

YMCA ST PAUL'S GROUP

Snapshot 2018



YMCA

YMCA ST PAUL'S GROUP

An association of YMCAs serving young people and communities across London and beyond

► Our Vision

Is of “Places where young people thrive and communities flourish”.

► Our Mission

Is to be “an inclusive Christian Association transforming communities so that all young people can belong, contribute and thrive”.



871

staff



49

communities served



3748

young people supported



1

Association

Welcome from our Chair and Chief Executive Officer



Over the last couple of years, YMCA St Paul's Group has seen an amazing transformation in what it does, not least in the choice of its name!

The coming together of four YMCAs over a two-year period represents a significant and exciting shift in the way in which YMCA work can be seen in this country. The choice of the name YMCA St Paul's Group (St Paul is the patron saint of London) came about to signpost to the founding of the YMCA in London in 1844; to emphasise our Christian ethos; and draw attention to the fact that we work in nearly 50 locations across London and beyond.

I would like to give my thanks to the staff and current (and former) trustees of YMCA St Paul's Group who have worked so hard to make the YMCA St Paul's Group a reality. At the same time, I would encourage all who read this to think about how we can collaborate and work together so that all young people can thrive and all communities flourish.

Andy Palmer

Chair of the Board of Trustees



YMCA is a local movement, developed in response to local need. Over the last 174 years across the country people inspired by the Christian vision and mission of YMCA have sought to develop projects

to help local young people and communities thrive and flourish.

YMCA St Paul's Group has come out of four YMCAs (that have their roots in more than 12 YMCAs over the last 100 years) which have come together, to better improve their impact, extend their reach and therefore deliver more and better work with young people and communities across London.

As a large and local YMCA our mission is to be an inclusive Christian Association, transforming communities so that all young people can belong, contribute and thrive. This annual report is a snapshot of just some of that work that takes place across over 15 London boroughs everyday.

Our success as an Association is not seen in delivering successive mergers or successful development strategies - but in lives transformed. Over the pages ahead I hope you will see some of the people that motivate and inspire us as volunteers, staff and trustees to do what we do.

Richard James

Chief Executive Officer, YMCA St Paul's Group



“We believe every young person should be able to fulfil their potential”

Get on Track is a mentoring programme for 16 to 25-year-olds, led by our youth team in Hayes and in partnership with world class athletes from the Dame Kelly Holmes Trust. Over the past three years we have delivered nine programmes with up to 20 young people on each.

Each course starts with a six-week programme to set personal development goals and enhance their chances of securing employment. The timetable includes team building, healthy lifestyles, timekeeping, budgeting, writing CVs and applications, work experience both in and outside the YMCA, and continues with follow-up individual mentoring sessions.

Just under 90% of those attending have gained employment within three months of completing the programme, in local jobs like administration at Heathrow Airport. And included in these figures are at least eight young people who have gone on to become YMCA apprentices and staff members.

We've seen how well Get on Track works time and again, especially when the team works together to deliver a community event. The most recent was a sports day for 120 pupils from a local primary school, with enthusiastic feedback from both pupils and staff.

Mentoring from our own youth workers (a number of whom have come from similar backgrounds or have come through the programme themselves) and from the athletes is invaluable. But even if the young people are not sporty or set to follow in Dame Kelly's footsteps, we've seen how successful it is in encouraging them to become valued members of their communities.



89%

—
young people who gained employment following our Get on Track Programme

“We believe every young person should have a safe place to stay”



YMCA Northolt Grange is a 10-bed mother and baby hostel for mums aged between 16 and 21. Warm, welcoming and supportive, it’s a safe place for young mums to learn how to be independent.

“I’ve loved every minute of living here”

Robyn Tuitt, 19, first arrived at the hostel when she was 17, with her 8-month-old daughter Asia. Although Robyn still sees her family regularly, she relies on Rose, the Senior Housing Support Officer who runs the hostel, for much-needed support. “Rose has been like a mum to me. I can talk to her about anything, she gives me lots of advice.”

Being a teen mum can be daunting and in most cases like Robyn’s, this is their first experience of living away from home. “It’s hard. There are times when Asia has been up all night and I’ve broken down and thought ‘I can’t do this’, but Rose is here to talk to and I speak to the pastor and chaplain.”

Robyn fell pregnant in sixth form and gave birth just before her exams. “I was asked if I wanted to drop out but I decided to take the A Levels – and I passed!” For Robyn living at YMCA Northolt Grange has been a truly positive experience and she is now preparing to move on to a council house in Greenford as Asia is three years old.

“I’ve loved every minute of living here – it has been one of the best experiences of my life. You always have a friend here and I will miss them all when I go.”



2100

—
people given a place to stay



“We believe every young person should be able to fulfil their potential”

It’s been a busy year for the youth team in East London, based at YMCA Walthamstow. They have engaged with over 1000 young people aged between 11 and 21. The award-winning Accumul8 Photography Workshop project has commenced its third year with 13 residents taking part. It’s a highly regarded workshop taught by tutors from Ravensbourne College.

Street-based youth work was delivered across the borough in hot spots of anti-social behaviour and outdoor spaces such as parks, shopping malls and local estates. A summer programme of activities took place, engaging with over 250 young people between the ages of 8 and 19. Sexual Health Workshops have also taken place across local schools and colleges.

Basketball is ever popular and there have been a series of basketball trials and competitions with Raine’s Foundation School Basketball Academy and the London Lions National League. Young dancers put on a show for the YMCA St Paul’s Group Commissioning Service at St Paul’s Cathedral in May. The Youth & Community team have achieved 165 accredited awards for local young people. Five young people have received the prestigious Jack Petchey Award for showing initiative and outstanding achievements.



2748

—
young people have attended our youth projects

East London **From Volunteer to Playworker**



Sa'ida Mohammed, 30, has been a resident at YMCA Walthamstow for the last three years and is employed as a playworker in the YMCA Afterschool Clubs in East London. She is currently studying for a Level 3 qualification in childcare. "Studying while working is a great opportunity for me, and I am so grateful. YMCA has been like a family to me with support and encouragement."

Originally from Kenya, Sa'ida came to London with her family when she was just six years old and lived with her aunt in West London. "Sadly my auntie passed away when I was 16."

After moving around, Sa'ida was referred to YMCA Walthamstow. "I started volunteering with the Children, Youth & Families team here, and after 10 months they offered me a job. I was given an opportunity to study for my Level 2 qualification in childcare."

Sa'ida Mohammed, age 30 Playworker YMCA Walthamstow

"On Fridays I go to the mosque, and through my connections there I started working with the muslim school. I've started training now for my Level 3 qualification in Childcare and eventually I would like to be a Teaching Assistant in a school."

"YMCA has been like a family to me"

I love working with children so much. It's a passion of mine. I love their smiles and listening to them talk. I would love to remain in the borough after I leave here, I have a lot of friends here from the mosque."



257
—
volunteers



“We believe every young person should have someone they can trust”

Our Community Activities Teams (CAT) work jointly across Surbiton and Wimbledon, providing a programme of activities. These include workshops, confidence building sessions, creative sessions and volunteer opportunities, as well as residents’ celebrations for the work that residents achieve.

“I just want to say thank you for believing in me”

Amongst the highlights this year has been Equine Therapy at Richmond Park. Residents were able to work with the Shire horses, along the way learning skills that will help them work in stables, such as grooming and harnessing horses and equine care. The CAT team also acquired an allotment in Tolworth.

This has been an exciting project, with residents working hard to clear it and get it ready for planting, learning about healthy eating in the process. These kind of activities also help improve residents’ emotional wellbeing.

They also have access to our Release Counselling service. There was a workshop with Spoken Word artist Potent Whisper about using spoken word to speak out about important issues. The Wimbledon residents took some of these spoken word pieces to a Merton Citizens event, speaking out about housing situations.

As a result of a partnership with the Chaplaincy team, the residents’ lounge was refurbished, thanks to a donation of £2,500 from St John’s Church in Hampton. It has become the central hub for activities and courses. Surbiton residents also had an art and new writing exhibition in the café.

Residents from both Wimbledon and Surbiton have also been involved with the Benchmark Theatre Company and performed their play Stories from The Circle at the Camden Fringe 2017 to great acclaim.



12

—
chaplains providing spiritual direction

“We believe every young person should have a safe place to stay”



Rob was a recent guest at the Merton Winter Night Shelter. Struggling with recovery from alcohol and substance misuse, Rob left his job as a scaffolder and broke up with his partner, leaving behind his three children. His descent into addiction was triggered by the suicide of his mother and the subsequent death of his father. “I just numbed the pain with cocaine and alcohol.”

He lived in his car while he was in rehab, but lost the car as the lease came to an end. “I was sleeping in car parks and at A&E at St George’s hospital until I got moved on,” he says. “I spent 10 weeks with the Night Shelter”.

“YMCA saved my life”

The Merton Winter Night Shelter isn’t just about hot meals and a bed for the night. Volunteers and YMCA staff work hard to help their guests get back on their feet. Rob had lost all of his ID and bank cards and Nicki Zisman, the YMCA Night Shelter Co-ordinator helped him to sort this out. “Nicki was fantastic, within two weeks she had got me a replacement birth certificate, as well as an Oyster card so that I could get around,” says Rob.

“YMCA saved my life. If I had stayed on the streets, I would have had a relapse into drugs and alcohol.”



22

emergency bed spaces provided in the coldest weather



“We believe everyone should enjoy the benefits of good health and wellbeing”

Kim Tiddy, 40, a Surbiton local and actress, wanted to get in shape during and after her pregnancy and was looking for a personal trainer who could advise her. A friend recommended personal trainer Pamela at YMCA Surbiton’s Health & Wellbeing Centre, and Kim began her sessions three months into her pregnancy.

“Pam was always sensitive about my pregnancy as there are certain exercises you can’t do which involve lifting your arms above your head or raising your heart rate too much. We stuck to a weight training programme which suited me and I continued to exercise until I was eight months’ pregnant.

“My goal was about being healthy and I had a very calm pregnancy - I know exercise helped towards that,” says Kim.

After Kim had her baby son Ajax, she returned to the gym three months later. “I prioritise the cost of the personal training and work it into my budget. I’m in a very lucky position to have family support so that I can come to the gym. Not everyone has that - otherwise I wouldn’t be able to come. For me getting back into shape and feeling like myself again is so important.”

“Getting back into shape and feeling like myself again is so important”



660,742

—
visits by people who have enjoyed good health and wellbeing

“We believe every family should have the support they need to develop and lead more fulfilling lives”



Hampton Youth Project has been a popular youth centre since 1990. In 2017 we were commissioned by Achieving for Children to manage it and we offer a wide programme of activities for young people aged 11-19.

We encourage and promote equality and diversity by celebrating cultural events, promote healthy lifestyles by providing workshops and positive activities. Where needed we also offer one to one sessions to provide additional support to young people.

It's a great place for young people to gather whether they're taking part in cooking, craft, sports and music sessions or just chilling on the sofa with the TV. There is also an indoor sports hall with a 30ft climbing wall and a music/recording studio. It's a relaxed space for young people to simply hang out.

“It's a great place to come, to just chill out with my friends”

Imogen, 18, has been attending the youth project for eight years. “It's a great place to come, to just chill out with my friends. The staff here are so supportive. We can't afford to hang out in the pub as we've all just started working, so this place is great. Most of us started coming here while we were at Hampton High School.”

Lucy-Anna, 12, is a regular. “We love to make cookies, it's a lot of fun. All the kids here get on well and we all know each other from school.”

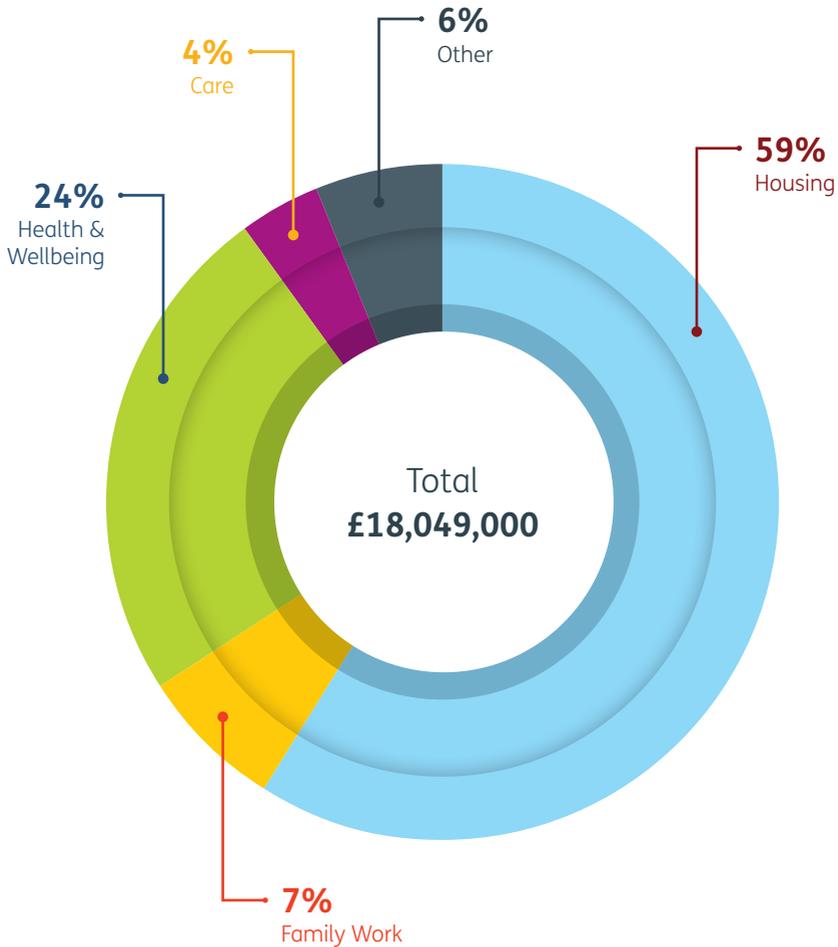
YMCA St Paul's Group Area Youth Manager Trevor Swaby says: “The YMCA staff are here to help and support local young people - it's what we do best.”



1657

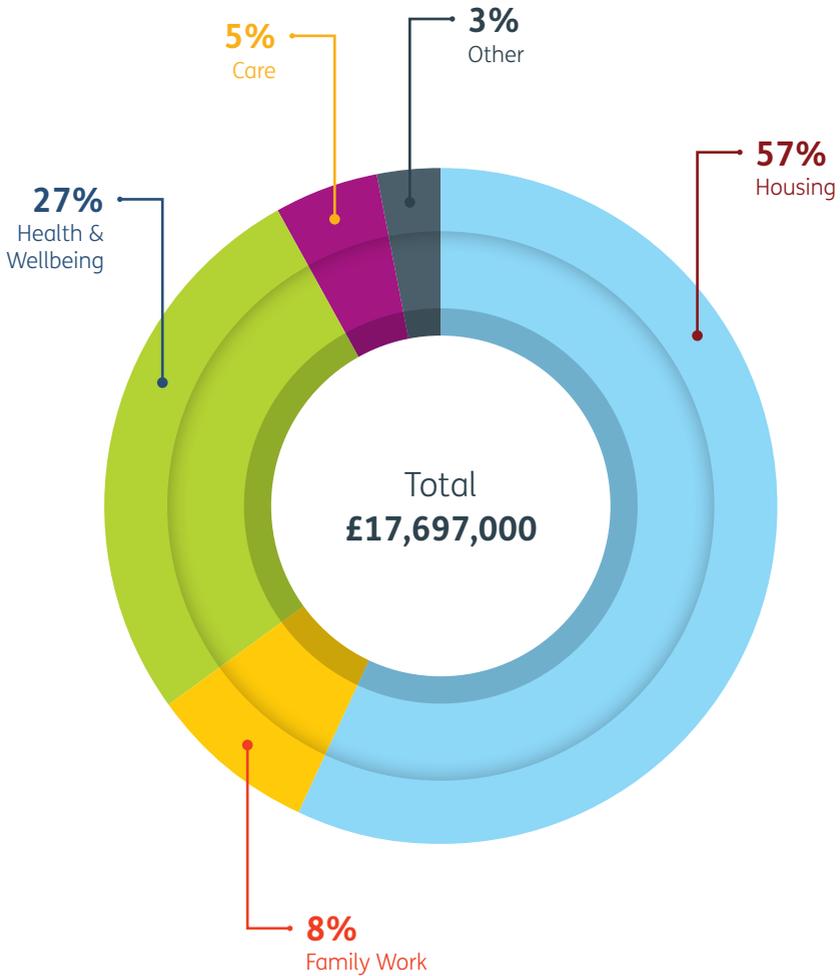
— children have attended our clubs and holiday playschemes

INCOME



The information contained within this report reflects the financial performance and position of YMCA St Paul's Group up until 31 March 2018. This information does not include YMCA West London which became a wholly owned subsidiary of YMCA St Paul's Group after year-end on 1 April 2018.

EXPENDITURE



GOVERNANCE

Presidents

The Right Reverend
Dr Richard Cheetham
Bishop of Kingston
The Right Reverend
Bishop Pete Broadbent
Bishop of Willesden

Current Board of Directors

Andy Palmer
Kathy Morrissey
Howard Dawson
Gerald Chifamba
Louise Hedges
Helen Posner
Ken Youngman
Albie Stadtmiller
Edward Weiss

Company Secretary

Gwynne Jarvis

LEGAL INFORMATION

RSH number LH4078
Group VAT number
647115343
Charity number 1041923
Company number 2971930

Registered Office
St James House
9-15 St James Road
Surbiton
KT6 4QH

SENIOR LEADERSHIP

Chief Executive Richard James

Group Finance Officer and Deputy CEO Fred Angole

Group Director of People & Services Marjorie James

Group Director of Places & Property Mark Agnew

Group Director of Business and Performance Lee Buss

Area Director (South West) Angela Garrett

Area Director (East) Jessica Laryea

Area Director (South) Rebecca Stockman

Area Director (Designate) (West) Jacqueline Adusei

Strategic Lead for Health & Wellbeing Stuart Creed

Strategic Lead for Marketing & Communications Estelle Cable

Strategic Lead for Children, Youth & Families Kristina Lastowecky

Strategic Lead for Organisational Development Nicola Kent

WE WOULD LIKE TO THANK

2020 Effect

(Gang Prevention/Knife Crime Awareness courses)

Accumulate

Achieving for Children - Richmond & Kingston

Aid Training

(First Aid courses)

BBC Children in Need - Main Grants

Big Lottery - Reaching Wider communities

Big Lottery Fund

Borderline

Buzzacott

Charity of William Hobbayne - Hanwell

City Harvest - Hanwell and Greenford

Comic Relief

Co-operative

Dame Kelly Holmes Trust

Discovery Learning *(Health & Wellbeing training)*

Elliots Carpet Cleaning

Hampton Fuel Allotment Charity

Hillingdon Community Trust

Homerton Hospital

ISO Dance Company

Jack Petchey Foundation

Just Resources *(Equality and Diversity training)*

Kentucky (KFC) - Hanwell and Greenford

Kingston Community School

Kingston Park Run

Leyton Orient Trust

Leyton Sixth Form

Lidl - Hanwell

London Borough of Ealing

London Borough Harrow Council

London Borough of Hillingdon

London Borough of Merton

London Borough of Richmond upon Thames

London Borough of Waltham Forest

London Sport

Marks and Spencer - Ealing Broadway

Metropolitan Police Service *(East London)*

Mosaic

(Housing related courses, Safeguarding training)

Myles Carpet and Flooring Ltd

Pret a Manger - Ealing

Pret a Manger - Hanwell

QPR - Sleep out

Renaisi

Retention Guru *(Customer Service training)*

RISE

Royal Borough of Kingston Upon Thames

Sage Blue

(Personal Brand/Communication training)

Scope 4 Success

Seventh Day Adventist - Hanwell

Slough Borough Council

Slough Business Community Partnership

Slough Children's Services Trust

Slough - Pause

St Mungo's

Stockley Park

Sport England

Surbiton New Life Baptist Church

Tesco - Hanwell

The Felix Project - Hanwell

The Hawker Association

The Stragglers Running Club

Tottenham Hotspur Foundation

Vanitorials *(COSHH, Manual Handling training)*

Waltham Forest College

Wimbledon Foundation

Corporate Office

St James House
9-15 St James Road
Surbiton
KT6 4QH

T: 020 8399 5427

General enquiries

enquiries@ymcasp.org

ymcastpaulsgroup.org



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION