



Nottinghamshire YMCA

Annual Report

2020-21





Welcome

Nottinghamshire YMCA supports **healthy living, youth development** and **social responsibility** by delivering varied frontline services across the region to build stronger communities that empower young people to belong, contribute and thrive.

We are pleased to share our Annual Report (2020-21) which outlines the community impacts of our movement as we enter our charity 150th anniversary year and embark upon our greatest growth trajectory to date.

nottsymca.com

Contents

| | |
|---|-------|
| ▼ Message from our Chair | 4 |
| ▼ Our Year In Numbers (2020-21) | 5 |
| ▼ Youth Development: Youth Services – YMCA Digital | 6 |
| ▼ Youth Development: YMCA Childcare and Adventure Guides | 7 |
| ▼ Youth Development: Day Camps and Outdoor Education | 8 |
| ▼ Social Responsibility: Housing | 9 |
| ▼ Social Responsibility: COVID community heroes | 10 |
| ▼ Social Responsibility: Children’s Residential Care | 11 |
| ▼ Healthy Living: Gym | 12-13 |
| ▼ YMCA Newark and Sherwood Community and Activity Village | 14-15 |
| ▼ Venues: ICC and Youth and Community Centre | 16 |
| ▼ Venues: Malt Cross | 17 |
| ▼ Accounts | 18 |
| ▼ Strategic Priorities | 19 |
| ▼ Thank You | 20 |

Message from our Chair

Dear friends and supporters,

Welcome to this year's Annual Report (2020-21), in which we celebrate how each of our programmes and services are working to deliver upon our strategic priority of supporting communities to ensure children and young people can belong, contribute and thrive.

Our movement's mission to unify communities is moving at pace, with positive progress on the transformational YMCA Newark and Sherwood Community and Activity Village on track for opening the main community building in Spring 2022.

This ambitious project, centred around the 40 developmental assets needed to empower a child's youth development, will feature everything from childcare, sports and education provisions to apprenticeship opportunities through the core local partnerships and services we are developing.

Nottinghamshire YMCA and its subsidiaries maintained an impressive growth trajectory this year whilst continuing to provide life-changing frontline services to our community's most fragile members and keyworkers throughout the COVID-19 pandemic.

Staff wellbeing continued to be a priority, with HR's creation of new policies – such as an updated 'Working From Home' policy – complementing the introduction of a new survey platform, Peakon, to ensure staff voices inform and help shape all workplace practices.

After 26 years of dedicated service, we said a heartfelt farewell to our retiring CEO Will Wakefield as he passed on the reins to our new Group CEO, Craig Berens, who will lead us into our next exciting chapter as the charity celebrates its 150th anniversary year.

Craig brings an exceptional leadership portfolio combined with strong YMCA experience nurtured since he was just seven years old in the USA's YMCA movement. Having spent ten years delivering YMCA programmes in the USA before serving 16 years as COO then Joint CEO, we have immense confidence in Craig's ability to transform communities for the benefit of young people as he now takes on this well-deserved Group CEO position.

It has been energising to see our YMCA overcome this year's adversities to protect and empower vulnerable young people in mind, body and spirit. I would like to thank each and every one of you for supporting our mission to champion youth social mobility and nurture stronger communities.



Warmest regards,

Michael McKeever,
Chair of Trustees

Our year
in numbers

2020-21



20 Trained staff
Mental Health
Champions



1,814 Newark
Village facility
bookings



230 Employees



132 Families
supported
with childcare



23 Day Camps
scholarships
awarded



14 Young people supported
through Children's
Residential Care



624 Gym members,
including 67
CrossFit 1871
members



1,171 Formerly
homeless
residents
supported

YOUTH DEVELOPMENT

Youth Services

YMCA Digital

11 Participants on funded projects

YMCA Digital transitioned to an online approach during lockdown to accommodate social distancing measures, continuing to deliver dynamic projects supported by Youth Music Newark and Heritage Lottery Fund. Opportunities for young people ranged from artist management and art clubs to 'Maecast' (podcasting).

Broadcasting

Funded by Children in Need

This project works with autistic and LGBT+ young people to create a podcast radio show and boost their social skills. The show moved online when the UK entered its first lockdown.



Young Digital Historians

Funded by the Heritage Lottery Project

With a Steering Group of 15-25 year-olds, this project works well online as young people research Nottingham's history in themed sessions and communicate using the chat feature. Steering Group members delivered presentations on their research and plan to lead groups of young people on trips to venues such as Nottingham's Galleries of Justice.

Art Club in association with Aspire Youth Arts

With seven regular attendees, feedback has been very positive from parents of the young people as running an art club has required creativity and DIY-style activities using items that participants already have at home.

Music Project

Funded by Youth Music

Social distancing studio restrictions halted some co-production elements, though 1:1 sessions worked well as participants are more focused and productive. Music sessions moved online for music, production and lyric writing skills, with interactive apps supporting young people with music production and visual sound-making.



YMCA Childcare

Although this service lost 101 weeks delivery due to the pandemic this year, the charity was proud to continue delivery to support keyworker families at our Middleton School site throughout all three lockdowns, offering COVID-safe care provisions for to up to 30 children per session.

11,384

Childcare sessions delivered

132

Parents/families supported



YMCA Adventure Guides

This programme was postponed in March 2020 and we are pleased to confirm that it is scheduled to restart in May 2021. As the programme will now form a membership subscription rather than a pay-as-you-go format, families will have a monthly direct debit to be part of the programme and receive the year of expedition dates/venues in advance, along with other exciting benefits. Reaching Communities funding is helping to bring memberships/subscriptions online.

524

Members

119

Parents

137

Families



YMCA Day Camps

YMCA Camp Williams closed temporarily before Easter camp (April 2020) due to Nottingham Emmanuel School's COVID-19 safeguarding measures. With risk assessments and government guidelines in place, YMCA Melbourne Park was delivered as an alternative school holiday day camp in Summer, October and December 2020 and February 2021. A successful childcare provision was also delivered at YMCA Youth and Community Centre in Aspley. Following the government's 'step' process, the reintroduction of YMCA Camp Williams at Emmanuel School is now being rolled out. By Summer 2021, the aim is to reintroduce our flagship services such as swimming, skill clinics and the inclusive bus service for week booking customers.

23
Scholarship places

297
Full week bookings

YMCA Outdoor Education

All services were stopped for prolonged periods on three occasions this year and we are proud that, wherever possible and within government restrictions, services restarted as quickly as possible with restricted numbers and robust control measures to ensure the safety of both staff and participants.

This included delivery of a Sport England funded project, one half-term programme with a new alternative education partner and new sports sessions at our young people's hostel on Peachey Street, Nottingham. Sport England's 'Tackling Inactivity' (TIC) project enabled delivery of a twice-weekly sports/activity programme at YMCA's Mansfield hostel, where a resident steering group chose different sports to learn each month – including football, tennis, golf and mountain biking. TIC generously matched this funding to get our younger residents involved with sports activities.

54
Beneficiaries engaged

16
Sports sessions delivered for Mansfield hostel residents

8
First aid courses delivered for YMCA staff

SOCIAL RESPONSIBILITY

Supported Housing

Successful funding from Comic Relief, in this year's first quarter, saw the appointment of a full-time therapist in Mansfield. With lockdown challenging mental wellbeing, Trauma Informed Counsellor Janice Grant has been supporting requests from YMCA residents since joining the charity in June 2020. In addition to providing mental health support, various outings to cafés and parks also helped nurture peer support and boost mindfulness in nature.

Groundwork UK generously awarded £500 to support YMCA Mansfield residents via the 'Tesco Bags of Help COVID-19 Communities Fund', with Housing Operations Manager Nick Clements featuring on BBC Radio Nottingham to discuss how YMCA supported residents' mental wellbeing in lockdown.

Mansfield District Council approached YMCA to help support rough sleepers who are unable to access safe provision this winter. Having provided six beds of accommodation for 12 weeks commencing 7 December, the service received thanks from councillors and the winter provision has so far been a resounding success, generating much praise and appreciation from various stakeholders.

This was an innovative response to managing rough sleeping during the winter months where usual arrangements were discontinued due to COVID-19.

Building Better Opportunities (BBO)

*Funded by The Lottery
Community Fund and ESIF*

In March 2020, BBO advised pausing sign-ups for new participants due to COVID, though programme navigators continued supporting existing participants remotely. This stayed in place until the end of 2020 and targets were reduced to reflect this. Social workers also continued to support the charity's multiple complex needs project in Nottingham along with residents living in their own homes where no formal support was in place. The team arranged and collected donations from various organisations throughout lockdown and supported YMCA's complex needs residents in Worksop and Mansfield. Since restarting sign-ups, BBO has supported 50 residents alongside YMCA's two lead partners, Framework and Nottingham Advice.

1,171

Residents supported

Nottingham: 673

Mansfield: 313

Worksop: 110

Goole: 75





COVID SUPPORT

Community Heroes

With lockdown putting unprecedented life pressures on the physical, mental and financial stability of YMCA residents, it was empowering to see an overwhelming number of care package donations and support offers flooding in from local businesses, churches, schools and caring community members.

Open Kitchens UK donations: As the pilot charity for the national initiative, **Nottinghamshire YMCA received 20,000** fresh, nutritious donated meals, delivered across all regional sites to help residents feel valued, particularly those self-isolating. This partnership, in collaboration with FareShare and Shake-the-Spirit delivery teams, was a truly inspirational demonstration of community spirit and generosity.

Funding support from local heroes (such as Robin Hood Fund donors) also proved essential for reducing the financial impact of COVID-19 on our community's most vulnerable members as the YMCA was able to ensure sufficient PPE and provide garden furniture, educational toys, games and books for young people in our care. Local companies such as Footfalls and Heartbeats donated face masks to help protect YMCA frontline workers, while clothing donated by Sainsbury's supported our departments, raised £1,200 in donations and aided Sharewear, Notts homeless charity The Friary, Stapelford Helping Hands, Stapleford Community Group and Mojatu Foundation.

20k

Open Kitchens meals

£3k

Raised via JustGiving for at-risk young people

160

Large Easter eggs from Wilkinson's & Nottingham Forest Christmas gifts donated for YMCA residents

32

Pallets of clothes from Sainsbury's



Children's Residential Care

This year, we were pleased to launch one new home in White City, Yorkshire, which expands the geographical reach of our non-profit support offering. This brings our total to six operational homes that provide 24-hour care for vulnerable children and young people (aged 8-17) in our communities.

Despite furloughing six staff members at the beginning of the COVID-19 outbreak, the homes remained on average at 80% occupancy during the pandemic, with a temporary secondment of staff members from the charity's wider youth provisions helping to ensure continued smooth delivery of the service.

These strategic secondments empowered us to seamlessly protect and champion the health and wellbeing of the 15 young people who benefited from our support as our top priority. Having thoroughly enjoyed their experiences in our department, three

15

Young people supported

6

Children's residential care homes

of these staff members decided to remain with YMCA Children's Residential Care even after the pandemic risk had passed. As a not-for-profit service, the objective for the young people coming into the home is to feel settled and we are proud that those who come to live with us often stay for several months, if not years.

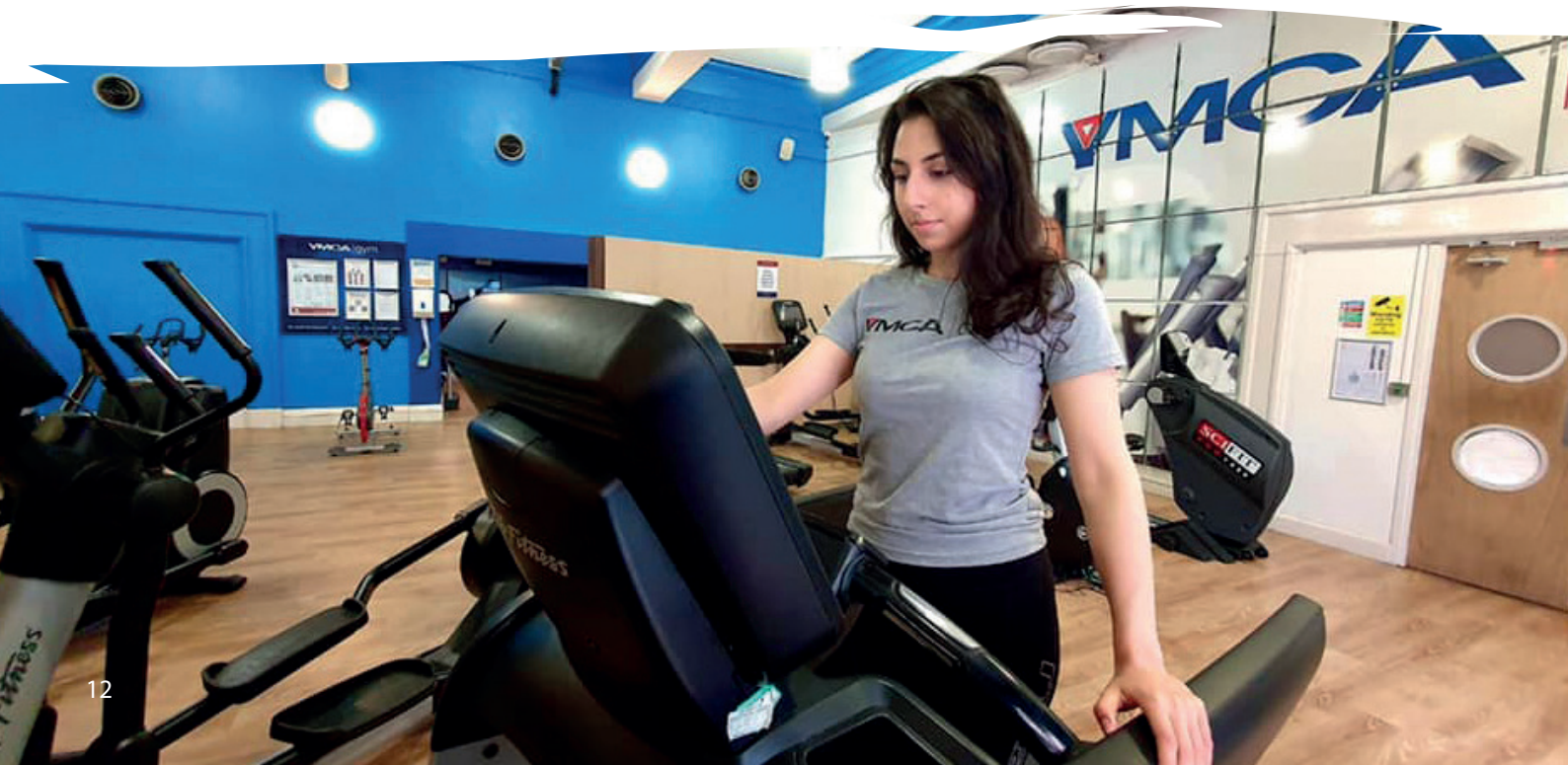
Although staff self-isolation safety protocols posed challenges for the department in the year's fourth quarter, we saw a significant rise in young people with complex needs being referred into the provision and the service has received three quality assurance visits by our regulator OFSTED during this financial year. Each visit resulted in positive feedback on how well we have supported our young people and employees during the COVID-19 pandemic. The strong and visible leadership and management of our service was a key strength noted by the reviews, alongside ensuring the safeguarding of our young people during this difficult time.

HEALTHY LIVING

YMCA Gym

Although YMCA Gym faced three temporary closures due to government lockdowns (Mar-Jul 20, Nov 20 and Jan-Apr 21) which affected membership numbers, the service continued to deliver dynamic online fitness classes and daily workout programmes via Zoom and Facebook Live during the pandemic. Reaching Communities COVID funding enabled recorded online classes to be posted to the YMCA Gym community Facebook group page to ensure anyone wishing to stay fit during isolation could access support. Weekly virtual quizzes also helped staff and members feel engaged and supported in maintaining their health and wellbeing.

While the gym was closed, it was energising to see members choosing to donate their membership fees to support our charity's frontline services during the pandemic, with £2,338 donations received from members. The staff team organised a 2.6 mile walk for members as part of the national 'Two Point Six Challenge' to raise funds for Nottinghamshire YMCA's COVID Youth Homeless appeal. CrossFit 1871 members also rallied to participate in the global fundraiser 'Support Your Box' to raise over £450 for our YMCA.



“It was energising to see members choosing to donate their membership fees to support our charity’s frontline services during the pandemic, with **£2,338 donations received from members.”**

624

Gym members

320

CrossFit WOD sessions delivered

67

CrossFit 1871 members

When able to open, the gym operated in a COVID-safe format by limiting capacity, implementing guidelines (such as masks and social distancing) in addition to suspending in-person fitness classes until it was safe to restart these activities. Outdoor CrossFit 1871 classes were delivered at the YMCA International Community Centre on Mansfield Road. Guidelines helped our members, particularly those who are vulnerable, feel confident about returning, with numerous gym members thanking the charity and saying that ‘YMCA is the safest gym in Nottingham’.

In addition to introducing online fitness coaching through TrueCoach, the launch of a brand new online merchandise shop now means anyone can purchase personalised YMCA Gym and CrossFit branded clothing from the comfort of their own home. Visit our website for details.



YMCA NEWARK AND SHERWOOD

Community and Activity Village

1,814

Village facility bookings

The most exciting development, unveiled this year, was the contract agreement – signed with RG Carter in December 2020 – to construct the Village project’s main community building that will host everything from learning spaces and climbing wall to childcare provisions and a community café. Building work started onsite with a ground-breaking ceremony in February 2021 with a view to complete in Spring 2022.

Although the existing Village facilities were closed for long periods due to the COVID-19 pandemic, £100,000 funding was secured from the FCC Communities Foundation during the first lockdown to enhance the Village facility and construct a multi-use games

area to empower young people and families to enjoy activities such as tennis, netball and basketball. The construction was undertaken by Charles Lawrence Surfaces and opened to the public in March 2021.

A further £250,000 Football Foundation grant to secure the future of grassroots football in Newark and Sherwood was received to enhance the changing room facilities and furnish one of the education suites in the new community building. Being awarded a £2,500 Pitch Preparation Fund grant from the Premier League, The FA and the government’s Football Foundation also enabled the YMCA to re-crumb the community 3G pitch prior to reopening the services.



A very big thank you to all of our fantastic new partners

We also received £2.2million from D2N2 (LEP) to support the creation of the site itself, long-term employment of over 130 staff members and apprentices on site, plus delivery of 1,200 qualifications over the next few years. A host of partnerships were developed this year with several training, wellbeing and educational partners, such as Newark College, to occupy various spaces within the Village building. This progress is in addition to the ongoing work to collaborate with a range of stakeholders and potential facility users across Newark and Sherwood.

In October 2020, a new £3million six-year charity bond was launched by our YMCA in partnership with Triodos Bank UK, on the bank's crowd funding platform, to support development of the Village. Designed in consultation with thousands of people across Newark and Sherwood and beyond, this successful charity bond initiative provided yet another way for the community to get involved with our transformational project.



VENUES

Youth and Community Centre at Melbourne Park

In March 2021, Nottinghamshire YMCA made the difficult decision not to renew the charity's lease on the venue after 16 years serving the Aspley community due to an unsustainable rent increase. Services will continue to run in this area and the team is planning the best ways to deliver our ever-popular programmes, such as YMCA OnSide which offers inclusive sport for disabled children and their families, to ensure local young people can still get the most out of the charity's services.

International Community Centre (ICC)

Although the ICC has been closed this year, due to COVID-19 restrictions, bookings to facilitate learning courses for adults and young people with learning difficulties continued where possible and the centre continued to be used as a base by YMCA maintenance teams throughout the pandemic.





Malt Cross

4,360

Hot meals cooked for vulnerable residents

25

Themed events delivered

347

'Meals on Wheels' delivered to keyworkers

Malt Cross: Community and Events Venue

As a stunning grade-II listed Victorian music hall, our community café/bar events venue operates to support local heritage, artists and musicians and is home to the Street Pastors initiative. We saw two venue closures due to the pandemic this year (March 2020 – July 2020 and October 2020 – present), which meant that all front-of-house staff and Street Pastors were furloughed during these periods.

When open, the venue operated at reduced capacity, by 70%, within government guidelines, championing NHS Track and Trace 'rule of 6' with table service only and reduced opening hours to keep staff and customers safe.

The kitchen team was proud to prepare **4,360 meals** for vulnerable formerly homeless residents living at YMCA's supported housing provisions during lockdown. Committed to serving our community's frontline keyworkers during the pandemic, a 'Staff Meals on Wheels' initiative launched in March 2021 with **347 fresh, high-quality and reheatable meals** hand-delivered by our new Group CEO Craig Berens and Chair of Trustees Mike McKeever for YMCA frontline keyworkers and their families to enjoy.

25 events were delivered between August and November 2020 – including a weekly Pub Quiz which moved online, themed menu evenings, DJ Nights and live music sessions presented by Phlexx Records. The Malt Cross was grateful to receive a **£47,000 Heritage Lottery Fund grant** to protect the site's staff salaries as a heritage site for which we are very grateful.

Accounts

The table below shows the financial performance of Nottinghamshire YMCA and its subsidiaries for 2020-21.

| | 2020/2021 | | | 2019 /2020 |
|---|----------------------|--------------------|---------------|---------------|
| | Unrestricted (£000s) | Restricted (£000s) | Total (£000s) | Total (£000s) |
| Income | 10,648 | 635 | 11,283 | 10,294 |
| Expenditure | 10,511 | 533 | 11,044 | 10,297 |
| Net Operating income | 138 | 101 | 239 | (3) |
| Gain on consolidation | - | - | - | - |
| Net income (expenditure) | 138 | 101 | 239 | (3) |
| Total funds brought forward (restated) | 4,220 | 247 | 4,467 | 4,470 |
| Total funds carried forward | 4,357 | 349 | 4,706 | 4,467 |

All income and expenditure derive from continuing activities.
The statement of financial activities includes all gains and losses recognised during the year.

Strategic Priorities

Dedicated to creating safe environments and life opportunities in which young people can **belong**, **contribute** and **thrive**, we are committed to promoting:



Youth Development

Our family and community programmes provide support and nourishment to help young people make the best life decisions and become meaningful contributors in their communities.



Healthy Living

Placing **mind**, **body** and **spirit** at the heart of all programmes, our movement empowers individuals, families and communities to become the best versions of themselves they can possibly be.



Social Responsibility

In addition to delivering supported housing for homeless and at-risk young people, our services champion corporate social responsibility by working collaboratively with local organisations and key stakeholders to inspire meaningful social change.



Thank you to our funders

A big thank you to all our fantastic funders, whose support has empowered Nottinghamshire YMCA and its subsidiary charities to expand the horizons of thousands of vulnerable young people and frontline keyworkers, whilst shaping life-changing services that will benefit generations to come.

In addition to the funders celebrated throughout this report, we would like to recognise the incredible impact of the following YMCA supporters:

- ▼ **National Emergency Trust**
- ▼ **LandAid**
- ▼ **Youth Music**
- ▼ **Tesco**
- ▼ **Robin Hood Fund**
- ▼ **Comic Relief**
- ▼ **Morrisons**
- ▼ **Nottingham City Council**
- ▼ **Newark and Sherwood District Council**
- ▼ **National Lottery (COVID Community Support Fund)**
- ▼ **Reaching Communities**
- ▼ **Heritage Lottery Fund**
- ▼ **Arts Council**

This Annual Report is dedicated to every YMCA frontline keyworker who ensured the safety and wellbeing of our community's most at-risk members remained the top priority this year. We would like to thank every staff member, volunteer, donor, service user and supporter who continue to help us provide life-changing care and support to our homeless and youth communities.

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Thank you to our Workplace Chaplain Jo Tatum and Gym Pastors who offer support and spiritual guidance to staff, and can be contacted via our HR team at hr@nottsymca.org