

Impact Report 2018-19

Changing and Enhancing Lives Since 1922

Learn more about the difference our family of
YMCAs made across our four programme areas:

YOUNG PEOPLE
HOUSING
PHYSICAL ACTIVITY
OUTDOOR EDUCATION

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Foreword

I am pleased to welcome you to the fourth YMCA Fylde Coast Impact Report. This year's report continues to demonstrate the difference we make to the lives of thousands of people across the communities we seek to serve. Our work is designed to support people to develop in body, mind and spirit so they can create strong families that will provide the foundation to build strong, resilient communities. As the challenges across society continue to grow it is important to recognise the important role the YMCA has to play in ensuring we all work together to meet those challenges.

I would like to congratulate and thank all of our board members, partners, staff and volunteers for their commitment. Each person has contributed to our achievements in some way and crucially helped to keep us moving forward on our journey towards fulfilling our vision and mission.



Chief Executive Officer
YMCA Fylde Coast

John Cronin

John Cronin



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



We worked with over **30,000 children, young people and adults.**



We provided high quality outdoor learning for **7715 children, young people and adults**

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:

12,439 young people across our four programme areas

120 young people to improve their physical, emotional health and wellbeing

211 young people completed the National Citizenship Service (NCS) programme

Visit 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.

We have supported young people to improve their physical, social and mental wellbeing.

98%
improved their physical fitness

88%
improved their ability to cope with mental & emotional challenges

80%
have a greater understanding of mental and emotional issues

Secured **£232,000** from the National Lottery Community Fund to continue to deliver our Y:Youth programme

Provided **278 hours** of emotional health and wellbeing support for children and families

Our NCS graduates completed **12,660 social action hours** and raised **£10,450**



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, be part of a team and support others. YMCA Lakeside really does help young people to change their perception about what is possible.



Last year we worked with:



139 Schools

66 Youth Groups



25 Corporate Groups

We provided high quality outdoor learning for
7715 children, young people and adults

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

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

94%
feel more confident

94%
feel more independent

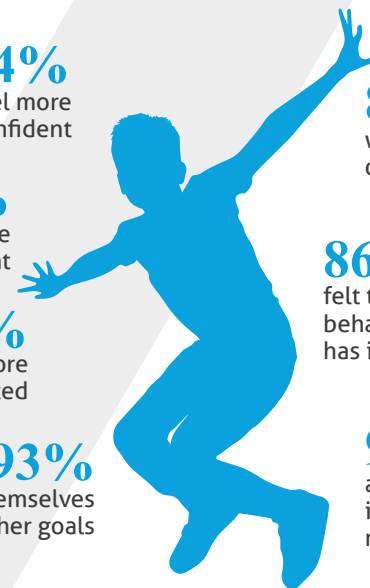
95%
feel more motivated

93%
will set themselves higher goals

86%
will think of others more

86%
felt their behaviour has improved

94%
are interested in learning new things



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 have 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:



70 young people who were homeless or at risk of homelessness

1370 people attended our 1-2-1 homeless drop in sessions

54 people in need of counselling support



17,966 hours of support were given to our residents whilst in our supported accommodation scheme

YMCA Face to Face ran **96** homeless drop in sessions with **1298 attendances**

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



58 residents moved on from the YMCA and secured settled accommodation

Our residents broke the cycle of homelessness by...

96% engaged with external partners

79% are now in training and/or education

88% are managing their physical health better

84% made a positive contribution

83% found settled accommodation

96% re-established relationships with family & friends



Visit 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.

over
500,000
attendances to
our adult activity
programmes

We added
100
classes to our
weekly activity
programme

4862 NEW people have become
a member of the YMCA

Last year we worked with:

13,697 leisure centre
members

1620 people with
health conditions

750 previously
inactive women

106,000
visits to our
YMCA Air
Skate Park



125,000
visits to
YMCA Bowl

Your Move delivered free programmes
and supported...



428

people to reduce their BMI
and complete the weight
management programme



1278

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

98%

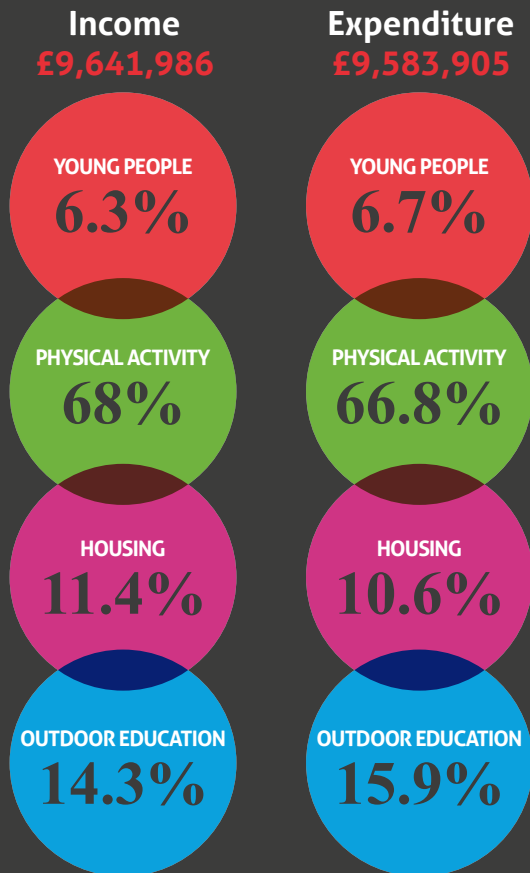
of those reported improved mental
health and mood after completing the
physical activity programme

Visit 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 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



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
The Beatrice Laing Trust
The Beaverbrooks Charitable Trust
The Bernard Sunley Charitable Foundation
The Hadfield Trust
The Holroyd Foundation
The Lofthouse Foundation
The Stoller Charitable Trust
Wyre Council
YMCA England

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