



# Impact Report

2019



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# WHO WE ARE

## OUR BELIEF

We believe in the power of inspired young people.

## MISSION

To provide opportunities for children and young people to grow in body, mind and spirit.

## 10 YEAR VISION

Communities across Western Australia are connected, inclusive, and vibrant and children and young people are developing and participating.

## VALUES

Our values connect us with our heritage and wider YMCA community and define the worth of the people and communities we wish to work with.

The YMCAs of Australia are guided to achieve their Mission by the following values:

### **Honesty, Respect, Responsibility and Caring.**

- The whole person, consisting of a body, a mind and a spirit each of which is of equal importance
- The dignity and intrinsic worth of all people regardless of age, gender, ethnicity, belief or other difference
- Diversity of people, communities and nations
- Equality of opportunity and justice for all people
- Healthy communities based on relationships between people which are characterised by love, understanding and mutual respect
- Acceptance of personal responsibility



In 2018-2019, YMCA WA delivered **220 services** with more than **2,712,973 participations** by the community.

SERVICES  
**DELIVERED**

TOTAL SERVICES  
OFFERED

Children's Services	41
Youth Services and Programs	20
Health and Wellness	4
Community Programs	4
Training	151

## REPORT FROM THE YMCA WA PRESIDENT AND CEO



Justin Eve, **President**

What a year it's been! As our unwavering belief in the power of inspired young people continues to develop and our growth aspirations begin to bear fruit, it is particularly rewarding to look back on the past year and celebrate the hard work of our teams, and the relationships we maintain with our community partners.

Our report this year features an exploration of impact across our services, described in terms of three broad dimensions; a young person's strong sense of identity; self-esteem and self-confidence; and their ability to feel connected with and contributing to their world with a strong sense of well-being. We are proud to share a number of

inspirational stories from our clients and staff that add richness to the impact we work so hard to create.

**In terms of highlights, there is much for us to be proud of. Our focus on young people delivered some important initiatives and moments for us throughout the year.**

In October 2018, we launched our 'Opportunity Fund'. Recognising inspired young people come in many forms, the fund provides access to small amounts of funding for young people who have the potential, the passion and promise to make their idea or inspiration a reality, but perhaps just need a bit of financial support to get them started. For information on how that fund has been used to great effect, see the story on page 13 showing how Haeden and Abigail have used the fund to follow their aspirations.

In March, the Y launched Perth's first 'YMCA Collision Festival.' Aimed at empowering, showcasing and most importantly celebrating the many talents and achievements of young people across our state, the festival saw around 2,000 young people, aged between early teens to mid-twenties, enjoying interactive workshops, inspiring keynote speakers and buzzing live music. The event was organised by our Global Change Agent, Tia Sandhu, who absolutely

proved the event's mantra – 'When passion and dedication combine, it's a Collision (Festival)!'

Our Youth Parliament program continues to be a platform for inspired young people in WA, using their voice and developing key leadership skills in a parliamentary setting. This year we saw participants from the Wheatbelt to the Great Southern pass Bills on topical issues, including Renewable Energy and Electric Vehicle Investment Act, Rural Women Support and Empowerment Act, and Youth Specialist General Practitioner Act, and were proud to see our youth parliamentarians delivering these Acts to WA Governor, Kim Beazley, AC.

More recently, as the YMCA international movement turned 175 years young, we turned our heads to the notion of intergenerational leadership and what it means to include young people in the future of a 175-year-old 'young person's movement'.

For us, this focus has helped drive some small but significant changes across the business. At the Board level, we have committed to both bringing the voice of young people into the boardroom more often and plan to recruit another young person onto the Board in the coming year. Internally, we have a dedicated Youth

“

**Our focus on young people delivered some important initiatives and moments for us throughout the year.**

”



Ross Kyrwood, **CEO**

Projects Coordinator, reporting directly to the CEO, whose role it is to elicit feedback from young people within the Y and broaden the perspectives of our Board, Executive and Management teams. We have appointed two Global Change Agents this year, Natalie and Martin, who are working on key individual youth centred projects and also participate in the national youth leadership of the organisation. Also, on a national scale, we are proud to see Ross, our CEO, appointed as the National Advocate for Young People and Community Impact, championing the cause and voice of young people across Australia, whilst learning from and influencing other Y CEO's, to mobilise and strengthen the support of our belief statement.

**In terms of business, our growth strategy continues to progress.**

We have acquired several new services this year. We are pleased to welcome staff, families and children at YMCA Maylands Early

Learning Centre (ELC), and are proud to be partnering with new schools and families at Dianella Heights, North Fremantle, Endeavour Primary, Huntingdale and Rockingham Beach in offering before and after school care.

We continue to work closely with development partners to plan key 'greenfield' early learning centre sites across the metropolitan area and expect to be announcing news this time next year on more additions to our ELC portfolio.

In an exciting development, we are pleased to launch, in partnership with Fortescue Metals Group (FMG), a new 'In home care' model for FMG staff in Port Hedland, allowing them to take advantage of care provision in their own homes, with the Y supporting the sourcing and accreditation of independent In Home Carers.

**In broader terms, as our business strategy develops, we are narrowing and deepening our focus across our service portfolio.**

Earlier in the year, we farewelled staff and families from the Port Hedland leisure services contract and also made preparations to exit the RTO 'VET in Schools' space. On behalf of the Board, we would like to personally acknowledge the hardworking staff attached to these services and thank them for their dedication and commitment. In terms of community partners, we are happy to maintain strong working relationships with the communities surrounding these services and look forward to continuing conversations about the needs of young people within these communities.

We are thankful and proud to work alongside the many communities we support and would like to acknowledge the City of Belmont, the Shire of Narrogin, the City of Vincent, the Shire of Serpentine Jarrahdale, the City of Kalgoorlie Boulder and the City of Bayswater for their collaboration and support. In particular we appreciate these councils' willingness to work with us on our aspirations to develop community based hubs and health and wellness spaces.

Internally, we have focused strongly on providing a great workplace for our 600+ staff and volunteers across the state. We continue to work hard towards a paperless, streamlined and user-friendly work environment and prioritise our attention on building a safeguarding culture as the bedrock of our commitment to ensure young people can feel safe and be safe in our services.

We are also proud of our commitment to showcase the stories of our Y everyday heroes on a national stage, through our participation in the Y's national Million Moments campaign.

Lastly, in terms of governance, we would like to personally thank our Board for their commitment and dedication to the Y; we would like to acknowledge and thank our Vice President, Michelle Shepherd, who resigned from the Board this year after four years of service locally and nationally.

We look forward to sharing the next chapter of our journey with you.

## OUR PROUD HISTORY



### YMCA 175 YEARS YOUNG

On June 6, YMCA's across the globe celebrated our 175th birthday. Founded back in 1844, a truly inspired 22 year old, George Williams, decided something had to be done during the Industrial revolution, a time of great despair and poverty. He gathered together a few friends to form a society that met regularly to support each other and gain renewed strength in body, mind and spirit.

The group called itself the Young Men's Christian Association (YMCA). From its inception, through to the early 1900s, the focus was on the welfare of young men, and related social concerns. 175 years on, YMCA is now an iconic global youth movement, believing in the power of inspired young people.

To celebrate the birthday milestone in WA, our very own historian Lin Doust, invited the YMCA WA Board to explore his prized museum located in Head Office to go through YMCA memorabilia, from the first stone set down in Murray Street in 1909 to glass slides used to project lyrics for sing-alongs for soldiers during WWI. Surrounded by Lin's passion for reciting the rich history of the youth movement, it was hard for the Board not to feel inspired, proud and connected to the YMCA global organisation.





## A MILLION MOMENTS PUTS A SPOTLIGHT ON EVERYDAY HEROES

With over 14,000 staff and 2,000 volunteers dedicated to inspiring children and young people through a range of services, incredible things happen every day at Y's around Australia.

'A Million Moments' is the Y's national campaign designed to share the stories of the 'Y every day heroes' who impact positively on the lives of young people and children, whether they are young people themselves or empowering young people and children. So far we have showcased

three incredible WA everyday heroes; Jarrad Smith, a volunteer at Base@Belmont, Nelson Mondlane, our Art Gallery Coordinator at YMCA HQ and Carole Kickett, Narrogin Sport and Recreation Centre Lifeguard, together with some amazing heart-warming heroes from across the country. Watch our socials for more inspirational people from across the Y as the campaign continues through 2019.

## LEARNING & MENTORING NEVER ENDS

Have you ever considered the fact there are now four different generations working together in the workforce? Our staff span across those generations, from a 15-year-old lifeguard to a crèche worker who was in her 80s when she retired last year after working with us for over 20 years, and everyone in between. That's why intergenerational leadership and collaboration is a movement we are proud to be championing internally and encouraging with the wider community.

In addition to his role in WA, Ross, our CEO has been appointed the National Advocate for Young People and Community Impact. Over the past year Ross has worked closely with our Youth Project Coordinator, Ashara Wills, to create a Youth Voice Survey to understand the needs and passions of our Y young people and with Carrie O'Leary, our Young CEO of the Day, spending time with her to cheer her passion for safeguarding children and have her voice heard in a safe space while assisting to develop skills in leadership, advocacy and networking.

## AGENTS OF CHANGE

2019 also saw the appointment of two new WA YMCA Global Change Agents, Martin Johnson and Natalie Woloszyn, joining a team of seven young leaders country wide and 120 globally, in this International Leadership Development Program, enabling them to engage in training and development opportunities, projects and initiatives in a local, national and global level.

Previous change agent, Tia Sandhu, passed the baton after successfully completing the 12 month program, where she put her passion into action, creating a youth empowerment event, Collision Festival as part of her local project.



## WHEN PASSION AND DEDICATION COMBINE IT'S A COLLISION (FESTIVAL)

On Sunday 3 March, Leederville was vibing with over 2,000 young people in attendance at YMCA WA's first Collision Festival! This free youth-led event aimed at empowering, showcasing and celebrating the many talents, achievements and impact of young people across the state.

Collision was the passion project of Tia Sandhu, our Youth Projects Coordinator. Tia had floated the idea past Ross who encouraged her to create it. She coordinated sponsorship, a volunteer group of young people and teamed up with HQ staff to design a diverse festival program.

Tia's vision for Collision was to combine entertainment with community engagement by providing an environment for inspiring young people to have their voice heard. Festival goers, aged between early teens to mid-twenties, enjoyed interactive workshops and inspiring keynote speakers such as

23 year old disability activist and youngest ever senator, Jordon Steele-John and a panel of young women musicians discussing their experiences of gender issues within the music industry and everyday life. Three live music stages heaved with local WA Headliners including Demon Days, Spacey Jane, Your Girl Pho and more while the Hip Hop stage featured local freestylers, emcees and street dancers.

This event was a key part of championing our mission to empower and inspire young people, with plans already in place for Collision Festival 2020!

Jacqui Gilmour, mother to a 15-year-old who attended said "My daughter attended Collision Festival on Sunday with friends. I want to say a huge thanks and congratulate you for providing this safe, fun environment for youths. She had an awesome time!"

### Outcomes



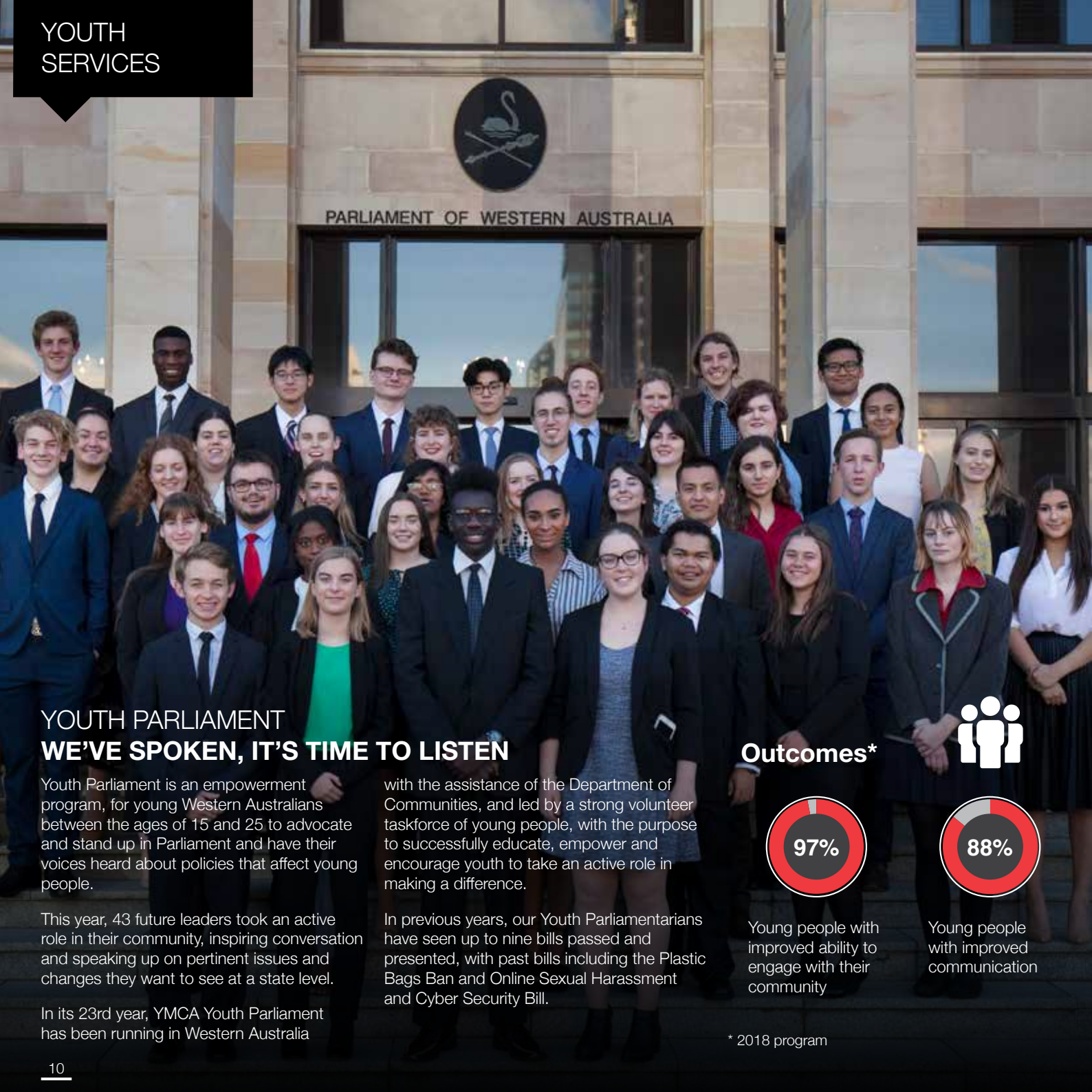
**2000+**  
Young people  
attended



**FREE**  
Bands, keynote  
speakers



**4.8 / 5**  
Attendee rating.  
*We loved it!*



## YOUTH PARLIAMENT WE'VE SPOKEN, IT'S TIME TO LISTEN

Youth Parliament is an empowerment program, for young Western Australians between the ages of 15 and 25 to advocate and stand up in Parliament and have their voices heard about policies that affect young people.

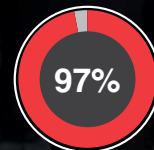
This year, 43 future leaders took an active role in their community, inspiring conversation and speaking up on pertinent issues and changes they want to see at a state level.

In its 23rd year, YMCA Youth Parliament has been running in Western Australia

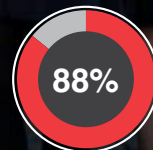
with the assistance of the Department of Communities, and led by a strong volunteer taskforce of young people, with the purpose to successfully educate, empower and encourage youth to take an active role in making a difference.

In previous years, our Youth Parliamentarians have seen up to nine bills passed and presented, with past bills including the Plastic Bags Ban and Online Sexual Harassment and Cyber Security Bill.

### Outcomes\*



Young people with improved ability to engage with their community



Young people with improved communication

\* 2018 program

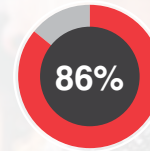
## MENTAL HEALTH & YCOUNSELLING

Did you know one in four young Australians are at risk of serious mental illness? Mental health is important to every person and every community and is one of the biggest challenges of the 21st century.\*\*

To support young people aged 12 to 25 and/or their families, YMCA provides a safe, free, easily accessible counselling space at the iconic youth hub, YMCA HQ in Leederville. This service helps young people to resolve crisis, reduce stress and make goals to improve well-being. Counsellors work to improve resilience and wellbeing and develop both personally and socially to help resolve issues in school, work, family and/or the community.

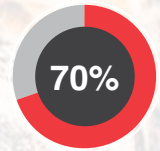
\*\*Mission Australia Youth mental health report, Youth Survey 2012-16.

### Outcomes\*



Young people felt more able to manage their risk

\* January - June 2019



Young people felt better able to cope with life



**Did you know one in four young Australians are at risk of serious mental illness?**



## HARRY'S STORY

Harry\*, a 21-year-old male was initially referred to YCounselling suffering from regular suicidal thoughts, self-harm and high anxiety to the point where he avoided making friends, felt very depressed, which impaired his independence and employment. At his initial counselling sessions Harry's level of motivation was very low, he spoke minimal words or none at all and he was noted to be at "extreme risk".

Despite this, Harry continued to attend YCounselling and after attending all thirty-eight sessions, he steadily learnt techniques and strategies in a conducive environment to develop trust, support and empathy, and set personal goals.

On one occasion away from counselling, Harry reported he felt depressed and at real risk of suicide.

However, by using the techniques he'd learnt at counselling he was able to challenge his thoughts and reminded himself his reasons for living and managed to get past this particularly tough time. Harry has learnt to open up more in his sessions and has far more coping strategies to help him manage his depression and anxiety. As a result Harry has recently attended a successful job interview and has continued to set himself goals to socialise.

\* The name has been changed to protect their identity



## HOOPS & JAMS IMPACT IS GROWING

Hoops & Jams was a regular event at YMCA HQ in Leederville, and this year it was expanded into the City of Wanneroo. This weekly event gave young people a space to openly express themselves through freestyle rap and gave them a safe, expressive place to be where there was otherwise nowhere else to go.

“ YMCA has been everything for my opportunities, for music and getting me towards my goals, it's really beneficial - Jesse, a regular Hoops & Jams attendee



## CERT II GRADUATION CHANGING ATTITUDES TO EDUCATION

Traditional school environments don't suit everyone and the sad reality is over 25%\* of Year 7 students won't graduate Year 12. YMCA WA recognises the importance of offering an alternative. Consequently, the Base provided the space and wrap round support through case management, and YMCA provided the educators for groups of young people to study a Certificate II in Community Services. This year 100% of the Semester 1 students graduated and confirmed the course not only helped them grow in confidence and social skills, it offered hope and lifelong friendships. Almost three-quarters of the students are now enrolled at TAFE or have apprenticeships.

\*Lamb, S, Jackson, J, Walstab, A & Huo, S (2015), Educational opportunity in Australia 2015: Who succeeds and who misses out, Centre for International Research on Education Systems, Victoria University, for the Mitchell Institute, Melbourne: Mitchell Institute

### Outcomes\*



100%

of the Semester 1 students graduated



75%

of students are enrolled at TAFE or have apprenticeships



## VOLUNTEER JARRAD IS RECOGNISED AT VOLUNTEERING WA AWARDS

Jarrad's passion and commitment to helping the community through volunteering at Base@Belmont has resulted in him being selected as one of the three finalists for the WA Youth Volunteer Award.

The Base@Belmont is a safe space where young people from all walks of life can thrive and hang out. Jarrad began visiting the Base six years ago and eventually became involved in the programs, and gradually turned his life around. Through his lived experiences, empathy and ability to connect with people Jarrad became a positive role model. It was a natural progression for Jarrad to become a volunteer.

Now, he has worked with more than 150 boys and young people over the past 20 months as a volunteer and encourages them to see they can contribute positively to their community. He inspires them with his creative workshops, support at leadership camps and volunteering with the sports program.



## OPPORTUNITY FUND HELPING YOUNG PEOPLE MAKE THINGS HAPPEN

The YMCA WA Opportunity Fund was launched this year to allow young people to make positive change. Often lack of money is a stumbling block but this new initiative allows young people to put an application into YMCA WA to take that great idea to the next level. Abigail Burbridge and Haeden Miles reached out for funding to help them join the Timor-Leste Project with UN Youth. This trip had them learn the history of Timor, engage with Timorese students and be inspired by a different culture.

A huge impact was made on both Abigail and Haeden. Haeden wants to embark on a political and international relations career path. This experience engaged him with different non-government organisations and officials at the Australian Embassy, along with practical experience delivering international aid and development. Abigail was inspired by the visit to the AHHA School that provides language education to prepare students for higher international education. After returning home, she has immediately put plans together to organise a Christmas drive for the students and residents of the local orphanage to provide them with clothes, school supplies and small treats.



## THE CITY OF BELMONT COLLABORATE FOR THEIR COMMUNITY

As a progressive council, the City of Belmont is dedicated to making their City a great place to live and work. To ensure the needs of local young people are met, the City has worked with YMCA over the past five years to develop and implement the City of Belmont Youth Strategy 2019 and Beyond.

To ensure the Strategy remained contemporary and relevant to the needs of the community, it was reviewed and revised between October 2017 to January 2018, following consultation with YMCA youth workers, residents, stakeholders, and feedback from young people. The review process enabled the City to make informed decisions in relation to the new Strategy, as well as reflect on their achievements and those of Belmont Youth Centre - The Base.

The revised Strategy was based on the following values:

- respecting young people as active agents in their own lives;
- valuing young people for the positive contributions that they offer the City;
- encouraging young people to participate in their community;
- supporting young people to reach their full potential.

During the review it was identified that young people regard The Base as a place where they can learn new things, “get away from their problems” and importantly, is a safe place where they feel they can be with other young people.

Services provided at The Base include:

- drop in centre every day after school for young people aged 11 to 17 years;
- after school, evening and weekend activities and youth engagement programs for young people aged 11 to 17 years;
- case management for young people aged 11 to 25 years;
- outreach services;
- school holiday youth engagement activities; and
- youth events.

The YMCA WA will continue to collaborate and deliver the successful programs at The Base, in partnership with the City of Belmont, for the benefit of the young people.





## REACHING OUT TO THOSE AT RISK

The link between boredom and antisocial behavior is well documented. To counteract this, YMCA WA is working with The Department of Child Protection to deliver Y-Time, a free service for young people to deliver recreational outreach activities in the Armadale, Langford and Byford communities. YMCA WA's youth workers provide diversional and recreation activities while case workers provide one to one informal counselling with additional case management support for young people, goal setting, targeted group work, referral to additional supports, and advocacy for young people who have been referred, identified as 'at risk', and/or requiring additional support.

One of the most significant partnerships is the Full Service School (FSS) partnership, which provides support for young people in the Armadale community, where there is very little happening for youth.

With increased interest from the young people and a direct result of listening to their feedback, FSS has grown to offer services for two age groups; 12-15 and 15-18, continuing to grow a connected and inclusive youth community.

"I like coming to this program because it gives me something to do. It's cool to come and socialise instead of just going home and watching TV." Armadale, Y-time Young Person.

"I love the food we get to eat here!" Byford, Y-time Young Person.

"I really enjoy the breakfast club program, I like knowing the young people have been fed before they start school." Byford, Y-time Youth Worker.



“

1094 visits by young people within 6 months

”



## ALTERNATIVE CHILDCARE OPTIONS

For some families, particularly those in rural locations or with children with special needs, Early Learning Centres (ELC) and Out of School Hours Care (OSHC) are not an option. To ensure these families are not left without childcare, YMCA WA offers In Home Care and Family Day Care services with flexible hours, weekend care and overnight care. These services are run by independent educators who are early childhood education professionals running a small business, registered and managed by the YMCA WA Family Resource Centre in Busselton.

In the Pilbara YMCA WA has partnered with Fortescue Metals Group (FMG) to launch its In Home Childcare program for its FMG staff, providing families with access to early childhood educators who will care for up to five children living in one home.



## EARLY LEARNING CENTRES

At YMCA Early Learning Centres (ELC) we understand the importance of providing a safe, nurturing environment so families make a choice they never regret. Our exclusive Approach to Learning provides programs and environments to holistically nurture and engage children's social, physical and cognitive development.

This year we have expanded our Early Learning Centres with the acquisition of Maylands ELC. YMCA Centre Director, Jenna Levinson,

played a huge part in turning the centre around to adopt our curriculum and create happy learners and families.

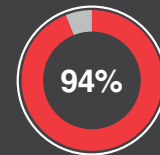
"I'm a firm believer in providing children with a safe and meaningful space to learn. As Centre Director, my focus is to provide environments for this to happen and work together with our families and educators to achieve this. Community starts with us!"  
– Jenna Levinson

## LITTLE TAGS MAKE A BIG IMPACT

Bunbury ELC children are bread-y to make an impact! To encourage children to get involved in the community, the centre has become an official Collection point for Bread Tags for Wheelchairs, where bread tags are collected and recycled in exchange for wheelchairs for those in need in South Africa. Caitlin Garner, Centre Director, said "In just two months the response has been fantastic, we've collected so many tags. The children

just love being able to help by popping them in the jars." Ty, a child from the Pre-Kindy room who donated a large jar of bread tags was asked by the Centre Director if he knew why YMCA was collecting bread tags, his response was "Yeah. To make wheelchairs". Extending the conversation further the Centre Director added "To help people". Ty agreed responding "Yeah!" with a smile on his face.

### Outcomes\*



of 4.5 year old children demonstrated age appropriate key developmental indicators for being confident and involved learners

## OUT OF SCHOOL HOURS CARE

YMCA WA is one of the largest not for profit providers of Out of School Hours Care (OSHC) across the state. Our 27 OSHC services provide before and after school, along with vacation care, in fun and safe environments so children, aged 4 to 16 years, can learn, play, relax, and even finish their homework whilst developing social skills that come from sharing a meal together or making new friends.

### WHAT PARENTS HAD TO SAY...



My children love attending the OSHC at YMCA - they complain if we collect them too early!



I absolutely LOVE YMCA - the variety of activities the young kids take part in is awesome. It is so affordable too!! My two can't wait to find out where their next adventure is. And the staff are extremely friendly, helpful and understanding. Can't rate the centres highly enough.

### WHAT ONE OF THE SCHOOL PRINCIPALS HAD TO SAY...



YMCA have been supportive of our school values and practices. They are willing to work with the school to make any adjustments to the service to meet the needs of all stakeholders.

We acquired five new OSHC locations this past year; Huntingdale, Endeavour, Port Kennedy, North Fremantle, Rockingham Beach and Dianella Heights.

\*The outcome results presented in this report relate to children who attended a YMCA WA Early Learning Centre in WA for 44 days or more in the 6 months of January to June 2019.



## A SMART START THE FOUNDATION OF EARLY DEVELOPMENT FOR LATER SUCCESS

Research shows the early years are crucial for the development of important emotional, cognitive, and behavioural skills to help children succeed in life.

A Smart Start is an innovative program designed to support parents in their role as their child's first teacher in the years before school, by working together to promote and develop these skills. Running in the Great Southern of Western Australia and with the Shire of Cranbrook, A Smart Start engages parents in the development of their child, and empowers them to encourage a supportive learning environment to improve long-term outcomes for children.

### Outcomes

  
88%

Parents who felt supported by A Smart Start

### Good News Story

Recognising development milestones is often tricky for parents, but as a result of attending A Smart Start Tommy's\* parent's were able to identify when he showed signs of developmental delay in gross motor and language skills.

As a result of accessing early intervention with a health professional Tommy\* was 'school ready' far quicker than expected.

\* The name has been changed to protect their identity

  
86%

Children were 'school ready' when they started Kindy

## PLAYGROUP LEADS TO POSITIVE PARENTING

The YMCA Boronia Playgroup provides mother's residing in Boronia Pre-release Centre with opportunities to strengthen relationships with their children, build their parenting skills and give the children living there a high-quality early learning program.

The program has had a very positive impact, often reversing negative behavioural patterns, and has created a caring community with mothers supporting each other. One mother who first attended was overly anxious around her daughter, often yelled and displayed less than positive parenting techniques. Now, having attended the Playgroup and learnt new nurturing skills, she is warm and engaging with her child. Not only this, but she had become a positive role model for other mothers.

### Outcomes

  
82%

Mothers had good or increased engagement with their child(ren), peers and YMCA staff

## SUPPORTED PARENTS THRIVING CHILDREN

The YMCA Child and Parent Centre (CPC) at South Hedland Primary School provides support to families with young children, from birth to four years of age, to help them achieve their full potential. Our team focuses on engaging families with early childhood development needs, providing a supported transition into school and subsequent sustained participation. Many families regularly engage in multiple workshops and programs through the CPC.

### Outcomes

  
100%

Parents reported having increased knowledge to nurture and support their children

## YMCA MORLEY PACKS A PUNCH (LUNCH)

Lunch is one of the most important meals of the day and, sometimes with busy schedules, it's hard for families to get them packed. So, YMCA Morley Sport and Recreation has stepped in to provide hot lunches for students at local Morley Primary School one day a week to help after the school's canteen was closed. YMCA staff worked together with local parents to create a tasty, multicultural menu, helping reinforce YMCA's engagement within the community.

Mark Furr, General Manager Youth, Community and Leisure, confirmed this type of community involvement is part of a bigger plan for the year ahead.

"Community Development is a key priority and YMCA management is engaged with the City's Community Development team to support the development of its Youth Strategy, 'The Platform' as well as other initiatives that facilitates community activities at the centre that is representative of the community's cultural demographic".

**50+** Lunches have been packed and ready to go in just two weeks.

## YMCA SERPENTINE JARRAHDAL COMMUNITY RECREATION CENTRE DANCING TOWARDS SUCCESS

Established in 2014 at YMCA Serpentine Jarrahdale Community Recreation Centre, Dance Inspire Dance Studio has grown from strength to strength. Providing the highest level of dance tuition for children from two years old up to adults of all abilities, Dance Inspire has created a passionate community of dancers and performing artists who regularly compete, and often win, in state dance competitions.

Andi started with Dance Inspire in 2014 when she was just five years old as a very shy and nervous participant but had stand out natural dance ability with a particular

passion for Hip Hop. After discussions with her parents it was suggested Andi enter into the Bayswater Dance Competition, held at YMCA Morley Sport & Recreation Centre and in 2017 she finally entered her first competition. She was so nervous she felt sick before going on stage, but once the music started she settled in and won 2nd place. Since then Andi frequently competes and has won many more placings. But possibly even more importantly, Andi has become far more confident in herself and was recently invited to train with the senior troupe – the youngest student ever to be invited to do so.



## SURVEY SAYS... YOUNG PEOPLE IN NARROGIN WANT TO BE HEARD!

Following a commitment to resource a youth program in Narrogin, YMCA WA, in conjunction with the Shire, conducted a Youth Survey to have the needs and wants of young people in the area understood, in order to create suitable programs. There was an incredible uptake with almost 300 young people aged 9-25 completing the survey; 20 per cent being indigenous and 21 percent speaking another language.

The results highlight the young people's perception of their environment, engagement and social life, as well as suggestions to improve their situation and create further opportunities for young people in Narrogin. More than half of the respondents felt school pressure, bullying and boredom were prominent issues but 49 per cent of respondents were satisfied and strongly positive in their feedback.

Backed by this data, Tia Sandhu, YMCA Narrogin Regional Leisure Centre Manager, can now develop long term strategies to engage youth in the region, which will shift the Centre towards a community hub model. This includes establishing a Youth Advisory Group and developing a mechanism that enables young people to contribute and influence Council decisions, strategies and plans.

## FUTURE'S SHINING BRIGHT AT GOLDFIELDS

YMCA Goldfields engages with isolated communities across Goldfields, including Coolgardie, Kambalda, Menzies, Leonora and Laverton. The Building Brighter Futures program aims to improve young people's educational outcomes by raising school attendance and engaging parents or carers in personal development workshops. Each fortnight the team do an overnight trip, hitting each town, to engage with as many young people as possible. Students help decide which activities are run, so it's more appealing to them and they have agency to their own learning.

Jasmine first attended the Building Brighter Futures (BBF) program when she was a student at Coolgardie Primary School. Once she

started high school Jasmine continued to attend BBF and often helped run activities. At first it appeared Jasmine was transitioning well to high school, but as term 2 was closing, the YMCA team could tell her motivation was deteriorating and when asked she confessed to struggling to make new friends and was considering dropping out of school. The team immediately supported and encouraged Jasmine to stay in school – which she did. Jasmine said, if it weren't for the advice and reassurance from YMCA she almost definitely would have dropped out of school.



47% 64%

**Students with at least 90%, or increased school attendance rose from 47% to 64%\***

\*14 students surveyed from Menzies from Term 1 to Term 2, 2019



## MEET JADE COOPER YOUTH SUPPORT WORKER

At 25 years of age Jade is the role model she never had. Brought up in Kalgoorlie surrounded by alcohol and drugs, some might say it was inevitable she fell into that way of life by the age of 13 years. Next, she skipped school and before she knew it, she was on the wrong road. However, a year later she had a massive wakeup call when she was diagnosed with cancer. After spending a long time in hospital recovering from the cancer, getting clean and reassessing her life, Jade found her passion – to help other young people not to do what she did!

As Youth Support Worker at YMCA Goldfields Jade uses her story to encourage young people to stay at school and to avoid alcohol and drugs. She also works across the numerous youth programs at the community hub.

“I love being a positive role model - it’s my passion. Being able to work with the next generation of young people and guide them is so rewarding. They can relate to me and can see how it’s possible to turn your life around.”



**I love being a positive role model - it’s my passion.**



## ASPIRE FOR GREATNESS

YMCA Goldfields is aspiring to increase the health, fitness and overall wellbeing of students attending Eastern Goldfields Education Support Centre. Students with mild, moderate and severe intellectual disabilities, as well as those with Autism who have high educational needs, visit YMCA Goldfields weekly as part of the Mixed Youth Disability Engagement program, an arm of the ASPIRE program. Through physical activity, students are learning new skills to assist in developing active, healthy and confident members of the community.

James is a wheelchair-bound student who always struggled with physical activities but showed great enthusiasm for basketball. To introduce him to the game, we provided height adjustable basketball hoops so he could reach from his chair. Through determination, James learned to shoot hoops and his confidence has soared. Previously, James only attended ASPIRE for the social aspect, but now he is actively participating in sporting sessions, and continually challenging himself physically and mentally.



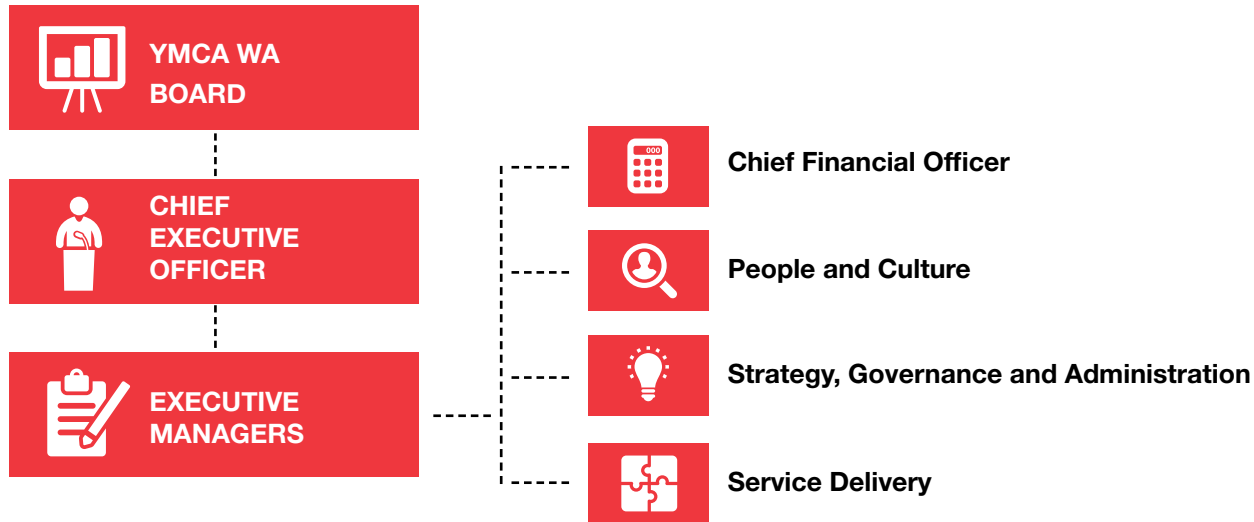
**100%**

**of students felt confident at the YMCA centre**

# ORGANISATIONAL STRUCTURE

The primary role of the YMCA WA Board is to provide good governance through:

- Determination of purpose and strategy formulation
- Policy creation
- Monitoring of organisational performance
- Accountability - legal compliance, audit review



## THE GOVERNANCE MODEL

YMCA WA will deliver on its mission and vision through a foundation of effective governance.

We will achieve this by maintaining a skilled and diverse Board committed to professional development. Equally, we will provide access and support to strong governance resources that enhance the Board's and management's ability to provide effective leadership.

We are also committed to robust legal, regulatory and compliance standards to promote good governance and the achievement of the organisational mission. Finally, we will develop a fully engaged membership.

YMCA of WA Youth and Community Services Inc. has public benevolent status, allowing it to also hold Deductible Gift Recipient (DGR) endorsement.

## YMCA WA BOARD

***Membership as at 30 June 2019***

**President:** Justin Eve

**Vice President:** Sheila McHale

**Treasurer:** Kendal Moss

**Directors:** Bruce Porter / Eva Lin / Laura Koh / Ben Rosser / Jon Bilson / Michelle Shepherd\*

\*Resigned as at 30 June



STAFF BY LOCATION	NUMBER	PERCENTAGE
Head Office	55	9%
Eastern Goldfields	31	5%
Metro	326	53%
Pilbara	87	14%
South West	115	19%
<b>Organisation Total</b>	<b>614</b>	<b>100%</b>

STAFF BREAKDOWN	NUMBER	PERCENTAGE
Full Time and Part Time	295	48%
Casual	319	52%
Under 25 (does not include 25 year olds)	159	26%
Female	528	86%
Male	86	14%
<b>Total Staff Count</b>	<b>614</b>	

SERVICE TYPE	NUMBER	PERCENTAGE
Early Learning Centres (ELC)	203	33%
Out of School Hours Care (OSHC)	154	25%
Recreation	145	24%



## DID YOU KNOW?

*As at 30 June 2019 we had*

1

Employee with  
20 years of service

8

Employees with  
10 years of service

36

Employees with  
5 years of service



# OUR PARTNERS AND SPONSORS

YMCA WA gratefully acknowledges our partners and major supporters for 2018-19. The passion and spirit of collaboration of our partner organisations allows us to have a positive impact on the communities in which we jointly operate and for this our gratitude can never be overstated.



**BHP**



## STATE GOVERNMENT FUNDING PARTNERS

Department of **Communities**  
 Department of **Education - State Wide Services**  
 Department of **Health**  
 Department of **Industry, Innovation and Science**  
 Department of **Jobs and Small Business**  
 Department of **Local Government, Sport and Culture Industries**  
 Department of **Planning, Lands and Heritage**  
 Department of **Prime Minister and Cabinet**  
 Department of **Primary Industries and Regional Development**  
 Department of **Social Services**  
 Department of **Training and Workforce Development**  
**State Library of Western Australia**  
**WA Country Health Service**  
**WA Police Strategic Crime Prevention**

## COMMUNITY PARTNERS

Aranmore Catholic College  
 Australia Fitness Network  
 The Australian Red Cross  
 BEGA  
 Belmont Community College  
 Cool Perth Nights  
 City of Bunbury  
 City of Fremantle  
 City of Kalgoorlie Boulder Creating Communities  
 The Earbus Foundation WA  
 Fitness Australia  
 The Gelo Company  
 The Hood

Holly Wood trust fund  
 Kinect Australia  
 Leederville Connect  
 Leisure Institute of Western Australia  
 Murdoch University  
 Newman community  
 Narrogin Senior High School  
 Newman Senior High School  
 Newman Primary School  
 Ngala: Parenting, Family, Children and Youth Support  
 Nyoongar Wellbeing and Sport  
 Parks and Leisure Australia - WA

Parla-Parla Mob  
 Propel Youth Arts WA  
 RLSSWA  
 RTR FM  
 Shire of Cranbrook  
 Shire of East Pilbara  
 Shire of Laverton  
 Shire of Leonora  
 South Newman Primary School  
 Southern Inland Health Initiative  
 Warnbro Community High School  
 Wirraka Maya Health Service  
 Aboriginal Corporation

Special thanks go to all the individuals who volunteer their time and talent and to all the many other agencies and community organisations we partner with - thank you.



## **YMCA WA**

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**[www.ymcawa.org.au](http://www.ymcawa.org.au)**



The Young Men's Christian Association of WA Inc ABN 37 276 356 812  
YMCA of Perth Youth and Community Services Inc ABN 43 141 458 240