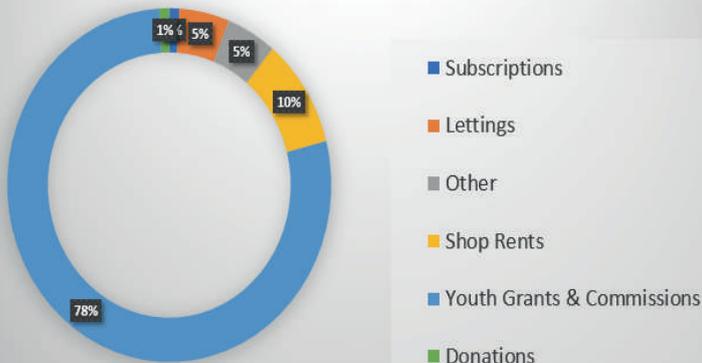
Staff and volunteers have worked hard to support the vulnerable within our community and through fund raising events have purchased equipment to support the homeless so that they have clean dry clothes. The Trustees of the organisation have continued to move forward in reviewing and implementing the Strategic Plan. This has been financially challenging at times, especially in securing funds to meet core costs. As Trustees, we work positively to ensure that young people for years to come have the resources and hence opportunities to make a positive contribution not only to their own lives but also to their communities.

As I write this the country is in lockdown due to the Covid-19 pandemic. These unprecedented times have brought their own challenges especially to our role and relationship with the children, young people and their families. For many this will have been a time of reflection but also a time to look forward. Whatever "new" normal lies ahead we look forward to re-opening our doors to offer support in whatever shape that may take.

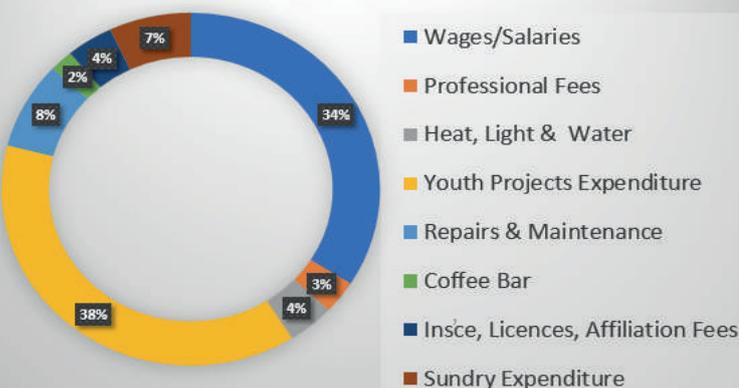
Julie Enoch.

► Finance

YMCA INCOME YEAR TO 31ST DECEMBER 2019



YMCA EXPENDITURE YEAR TO 31ST DECEMBER 2019



"He has flourished so much from your support & guidance"

"YMCA helps me to feel calm"

"YMCA makes me feel included"

Detached programme :

Our detached team have continued to work predominantly in 2 localities throughout the year. Gilroyd / Dodworth, and Darton / Kexborough.

Our previous work has ensured we have been able to build on and cement relationships and become trusted providers of youth work in these communities. Forging further relationships and partnerships with other organisations including Berneslai Homes, local craft club and churches, has been key to expanding our offer. Our activities and programmes encourage a wider participation and often, where appropriate, older generations of the same families engage with our activities. Our work in Kexborough in particular has offered up wonderful opportunities to consult and engage with parents, carers and grandparents, some of who have expressed an interest in 'getting involved' or wanting to know more about detached youth work.

- Our aim is to continue to maintain these relationships and offer further opportunities for full family / community engagement and consultation.

▶ Case Study TYI - Short Breaks

Emma attends our Short Breaks programme and has ASD – PDA and ADHD. She attends a local Primary school and is a very intelligent and creative child, however she can be quite single minded and how she learns and expresses herself does not always fit into the mainstream. She doesn't always mix well at school and often has issues within her friendship groups.

Her parents were hesitant about her accessing our services as Emma tends to convey all her thoughts openly and her parents thought this may be an issue with some of the other young people. However, as all YMCA sessions are welcoming and inclusive she has settled in to the youth clubs and clearly feels comfortable and valued. Her confidence has grown which has made it easy for her to stop to a full 2 hour session now.

We have done a little bit of transition work with Emma which will hopefully enable her to stay to the later session once she is more confident.

When she first started with us she stayed by her parents' side and would only stay for short periods of time. She is now picked up from her school by our team and is happy to stay for the full session. She helps with the programme (when she is in the mood) and often brings her creative activities to the session.

At our Christmas performance she stood and took part in two of our activities which amazed her parents as she has never stood in front of her class or school but she chose to participate in our show. Her parents were in tears as they watched her. She is currently troubled with the transition from primary to secondary education as all her peers have their placements for September and Emma has yet to find a school and this is affecting her school days – she doesn't want to attend school at the moment but a very positive on this issue is that she still wants to come to the YMCA on a Friday evening

▶ Case Study - Homeless Service

"The YMCA have been providing practical support to Barnsley's rough sleepers, offering a warm shower, washing facilities, refreshments and food.

The YMCA have been working collaboratively with BMBC housing options team, providing them with details of rough sleepers using their facilities. With this information BMBC support navigators (rough sleeper outreach team) have been going out to the YMCA to provide support & advice to the rough sleepers of Barnsley and working to find suitable accommodation promptly in order to divert rough sleepers off the streets"



Phil Nelson - B.M.B.C -
The Homelessness and
Housing Options Team

Average of 15 Coffees, 3 Washing/Drying loads & 2 Showers per week

Sleeping Bags & Warm Clothes collection
and storage for the Rucksack Project



Clothes Washing & Drying Service



► Y Stay In

Y Stay In remains at the heart of our 13-19 provision at YMCA Barnsley. Throughout the last 12 months we have seen an increase in membership, an increase in members participating in volunteer and peer support roles, and an increase in members having a real voice and influence over their YMCA.

Our open access provision enables young people from the length and breadth of Barnsley to build relationships, skills and resilience in a world that increasingly makes demands of them, often with little regard for their individual needs.

Members attend Y Stay In in the knowledge that they are safe, and will be supported as they transition into adulthood irrespective of background, ability and lifestyle choices.

Based on their ideas and needs our team enable members to recognise their value and work together to develop an environment that promotes learning, achievement, positive individual outcomes and fun.

On behalf of the members of Y Stay In youth club and our staff team, we would like to extend our thanks and gratitude for the continued support of our funders and Board of trustees.

Jeff Platts – April 2020

► Case Study YSI Volunteer Programme

As young people transition into adulthood, their needs and wants change with them and as youth workers our offer must maintain elements of flexibility. Y Stay In always experiences certain changes, usually around August / September once schools have gone into summer break. Some older young people begin to move in different circles and peer groups, via college or work, and therefore 'out grow' their youth club. For some their weekly youth club is the only opportunity to socialise with their peers other than school, and on leaving school they realise that Y Stay In is now the only place they get to catch up with old and meet new friends.

As part of our organisational ethos we have always encouraged and supported volunteering and some older members of Y Stay In have shown initiative and stepped up when needed to assist in planning, developing, organising sessions and programmes. Some of these young people have specific needs, some are quite vulnerable emotionally, others have certain conditions that have prevented their smooth transition through formal education. Their youth club plays a bigger part in their lives than what it does for some others, and whilst they experience some of their peers moving on, building new relationships away from their usual circles, these young people were keen to remain regular members of Y Stay In, and take on more responsibility in terms of the running and further development of their club. Currently 7 volunteers meet fortnightly directly prior to Y Stay In youth club. They eat together and discuss roles and responsibilities for that evening Y Stay In session. Each volunteer is supported in a role that they are comfortable with.

12 children and youth work programmes

Our youth workers have delivered **731** children's and youth work sessions in 2019



Whilst we often encourage them to take risks and step out of their comfort zone, it is clear that these young people need time to consider and ease into their specific role and its demands appropriate to their understanding and skills base. Roles typically include: Setting up and working the tuck shop, organising games and activities within the sports hall, maintaining and developing notice boards, and importantly, consulting / liaising with the wider membership. These are very visible roles and the wider membership are aware of who their volunteers are and who they can approach with any ideas or concerns etc.

Aside from the specific youth club roles, this group of 7 young people also meet to discuss developing their youth club and work together to effect any changes. They have become the wider memberships conduit to our wider workforce but importantly our Board of trustees. In recent months via Julie they have liaised with the Board to make changes to a seldom used room. Aware of each other's needs and those of their wider peer group, the volunteers wanted to develop a 'rescue room' or 'recovery room' for those recovering from seizures, panic attacks or simply needing somewhere quiet to sit away from the main hub. They have put together a fund raising programme for décor and furnishings and kindly the Board have agreed to match fund. The group are also working on the boring details for example risk assessing the room, and drawing up proper guidance for its use in order that it simply does not become just a chill out space.

Jeff Platts – May 2020

► Unity Project

The Unity Project has just completed its 3 years as a commissioned project and has been successful in its tender for the Central Area Council Service for Building Emotional Resilience and Wellbeing in Children and Young People aged 8-14 years for the next 3 years,

The project will continue to focus its work on building the emotional resilience and wellbeing of children and young people aged 8 -14 years in the Central Council Areas. Delivering 10 youth work sessions per week and activities during school holidays. The Unity Project now has plans to develop other opportunities of support in this next stage of the project through year 6 to 7 transition work, further development of the Peer Support Programme and more focused work around building self- esteem and confidence.

The project continues to provide consistent positive relationships with trusted adults, offering a safe environment for children and young people, providing positive opportunities and experiences to raise aspirations and in turn build confidence and self-esteem. Through a range of support models and referral to additional services both within YMCA Barnsley and with external agencies the project continues to develop and provide valued support to children and young people.

► Case Study - This Is Me Workshop

As part of the summer 2019 programme the young people had the opportunity to take part in a two day workshop supporting an A level student in her Gold Arts Award. During the consultation, with the children and young people who attend our provision, about activities and events for summer, drama, singing and dancing had been mentioned by many of the groups.



The workshops were held over 2 days at YMCA Barnsley and the children and young people had the opportunity to take part in a number of different activities; singing, drama, dance, drumming, circus skills and recording. They then used what they had learnt in the workshops to put together a finished performance piece. The workshops were promoted to all who attend all our 8-14 project clubs across the 5 areas of the Central ward. The workshops were a brilliant opportunity for the children and young people attending to form new friendships and work with young people they hadn't met before. This worked really well with lots of new friendships formed which then developed further throughout the rest of the summer programme of activities.

Alfie a member who attends one of our after school clubs had always struggled to attend activities without his older brother. Staff commented that he had progressed so much and he continued to attend 90% of the summer programme activities on his own and stood on the very front line in all the pieces of the performance, a massive achievement for him.

Owen who attends one of our Dodworth clubs often struggles to take part and make new friends but he joined in and had a go at every activity that was delivered over the 2 days, not sitting out once and making a group of new friends as well.



Sophie wouldn't attend day 2 of the workshop as she was nervous about the performance. The YMCA staff explained to mum that Sophie didn't have to take part in the performance that they just wanted her to come and have fun. Sophie turned up, participated in all of the day's events, joined a group of the girls in a new bit of choreography and performed in the performance.

Sophie shared that she had really enjoyed the experience. With the reassurance from the staff who Sophie knew she was able to feel the fear and do it anyway! which really helped boost her confidence and self-belief.



Feedback from the young people at the end of the workshop when asked what they had enjoyed most about the activities were; *Everything, meeting new people, singing solo, recording, making new friends, the circus skills, dancing, using drums, the performance, doing a play, infinity tigs.* When asked how the workshop had made them feel the feedback we received from the young people was; *Happy, confident, powerful, glad I came, equal, delighted, excited, courageous, brave, joyful, nervous, skilful, focused, proud, active, tired, out of breath.*

The programme had given the young people the opportunity to learn new skills in a safe environment with support and guidance from a staff team who the young people have already formed trusting consistent relationships with. The process allowed the young people to gain an insight in to how teamwork and supporting each other to create a finished piece and then performing it is a nerve-racking but also exciting and exhilarating experience. For many of them it meant they were stepping out of their comfort zone which allowed them to develop their confidence, self-esteem and core self.

▶ Green projects

Our YMCA green projects include our allotment grow and learn group, 3 orchards and a wide range of environmental activities which all offer participants opportunities to engage and connect with the natural environment promoting positive lifestyle choices and healthy living. Learning about growing your own and how to make use of crops, developing transferable skills and participating in a range of horticultural activities that are enjoyable and contribute to raising levels of aspiration and achievement. We support other local green projects and work closely with our partners to increase community access to and use of local grow spaces and supporting participants and volunteers to explore how to make these spaces more accessible, user friendly and less intimidating.

▶ Little Y

Little Y provides opportunities for children to participate in positive play activities in a safe secure environment, providing space to play and have fun, develop personal and social skills, make new friends and experience new opportunities.

▶ Parent & Toddler Group

Parent & Toddler Group
Providing opportunities for parents, carers, babies and toddlers to play and socialise with others in a safe welcoming environment.

▶ Young Volunteers

This group is for any young volunteers at YMCA Barnsley that volunteers and support youth work delivery. The aim of the group is to offer volunteers support and development. We share ideas for delivery and best practice. As a result of previous work the group is keen to develop wider YMCA links and partnership working. The group meets on a regular basis and are in the process of planning an inter YMCA activities and volunteering at the Greenbelt festival again this year. For more information please contact – c.mcfarlane@ymcabarnsley.org.uk



Volunteers from YMCA Barnsley led the youth venue at the Greenbelt Festival. Working in partnership with the festival organisers to create a vibrant, safe, young people's space, planning and coordinating the programme of activities and supporting the youth work delivery. "Greenbelt was a really great opportunity to show case the breadth of skills and experience of our volunteers. As a result, we highlighted the fantastic youth work delivery that takes place here at YMCA Barnsley, we may be a relatively small YMCA but we are a mighty one!"

"We wanted to acknowledge a huge debt for all you've done to transform the way we deliver our youth programme and support young people at the festival over the last few years. On reflection, it's been nothing short of a transformation! A miracle of sorts".
Paul Northup | Creative Director, GREENBELT



"He's even been to holiday club events by himself - he'd rather not but the fact he will go alone shows how much his confidence has soared".

"He's so much more confident now than he was 12 months ago. I would definitely say that going to the YMCA has been a major factor in this".

Our amazing volunteers

Have offered

4671

hours of their time

We have Supported



1,283 Young People

23,276

Contact hours with Children and Young People

"I feel proud because people praise me".



The way we act at YMCA Barnsley is characterised by five strong and distinctive values.

We Seek Out

We actively look for opportunities to make a transformative impact on young lives in the communities where we work, and believe that every person is of equal value.

We Welcome

We offer people the space they need to feel secure, respected, heard and valued; and we always protect, trust, hope and persevere.

We Inspire

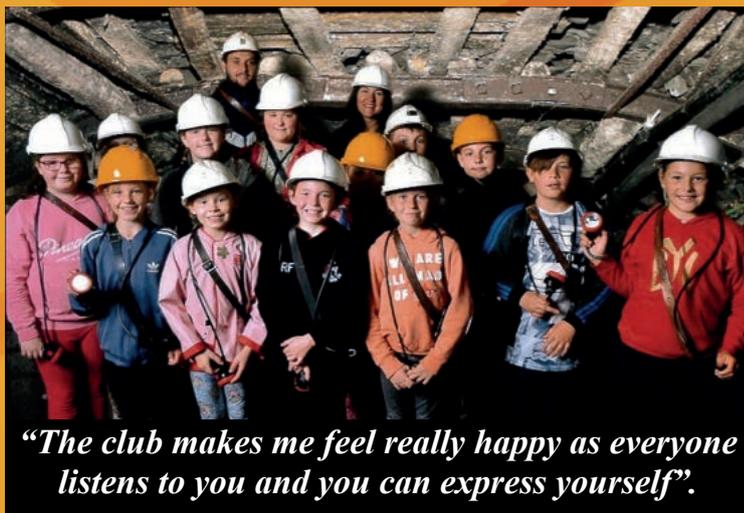
We strive to inspire each person we meet to nurture their body, mind and spirit, and to realise their full potential in all they do.

We Speak Out

We stand up for young people, speak out on issues that affect their lives, and help them to find confidence in their own voice.

We Serve Others

We are committed to the well-being of the communities we serve and believe in the positive benefit of participation, locally and in the wider world.



"The club makes me feel really happy as everyone listens to you and you can express yourself".



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

We have delivered 18 children's and youth work sessions per week



More than 9000 check in's by children and young people



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



Room Hire available.

Community Hall - seats 100

Large Sports Hall

Conference Room - seats 12

YMCA BARNSLEY

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**Registered Charity No. 250 190
Charitable Company No. 97905**



Donate:

Please visit our CAF Donate webpages and help us make a difference in our local community.
<https://cafdonate.cafonline.org/11882> - Youth Work & General Funds
<https://cafdonate.cafonline.org/11818> - Supporting the Vulnerable & Homeless

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,

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION