



## Impact Report 2017-18

# Changing and Enhancing Lives Since 1922

Learn more about the difference our family of  
YMCA's made across our four programme areas:

**YOUNG PEOPLE**  
**HOUSING**  
**PHYSICAL ACTIVITY**  
**OUTDOOR EDUCATION**

Registered Charity Number: 1074571



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## Foreword

I am pleased to welcome you to the third YMCA Fylde Coast impact report. This year's report highlights how our family of YMCA's impact is strengthening in a challenging third sector environment. We believe investment in developing stronger people in body, mind and spirit creates strong families and strong communities.

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 the positive changes in the people and communities we work with helping us to fulfill our vision and mission.



Chief Executive Officer  
YMCA Fylde Coast

John Cronin

**YMCA**  
Fylde Coast



We support a family of **24 YMCA's** in 14 local authority areas spread across the North West and Yorkshire.



We worked with **30,569** young people and adults in 2017/18.



We provided **29,860** hours of 1:1 support.

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



## What do we want for our young people?

To raise the aspirations and self belief of young people across Fylde, Wyre, Lancaster and Carlisle so they can achieve their full potential. Across four programme areas our teams are trained to focus on developing young people in body, mind and spirit by improving their physical and emotional wellbeing in a wide variety of settings.



Last year we worked with:

**12,140** young people across our four programme areas

**81** young people to improve their emotional health and wellbeing

**174** young people to reduce risk taking behaviour in Lancaster

Visit [www.ymca-fyldecoast.org](http://www.ymca-fyldecoast.org) to learn more about our youth services and the impact they have on young people across Fylde, Wyre, Lancaster and Cumbria.

Our teams supported young people to improve their fitness, emotional wellbeing and social skills.

**91%**  
feel more confident

**95%**  
improved their fitness

**91%**  
feel more motivated



Provided  
**900**  
hours of emotional health and wellbeing support for children and families

**96%**  
have better relationships with friends

**196 NCS**  
graduates completed 11,230 social action hours and raised **£10,341.03**





## What do we want for our young people?

To support young people to develop skills and character traits that will help them be successful in life. We do this by providing experiential learning opportunities through our activities at YMCA Lakeside which helps them to understand what it takes to overcome challenges, defeat fears, lead and be part of a team and support others. Lakeside really does help young people to change their perception about what is possible.



Last year we worked with:



**102 Schools**

**58 Youth Groups**



**18 Corporate Groups**

We provided high quality outdoor learning for  
**7175** children, young people and adults

Visit [www.lakesideymca.org.uk](http://www.lakesideymca.org.uk) to learn more about activities offered at YMCA Lakeside or visit [www.supportlakeside.org.uk](http://www.supportlakeside.org.uk) to learn how you can support our fundraising campaign for the YMCA Lakeside Stoller Campus.

**99%** of children and young people surveyed on residential enjoyed the activities at YMCA Lakeside

**Our instructors helped young people improve how they see themselves and others:**

**91%**  
feel more confident

**89%**  
will think of others more

**80%**  
feel more independent

**94%**  
feel more motivated

**87%**  
have better relationships with teachers

**93%**  
will set themselves higher goals

**89%**  
have better relationships with classmates

**96%** of teachers and youth group leaders felt that their young people had a more positive attitude towards themselves

\* We surveyed 109 children and young people and 30 teachers and youth group leaders



## What do we want for our communities?

Everyone has a safe place to call home and are able to lead an independent life. We do this by providing supported accommodation for young people in Fylde and Wyre.

In Fylde we deliver housing advice, the bond guarantee scheme, management of rental properties, a counselling service, and homelessness support through a drop-in service.



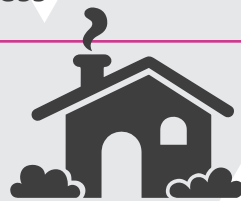
Last year we worked with:



**75** young people who were homeless or at risk of homelessness

**698**

people in need of housing advice and support



**99**

people in need of counselling support



**15,340 hours**

of support were given to our residents whilst in our supported accommodation scheme

YMCA Face to Face ran **99** homeless drop in sessions with **1390 attendances**

We help break the cycle of youth homelessness by empowering our residents to change their circumstances



**59**

residents moved on from the YMCA and secured settled accommodation

Our residents broke the cycle of homelessness by...

**87%**  
gaining greater confidence and feeling in control of their lives

**72%**  
gaining paid employment

**67%**  
managing their physical health better

**88%**  
accessing education and training

**75%**  
managing their mental health better

**95%**  
achieving economic wellbeing



Visit [www.ymcahousing.org.uk](http://www.ymcahousing.org.uk) to learn more about the services that our housing team offer to young people and the wider community





## What do we want for our communities?

To create a more active Fylde Coast. Our leisure centres, swimming pools and Your Move programme support children, young people and adults of all abilities to manage and improve their physical health. We encourage active communities by bringing people together; people are more likely to persevere if they have a support network to keep them motivated.

Provided  
**10,933**  
hours of 1:1  
support for our  
leisure centre  
members

We added  
**100**  
classes to our  
weekly activity  
programme

Last year we worked with:

**13,873** leisure centre members

**1559** people with health conditions

**700** previously inactive women

Received  
**1.4 million**  
visits to our  
leisure centres and  
swimming pools

**3971**  
children attended  
swimming lessons  
every week

Your Move delivered free programmes and supported...



**303**

people to reduce their BMI and complete the weight management programme



**1020**

people with health conditions become more active with the physical activity programme

**97%**

of those reported improved mental health and mood after completing the physical activity programme

Visit [www.ymcayactive.org](http://www.ymcayactive.org) to learn more about becoming a member of our leisure facilities and the activities we deliver across the Fylde Coast in partnership with Fylde and Wyre Council.

Visit [www.yourmoveprogramme.org.uk](http://www.yourmoveprogramme.org.uk) to learn more about the community sports sessions, free weight management, physical activity and cardiac rehabilitation programmes run by the Your Move team in partnership with Lancashire County Council.



# Financial Performance



**Income**  
**£9,484,921**

**Expenditure**  
**£9,499,090**

YOUNG PEOPLE  
**6.3%**

YOUNG PEOPLE  
**6.9%**

PHYSICAL ACTIVITY  
**68.5%**

PHYSICAL ACTIVITY  
**67.6%**

HOUSING  
**11.2%**

HOUSING  
**11.1%**

OUTDOOR EDUCATION  
**14%**

OUTDOOR EDUCATION  
**14.4%**

## PARTNERS AND SUPPORTERS

Active Lancashire  
Amateur Athletics Association  
Amateur Swimming Association  
Big Lottery  
Blackpool Council  
British Cycling  
Carlisle City Council  
Child Action North West  
Children in Need  
Clothworkers Foundation  
Cumbria County Council  
Fidelity UK Foundation  
Fylde Council  
Fylde and Wyre CCG  
Garfield Weston Foundation  
GoLakes Travel  
Healthier Fleetwood  
Hoppy Trust  
Inspira

Lake District National Parks Authority  
Lakeland Staff Charity Fund  
Lancashire County Council  
Lancaster City Council  
Newground  
NCS Trust  
Sir John Fisher Foundation  
Sport England  
South Lakeland District Council  
Stoller Charitable Trust  
The Beaverbrooks Charitable Trust  
The Bernard Sunley Charitable Foundation  
The Hadfield Trust  
The Holroyd Foundation  
The Lofthouse Foundation  
Wyre Council  
YMCA England

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

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