

Sutton Coldfield
YMCA



ANNUAL REPORT



2011

CHAIRMAN'S REPORT

The Board of Trustees recognise and want to thank the staff team and volunteers for a fantastic year, with a number of noteworthy achievements, K-Kats continue to produce outstanding performances at both the Christmas show and with the Royal Ballet. The Summer Ball saw huge success, with the masquerade theme being very popular and a growth in the number of attendees. The Holiday Scheme continues to be well supported, we have seen an increase in Streetwise, Parents Group and a wide range of engagement projects resulting in our staff working with over 2000 young people, and we have a lot to celebrate.

2010/11 bought a number of challenges to the team at Sutton Coldfield YMCA. Like other partner charities, we have been faced with the economic issues brought about by the global financial crisis. As usual we have displayed a high level of resilience and managed to successfully steer our way through difficult situations and have begun to realise our potential to grow and expand the excellent support we provide for the community of Sutton Coldfield and surrounding areas.

The Trustees and I would like to take this opportunity to commend the work of our CEO, Deputy CEO and Staff of Sutton Coldfield for their overwhelming commitment during the period of uncertainty. We have a staff team second to none, on behalf of the Board I

want to formally record our gratitude for the way they managed to keep the work going in spite of the many personal pressures, which is a testament to their professionalism. I also want to thank all our volunteers, which includes the Board of Trustees, without their support we would not be able to deliver this level of service to young people and their families.

We say farewell to a three key staff members, Sharon Coton, Heidi Bentley and Laura Armstrong, and wish them well in their future careers.

Finally, I would like to thank all our funders and partners for their continued support and their faith in the team to use the resources provided to benefit the whole community.

1 Thessalonians 5:11

'So encourage each other and build each other up, just as you are already doing'

Judith Miller

CHIEF EXECUTIVE REPORT

In our last annual report, I reported that the previous year had been a year of transformation and expansion, this year we have continued to develop and maintain our projects, whilst facing severe cuts to funding. I am pleased to report that all of our projects maintained their services without any impact on the young people we work with within the local community. My staff team have supported each other and myself through this period of uncertainty by showing real loyalty, trust, commitment and faith. My thanks go to all of them as we move forward and continue our work with young people.

As you read further in this report, you will see many successes and highlights of our work, including: K-Kats (young people with disabilities) performing at the Birmingham Hippodrome with the Royal Ballet, One of our residents being on primetime TV with Anneka

Rice, talking about her past and the support she is receiving from our staff team. Also during the past 3 years providing 3187 opportunities for young people to volunteer including one young person who is now leading a national YMCA campaign "Are you Aware of Disability".

We continue to work in partnerships, including: Birmingham City Council, the Police, Birmingham YMCA, Local schools, extended schools/clusters, Sutton Coldfield Constituency and Stockland Green ward. My thanks go out to all these organisations for their support and funding where applicable.

I would also like to thank the following trusts and organisations whom have funded us this year which has allowed us to make a difference and an impact on the lives of young people we have worked with:

Birmingham City Council and local constituency wards, local clusters and extended schools, Children in Need, Big Lottery, Parenting Fund, Sadlers Company, Boshier-Hinton Foundation, George Fentham Charity and the following Trusts:, Baron Davonport, Bernard Piggott, Bewley Charitable, Edward Cadbury, Cole Charitable, Grantham Yorke, Higgs, Langdale, Kathleen Laurence, Madeline Mabey, Roughley, Rowlands, Henry James Sayer, Stanley Smith, Douglas Turner, GJW Turner, Eric W Vincent and Bruce Wake Trust.



DISABILITY PROJECTS

Across Birmingham there are over 7000 11-19 year olds with specific needs these include autism, aspergers, downs syndrome, learning & physical disabilities. The young people and families can at times face isolation and discrimination; we are working to make changes and move towards a more positive and engaging environment for children, young people and their families. K-Kats is a unique club that supports and empowers children, young people and their families to reach their full potential.

Highlights during this year include:

- Working with Birmingham Royal Ballet, Birmingham Youth Service & Birmingham association of Youth Clubs to perform an adaptation of David Bintley's Cinderella, culminating with a performance on the Hippodrome stage to packed auditorium.
- K-Kats performance of Beyond the Rainbow to an audience of 300 people.
- Summer Ball at Ramada Jarvis was held in July with over 120 people attending.
- A trip of 70 young people to Bournemouth for a day trip to remember.



Parents and Teens Disability Project

This project targeted North Birmingham based families with teenage children with disabilities and or parents that have disabilities. It worked intensively and holistically with identified young people and their families. Highlights have included:

- Providing targeted support to over 300 families
- Family trips and events including fun days; Pantomime trip; sit down meal; Xmas disco; safari trip
- Support classes and Creative workshops for parents and family members
- Benefit advice surgeries/Supporting parents in health advice and support
- Saturday morning provision for 11-13 year old's.

Case Study

A family came to us with their 16 year old daughter who has Down's syndrome and behaviour which was so challenging, that she had been refused service provision from many other organizations. The family were at crisis point. The project manager worked holistically with the family offering focused intervention work, support and guidance; as a result the young lady was able to access our provision giving the family some much needed respite.



Comments from Parents:

"A truly inspiring and emotional experience - the K-Kats show lets young people shine".

"A massive thank you, I have never been so chilled, calm, happy, sad full of laughter as I was on your parenting course!"

*The work that Debbie does with parents and the children is brilliant. Debbie has a great attitude to parents and kids and they all respect her
Senior Learning Mentor,
Queensbury School*

The Parenting Fund

 Birmingham City Council



It is not the amount of money that Streetwise receives that has enabled this scheme to be successful but the commitment and drive of those involved and the integrated approach that ensures positive support from the police and the local community. Teamwork has been vital to the success of this initiative... The work that Streetwise does is very positive.

Councillor Rudge

What the young people say... (*names changed)

"without Streetwise, I would still be drinking and getting into trouble"

Laura, aged 15*

"Since being a part of Streetwise project it has kept me off the streets and out of trouble"

Kate, aged 14*

STREETWISE

Streetwise is a detached youth work project which is aimed at engaging young people on the streets and in parks. Now in our fifth year, we are still growing and developing and operate in each of the four wards of Sutton Coldfield, and Stockland Green in Erdington.

Our team of ten workers deliver 17 shifts each week. Our aim is to build relationships, and through this, to divert young people away from negative and potentially anti-social behaviour, discussing issues important to them and identifying and involving them in activities that are meaningful to them.

Over the year, we have had over 2000 hours of face-to-face contact time with young people on the streets. In this time, we have almost 4000 recorded contacts with young people, with many recorded positive outcomes to match our aims and objectives: which include signposting, talking about the dangers of smoking, drug and alcohol abuse, sexual health awareness, participation in the community and spirituality. We also provide many diversionary activities for young people.

Highlights:

- ➔ YMCA Sleep Easy event - over 30 young people were sponsored to sleep outside in cardboard boxes, to raise awareness of youth homelessness and fundraise £3500.
- ➔ 2 young people visited Children In Need and BBC Centre in London look at how grants are being used across the country and to evaluate success. The young people benefitted from a lesson in filming and made their own video record of the day.
- ➔ Many diversionary trips, including 10 days of Postive Activities for Young People: Drayton Manor, Ice Skating, Ackers, Woodlands Camp, Teamworks Go-Karting, Quad biking, Rock-climbing, Kayaking, Jimmy Spices, Birmingham German Christmas Market and many others, in total engaging over 200 young people.
- ➔ Streetwise young people have volunteered to litter pick and clear gardens in a Community Clean-up, run activities at our Town Centre Play event, with our KKats group, and also to become volunteer detached workers with Streetwise.

"Since I have been attending the Streetwise projects I have had the opportunities to make new friends, learn new things and spending my holidays weekends participating in Streetwise day outings... I can trust them and share any problems I have. They give me very good advice and boost my confidence"

Kerry, aged 14*



Children in Need

YOUTH LEADERSHIP

Sutton Coldfield YMCA recognises and promotes the skills, experience and confidence which can be gained through volunteering. The youth leadership project is funded by the Big Lottery and aims to provide young people 13-25 with inclusive volunteer opportunities within their local area. Our goal is to provide 2000 volunteer episodes by the end of the third year, we have come to the end of our third year and have provided 3187 opportunities for young people. The project has developed strong links within the community to offer a wide range of opportunities for young people to try.

Key aims of the project aims are:

- Increased engagement of hard to reach groups of young people.
- Improved services for the whole community
- Increase levels of skills, confidence and self esteem in young people.



Highlights over the past year include:

- Delivering 2 babysitting courses to 25 young people in the Stockland Green area.
- Providing youth leadership courses to the falcon lodge area.
- 15 young people with disabilities have been volunteering in the local community
- Providing 3 Play day events in Sutton Coldfield & Erdington celebrating children's rights to play, we had over 2000 people attend the events.
- 45 business placements have occurred in the last year with young people being placed in businesses including Marks & Spencer's, St Giles Hospice and Birmingham City Council.
- 10 young people have supported the K Kats Show helping young people getting into costumes, hair, makeup and keeping them calm and focused before performing on stage.

Case Study

First attending as a young person at youth club, with low school attendance and behavioural issues, John has been part of the YMCA for over 6 years. On a ski trip with young people with disabilities he showed a natural talent and confidence in working with young people with disabilities, a year later he started to volunteer with K Kats twice a week on a weekly basis. He went on to act as mentor during the Royal Ballet performance of Cinderella.

John is now 18 years old and employed as a valued member of the YMCA team.

Comments

"The YMCA has given me great experiences and will look good on my CV in the future. I have made some good friends and been faced with lots of challenges"

Lauren Coles - Volunteer



Are you aware of disability campaign.

Over the past year Ian Martin, who himself is Autistic, has began the "Are you Aware of Disability" national campaign which is about making other YMCA's aware of what they can do for people with disabilities. He is now working with a national steering group to drive this agenda forward He has been invited to speak at a number of YMCA events including the Equality and diversity conference, National assembly and produced a national survey that was sent out via YMCA's ENews. We have had overwhelming success with the number of replies from the survey and YMCA's pledging their support.



LOTTERY FUNDED

Board of Directors

Judith Miller - Chair • Andrew Waters - Vice Chair

John Wearing - Company Secretary

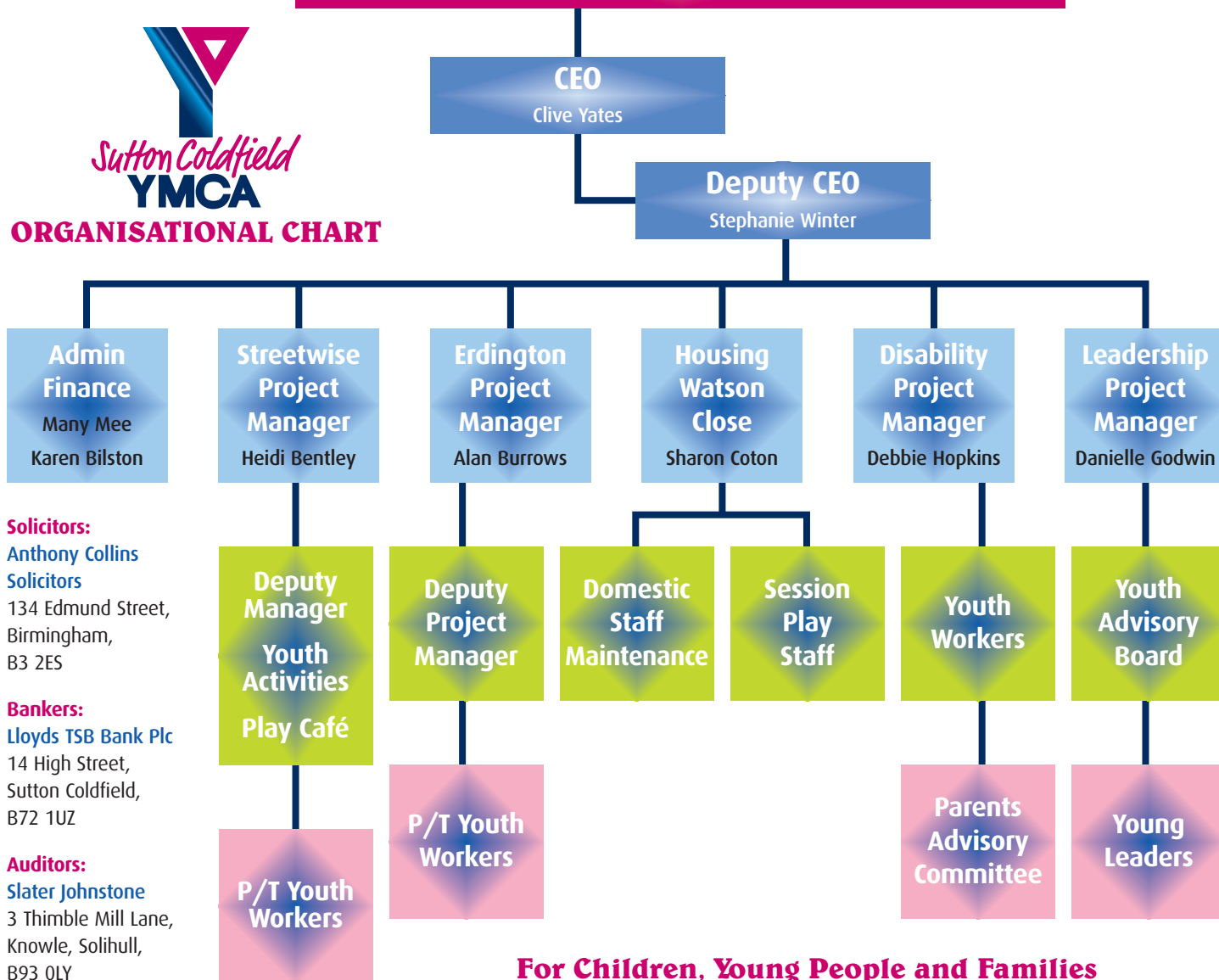
Cllr Alan Rudge • Cllr Stuart Clarkson • Faye Biddle • Paul Brady • Anthony Cadwallader

David Copland • John Day • Tony Malcolm • Nicola Martin • David Owen



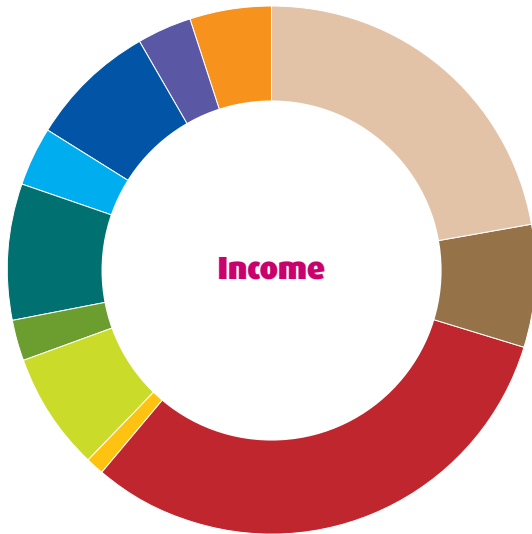
Sutton Coldfield
YMCA

ORGANISATIONAL CHART

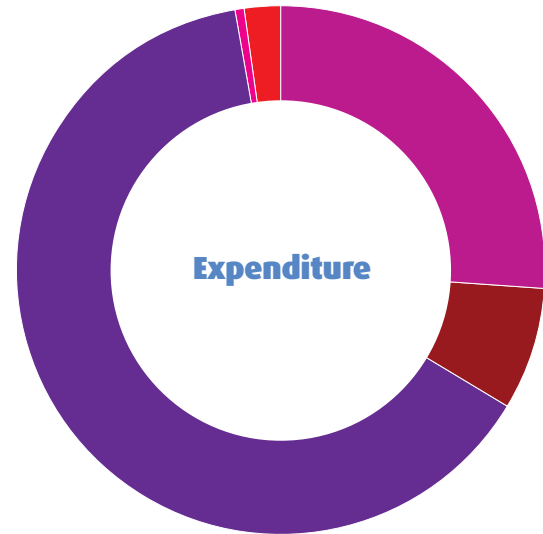


For Children, Young People and Families

FINANCIAL SUMMARY



Income	£
Room Rentals	102,846
Children's Holiday Programme	34,695
Grants	
Birmingham City Council	145,751
Birmingham City Council Capital Grants	6,000
Parenting Fund	64,826
Children in Need	34,134
Big Lottery Fund	48,899
Youth Work	34,500
	334,110
Fosseway	4,867
K Kats	33,746
Youth Activities	11,942
Streetwise	38,154
PAYP	16,893
Youth Café	35,469
Other Grants and Donations	15,886
Sundry Income	22,358
	650,921



Expenditure	£
Administration	178,690
Establishment	50,004
Projects and Activities	432,725
Depreciation	4124
	665,543
Deficit for the Year	14,622

Prepared from the full Annual Accounts as audited by Slater Johnstone in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies, and delivered to the Registrar of Companies and the Charity Commission.

Details of the full Accounts, Trustees Report and Auditors Report can be obtained from Companies House, the Charity Commission, or by application to The YMCA Office.

Sutton Coldfield YMCA
George Williams House
Watson Close
St. Bernard's Road
Sutton Coldfield, B72 1LE
Tel: 0121 354 5614
Fax: 0121 321 1582
www.suttoncoldfieldymca.org.uk

CAFÉ Y PROJECT MANAGER

Café Y (previously Youth Café) is now into its final year and continues to grow and progress. The project now operates in Starbucks in Sutton Coldfield Town Centre, due to the unforeseen circumstances the library was forced to shut down so we relocated the project.

Cafe Y is aimed at engaging young people who have nothing to do after school or who are passing through Sutton on their way home from school or college. In keeping with the theme of "risky play", chill out sessions are run three times a week and regular trips are organised. Youth workers also provide advice and guidance, offer C Card sexual health scheme and serve as a link young to other youth facilities in the Sutton Coldfield area. Over the last year Café Y has worked with around 90 contacts a week totalling over 3780 contacts.

Highlights include

- Activities in Starbucks including; Laptops, card games board games, various computer games as well as quiz's card and jewellery making.
- Activities in Sutton Park; sports and games, risky play activities, a photography project. Canvas painting.
- A joint camping residential to Cornwall young people had the opportunity to try out surfing, visit Lands End, Newquay and St Ives and a unique theatre experience at the Minack.
- 5 young people took part in the Sleep easy event to raise awareness for homeless young people.

YOUTH ACTIVITIES PROJECT MANAGER

Youth Activities is run during the school holidays for three days a week, for young people 11+. Young people are encouraged to help plan the programme by thinking up a range of activities that they would like to try and new places they would like to visit.

Over the last year the young people have taken part in a number of exciting activities. These have included; Rock climbing, Safari Park, Thorpe Park, Wind surfing, Sailing, Tobogganing, Swimming, Bowling, Go Karting, Laser Tag, Christmas pantomime, sleepover, a week's camping residential in Cornwall and much more. Young people have also took part in a number of workshops including; Urban Art;Cooking; Sexual Health; Drugs and Alcohol; Youth Leadership.

Case Study

Many of the young people attend the YMCA from as young as 5yrs old, right through to their late teens. One example is Mathew who is now 15 years and has attended the YMCA since he was 5 years old, becoming involved in various projects holiday programme, then moving up to Youth activities, Fosseyway, Café Y, and helping out with disability. From his time with us we have witnessed a massive growth in his confidence and seen his personality develop. Through the many activities and residential, he has developed teamwork and leadership skills, built up his self esteem as well as having fun and making great friendships throughout the years. He is now nearing the end of school and has become a very responsible young man and regularly volunteers with a number of different projects.



ERDINGTON PROJECTS

Project manager – Alan Burrows

Services are delivered from a variety of different locations, including Y@Fosseway and Six-ways youth club, Stockland Green Leisure Centre and the Magnet centre, Brookvale park, with an aim of inspiring young people enabling those that engage to gain both personal and social development, an increase in confidence levels and an Improvement in one's self esteem allowing them to learn new skills and make informed choices about their lives within their communities. Services are delivered in partnership with Birmingham YMCA, Stockland Green Technical College, Queensbury Special School, Edmund Campion School, local Wards and West Midlands Police.

Programmes include: x5 youth club sessions per week; Positive activities for Young People delivered in school holidays; trips and residential; guidance and support; school drop-ins; sexual health, leadership and babysitting courses; youth steering groups; work placements, Queensbury afterschool club, teacher training day activities.

Highlights include

- 15 young people attended a residential opportunity experiencing a variety of activities at the B.A.Y.C. Barn in Gloucestershire.
- Young People attending a number of community days Clean up Day and Christmas light switch on
- Football coaching 12 week course Start Again 20 young people health fitness tests.
- 25 yp attended Aquarius workshops awareness dangers of alcohol, drugs on your body and Adult group weekly attracts 10.
- Total number attendances for Erdington projects have reached well over 9000 throughout the year.

Case Study

Greg* who attends youth club, had informed muggers where other youth club members would be at a specific time which resulted in these young people being mugged

knifepoint. The youth club members were scared and shook up by what had happened and when they found out what Greg had done, extremely angry with him. The lead youth worker told Greg that it wasn't a good idea for him to attend youth club for a while and arranged to work with James individually instead. Over a period of around two months, the youth worker spent time with Greg, helping him to explore the effects of his actions and reasons why he did it. Greg was then supported in addressing his actions with the rest of the youth group and the victims of the crime. A meeting was arranged to discuss what had happened and give him a chance to apologise, this resulted in the young people being prepared to give him another chance.

He has since taken part in a litter pick in Stockland Green, a tin shake at Asda and he has also taken part in the YMCA sleep easy helping raise money for the YMCA.

(*name changed).





HOUSING

The aim of the housing department is to offer low support, affordable quality housing for young people while maintaining a balanced community. We aim to provide rents at 25% lower than other housing, to encourage young people's independence, self esteem and to promote young people's emotional well-being. We believe that young people should have a safe place to live in the community and that the YMCA can offer this. We aim to keep a balanced community with a 1/3 working - 1/3 unemployed and 1/3 in education.

There has been 76 young people stay with us over this year and 9 of them became volunteer duty staff and 2 of our young people continued to volunteer on our holiday provision with 1 of them gaining an NVQ in play work. 2 of our Young people are working towards NVQ in cleaning.

We have supported 7 care leavers this year. This is the first step to living independently. Over the time spent at the YMCA they will be given support with the view to becoming totally independent.

Case Study

We have had an exciting year with ITV who chose one of our young people to take part in a series "Home is where the heart". The programme was intended to break down the stereotypes that are attached to young people who become homeless and to look at the reasons why this happens.

Bridget Harvey went to live with Anneka Rice for two weeks where they got to know each other and looked at Bridget's past. The celebrity helped Bridget to gain employment at the Baggot pub when they came back to Birmingham to visit the places where Bridget had grown up. With the YMCA's support Team B was organised, this included a group of several people, plus Anneka Rice, who have continued to support Bridget. She is now off benefits pays her own rent every week and has halved her dept.

Bridget has completed and NVQ in customer service and is going from strength to strength. Team B continues to meet and communicate on a regular basis to support Bridget. As a result of the programme I was contacted by Contract Fire Security Company in Sutton Coldfield who has now offered Bridget a full time contracted post starting as an office junior. This job has new prospects for Bridget to grow within the company. We have since supported Bridget to move into independent living.



CHILDREN'S HOLIDAY PROVISION

This year 432 children attended the Watson Close Holiday provision and supported 11 children with specific needs. The Aim of the project is to offer a fully inclusive affordable high quality provision and activities for children and young people. We aim to keep the cost 25% lower than other setting. We promote children and young people's creativity and emotion well - being, independence, self esteem and offer new, fun and exciting experiences. We have taken the children out on endless trips to places like Ragley Hall, Butterfly farm, Drayton Manor, Aston Villa tour, Boldmere Tennis club chase, Monkey Forest, Cannock Chase, Hatton country world, Go Kidz Go, Twin lakes and many more.

NVQ's

We have been working in partnership with Crackerjack Training Company and Sutton

Coldfield training company with Staff residents and volunteers who are working towards gaining an NVQ in play work, management, cleaning support services, housekeeping, leadership & advice and guidance. These partnerships are helping to give YMCA staff and young people an opportunity to gain qualifications and upgrade their employability skills.

Mainstream Parenting Work

We have delivered a rolling programme of Time Out Parenting courses, including Time out for Teens, and Time out with ADHD and Time out with Anger. We have been running these courses for 5 years now and the attendance of them are continuing to be good. After the course is finished parents continue stay in touch with the facilitators though our drop in sessions. Where parents can

come back and go over any issues they may need extra support with. Evaluations show a 35% improvement in parent's confidence, understanding the emotional needs of their children and the ability to handle misbehaviour.



SUPPORT US:

There are many ways in which you can support our work - giving your time, expertise or money.

If you are interested in volunteer opportunities we would love to hear from you. Please contact us by telephone on **0121 354 5614** or by email **admin@suttoncoldfieldymca.org.uk**

If you would like to make a donation to support our work please fill out the form below and return it to us at:

**Sutton Coldfield YMCA,
George Williams House, Watson Close,
St. Bernard's Road, Sutton Coldfield, B72 1LE**

If you are a UK tax payer you can help us even more, at no extra cost to you. Gift Aid increases the value of your gift to us by up to 28% as it allows us to reclaim the tax you have already paid on that amount. To do this, simply complete the Gift Aid declaration opposite.

I would like to make a donation towards the work of Sutton Coldfield YMCA of:

- £250 £100 £50
 £25 £15 other £

Title: Mr Mrs Miss Ms

First Name:

Surname:

Address:

.....

Postcode:

Date:

I enclose a:

- cheque postal order CAF

made payable to Sutton Coldfield YMCA, or please charge my

- Visa Mastercard Charity Card Switch Delta

Card number: □□□□ □□□□ □□□□ □□□□ □□

Valid from □□ □□ Expiry Date: □□ □□ Issue Number: □□

Signature:

Gift Aid Declaration (please tick)

- Yes I am a UK taxpayer, paying income tax or capital gains tax equal to the tax the YMCA will reclaim on my donations. I want all donations I have made since 6th April, 2001 and all donations in the future to qualify for gift aid until I notify you otherwise. I agree to notify the YMCA if my address or circumstances change.

Sutton Coldfield YMCA may contact you in the future about your work and how you support us. If you prefer not to be contacted please tick this box

Please return with your donation to:

**Sutton Coldfield YMCA,
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Vision Statement

We have a vision of a world where all children and young people are able to fulfil their capacity to; love and be loved; to achieve and enable achievement; to experience joy and inspire joy in others; to belong and contribute to the creation of an inclusive society.

Values

- 1) Inspiration – we believe that all children and young people can be an inspiration and be inspired, no matter what their circumstances.
- 2) Inclusiveness – we believe that all children and young people have equal worth and equal rights, and that everyone is entitled to belong and participate
- 3) Excellence – We believe that all children and young people deserve the best and we strive to reflect that in everything that we do.



Ethos

Sutton Coldfield YMCA is a Christian organisation that welcomes people of all faiths and those of none, expressing this through its work and in its motivation for working with children and young people.

Operational Mission

Sutton Coldfield YMCA works to encourage and inspire children and young people to reach their true potential. We work with all children and young people and tailor our approach to individual circumstances, in partnership with families, communities and local organisations.

Our Commitments

- 1) We will provide an inspirational culture and environment
- 2) We will always include everyone
- 3) We will actively promote the rights of children and young people
- 4) We will always strive for excellence



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HOPE
FAITH
Justice
Aspiration
TRUTH
LOVE
HONESTY

Integration
LOYALTY
Forgiveness
Trust
Friendship
FAMILY