

YMCA HUMBER

Annual Report 2020

We believe everyone has
potential to unlock

► Introduction

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.

► Contents

Chairman's message	2
Message from the CEO	3
The Covid-19 Pandemic	4
New services opened in 2020!	5
Why do vulnerable young people need the YMCA?	7
Training and engagement	9
Mental Health Support	10
Young Carers' Summer Sessions	11
Finance	12
Highlights & Milestones	13
Amandas Story	14
Fundraising and thanks	15
Sleep Easy	16
The Future	17

► Welcome

At YMCA Humber we believe everyone has potential to unlock.

We are committed to serving others and we actively look for opportunities to make a transformative impact on the lives of young and vulnerable people in the communities we serve.



Chairman's message

This year has been another year of growth for the Charity, despite the challenges presented by the Covid-19 pandemic.

We have remained committed to our strategic intent and opened new, much-needed accommodation, catering for a broader group of people in North East Lincolnshire.

The Board of Trustees has been seeking an alternative project to replace our hostel at Peaks Lane, Grimsby for over 10 years and so it was a momentous point in the history of the charity when we signed the contract to deliver our £8.3m project at Freeman Street, Grimsby in March 2020. Due to be completed by August 2021 this building will provide aspirational accommodation and first-class community facilities. YMCA Humber is proud to lead the regeneration of that area of Grimsby.

I wish to thank and pay tribute to the staff at YMCA Humber, who have performed outstandingly throughout the pandemic.

Best wishes
Stephen Gallaher

Message from the CEO

I look back on the work of YMCA Humber during 2020 with immense pride. The services provided by our Team to our residents, during a global pandemic has been outstanding. These unsung keyworkers have stepped up 365 days of the year, 24 hours a day to ensure that our residents were supported, cared for and safe.

I've always been proud of what we do at YMCA Humber, but never more so, than when new challenges were presented daily, and the world was facing unknown territory.

And despite these unprecedented challenges we still managed to open a house for Care Leavers and two Housing First properties, providing wrap-around support for those formerly street-homeless.

Work on our £8.3m Freeman Street building commenced in April 2020 and continued to run on time and on budget by the end of the year – another outstanding achievement.

Never have our services been needed so much by so many. Because we believe in everybody, we can look back on 2020 knowing that we did everything we could to keep people safe, supported and 'at home'.

Best wishes
Debbie Cook

► The Covid-19 Pandemic

A year of significant challenge

The team at YMCA Humber was quick to rise to the challenges presented by Covid-19 in March 2020. Plans and principles were established giving a framework to operate within to keep our services 'Covid-19 secure'.

We appointed a Covid-19 lead officer to oversee our approach and kept our residents and our staff as our priority at all times. Risk assessments were reviewed regularly. Communication across the Organisation was increased. All of our services continued to operate (except our youth clubs which sadly had to close due to lockdown).

At the end of the year we were fortunate to be able to report only one confirmed case of Covid-19 on our staff cohort and zero confirmed cases amongst our resident cohort.

Our staff worked tirelessly throughout the year to maintain our 24-hour service. Additional free food and essential provisions were made available to all our residents. Additional mental health support was offered and utilized to ensure our residents' and our staff's well-being as much as possible.

Sincere thanks to all members of the YMCA Humber Team for their fantastic efforts during this challenging year. Our thoughts and prayers to all who lost loved ones as a result of this awful pandemic.

► New services opened in 2020!

YMCA Humber opened its first Care Leavers' project in May 2020, renovating a large terraced property in Grimsby, close to a large and popular park and local amenities.

The house was designed and renovated to provide up to four young people aged 16-18 with a fabulous place to live, enabling support from professionals to facilitate individual progress.

Each young person is a Looked After Child of the local authority and placements are planned and support is developed in line with individual care plans.

YMCA Humber works with young people to establish sustainable relationships, working on building trust whilst identifying concerns early in the placement and working with the young person to overcome barriers using safety planning and risk assessments.

The young people are supported to build independent living skills throughout the duration of their stay with YMCA Humber, preparing them for the time they will have their own accommodation.

We provide positive role models and an environment where the young people feel safe, loved and encouraged to achieve a well-rounded life.

► Accommodation

Our housing programmes changes lives by...

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

We support our residents to make progress against the following outcomes

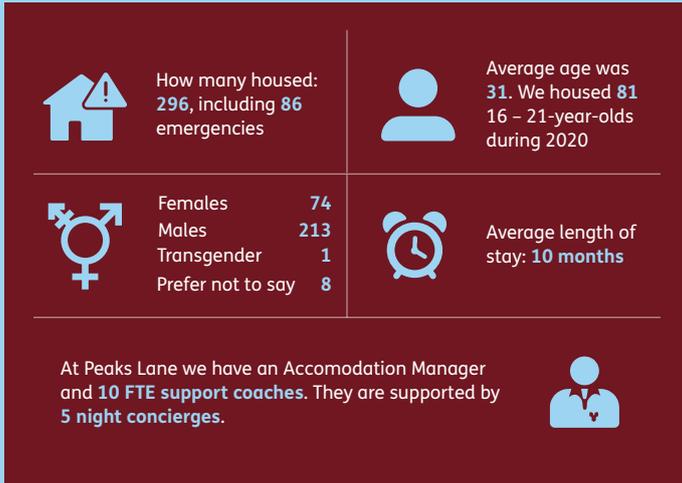
- Motivation and taking responsibility
- Self-care and living skills
- Managing money and personal administration
- Social networks and relationships
- Substance misuse (if applicable)
- Physical health
- Emotional and mental health
- Meaningful use of time
- Managing tenancy and accommodation
- Offending (if applicable)

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

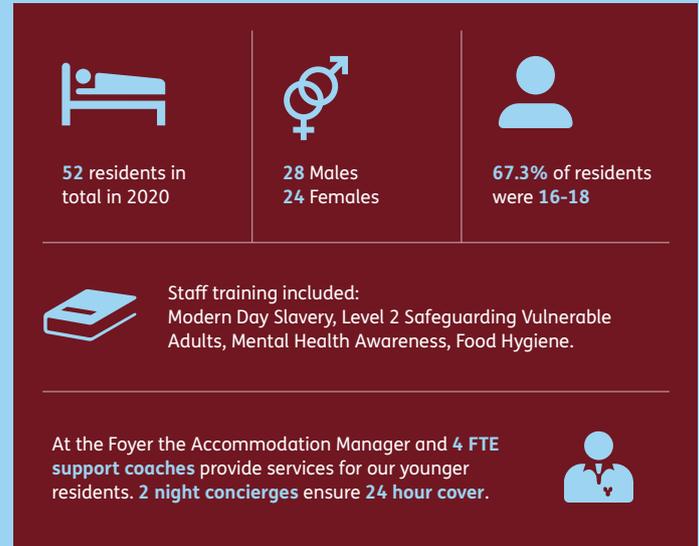
YMCA Humber provides holistic support to young people accessing our services. We believe in giving young people the right skills for life. We believe everyone has potential to unlock.

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.

► Peaks Lane



► The Foyer



In addition our housekeeping and maintenance teams maintain our buildings and, this year, have kept them 'covid safe'.



▶ Training and engagement

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

Although engagement activities have been adversely affected by Covid this year, we have still managed to run the following events for residents.

- ▶ Cooking
- ▶ Baking
- ▶ The Community Shop
- ▶ Dog Walking
- ▶ Movie Nights
- ▶ Football
- ▶ Circuit Training
- ▶ Bingo
- ▶ Arts and Crafts
- ▶ Litter Picking
- ▶ VE Day Celebration
- ▶ Bingo
- ▶ 2.6 Challenge Day
- ▶ Badminton
- ▶ Volleyball
- ▶ Sunday Dinner Club
- ▶ Dance Competition
- ▶ Board Games
- ▶ Halloween Spooky Night
- ▶ Running / Walking Club
- ▶ Tea and Coffee afternoons

▶ A lockdown year but we still managed to provide much needed support.



Number of hot meals provided
4786



During Easter all of our **113 residents** received **Easter eggs!**



All Peaks Lane, Foyer and Community Houses residents were provided around **27,000 hours of support!**

▶ Mental Health Support

Overview of the project

At YMCA Humber we are passionate about ending homelessness, but we understand that ending homelessness is not just about providing a bed and safe place to stay.

Our mental health support provides interventions to improve the mental health and well-being of those who reside at YMCA Humber and those in the surrounding areas.

▶ January - December 2020

Counselling hours delivered

At One Project	422 in total 119 of these were virtually delivered to external participants
Non At One counselling	186 in total (those over the age criteria)

Referrals

At One Project	59 internal (YMCA residents)
External	48 individuals that are within the age limit but do not reside at any YMCA site
Non At One referrals	22 in total (those over the age criteria)

Where do we get referrals from:

- ▶ Humbercare
- ▶ CAMHS
- ▶ Doorstep
- ▶ NELC
- ▶ Grimsby College
- ▶ DWP Job Centre (Grimsby)
- ▶ Franklin College
- ▶ Children's Services, (social workers)



▶ Young Carers' Summer Sessions A 6-week pilot project

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

A Carers' Trust report identified that 72% of young carers felt lonely throughout the summer months.

Supported by Walwyn Chapman Charitable Trust, this project delivered summer activities for young carers exclusively to provide these young people with some respite from their caring responsibilities.

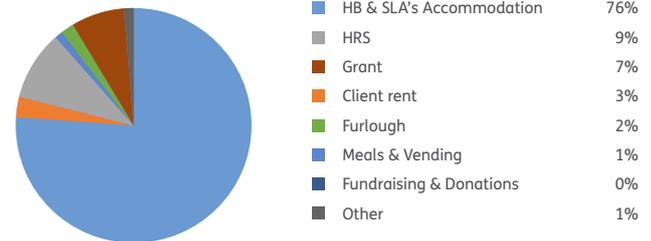
Activities including sack races, arts and crafts activities, scavenger hunts, mini golf, and trips to the local zoo and a local park provided all the young people with opportunities to relax, enjoy and socialise.

On behalf of the young people involved, YMCA Humber would like to thank the Walwyn Chapman Charitable Trust for supporting this project.

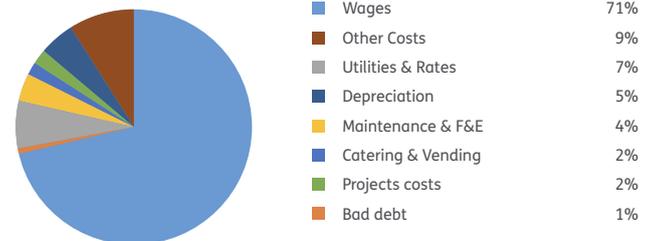
▶ Finance

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

Total Income: £2,514,508



Total Expenditure: £1,766,029



Investment in our future - **£748,479** Invested in key development projects including our Freeman Street Development (Page 17)

► Highlights and milestones



2 residents started university



7 residents at Peaks Lane in full time education!



Our first **Care Leavers** Project started in 2020!



Across our Peaks Lane and Foyer sites we had – **95 positive move ons.**



Our **Housing First** Project started in 2020!



We saw over **300 attendances** and participation from residents across our sites with our **engagement activities**

► Awards

In recognition of YMCA Humber's remarkable progress during 2019/2020, Charity Times recognised our tremendous effort in their 2020 Awards! We were announced winners of both the HR Management Award & Property Innovation Award!

The national Charity Times Awards reward excellence across over 25 separate categories and celebrates best practice in the UK Charity and not-for-profit sector. They recognise, celebrate, and promote best practice for those who are providing effective support in the charity sector.

YMCA Humber was honoured to have been selected as double winners for the support they provide across North East Lincolnshire.



► Amanda's Story

Amanda came to YMCA Humber in July 2020 the day after her 16th birthday. Wanting to make a fuss, YMCA organised a small birthday buffet for Amanda that included a birthday cake.

When Amanda arrived she couldn't come into the room where the food was and seemed to be frightened. Amanda went into her room and didn't come out for the rest of the day.

Amanda had not had a birthday party before, she had not had a cake for a very long time, if at all. Amanda didn't really know what food she liked or how to identify food groups. This was from many years of neglect, not having food available to her.

As of December 2020, Amanda has learnt the majority of food groups and is confident most of the time to ask for food. Amanda has cooked a few meals with the guidance of YMCA Humber staff and has also cooked with another young person from the project. The first time staff heard her giggle in the kitchen with her friend was a real moment.

YMCA Humber – Changing Lives



► Fundraising and thanks

Thank you to all organisations that kindly gave us grant funding

- Reaching Communities
- Coronavirus Leisure Grant
- NELC Housing First
- Sports England “Community Emergency Fund”
- NELC Hardship Grant
- Crisis Grant “In this together”
- Covid Hardship Winter Grant
- Walwyn Chapman
- NELC COVID-19 Community Response Fund
- Street Games
- Garfield Weston Foundation
- YMCA England and Wales
- NELC Talent and Leadership Academy
- NELC SWEP
- Make a difference locally
- Rotary
- Blakemores
- LandAid



► Sleep Easy

In February 2020 we held our annual SleepEasy event which raised **£20,856**.

Huge thanks to everyone who chose to sleep rough on 7th February 2020, so that others don't have too – supporting our much-needed work to provide safe and aspirational homes for those in need.



► Fashion and Fizz

In March 2020 (just before lockdown) we held our first ever fashion and Fizz fundraising event.

Thanks to everyone who supported the event which took place at Cleethorpes Golf Club and raised £800.

The Covid-19 pandemic halted our other planned fundraising events but we still received donations of goods from generous and thoughtful individuals and groups.

Thank you to our supporters from the bottom of our heart!





► The Future

YMCA Humber's eye-catching community and residential development at Freeman Street, Grimsby, is well underway and on schedule despite the challenges of the Covid-19 pandemic.

Works commenced on site in April 2020, and since then fantastic progress has been made by RG Carter and the Design Team enabling the project to proceed at pace despite the challenges of the Covid-19 pandemic.

In June, the steel frame started to be erected and was completed in July 2020. By October 2020, masonry had reached the first floor, and by December most masonry works had been completed.

By the end of 2020, the scheme was ahead of schedule, with first fix electrical and mechanical preparatory works beginning and windows to the ground level installed.

Here are some INTERESTING FACTS about YMCA's development at Freeman Street, Grimsby:

- ▶ There are 74 en-suite apartments for single people spread over three floors of the building. The 74 apartments are divided into eight groups or 'clusters', with each cluster incorporating a shared lounge/kitchen/dining area.
- ▶ There will be approximately 250 solar panels positioned on the roof, generating clean energy supporting a large proportion of the building's electricity usage.
- ▶ The building required approximately 200,000 facing bricks, with over 280 tonnes of mortar applied.
- ▶ The steel frame consists of 185 tonnes of steel plates, columns, and beams, with a total length of nearly 5km. If all the sections were laid end to end, then they would reach from the Freeman Street site to YMCA's Peaks Lane site and then back to Freeman Street. To achieve the clear span in
- ▶ the communal ground floor space, a 13.2m long beam was provided; the largest UC section available with total weight of 8.5 tonne. To achieve an acceptable deflection in the beam, it had to be bent by 40mm.
- ▶ £300,000 funding towards the development has been gratefully received from the Garfield Weston Foundation.
- ▶ £300,000 funding towards the development has been gratefully received from the Bradbury Foundation.
- ▶ The building is due to be completed by 23rd August 2021.
- ▶ During October 2020, the site was visited by MPs and Councillors who were briefed on the purpose, design and plans for the build, and the progress of construction, despite the pandemic.



During the visit, Lia Nici, MP for Great Grimsby, said:

“It is exactly the kind of vision we need in Freeman Street, which has been down at heel for a generation or more.”

Cleethorpes MP Martin Vickers said:

“I have been briefed so many times on schemes that never go anywhere but this is actually happening, which is great. It is a wonderful project which provides so much to those in need of support.”

► Transition for YMCA’s Residents – The Future

Once complete, the new building will host 26 residents from the existing Foyer project and approximately 48 from the existing Peaks Lane hostel. The existing Foyer building on Riby Square will then be renovated works in preparation for an exciting new chapter!

► The Bradbury Café @ YMCA Humber

This will be a vibrant café seating 55 people and will offer something for everyone – whether it’s coffee and cake with a friend; an informal business meeting or lunch date, everyone will receive a warm welcome.

► Conferencing and Meeting Facilities

Our premium conference centre and meeting rooms will seat up to 130 delegates and will be bookable on a half or full day basis. The flexibility of this space will ensure it can be used not only for meetings and conferences but for parties, exercise groups, concerts and much more.

► Exhibition space

The entrance to the building has built in exhibition space for local artists and community groups to display their talents.

These new ventures will incorporate volunteering opportunities for both our residents and members of the local community to get involved and learn new skills.



Get involved. Join our community!

To read more about us visit 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
info@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