



YMCA VICTORIA ANNUAL REPORT

2017 – 2018

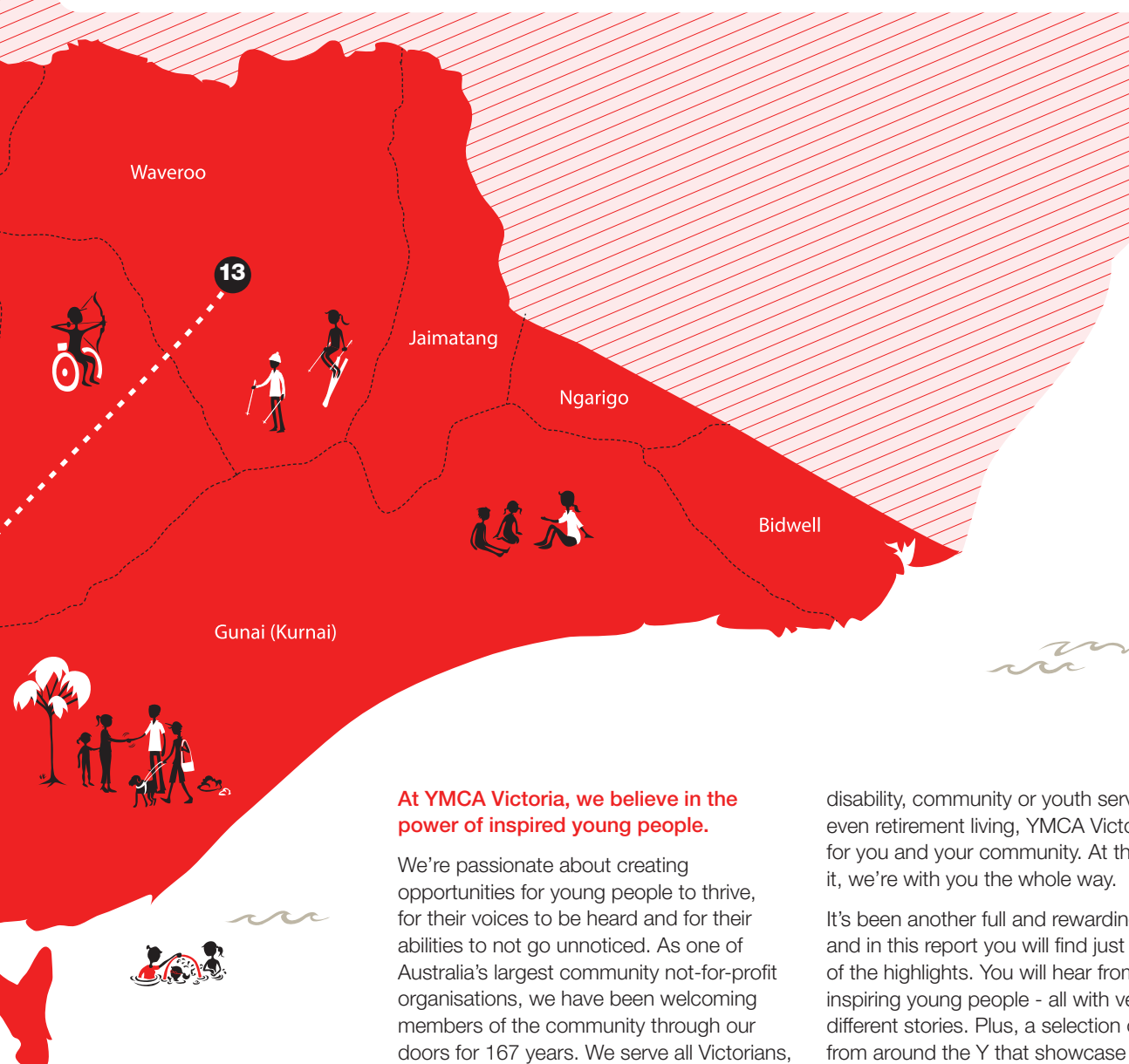




*YMCA Victoria acknowledges the
Aboriginal and Torres Strait Islander
peoples as the first inhabitants
of the nation and the traditional
custodians of the lands where we
live, learn and work.*

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At YMCA Victoria, we believe in the power of inspired young people.

We're passionate about creating opportunities for young people to thrive, for their voices to be heard and for their abilities to not go unnoticed. As one of Australia's largest community not-for-profit organisations, we have been welcoming members of the community through our doors for 167 years. We serve all Victorians, from children, young people, adults, older adults and everyone in between.

From the surf coast, the city, the snowy mountains and rural Victoria, to even other parts of the globe, we will be there. Whether it's for health and fitness, aquatics, camping, children's programs, gymnastics,

disability, community or youth services, or even retirement living, YMCA Victoria is here for you and your community. At the heart of it, we're with you the whole way.

It's been another full and rewarding year and in this report you will find just some of the highlights. You will hear from some inspiring young people - all with very different stories. Plus, a selection of stories from around the Y that showcase just some of the incredible work we do. YMCA Victoria would like to say thank you to our staff, volunteers, partners and sponsors. It's thanks to you that we're able to reach so many communities and improve the lives of Victorians along the way.

**So, let's turn the page
and get started!**



A MESSAGE FROM OUR CHIEF EXECUTIVE

support healthier, happier communities in these areas.

Above all else, we are committed to inclusion and equality for all people at the Y. When the Board endorsed our support for marriage equality during the challenging and divisive postal survey in late 2017, we publicly demonstrated that commitment to our people, especially our young people.

This year we hosted our first YMCA Youth Summit in Melbourne in partnership with YMCA Australia and VicHealth. Almost 400 young people and professionals attended. They heard from experts in their fields on the topic of mental health and wellbeing, self-care and resilience, as well as from inspirational young speakers themselves.

The YMCA Bridge Project, a program which gives young ex-offenders a second chance to put their lives back on track through training, skills and employment opportunities, continued its excellent work. The announcement of an unprecedented \$1.5 million funding from the Victorian Government was a superb recognition of its value.

Globally we continued our engagement with YMCAs from across the world and an enthusiastic delegation attended the World Council of YMCAs in Chiang Mai.

We also hosted the sixth YAPUN (YMCA Asia Pacific Urban Network) conference. Other collaborations included our continued exchange partnership with Osaka YMCA, YMCA Unearth with YMCA Cambodia, and active participation in the affairs of the World YMCA including the Change Agent Program, workshop participation and project sponsorship.

These are just some examples of the impact the Y has had in the past year. So many stories emerge from our programs, services and people each year, and you will read about some of them in this report.

I sincerely thank all our staff and volunteers for their incredible dedication and contribution to the Y and the people we serve. Each one of you is an integral player in our Movement, and you play a pivotal role in changing lives, one person at a time. Be it as a group fitness instructor, camping volunteer, administration officer, frontline support or board member; it's thanks to you the Y can achieve all that we do.

Peter Burns
Chief Executive

It has been an exciting year at the Y. As Chief Executive, I witness the deep impact the Y has on people and communities – locally, nationally and globally – in the name of our belief in the power of inspired young people. Whether it's in an early learning centre, a youth development program, or a fitness class for seniors, our impact is vast, and during the past year, we reached people 16 million times.

We were delighted to announce our continued partnership with the City of Casey through the management of its three aquatic and health club facilities – Casey RACE, Casey ARC and Doveton Pool in the Park. We also renewed our partnerships with Moira Shire and Nillumbik Shire Council and extended our contract with Horsham Rural City Council. The centres we manage are a considerable part of our Y operations, and we look forward to continuing to



A MESSAGE FROM OUR YOUNG CEO

opportunities and experiences our Y has to offer.

With everything from how we engage with young people, our future innovations, to how much energy and detail goes into the Safeguarding Children and Young People Policy, I am truly humbled to be a part of it all.

My passion lies with empowering young people, and in particular supporting those who have family members experiencing mental health issues. It is estimated that there are just over one million children in Australia who have at least one parent living with a mental illness, which can have really difficult flow-on effects.

I believe in creating opportunities for young people to have respite from these difficult

environments, but also for them to learn how to be resilient in times of adversity. The YMCA Youth Summit, featured in this report, equipped so many young people with skills and knowledge around mental wellness and resilience. I'm so pleased to work for an organisation that prioritises the needs of young people in such a genuine way.

I am so appreciative to the YMCA for giving me a platform to voice my opinions on the various issues our young people face on a daily basis. I would like to thank everyone that supported my experience as Young CEO, especially Peter Burns, who is an inspirational leader and mentor.

Matt Harman
2018 Young CEO for a Day

During my time as Young CEO for a Day I was fortunate enough to experience first-hand how YMCA Victoria proudly believes in the power of inspired young people.

As the Young CEO, I was given the chance to learn more about all of the wonderful

A MESSAGE FROM OUR BOARD CHAIR

Reflecting on the past year, my second as Board Chair, it is difficult to summarise what has been another remarkable and busy year for YMCA Victoria. Our incredible staff and volunteers, who work so tirelessly, never cease to impress and inspire me. Working with passionate people is a privilege, and at the Y you see first-hand our passionate people making positive differences to the lives of others. It is truly an honour to be involved with an organisation that supports and enlivens the spirit of so many communities.

Over the course of this year the Board worked collaboratively with senior management to develop our new Corporate Strategy, which takes the Y to 2025. We now have a new vision to work towards: *Amplify your voice. Shape our community. Challenge our world.* It is an exciting time for the Y, as we put our customer at the forefront of all we do.

At the Y, our focus on mental health and wellbeing has never been stronger. Last year, mental health was the number one concern for young people, with one third identifying it as a national concern. Having a sense of belonging, building resilience and positive self-care practises have never been more important. We are dedicated

to ensuring our services help address this issue holistically. Through youth development programs, health and fitness, or mindfulness and yoga, we are providing spaces for communities to reconnect with themselves and put their own wellbeing first.

With our national belief in the power of inspired young people coming to life last year, we have been working towards building even stronger connections with other YMCA Associations. We continue to work closely with YMCA Australia, and this year the YMCAs of Manningham and Bendigo will merge with YMCA Victoria, forming an even more united Y. We are coming together to increase our impact and create more opportunities for young people to grow, lead and inspire.

This year I deepened my understanding of what a powerful global movement the YMCA is. In July, I attended the YMCA World Council in Chiang Mai, Thailand, where staff, volunteers and Board members from YMCAs across the globe attended to share ideas, collaborate and celebrate the work we are doing. In this report you will hear about our Global Change Agents program and how our young people are working together to create global impact.



The YMCA truly is for everybody and our focus on inclusion and access flows through everything we do. As we look towards becoming one Y, I am optimistic about where we are headed.

A handwritten signature in black ink, appearing to read 'Stephen Ellich'.

Stephen Ellich
YMCA Victoria Board Chair

MEET THE 2018 PROJECT TEAM



Our commitment to our belief in the power of inspired young people is woven throughout all aspects of our organisation. This report stands as an example of this; being put together by a project team of young people under 30 years old.

From left to right: Eleanor Brown, Ursula Baehr, Eloise Roche, Nicholas Bridgman, Kezia Hallam, Leith Kenny

A CHANCE TO REBUILD MY LIFE

YMCA ReBuild and YMCA Bridge Project

CAMERON | 26



Working for YMCA ReBuild completely changed my life and helped me to understand that if I worked hard I could achieve things in my life I never thought I could.

I was really young when I started getting in trouble, probably around 17.

At the time, it didn't seem like a big deal. I would hang out at night with mates, then I started drinking on weekdays and getting into fights. Things escalated over time, and instead of punching during fights we started using weapons, which is how I got my first charge. I was 19. I ended up going in and out of prison for the next couple of years.

When I was out, it was hard to get a job, and a lot of the people I hung out with weren't motivated to look for a job either – all we knew was how to hang around on the street.

When I was 25, I was sent to Ravenhall Correctional Prison. This time in prison was different; I found out my cousin died and hearing this news, I knew I had to change. I started participating in the development programs Ravenhall offered and made connections with people who also wanted to make a change.

A big moment for me was realising that a lot of the problems I struggled with other people struggled with too. Finally knowing that I wasn't alone and I could talk to someone definitely helped me to see the world differently.

The chance to work with YMCA ReBuild came about just before I left Ravenhall. After my interview with Gary, the manager, I felt empowered. When Gary asked me, 'What do you want to do in life?' I told him that I wanted to work at the rails and he told me, 'If you work hard you will get there.' After being inside, for someone to take the time to speak with me and explain things meant a lot.

“ Finally knowing that I wasn't alone and I could talk to someone definitely helped me to see the world differently. ”

My YMCA ReBuild team leader also encourages me and listens – I think that's very powerful. He has never asked me what I was inside for, he just cares about the now and what I want to do in the future.

Apart from the work skills, the stable routine and income YMCA ReBuild has given me, I've also learnt about how beautiful and important life is and to be grateful for what you've got.

The social enterprise, YMCA ReBuild is run through the YMCA Bridge Project. The Victorian Government announced \$1.5 million of funding during the 2017 YMCA Bridge Project Breakfast, the program's annual fundraising event. This funding will help even more young ex-offenders get their lives back on track.

CHILDREN'S PROGRAMS

We have 22 Children's Programs facilities. Of these sites, 12 have both Early Learning Centres and Before and After School Programs (BASP), while 10 are standalone BASP services.

CAMPING

OUR SEVEN
CAMPS WERE
ATTENDED

76,784

TIMES, MOSTLY BY SCHOOL GROUPS



BASP

ATTENDANCES

16/17: 209,501

17/18: **257,672**

FAMILIES

16/17: 2,686

17/18: **2,026**

EARLY LEARNING CENTRES

ATTENDANCES

16/17: 126,711

17/18: **186,191**

FAMILIES

16/17: 2,280

17/18: **2,605**



“ We are proud to offer a camp program that supports and builds confidence in asylum seekers, during a time when they need it most. ”



Jim Boyle
Camp Manyung

A safe welcome for asylum seekers

Rohingya asylum seekers are some of the most vulnerable in the world. We're proud to have been able to provide respite and a safe place for some of their families, from five months to 80 years old, to connect with the Australian outdoors and their community.

YMCA Camp Manyung and the Department of Health and Human Services, in partnership with Life Without Barriers, hosted a three-day camp for Rohingya asylum seekers in January 2018.

YMCA Camp Manyung's Operations Manager, Jim Boyle, who assisted in the camp creation says he was thrilled to be a part of the inclusive program.

“We are proud to offer a camp program that supports and builds confidence in asylum seekers, during a time when they need it the most,” said Jim.

During the camp families received educational training on coastal and marine safety, with the purpose to empower families to feel better equipped when visiting beaches with friends and family.

“The staff at YMCA Camp Manyung were so friendly and helpful. We really loved the beach sessions that taught us how to safely enjoy Australian beaches,” said one participant.

“The whole experience was great, we were made to feel so welcome and we'd love to come back again.”

The fully funded camp left a positive impact. It supported the 100 campers with their ongoing transition to new lives, connecting them with their new environment, and with local community groups and members.



Partnerships a positive step for sustainability

Have you ever wondered what happens to balloons once we let them fly off into the sky?

When balloons are used outdoors there is a high chance they will end up in our oceans and waterways, harming the environment, including our local wildlife.

To promote awareness in our communities, YMCA Victoria teamed up with Zoos Victoria to deliver an educational clean-up program for children enrolled in YMCA Victoria Early Learning Centres.

“The program highlights to children at a young age the impact rubbish, particularly plastic, is having on our environment. It's great for kids to learn this message early so they can change their habits and behaviours around plastic waste now,” said Rebecca Brooker, YMCA Project Officer.

During the program, a Zoos Victoria facilitator equipped the children with a specialised clean-up kit that allowed each group to review the collected rubbish and discuss the effect it had on wildlife. This data was recorded and uploaded to a national database and used to monitor and guide future research.

The clean-up program was held across 17 YMCA sites where YMCA staff and Zoos Victoria members lent a hand in collecting rubbish with families.

Each of our YMCA Early Learning Centres have chosen to use bubbles, not balloons, during celebrations. And the best part is, children absolutely love them!

Child's pose: Introducing yoga and meditation early

Taking care of our mental health and wellbeing starts early at YMCA Early Learning Centres (ELCs).

Designed for children aged two to five years old, yoga and meditation is a daily activity at several ELCs across Victoria, with some even having a designated yoga room.

Epping North YMCA Early Learning Centre Manager, Erika Patterson, has noticed the benefits children experience from practising yoga and meditating during the day.

"The children have quiet time after lunch where they can participate in yoga or guided meditation which helps them to relax and re-energise before their afternoon activities," Erika said.

Yoga and meditation form part of YMCA Early Learning Centres' holistic approach to early years education. Aimed to nurture the 'whole child', this includes their physical, emotional, social, cognitive and spiritual wellbeing.

Lisa Sammut, Centre Manager at Taylors Hill YMCA Early Learning Centre also noted the long-term benefits children experience by starting mindful activities like meditation within the centre.

"Practising yoga and meditation from a young age improves self-esteem and confidence as well as balance and coordination, growing the connection between the mind and body, and better mental alertness," Lisa said.

"Children are more settled while participating in the program, yoga and meditation helps calm their active brains!"



Doing the tree pose at Taylors Hill YMCA Early Learning Centre



Holistically healthy through Mynd Wellness

Most people think of the gym as a place to go to become physically healthier. While this is true, we believe they are a place to go to become mentally healthier as well. With our busy lifestyles of juggling work, study, family and other commitments, the need to focus on our mental wellbeing has never been more important.

Fiona Kriaris, YMCA Health and Fitness Project Director, first noticed the need for public meditation sessions after she could only find guided meditation services run from residential homes. Working at Macleod Recreation and Fitness Centre, Fiona approached the leadership team to see if she could try a meditation session in-centre. Her first Full Moon Meditation was held back in 2013 and the results spoke for themselves.

"Back then people still hadn't really heard of mindfulness but at the first ever Full Moon Meditation session at Macleod we had 45 people attend! And it's still going strong today."



Fiona Kriaris
Health and Fitness
Project Director

From these humble beginnings, growing popularity and demand from the community led to the new YMCA Victoria product, Mynd Wellness, which launched in May 2017.

Comprising of eight meditation-based programs, Mynd Wellness has launched at 13 recreation centres this past year, with over 8,000 participants enjoying the new sessions on offer.

"Mynd Wellness complements current physical health and wellness with an aim to encourage social impact, specifically around belonging, decreasing loneliness and stress levels as well as focusing on overall wellbeing," Fiona explains.

The program constantly receives positive feedback from a range of participants, with Fiona even overhearing a conversation at the local hairdresser about how great the community meditation is. Long-term, Mynd Wellness will be offered at every YMCA-managed centre as we continue to address the community need for balanced health and wellness offerings in local areas.

"The value the program can have on our communities is extraordinary. We are in a unique position for our centres to be a one-stop shop for holistic health and wellness," Fiona said.

“ The value the program can have on communities is extraordinary. We are in a unique position for our centres to be a one-stop shop for holistic health and wellness. ”



8,000+

PEOPLE HAVE PARTICIPATED IN MYND WELLNESS PROGRAMS
ACROSS **13 CENTRES** AND **8 LOCAL GOVERNMENT AREAS**

YMCA YOUTH SUMMIT



YMCA Youth Summit Workshop Facilitator
JACQUELINE | 24

This year YMCA Victoria and YMCA Australia hosted the inaugural YMCA Youth Summit in partnership with VicHealth. With over 390 students, young people and professionals attending, I was lucky enough to host one of the four afternoon workshops revolving around youth mental health and wellbeing.

With one in four young Australians experiencing mental health issues, the YMCA Youth Summit focused on the importance of building resilience in young people and preventing mental health issues and poor mental health before it occurs.

The morning session saw activists and experts talk about mental health and wellbeing, and provided answers to how we can help more young people avoid the pain of mental illness in the first place.

I have always been passionate about working with young people in the area of mental health and early intervention, so I was grateful when I heard the forum would be focusing on prevention and reducing stigma, rather than how we should treat and approach existing mental health illnesses.

Having information delivered by experts in the field, as well as young people who have been affected by mental health issues sharing their personal stories, ensured the space was inclusive and safe. The YMCA Youth Summit allowed these passionate and inspiring young people to have their voices heard.

Wrapping up the day on a high, students and young people were invited to choose one of four workshops, one of which was run by myself and another volunteer, T.J. Our workshop focused on mindfulness and dealing with stress. The other three workshops focused on community connectedness and social impact, what success and perseverance look like for young people and how physical wellbeing sways our mood.

The main purpose of our workshop was to provide participants with a space to explore the concept of stress and gain

an understanding of how stress can impact mental health. The outcome of the session was for the participants to walk away with a greater understanding and awareness of their own stress levels and warning signs.

The YMCA Youth Summit facilitated conversation that challenges the way we think about and approach youth mental health, a conversation that has never been more important in a time of unprecedented mental health concerns.

I am thankful to the YMCA for creating this opportunity for young people to come together to talk mental health, and very grateful to have been a part of such an awesome day.



To see the full highlight video from the YMCA Youth Summit please click on the play button.

WHEN THE RIGHT TRAINING SAVES LIVES

Duty Manager at Noble Park Aquatic and Recreation Centre

LOCHLAN | 21

This story contains sensitive content that may distress some readers

It was a regular Thursday afternoon. It was actually a quiet period as we had just finished up a school carnival and the pool had only just opened to the public. Danielle Begg, 21, was lifeguarding and had only been at Noble Park Aquatic Centre for around three months. Danielle called out and straight away I knew something wasn't quite right. Les, one of our regular lap swimmers, was face down in the water.

We were fortunate that Les was at the side of the pool and we were able to pull him out without entering ourselves. As soon as we pulled him out of the water, our training kicked in and we both immediately took action. In such a short time we had pulled Les out of the water, called for an ambulance, performed resuscitation, contacted Les' wife and had the pool cleared. Looking back, it's pretty amazing how much we achieved.

I am really proud of our team. The whole rescue felt seamless at the time, from Danielle being so focused and pre-emptive, to calling emergency services and our team clearing the pool.

It was a great team effort. I must admit, hearing ambulance sirens was the most relieving sound I've ever heard. When the ambulance arrived, Les had been in and out of consciousness a couple of times. Right away the paramedics assured us that we had kept him alive.

Right after the rescue, the Dandenong Facilities leadership team arrived to be there and support Danielle, the staff and I. We were exhausted but it was great to debrief and know that we had managed the situation so well. It was also comforting to have support from other staff around the Y who had been in similar situations.

We've had a great response from our community which has been fantastic, and plenty of times Danielle and I have been referred to as 'heroes'. But, we both believe this is not the case at all; we did what we needed to do at the time and we credit the success of this story entirely on the high level of training we have received and the awesome training culture we have at Noble Park Aquatic Centre.

“ I will never forget the big hugs they both gave me... If we can share any lessons from this experience, it is to highlight just how important lifeguard training is. ”

Seeing Les for the first time after the rescue was a big moment. It was two weeks after and Les walked into the centre almost as if nothing had happened. Les' wife Sue, on the other hand, was quite overwhelmed and I will never forget the big hugs they both gave me.

Les is still a regular swimmer and we are so humbled that he feels comfortable and safe in our care. If we can share any lessons from this experience, it is to highlight just how important lifeguard training is.



Danielle Begg, 21 and Lochlan Norton, 21, YMCA staff at Noble Park Aquatic and Recreation Centre

My pathway to success as a part of a diverse community

Lifeguard at Dandenong Oasis

RABIA (EMMA) | 20

After my family arrived in Australia in 2010, my sisters began working as surf lifesavers and I desperately wanted to follow in their footsteps. That's why I jumped at the opportunity to join the Culturally and Linguistically Diverse (CALD) Aquatics Pathway Program, run by YMCA Victoria in partnership with Life Saving Victoria and funded by YMCA Open Doors.

The aim of the program is to train and employ groups of young people from the CALD community to become lifeguards at City of Greater Dandenong aquatic centres. Participants are selected through various means, but they are typically people who show an interest in aquatics and aspire to be role models or leaders within their communities.

The training provided is tailored to each participant's needs, helping them become more proficient in each area before practising their skills through volunteering and then ultimately entering the workforce. I completed my training over the course of two months alongside four other participants from African, Asian and Middle Eastern backgrounds. I now work at Dandenong Oasis and have also covered shifts at Noble Park Aquatic Centre and Casey Aquatic and Recreation Centre.

I think that the program not only gives participants an incredible opportunity, but also gives the community an opportunity to be more inclusive. Dandenong is quickly becoming one of Australia's most diverse communities and it is important that everyone feels safe and welcome when they visit our pools.

Cultural and language differences can sometimes mean there is confusion, or even a lack of trust, between pool users and lifeguards. Having access to lifeguards from the same background and with the ability to explain and communicate in the same language is important in these instances.

Because I am a Muslim that wears a hijab, other women and Muslims sometimes feel more comfortable talking to me than they would with someone else. They often ask me questions, and I am able to help.

The work is therefore extremely satisfying, and my family and community are very proud of me. My position at Dandenong Oasis makes me feel equal and I truly feel like I am a part of something.

The success of the first CALD Aquatics Pathway Program has led to the development of future programs with more intakes of young people that will join the YMCA as volunteers with the view of gaining employment.



HEALTHY LIVING AND FITNESS



4,411 gymnastics members

43,558 health and wellness members

24 aquatic and recreation centres

9 recreation centres

13 stadiums

All our managed cafes and kiosks have now been

100% sugary drink free for a year!

Across all our aquatics facilities, we have:

9,135 aquatics members

56,706 swim lesson participants with children and adults attending over **2 million sessions last year**



We own **20 Kingswim swimming lesson pools** and manage **24 outdoor seasonal pools**



AQUATICS AND SWIM LESSONS

BUILDING HEALTHY MASCULINITY



Health and Wellness Coordinator at Casey Aquatic and Recreation Centre
Mo | 28

Mental health and wellbeing is always at the forefront of everything we do at the Y. With an increasing number of men experiencing social isolation in the outer south-eastern suburbs of Melbourne, I and others I work with noticed this community need. Wanting to help create positive change, the Men of Doveton program was born in partnership with Doveton College, the Melbourne Football Club and the City of Casey.

Men of Doveton is a free 12-week program that is designed to promote better mental and physical health amongst men in the community – championing positive change and creating social connections.

As the program emcee, it was my job to provide leadership and guidance. Every Monday night the group of 13 men met at Doveton College to play an hour of sport, followed by educational training sessions surrounding topics such as mental health, addiction and nutrition. These sessions aimed to spark conversation and break toxic gender stereotypes.

Each participant had individual motivations for joining the program, but one thing I saw everyone walk away with were life-long friendships and in some cases a much-needed support network. One of our participants, Stu, realised whilst going through a divorce that he didn't have a support system to help him through the tough times.

Over the course of the program, Stu has formed strong bonds and friendships with fellow participants, who now spend time with each other outside of the program watching movies, cooking and driving each other to doctor's appointments.

Men's physical health is another key part of the program. Andrew joined because he has a family history of diabetes and wanted to get active. However, the program doesn't just promote physical activity. We also want to ensure that everyone gets regular check-ups. At one of our sessions, Ted Whitten Jr (AFL legend) talked to the group about prostate cancer, which led to all of the men going to the doctor.

Over the course of the 12 weeks, I had the pleasure of watching 13 men learn and grow. It was inevitable that when the time came for the participants to graduate, it would be an emotional night. For some of these men, this was the first graduation they had attended.

Following the success of the first program in March-May 2018, Men of Doveton is set to welcome a new intake of participants later this year. But this time I'll be joined by some familiar faces from the inaugural program, who will be volunteering their time as team leaders.

“ One thing I saw everyone walk away with were life-long friendships and in some cases a much-needed support network. ”



Participants of Men of Doveton, Dave, Andrew, Stu and Andrew



Inclusive and accessible sports for all

Luke DeVincentis started working with people with disability as a personal trainer. Quickly, these workout sessions became a passion and the highlight of his week.

“Seeing clients achieve new goals, and do something they never thought they could, has had a massive effect on me,” he said.

As Luke got to know his clients, he learned how inaccessible recreational opportunities were for those with a disability.

“After hearing how far some clients travel to participate in sports, I realised just how important special needs inclusion is – the impact sport can have on participants and their families is phenomenal.”

Luke decided to plan a Wheelchair Sports Open Day to introduce a range of wheelchair sports to the community. He reached out to other relevant organisations and was blown away by the amount of support received.

Disability Sport & Recreation, Darebin City Council, Spire, Royal Talbot, TravAbility,

Tennis Victoria, Badminton Victoria, AFL Victoria and Handball Victoria all got on board.

Luke worked tirelessly to make the day a success, even securing sports wheelchairs to ensure anyone could participate.

“I was very fortunate to connect with Richard Amon (Disability Sport & Recreation Chief Executive), his knowledge and connections really helped make the event what it was.”

The Open Day presented an opportunity for not only those with a physical disability but for able-bodied people who shared an interest.

“We worked hard to create an environment where everyone felt included. It was fantastic to see anyone was able to learn a new sport or skill, there was an opportunity for everyone.”

Due to the initial event success, the Wheelchair Sports Open Day has become an annual event at Darebin Community Sports Stadium. Luke received a range of accolades and opportunities for his initiative, but deems the gratitude shown by the participants and their loved ones the most rewarding.



Top: Luke DeVincentis, organiser of the Wheelchair Sports Open Day

Bottom: Participants playing basketball at Darebin Sports Stadium



Howmans Gap is Australia's first alpine centre to offer fully-accessible accommodation for people with a disability.

YMCA opens Australia's first all-access alpine accommodation

There's nothing like experiencing snow for the first time. We want as many people as possible to experience this, which is why we are proud to have opened Australia's first dedicated alpine accommodation at YMCA Howmans Gap Alpine Centre for people living with a disability.

In partnership with the Victorian Government and Disabled Wintersport Australia (DWA), YMCA Victoria opened the \$3.79 million Alpine Accessible Accommodation (AAA) Centre offering winter sports athletes, enthusiasts and novices the opportunity to develop their skills at the beautiful Falls Creek slopes.

Since the official opening in early June 2018, the 36-bed facility has hosted 689 guests, some of whom visited the snow for their very first time! As well as offering modern accommodation during the ski season, the AAA Centre will welcome guests all year round to enjoy the local bush and bike trails.

Howmans Gap Manager, Michael Jowette highlighted the opportunities Howmans Gap now offers people living with a disability.

“Physical activity is essential for everyone in the community to lead a healthy and happy life, and Victoria's Alpine region offers a spectacular setting for this,” said Michael.

The AAA Centre also boasts an athlete training base to develop future winter Paralympic stars such as 2018 Winter Paralympian co-captains and DWA ambassadors, Joany Badenhurst, Mitch Gourley and Mark Soyer. From Paralympic athletes to school groups and families, Howmans Gap Alpine Accessible Accommodation Centre has already shown that investing in all-access facilities is an investment in our community.



Local leaders strengthening our global ties

YMCA Victoria is part of a global movement. We collaborate with YMCAs across the world, sharing ideas, resources and our passion for creating positive change to help local communities on a global scale.

One way we do this is through the YMCA Change Agents Program, a global leadership development program that aims to empower young YMCA staff and volunteers across the world to be change makers within their own communities.

The opportunities as a Change Agent are endless with training, mentoring and local project development in an area of choice that supports the empowerment of young people.

Along with personal and professional development opportunities, Change Agents are encouraged to become global citizens by attending international training. Last year training opportunities were held at the YMCA International Youth Centre in Tozanso, Japan and at YMCA Camp Alambre in Setubal, Portugal.

"These experiences allowed us to learn about new ways to strengthen our local and national YMCAs, increase our relevance as a movement and ensure there is a strong sense of belonging and solidarity at a global scale," said Matt Shaw, YMCA Change Agent.

Each cohort of YMCA Change Agents have their own projects, however, previous participants play a key role in supporting the program as taskforce members, providing mentorship and being key points of contact for regional and global gatherings. Together the YMCA Change Agents aim to 'Be the Change, Communicate the Vision and Inspire Action'.

"Looking back at this amazing experience, it is clear that despite different borders, languages or cultures, young people around the world are facing injustices. But, together we can give young people a voice and together we can be a force of positive change," said Matt.

At the end of his two-year turn, Matt, along with his fellow cohort of YMCA Change Agents, was given the opportunity to travel the Chiang Mai, Thailand as emcee for the 19th YMCA World Council in July 2018.



Members of the 2017-2018 Cohort III of the YMCA Global Change Agent Program in front of the Portuguese Parliament as part of a global gathering

STAFF AND VOLUNTEERS

OUR **6,200** STAFF DO AMAZING WORK ACROSS VICTORIA, WITH **60% UNDER THE AGE OF 25.**



1,200 VOLUNTEERS gave up **53,325** hours this year. Although it is invaluable to us, that's an incredible **\$2,224,719** worth of time our wonderful volunteers provided.

SKATE AND YOUTH PROGRAMS

We run four skate parks, located in the heart of the CBD, Frankston, Camberwell and Knox, and manage the Australian Skate League.



130,381 ANNUAL REACH OF YMCA SKATE PARKS AND YOUTH SERVICES PROGRAMS



Of the **\$6,747,002** we spent to help people in need, **85%** was spent helping young people and children across Victoria.

Awards and Industry Recognition **2017-2018**



The Knox team at the 2018 Aquatics and Recreation Victoria Industry Gala Awards

Knox Leisureworks

Knox Leisureworks was acknowledged for its innovation and holistic approach to health and wellness, being named Health Club of the Year during the 2018 Aquatics and Recreation Victoria Industry Gala Awards.

The centre was awarded the title after offering industry leading services such as Virtual Group Fitness and becoming one of the first YMCA managed facilities to offer 24/7 fitness access. Centre Manager, Patrick Boyd credits these achievements to the dedication of staff and the strong backing from Knox City Council.

Y Streetball

After only 12 months Y Streetball continues to score after being awarded Innovative Program of the Year at the 2018 Aquatics and Recreation Victoria Industry Gala Awards.

From humble beginnings, the community program continues to receive incredible support from community donors and big brands such as Nike. Every Tuesday Y Streetball welcomes participants of all ages from all walks of life - including those experiencing homelessness or some form of disadvantage. Participants come together at North Melbourne Community Centre to play basketball, socialise and enjoy a meal together.



North Melbourne Community Centre Manager, Julian (left) with founders of Y Streetball, volunteers Peter (middle) and Dave (right)

Our Volunteer Board of Directors



Stephen
Ellich
Chair



Paul
Brown
Deputy Chair



Lindsay
Holloway
Treasurer



Anthea
Hancocks



Andrew
Scott



Ben
Hubbard



Elisabet
Wreme



Margaret
Gillespie



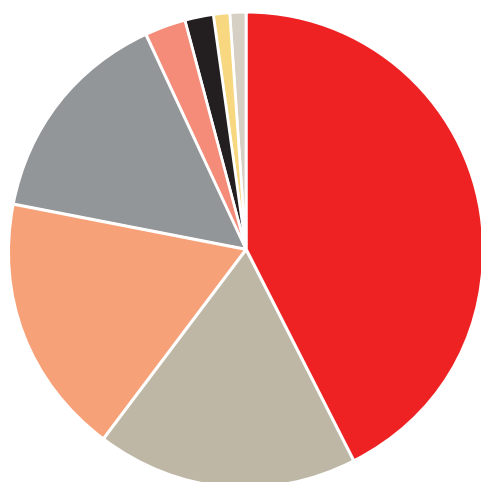
Maria
Lui



Olly
Tripodi

Thank you to our volunteer Board of Directors. Each member of our Board brings unique skills and life experience to the table, helping shape the strategic direction of our organisation. Their leadership ensures we deliver on our mission and vision, all with the goal of helping more Victorians in our communities become healthier and happier.

Fundraising Overview



YMCA Victoria raised **\$878,255** through fundraising activities in **2017/2018**.

Fundraising plays an important role in contributing to our benevolent spend commitment in the communities we work. This year, **\$6,747,002 was spent on providing our programs and services** to people in need.

How funds are raised

Major Gifts	43.38%
Grants	18.16%
Local YMCA Activities	18.11%
Major Events	14.61%
Bequests	2.26%
Program Sponsorship	1.54%
Workplace Giving	1.24%
Individual Giving	0.70%
Total	100.0%

The fundraising event standout: 2017 YMCA Bridge Project Breakfast



In its 11th year, the YMCA Bridge Breakfast is YMCA Victoria's most successful fundraising event that raises funds to give young ex-offenders the second chance they need through support, training and mentoring to find work. Last year's event **raised \$121,220**. The Victorian Government also used the event as a platform to announce \$1.5 million of funding to the YMCA Bridge Project that will place even more young people into sustainable work and help to reduce the cycle of crime.

We thank all of our 338 attendees for their support in making the event such a success.

For a full list of our amazing supporters, please see page 18.

Financial Summary

The financial year ending 30 June 2018 returned a combined net surplus of \$0.92m.

CONSOLIDATED NET PROFIT	2017-18	2016-17
Total Revenue	\$ 196,549,706	\$ 193,152,454
Total Expenses	\$ 195,625,937	\$ 190,818,778
Total surplus for the year	\$ 923,769	\$ 2,333,676



HIGHLIGHTS

YMCA Victoria, for the year ending 30 June 2018, had a consolidated net profit of \$0.9m. In the financial year 2017-18, we continued to deliver against our 2020 vision, and now our renewed vision 2025, with a continued emphasis on investment in growth and systems:

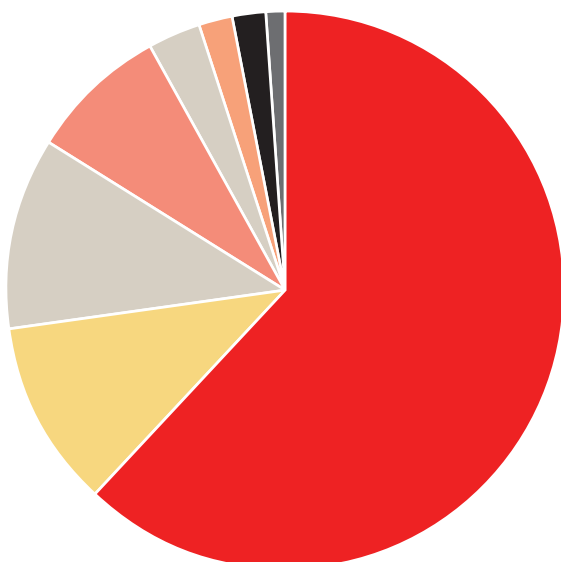
- Investment in new growth in Retirement Villages
- Investment in systems and processes, including digital and human resources information system
- Continued strengthening our Kingswim brand, Early Learning Centres and Camping operations.
- Scaling back of our investment in NDIS with focused attention on delivering disability services through our Macey Heights operation

BALANCE SHEET

	Current year 30 June 2018	Prior year 30 June 2017
Current assets	20,224,927	27,843,818
Non current assets	48,733,478	36,316,608
Total assets	68,958,405	64,160,426
Current liabilities*	35,978,475	28,634,931
Non current liabilities**	6,742,609	9,667,669
Total Liabilities	42,721,084	38,302,600
NET ASSETS	26,237,321	25,857,826

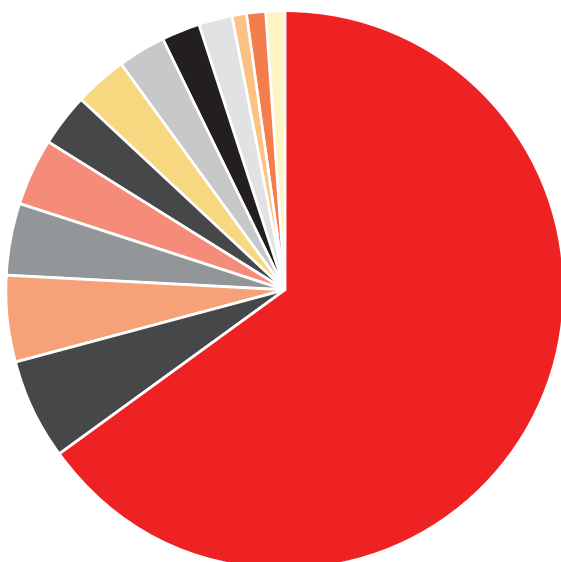
* Current liabilities: Includes a \$6.7m loan which has moved from non current liabilities to current liabilities, currently under negotiation

** Non current liabilities: Includes a loan of \$3.4m for Retirement Villages



WHERE THE MONEY COMES FROM

Recreation & Local Government	62%
Childcare (ELC & OSHC)	11%
Kingswim	11%
Camping	8%
Shared Services & Governance	3%
Disability	2%
Youth & Family Services	2%
Benevolent	1%
Total revenue	\$196,549,706
	100%



WHERE THE MONEY WAS SPENT

Employee Benefits	65%
Utilities	6%
Repairs, Maintenance, Equipment Lease	5%
Contractors, Consultants	4%
Other Expenses	4%
Consumables, Program Costs	3%
Contract Partner Expense	3%
Rent, Rates & Taxes	3%
Licensing	2%
Stock Purchases	2%
Depreciation & Amortisation	1%
Insurances	1%
Marketing	1%
Total expenses	\$195,625,937
	100%

ENTITIES

The YMCA Victoria Group comprises the following entities:

The Young Men's Christian Association of Victorian Inc

ABN 81 174 456 784 / A0026728G

Community non-profit charity providing support to the community

Victorian YMCA Community Programming Pty Ltd

ABN 75 092 818 445 / ACN 092 818 445

Offers recreational and childcare services across the state

YMCA Aquatic Education Ltd

ABN 88 151 552 322 / ACN 151 552 322

Provision of learn to swim programs offered under the King Swim brand

YMCA Aquatic & Event Services Ltd

ABN 16 148 092 148 / ACN 148 092 148

Management of the South Australian Aquatic & Leisure centre on behalf of the SA government

Victorian YMCA Accommodation Services Pty Ltd

ABN 94 081 270 706 / ACN 081 270 706

Management of student accommodation

Victorian YMCA Youth & Community Services

ABN 42 858 439 742 / A0046043N

Ensures benevolent access to programs and services for people in need

YMCA Camping Limited

ABN 77 606 062 793 / ACN 606 062 793

Management of camping facilities

Activating Communities Ltd

ABN 31 619 359 590 / ACN 619 359 590

Retirement living for the young at heart

THANK YOU

YMCA Victoria could not do the work that it does without support from generous contributors in the community. We would like to recognise and thank all of those listed here for their support this year.

Top Contributors



Rye & District Community Financial Services Ltd
Amber Infrastructure and International Public Partnerships
Andrew Edwin Bequest
Anne Coulson
Beck Family Foundation
Chris Williams
Commercial Motor Vehicle Group
Commonwealth Bank - Toorak Branch
Daryl Logan
Dr Susie Allanson
George Hicks Foundation
John & Myriam Wylie Foundation
Optus
Rye District RSL Club Inc
Southern Dance Festival
The Johnstone Family Foundation
The Russell Foundation

Top Supporters

Carlton Football Club
Channel 9
Huntingdale Golf Course
Michelle Blyth
Tanarra

Partners



Relationships Australia

Sponsors

Far East Consortium

Active Feet
Active Out There
Brooks
ClarkeHopkinsClarke Architects
Commonwealth Bank
Cool Ridge
Galaxy 42
HSBC - Glen Waverley Branch
Multiplex



Nike
Nu Vitality
OCD, Skate Shop
Presha Fruit
RACV
Skull Candy
South East Water
Yarra Valley Water

Grants

Bass Coast Community Foundation
Bass Coast Shire Council
Bendigo and Adelaide Bank
Carer KaFE
Carers Victoria
City of Adelaide
City of Boroondara
City of Casey
City of Playford
City of Prospect
Commonwealth Bank
Department of Education and Training Victoria
Department of Health and Human Services
Department of Health and Human Services - Tasmania
Life Saving Victoria
Lithgow City Council
Mornington Peninsula Foundation
Royal Life Saving Society Australia
Sunshine Coast Council
Victorian Government

Government and Industry



Government of
South Australia

Sport and Recreation Victoria
Life Saving Victoria
Disabled Wintersport Australia

Local Government Partners



We are also proud to work with the Brimbank City Council, City of Port Phillip, City of Yarra, Mansfield Shire Council and Moonee Valley.



YMCA

2017-2018 YMCA Victoria
Annual Report



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facebook.com/ymcavictoria



YMCA Victoria



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National Relay Service

TTY/voice calls: 133 677
Speak & Listen: 1300 555 727

CALD Groups

Translator and interpreter service: 131 450

The 2017 - 2018 YMCA Victoria Annual Report has been printed on 100% recycled paper.

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