



YMCA

Fylde Coast

Changing and Enhancing Lives Since 1922

A snapshot of our impact in 2016/17:

YOUNG PEOPLE
HOUSING
PHYSICAL ACTIVITY
OUTDOOR EDUCATION

Registered Charity Number: 1074571

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Foreword

I am pleased to welcome you to the second YMCA Fylde Coast impact report. In this snapshot of our impact you will realise that 2016/17 was a rewarding year. I hope you enjoy reading about our successes as much as we enjoyed working towards them.

I would like to congratulate and thank all of our board members, partners, staff and volunteers for their dedication and hard work. Each person has contributed to making a positive impact in our communities by fulfilling our mission and vision.



Chief Executive Officer
YMCA Fylde Coast

John Cronin



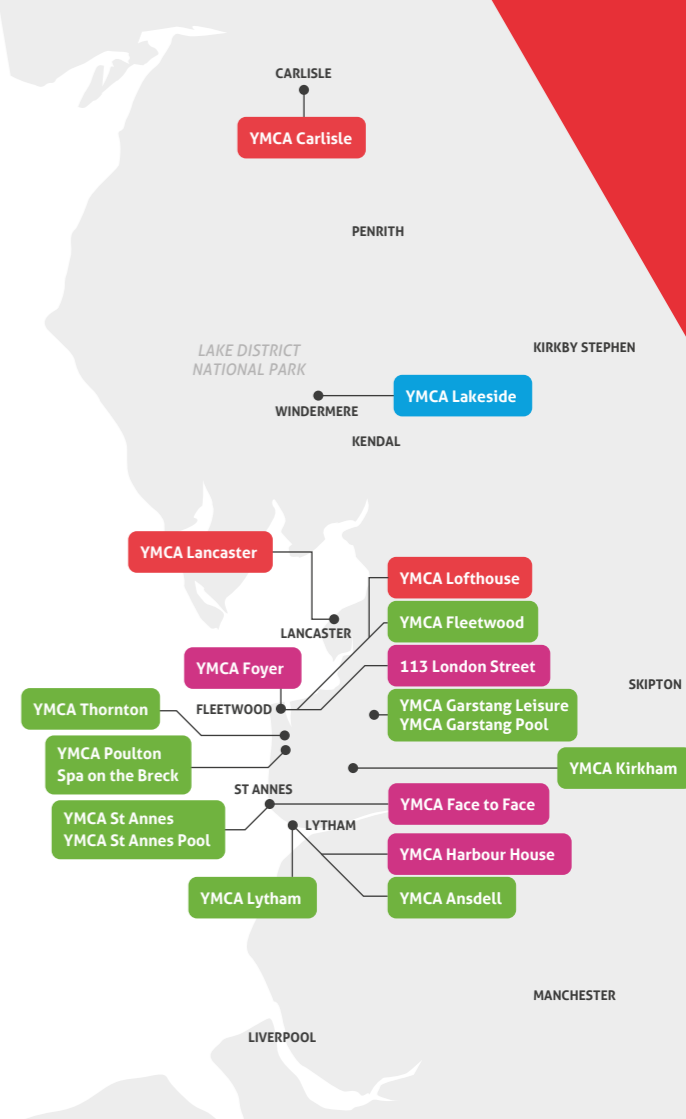
Why we do what we do

In 2016/17 at least 30,000 children, young people and adults benefitted from the support of the YMCA across Fylde, Wyre, Lancaster and Cumbria.

YMCA Fylde Coast is an independent charity forming part of the worldwide YMCA movement. Established in 1922, our charity has extended its scope over 95 years into; physical activity, housing, young people and outdoor education.

Our services are designed to support all sections of society, but in particular young people, with the intention of helping everyone to achieve their full physical, social, cultural and spiritual potential. Ultimately our aim is to serve the communities where we are based by changing and enhancing the lives of as many people as possible.

We seek to transform lives by providing inspirational journeys...



OUR YOUNG PEOPLE PROGRAMME CHANGES LIVES BY...

- Reaching vulnerable young people
- Enhancing emotional health and wellbeing
- Improving physical health and wellbeing

We served **12,566** young people

Across our 4 programme areas in Fylde, Wyre, Lancaster and Cumbria. Our work focused on health, sport, youth work and community based projects.

 **20,318** hours of support for 350 young people

171 NCS Graduates 
Raised £6,700

10,000 voluntary hours at an estimated value of **£75,000** to 15 local charities



92% of young people improved their emotional wellbeing or reduced their risk-taking behaviour**



89% of young people who accessed Y:Body, Mind and Spirit improved their confidence



91% of our supported housing residents managed their mental health better

3767 Children per week are now safer having learnt to swim at the YMCA

85% of young people who accessed Y:Body, Mind and Spirit increased their physical fitness

4,500 of our leisure centre members are under the age of 25

130 Y:Youth users improved their fitness, health and motivation



Y: Body, Mind and Spirit is funded by Children in Need

Y: Youth is funded by the Big Lottery

** In our Emotional Health and Wellbeing project commissioned by Lancashire County Council

OUR HOUSING PROGRAMME CHANGES LIVES BY...

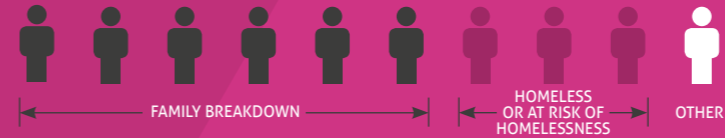
- Providing a safe place to live
- Enabling health and wellbeing
- Enabling independence

We served **2,205** vulnerable young people and **adults** across our supported accommodation, housing advice, drop in and counselling schemes

18,000 hours of support were given to our residents whilst in our supported accommodation scheme



Why do vulnerable young people need a place to call home at the YMCA?



What does the road to independence require?

36 YMCA supported accommodation units

Ongoing Crisis Support

Independent living skills training



88 Individual Support Plans

99% accessed education and training

92% developed confidence and felt in control of their lives

84% managed physical health better

91% managed mental health better

92% achieved economic wellbeing

84% achieved independent living

YMCA Housing provides holistic support to young people accessing our service. We believe that giving young people the right skills for life, and helping them manage their mental and physical health will reduce their chances of representing as homeless in the future.



OUR PHYSICAL ACTIVITY PROGRAMME CHANGES LIVES BY...

- Supporting individuals to be physically active
- Supporting people with health conditions to be physically active
- Encouraging active communities



We served **12,250** members across our **10** leisure facilities

1.3 million

visits to our leisure centres and swimming pools

3767 Children per week are now safer having learnt to swim at the YMCA

3029 attendances at our disabled swimming lessons

"The weight management programme has improved my health and well being because I have more energy, feel much healthier, can sustain activities for longer, breathing much better, look better, clothes fitting better, much happier, easily motivated to do things – "A sense of wellbeing"



OUR OUTDOOR EDUCATION PROGRAMME CHANGES LIVES BY...

- Improving education and employment skills
- Inspiring young people to aim high
- Increasing confidence, resilience and respect



We served **7631** children, young people and adults who attended **YMCA Lakeside, our Outdoor Education Centre.**



L's LAKESIDE EXPERIENCE

L was very anxious and worried about going on a residential to YMCA Lakeside with his school. At first he didn't want to go but the school reassured him that he wouldn't have to do anything that he didn't want to while he

was there.

When L went on the residential, his mum was expecting a call to come and pick him up but the call never came. On returning home with his class mates he surprised

his mum by being overjoyed about his experience. L's first words were "I could of stayed longer it was so much fun", he was so proud of himself.

Going to YMCA Lakeside gave L the confidence and

self-esteem he needed, his attitude changed towards life's daily challenges and he has tried lots of new things... L said to anyone who was worried about going to 'just do it, you will have fun and surprise yourself, I did'.

We could change 10,000 young lives per year with the new School Facility...

The highest strategic priority at YMCA Lakeside in 2016/17 was raising £6.8 million to build a School Facility, the funds were required to ensure the project could commence building in 2017/18. The project was able to secure the future of YMCA Lakeside through the development of a robust business model and fundraising strategy. In 2016/17, the project raised £6.3 million through a mixed funding model and approached the final stages of fundraising. The development of the public 'Changing Young Lives' fundraising appeal is to raise the remaining £500,000 to begin building the facility by early 2018. If you would like to learn more and support our 'Changing Young Lives' appeal visit: www.supportlakeside.org.uk

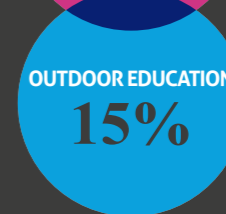
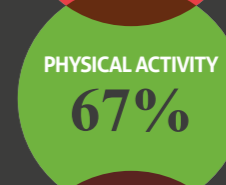
Where people come from:

North West	64%
North East	6%
Yorkshire and the Humber	22%
West Midlands	1%
South West	0.5%
South East	2.5%
East Midlands	3.5%
Scotland	0.5%

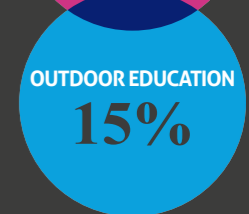


Financial Performance

Income
£9,216,440



Expenditure
£8,951,707



PARTNERS

Aegon
Amateur Swimming Association
AXA
Blackpool CCG
Blackpool Council
Blackpool Teaching Hospital
Big Lottery
British Cycling
Carlisle City Council
Change For Life
Children In Need
Cumbria County Council
Department for Education
Fylde Council
Fylde and Wyre CCG
GoLakes Travel
Inclusive Fitness
Inspira
Lake District National Park Authority
Lancashire County Council
Lancashire Football Association
Lancashire Sports Partnership

Lancaster City Council
Lancaster University
LSA Technology and Performing Arts
College
Macmillan Cancer Care
MEND
Momenta
North Lancashire CCG
Quality Management Systems
Regenda
Social Investment Business
Sport England
South Lakeland District Council
Supporting People
The Cabinet Office
The Challenge
DCLG
The Football Foundation
The Football League Trust
The Lofthouse Family
Wyre Council
YMCA England

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YMCA Fylde Coast (incorporated) is a
company limited by guarantee

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