

Annual Review 2017 – 2018



► Fundraising

The contributions we receive from grant making trusts, local organisations and the community allow us to improve and increase the number of opportunities available to the people we work with.

THE CHRISTMAS APPEAL

- The appeal achieved a total value of **£2,565** through a mix of financial and in-kind donations.
- We received cash donations worth **£325** from a local businessman and 4 individuals.
- The Association also received 26 donations of food, Christmas gifts and household items worth an estimated **£2,230**.

We would like to thank the following organisations for their support:

- | | |
|--|---|
| ► Albert Hunt Trust | ► Leofric Lions |
| ► Aldi | ► Newfield Charitable Trust |
| ► Aylesford Family Charitable Trust | ► McDonalds (Jake Restaurants) |
| ► Barclays | ► Mara Falls |
| ► Barclays Charity Trust | ► Michael Marsh Charitable Trust |
| ► Baron Davenport Charity | ► Nationwide |
| ► Big Lottery Fund | ► Norton Foundation |
| ► Bookers, Coventry | ► Royal Institute of Chartered Surveyors |
| ► CB & HH Taylor 1984 Trust | ► Sacred Heart Primary, Coventry |
| ► Coventry Comfort Carers | ► St George's Church, Rugby |
| ► Coventry City Council | ► The Rotary Club of Coventry |
| ► Coventry Gospel Hall Trust | ► The Training Foundation |
| ► Coventry Rugby Club | ► The Trussell Trust |
| ► Co-Op Coventry Distribution Centre | ► The W E D Charitable Trust |
| ► Department for Digital, Culture, Media and Sport | ► Tesco Fare Share |
| ► EMK Events | ► Urban Hope |
| ► Eddie Stobart | ► Warwick Volunteers |
| ► Free Radio Mission Christmas | ► Wasps |
| ► Friends of St Laurence Church, Coventry | ► YMCA Central Region Trust Fund |
| ► Heart of England Co-Op Helping Hearts | ► YMCA England and Wales |
| ► Learning Through Landscapes | ► And the numerous individuals who contributed towards our work |

► Get Involved

We are always looking for supporters and donations both financial and in-kind. We are really keen to strengthen our community and corporate links and across the year and offer a range of fundraising opportunities which include; Sleep Easy a sponsored sleep rough and challenge events to raise funds to support our work.

► Sleep Easy

Sleep Easy raises awareness of youth homelessness and vital funds to support our work. It gives participants an understanding of how hard it is to sleep rough and demonstrates to them that one night can make a lifetime of difference.



Our main fundraising event **Sleep Easy** took place on 23 March 2018
in one night we raised
£13,626.66
before expenses

- 88 people participated across two sites (Including 3 staff and 1 Trustee)
- 95% were members of the public/local businesses
- 9 participants had previously taken part in Sleep Easy
- Ages ranged from 10 – 62 years old

On average each participant raised £216.30

We received in kind support (including venue, breakfast, security and catering) worth **£2,982**

► A message from the CEO



I am delighted to have joined YMCA Coventry and Warwickshire as Chief Executive at this exciting time in the organisation's development.

wherever possible, self-contained. So trustees are also developing proposals for replacing those two schemes with a new purpose-built block of accommodation at our flagship Daimler Green site.

But it has also been a pleasure to see the high regard in which our youth work is held and the difference that it is making to the lives of young people. Funding for youth work has been in short supply since the financial crash. Sadly, in an era of funding cuts, youth services have been an easy saving to make as youth work is not a statutory service. But the consequences of those decisions are now being seen across the country as youth offending, gang violence and knife crime have come to dominate our news agenda. The work that we are doing, co-funded through the Big Lottery Fund and Department for Digital, Culture, Media and Sport is working in some of the most challenging parts of Coventry to help reverse those worrying trends.

At its best this is what YMCA is about: a locally-based service, identifying and meeting local needs in partnership with statutory and other voluntary sector agencies. And it is this approach that I am committed to preserving and extending through YMCA's work across Coventry and Warwickshire throughout my time as Chief Executive.

Alan Fraser

► About Us

YMCA Coventry and Warwickshire provide accommodation for young people aged **16-25**, who would otherwise be homeless, in Coventry and Rugby. All residents are assigned a Coach, who provides tailored advice, guidance and personal development opportunities, to help them move towards independent living.

We also deliver open access youth work sessions across Coventry; providing young people with a safe and secure place to meet others, learn new skills and to engage in fun and rewarding activities, based on topical issues.

We have regular corporate volunteering opportunities and often need people to sign up to fundraising challenges to raise money to support our work.

► Get in touch

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SLEEP EASY CASE STUDY – NASH

We asked Nash, one of our top Sleep Easy fundraisers for the last two years, what motivated him to sign up for a second year.

"Hi I'm Nash and my main pleasures in life come from electronic music - primarily Techno and football - primarily Aston Villa. When I was 17 I was kicked out of home by my old man. I was living in Telford, hadn't really a clue about, well anything really! I was too proud or stupid to ask friends for help so I stayed in the nearby woods for a few days. I managed at first but then obviously couldn't continue functioning "normally". I started to feel the real despair, and was still after all just a kid. I didn't really know what to do but growing up had heard of YMCA. There was one in Telford so I contacted them for advice and they really set me straight. They took the time, offered great advice and talked me through my options. They made me see sense and I then confided in my old best pal George (more like a blood brother to me) what I was going through. He of course immediately put me up and helped till I got my own flat few weeks later with the assistance from the YMCA. He's no longer of this world but I know he'd be pleased I'm helping YMCA.

Fast forward to 2013, I moved to Birmingham. And then it really hit home how huge the problem is when you see it every day. Just so many people are homeless in the region it's unreal yet totally real. I was lucky I had a secluded



place in the woods I could hide for a few days, and lucky I had help. I wonder how the 17 year old me would have coped homeless in a big city? And in this day and age? It's a vicious harsh world for these people and it sickens me to my very core that this is such a big, escalating problem."

Our thanks to the following for their support for this year's Sleep Easy:

- Co-Op Coventry Distribution Centre
- Coventry Rugby Club
- Eddie Stobart
- EMK Events
- GE Power
- Ikea Coventry
- Mara Falls
- McDonalds
- Property Mark
- Royal Institute of Chartered Surveyors
- The Friends of St Laurence Church
- Warwick Volunteers
- Young People First
- And all those who contributed in any way they could

► Corporate Volunteering

In 2017-2018 we welcomed **100** volunteers at **9** unique events, totalling **652** hours.



We benefit from a team of willing and enthusiastic volunteers who help us to tackle jobs such as painting, garden maintenance, and carpet cleaning. This frees up time to address other maintenance issues and ultimately saves money which can be directed elsewhere.

These included teams from **Barclays, Co-Op Coventry Distribution Centre, Warwick Volunteers, RICS.**



BARCLAYS CASE STUDY

Barclays Corporate Volunteering Day – YMCA Bishopsgate
"It makes you realise how much we take for granted and the incredible work that the YMCA do every day. What I took away was that whilst we often talk about helping customers to make their lives better, whether lending them money for a car, a wedding or even a home, the work that the YMCA do can make a difference to a person's life forever. With the right support they can turn themselves and their situation around, to achieve what might seem an impossible dream if they're homeless or sofa surfing".
Graham



► Chair's report

Welcome to YMCA Coventry and Warwickshire's latest annual review. Last year we reported that trustees had taken the difficult decisions we felt were necessary in order to secure the long-term future of the association. This involved some short-term pain as we restructured the organisation, and some of the impact of that restructuring can be seen in the financial figures that are included in our annual report.

Building on that work, this year we have begun collaborating with our colleagues at YMCA Birmingham with the aim for 'back-office' functions to be managed and delivered across both YMCAs using common systems, processes and staff (including our new Chief Executive, Alan Fraser), to leverage expertise, capture synergies, and ensure maximum focus on front line services for the young people of Coventry and Warwickshire.

We are now confident that the organisation is fit to face the future and performance this year is proving this to be true.

It has been a particular delight to see new work starting to grow. Last year we secured a significant grant from the Youth Investment Fund and we have now begun work on a three-year programme delivering youth work across Coventry in some of the city's most hard to reach

neighbourhoods. It has been great to see YMCA Coventry and Warwickshire at the heart of the Coventry Youth Partnership delivering high-quality youth work to young people, and its success so far bodes well for the future.

In closing I would like to welcome Alan Fraser, our new CEO, into the YMCA Coventry and Warwickshire fold, and footnote that this will be my final report as chair. After nine years on the board the time has come to stand down - and hand the baton on - and give back some time to my very patient wife and young family. It has been an honour and a privilege to serve as chair, and I would like to thank trustees and staff - past and present - for their support throughout my time. I leave the association with confidence that it is now in a position to move forward into a bright future.

Jonathan Grant



In 2017 – 2018

We provided **24,820**

safe night's sleep at our accommodation in Coventry and Rugby



Accommodation

At YMCA Coventry and Warwickshire we understand that providing secure and comfortable accommodation is an essential part of a healthy and thriving compassionate community. Starting with a safe place to live, our one-to-one support aims to empower and encourage young people in preparation for more independent living, enabling them to sustain independence and contribute to their communities. We work directly with Young People who need accommodation, usually at a time of crisis, for a range of reasons including, but not limited to:

- ▶ Homelessness/ Rough Sleeping
- ▶ Family separation
- ▶ Mental and Physical Health issues
- ▶ Substance misuse
- ▶ Learning difficulties
- ▶ Difficulties with mainstream school

We are a registered housing provider offering **68 units of accommodation 24/7** and **365 days a year**. We supported **167 young people during the financial year 2017/2018**.

WE PROVIDE:

- ▶ Personalised 1:1 support tailored towards the young people's individual needs
- ▶ Developing confidence through positive encouragement
- ▶ Help with claiming relevant benefits
- ▶ Building skills that will help lead to independent living
- ▶ A wide range of personal development opportunities

Young people come to us from a range of backgrounds having lived at a variety of different places, including:

- ▶ Living with family & friends
- ▶ Foster care
- ▶ Rough Sleeping
- ▶ Direct access hostel
- ▶ Asylum support
- ▶ LA tenancy
- ▶ Supported housing

53% of residents during 2017-2018 were "sofa surfing" before they came to live with us and as such are part of the hidden homeless picture and would not be in counted in national statistics.



RESIDENTS DESTINATIONS



Young people that 'moved on' from our accommodation go on to university, to their own home or move back in with friends or family

NEW RESIDENTS

We welcomed **76** young people to our housing projects over the year



In **2017-2018** we worked with **333** young people across our **accommodation** and **youth work** programme.

Youth Work

In **July 2017**, we re-established our youth work provision within the city, following a major Youth Investment Fund (YIF) grant from Big Lottery/Department for Digital, Culture, Media and Sport, to provide targeted projects. Delivery began in October 2017 with the introduction of open access Youth Work from The Hagard Centre, Willenhall. The programme extended to The John White Community Centre, Binley in January 2018. The response from young people, and the local community, was very positive with over 135 young people accessing the service in the first five months of delivery.

Sessions focussed on youth issues including peer pressure, body image and relationships as well as offering a variety of sports, craft based activities and trips. Specialists, including Media Mania were identified to deliver specific programmes. A fruitful partnership also developed with the local School Nursing Team, offering a host of services to young people. Support is confidential although the nursing team feedback on recurring themes which, in turn, inform future session planning.

As the financial year drew to a close, work was underway to identify delivery partners and venues in other areas across the city. Relationships with youth organisations across the city were developing, within YMCA Coventry and Warwickshire's YIF consortium and within the newly emerging Coventry Youth Partnership. Plans were also put in place to deliver Young Leader Training to youth club participants and Accredited Youth Work Training to partner agencies across the city.



During the period **30th October to 26th March:**

135 Young people (unique individuals) attended our youth work sessions.

- ▶ Of these, **39** attended on more than **10** occasions
- ▶ **70%** of these young people were **14** and under
- ▶ **30%** of these were aged **15+**



▶ **23** participants attended two trips; ice skating and trampolining



DAN CASE STUDY

"The support I received from the YMCA instilled a passion within me to fulfil a career within youth work, and I am lucky to be able to pursue this with such a reputable charity"

Dan, aged 26 was born and raised in Coventry. He grew up in foster care from the age of 4 and lived with permanent foster carers from the age of 6 to 16. Dan had heard about the charitable work done by the YMCA, but his first encounter with YMCA was at the age of 22, when he was a resident at one of our supported housing projects.

Dan was so inspired by the support he had from YMCA that he decided to pursue a career in youth work. He has built up considerable experience, working for different charities and youth groups across Coventry and has helped to teach physical education, rock climbing and archery at primary schools and PGL.

Dan now provides support to young people in Coventry many of whom face similar to challenges to those he faced. He works part-time for YMCA Coventry and Warwickshire as a youth worker and says his aspiration is to become a fully qualified barber and transfer this skill to others. His aim is to teach teenagers and young adults that are from disadvantaged backgrounds, so they too have a skill that they can use to build a better life.



JACK CASE STUDY

Jack* age 16, had only been attending one of YMCAs Youth Club's for a few months, when staff started to see a positive change in his behaviour.

When he first attended, Jack would often lose his temper and say unpleasant things to others to get a reaction. However, with support from the youth work team he has started to make real progress.

Jack has found himself a job so that he can save some money and is making plans for what he would like to do in the future. When an incident happens he is able to acknowledge, accept and show an understanding of why his actions need to be considered and why he has been asked to leave. The change in the way that Jack now takes responsibility for his behaviour is a really positive step forward in his development and one that we hope he will carry forward for the future.

*name changed to ensure anonymity

SHER CASE STUDY

"It's a good place to live and I feel safe here".

Sher came to YMCA Coventry and Warwickshire when his previous accommodation was no longer available due to illness. Sher has diagnosed Autism and was worried about how he would cope socially in a new environment. However, since moving in, he has found YMCA to be safe and secure and has concentrated on studying for his A Levels. He appreciates that staff are on hand if needed. Sher intends to finish his studies and then decide what the future holds for him.



DOMINIQUE CASE STUDY

"I am very grateful for YMCA as they have supported me to into becoming the young independent confident woman I am desperate to be".



Dominique came to YMCA having faced significant mental health problems. In her own words, Dominique describes the impact that living at YMCA has made on her life.

"YMCA has helped me become more independent for example maintaining my flat (cleaning it), paying bills on time by having a standing order and overall encouragement from the staff to achieve my life goals especially with my career ambitions of going to university to study psychology with counselling and then integrative psychotherapy. I am already volunteering as a health buddy helping adults with their health, well-being and independent living and I am studying health and social care Level 3 at Rugby college next month. I am looking forward to other challenges I face in the future and learning from my mistakes but most of all eventually achieving all my goals I set for myself".

Youth Awards

In 2017 we revamped our Annual Youth Awards, to make them more relevant to the young people we work with. Each award was presented to a young person who had shown exceptional achievements during the year.

WINNERS FOR 2017-2018 WERE:

- ▶ The Arthur Desmond Lynes' Award for Achievement **Rachel Orman**
- ▶ The President's Award for Courage **Michelle Makubo**
- ▶ The Trustee's Award for Citizenship **Allanah Thompson**

