

# YMCA HUMBER

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## ANNUAL REPORT 2019

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Inspiring & nurturing since 1882

**YMCA**

YMCA is the oldest and largest charity working with young people in the world. Locally, YMCA Humber has been part of the community since 1882.

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## Welcome

YMCA Humber is here to make a difference to the lives and aspirations of young people and to tackle homelessness.

The support that we deliver everyday is only made possible thanks to the dedication of staff, supporters and volunteers.



## Chairman's Message

What a busy and exciting year 2019 has been at YMCA Humber. With our new CEO, Debbie Cook at the helm we've set out our ambitious 3-year strategic intent.

In addition to developing our £8 million Freeman Street scheme we've purchased two new 'move-on' houses, hosted a national history exhibition, delivered safe, supported accommodation to 394 people and 271 hours of mental health counselling. Over 4000 attendances were recorded at our youth projects.

With the delivery of our new people strategy we've become a better employer, resulting in a wonderful team in place to deliver continuous improvement across all our services.

With a new income generation strategy in place the charity has plans to grow and develop; challenging but very exciting times ahead.

*Best wishes*

*Stephen Gallaher*

## Message from the CEO

It's a pleasure to reflect on all that the Team at YMCA Humber has achieved in 2019. My first year in this new role has been incredibly busy but at the same time most rewarding and thoroughly enjoyable.

I am blessed to be able to go home every day with the knowledge that everything we do at our wonderful organisation is making a positive difference. I see this reflected with our residents in particular who, with our support, make the steps towards independent living in the knowledge that we will always be there for them.

In 2019, YMCA Humber offered 246 engagement events to residents in our supported accommodation alone. This is in addition to the people we've supported through our mental health project, and at our youth clubs.

Much of 2019 has been spent progressing our new scheme for aspirational facilities at Freeman Street, Grimsby with a view to being on site in March 2020.

In addition we've purchased two new properties to ensure we have quality 'move-on' accommodation for our residents.

With our ambitious strategic plans to develop our services across the whole of the Humber these are exciting times. A huge 'thank you' to everyone who has supported the charity to date.

*Best wishes*

*Debbie Cook*

# YMCA Humber Strategic Plan 2019 – 2021

The strategic plan for 2019-2021 reflects the transformational journey planned for the organisation. YMCA Humber is at the beginning of a new, exciting era and delivery of the strategy will help transform the communities we work with and unlock the potential of young people.

Therefore, we will:



Expand our accommodation portfolio, providing more safe supported housing for young people.



Build and develop relationships with local employers.



Grow our Youth Work and our potential to offer support to families.



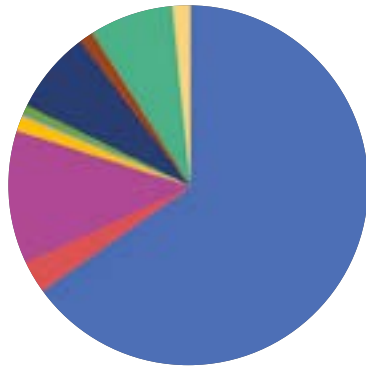
Deliver a new 'People Strategy', to demonstrate how we will support, train and develop our staff to deliver excellent services.



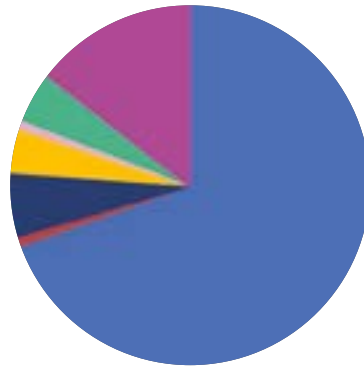
Deliver a new Income Generation strategy to grow our income through fundraising, corporate support and grants.

It's important to know what keeps our wheels turning...

**Total income:**  
**£2,159,935**



**Total expenditure:**  
**£1,670,309**



Housing Benefit	66%
Client Rent	3%
HRS	12%
Lettings	1%
Meals	<1%
Vending	1%
Gifted Community House	8%
Fundraising	1%
Projects	8%
Other	1%

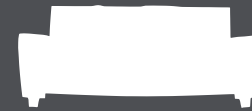
Staff Costs	70%
Bad Debt	1%
Utilities & Rates	6%
Maintenance and F&E	4%
Catering Costs	1%
Project Costs	5%
Other Costs	15%

**Investment  
in Our Future:**  
**£442,972**

*We have invested in key development projects including a new centre on Freeman Street (Page 18)*

## Highlights & Milestones

**£4,000**



Spent on lounge at Peaks Lane refurbishment with money from Sleep Easy 2019



New Community House opened in Nov 2019 housing 6 females

**72**

New fridges purchased for our Peaks Lane residents



**£2,523**

Energy saving in 12 months with newly-fitted LED lights



**53**

Members of staff employed (equivalent of 40.3 full time)



New boilers fitted at Peaks Lane for more efficient heating

**500+**

Hours of service from our volunteers



## Our housing programme changes lives by...

- ▶ Providing a safe place to live
- ▶ Enabling health & well-being
- ▶ Enabling independence

### We served:

394 vulnerable young people & adults, across our supported accommodation during 2019.

“If anyone is thinking of moving into The Foyer I would like to reassure them not to be nervous as I am confident that the team and residents are above all others.”

“When I first moved in, I thought there was a stigma attached to living at YMCA, but now I’ve found it feels more like home than anywhere else.”

“My social and communication skills have improved since my time at YMCA. I have a job, I volunteer and feel confident to move forward in my chosen career.”

“The staff are very easy to talk to and you can have a laugh with them.”

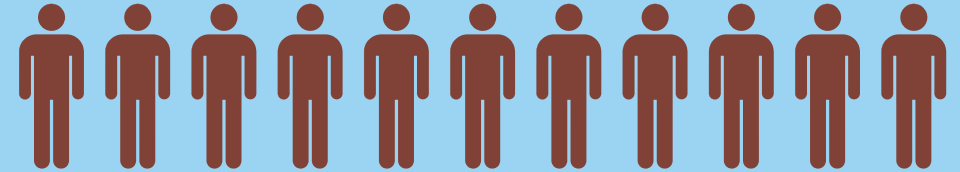
**10,670 hours**

of support were given to our residents during their time in our accommodation.

## Our teams work in a person-centred way and we are working towards becoming a trauma-informed organisation.

In 2019 we offered 246 engagement events for our residents. As well as general support, mental health support and training we also offer specific ‘money matters’ advice to help our residents manage their finances.

In 2019 our overall occupancy was **92.2%**



Family breakdown | Homeless or at risk | Other

### Why do vulnerable young people need a place to call home at YMCA?

YMCA Humber provides holistic support to young people accessing our services. We believe in giving young people the right skills for life. By helping them to manage their mental and physical health we aim to reduce their chances of becoming homeless in the future. We work to ensure young people can belong, contribute and thrive.

INSPIRING, NURTURING &  
CARING FOR EACH OTHER IS AT THE  
CORE OF WHAT MAKES US HUMAN.

YMCA HUMBER IS BLESSED  
BECAUSE THROUGH THE  
**GENEROSITY**  
OF OTHERS WE ARE  
ABLE TO DO  
THAT EVERY  
DAY

•

YMCA Humber has been supporting residents of North East Lincolnshire since 1882

Known historically for providing accommodation and coaching support to those who have become homeless, YMCA Humber is proud to offer a new aspect to its support package, in the form of training and engagement programmes. The programmes are available to current residents, and include accredited functional skills, employability courses, alongside life-skills to assist as they move on into independent living.

### Facts and figures

- ▶ 246 engagement events held
- ▶ 1,178 attendances at events (some more than once)
- ▶ 21 external trips

### For the future

- ▶ Drop in sessions with YPSS & Aspire-igen
- ▶ Regular sessions with National Careers service & Building Better Opportunities
- ▶ People Plus courses
- ▶ Employability with Driving Hospitality & Catering
- ▶ Work with East Marsh Utd



## AT ONE Mental Health Project

At YMCA Humber we are passionate about ending homelessness, but we understand that ending homelessness is not just providing a bed and safe place to stay; which is where our AT ONE project comes in. AT ONE provides interventions to improve the mental health and well-being of young people between the ages of 16 and 35 living in North East Lincolnshire.

AT ONE provides a suite of opportunities tailored to the needs of the individual as it adopts a flexible approach, where resources allow.

- ▶ Open to members of the public on a referral-by or self-referral basis
- ▶ Open to all our residents
- ▶ Providing the opportunity to participate in activities intended to reduce anxiety in a social setting, challenge negative thinking, promote positivity and learning around issues that can impact positively on their mental and emotional well-being



**115**  
referrals in 2019



**271 hours**  
AT ONE counselling delivered in 2019



### The issues covered are:

- ▶ Healthy relationships
- ▶ Body image
- ▶ Gender, sex & sexuality
- ▶ Mental resilience
- ▶ Attachments
- ▶ The Next Steps – moving forward

## YMCA Humber plays a major role in long term relational youth work

We invest in young people to provide them with opportunities to establish themselves as young leaders within the local community. We encourage and equip them to contribute, by supporting their peers, acting as role models and demonstrating responsible attitudes and behaviour.

Our qualified Youth Workers engage with our young people through a structured programme of regular activities that take place within our projects in Immingham, Stallingborough and Willows Estate, Grimsby.

<b>Mon</b> Immingham 1040 attended	<b>Tue</b> Youth workers plan with schools and get creative	<b>Wed</b> Detached Immingham Outpost 640 attended
<b>Thur</b> Willows Estate 760 attended	<b>Fri</b> Stallingborough 1,600 attended	



## Highlights & Milestones



**394** residents housed at YMCA Humber in 2019



**2** Foyer residents started university

**10,670** hours of support delivered to residents



**153** residents have positively moved on with our support



**12** residents engaged in horticultural projects



**81%** of Foyer residents are in education



**24** is the average age of our residents



**869** hours of engagement activities attended to build life skills

**67**

residents and staff were involved in #IamWhole the positive mental health campaign







# Celebrating our History



## 175 Anniversary Roadshow

During 2019 YMCA Humber made positive Grimsby headlines, due to the announcement of a fantastic new development in the Freeman Street area. Grimsby was also chosen as the flagship town, for the inaugural launch and one of only ten UK YMCAs to be given the honour of hosting the '175th Anniversary Roadshow'.



The roadshow, hosted at Grimsby Central Hall was attended by over 400 local people, many of them schoolchildren, learning all about 175 years of YMCA history.



The first ever branch of the YMCA in Grimsby was formed in 1882 by local grocer James Kirkby Riggall. Then the first official Grimsby YMCA was established in 1906 by Fred Bacon, who was instrumental in the first local base, in Heneage Road, in 1908. The current Peaks Lane site was built in 1972.



Our four Development Associates attended the worldwide 175th Anniversary celebrations in London, to continue with their personal development with YMCA.



A time capsule has been created by one of the school children who attended the roadshow, ready to bury at the ground-breaking ceremony for the new Freeman Street site.

# Fundraising & Thanks

Thank you to all our donors, fundraisers and business supporters. Because of you, 394 residents moved in and received support from a key worker, essential home items and a dedicated plan to help them thrive throughout 2019. You also provided the stepping stone towards independence to 153 residents by donating to YMCA Humber

All our residents were invited to a Christmas meal and received individual gifts; making a big difference at a time when many are disconnected from their family. We are pleased to be working towards Trusted Charity status and became a member of the Fundraising Regulator, which will help us to create the best culture and environment for young people and staff to thrive.

Thanks to the staff at YMCA Humber for all their hard work and commitment We are also grateful to all our volunteers who help us in many ways to have a greater impact.



**£2,789**

the value of gifts in kind donated at Christmas to facilitate additional gifts and festive meals to 109 residents



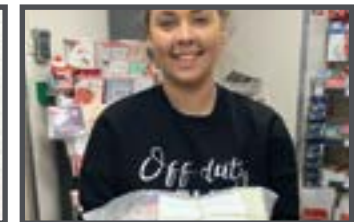
**£32,000**

raised by our sponsored supporters of Sleep Easy 2019



**£11,000**

Spent on Foyer room upgrades funded by Sleep Easy 2019 fundraising



2019 was the 10th year of our annual Sleep Easy. It was another record-breaking year and our biggest fundraising event in 2019. Nearly 200 people undertook the extreme challenge at Freshney Place, Grimsby and Wilberforce College in Hull.

The weather was very challenging, but everyone was in high spirits and their efforts helped raise an incredible £32,000! Thank you.



Fundraising is a fundamental part of our work. Helping to enhance our income and offer support and life changing opportunities for our clients on their YMCA journey.

We continue to build productive relationships established between local businesses and individuals. Whether they attend our events, donate prizes and resident necessities, share our social media posts or volunteer to help generate income; we give thanks to every individual.

*If you are interested in getting involved with YMCA Humber please get in touch as we could not continue to help people and change lives without your support.*

### Our partners



## The Future

YMCA Humber is delighted to have secured planning permission towards the construction of a new centre for YMCA Humber at Freeman Street, Grimsby.

This development will comprise of 74 high quality residential units, a cultural cafe providing professional training and work opportunities, health and well-being space, conference facilities and vibrant exhibition and performance spaces.

This will be a fabulous community facility, supporting our residents, partners and members of the local and wider community.

Debbie Cook, Chief Executive at YMCA Humber, said: "We are very excited about our plans to move our main centre to Freeman Street. This will be a wonderful community facility, also providing aspirational accommodation for young people. Our young people deserve the best, enabling them to contribute and thrive."

YMCA is the oldest and largest charity working with young people in the world. Locally, YMCA Humber has been part of the community since 1882.

**Get involved. Join our community!**

To read more about us visit [ymca-humber.com](http://ymca-humber.com)

To hear more about us call **01472 359621**

To see what we offer, arrange to visit:

**The Foyer,  
1 Orwell St,  
Grimsby  
DN31 3HB**

**Peaks Lane,  
Grimsby,  
DN32 9ET**

To find out more about our work contact us  
[marketing@ymca-humber.com](mailto:marketing@ymca-humber.com)



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