

YMCA



MOVING FORWARD

Annual Report 2022/2023

YMCA SUTTON COLDFIELD



This report is dedicated to the memory of Christopher James Finnes

A POEM BY CHRISTOPHER

Time determines opportunities for everyone
Make the most of your life
Wasted minutes turn into wasted hours and days
Which become wasted years.
Time is too precious to lose.
Savour each moment
As if it were a mouthful of delicious meal
Reap the pleasurable seed which will grow
When you find your purpose in life.
And learn to love.

“You think autism is a disorder affecting social skills and understanding but you couldn’t be further from the truth. (In) my life I dream for more understanding and inclusion so that we can accept ourselves as valuable members of society.”

Christopher

INTRODUCTION

YMCA Sutton Coldfield is an independent charity transforming the lives of children and young people in need. We provide support, respite and safe spaces for young people experiencing a range of disadvantages and their families. Each year we support around 800 young people across Birmingham.

YMCA Sutton Coldfield believes in fairness and opportunity. Everyone needs the essential building blocks for a full and rewarding life: a safe home, acceptance, guidance, friendship, physical and mental health, academic support, employment skills, and access to real opportunities. Many young people have never known these things. Other people lose some of them as they grow up, but we all need them. All of us. At YMCA, we provide these critical foundations for a fresh, strong start for young people and a better quality of life in the community.

We are completely self-funded and rely on grants and awards from local and national organisations to fund our programmes, together with help from the local community, to be able to continue our work.

OUR SERVICES:

YOUNG CARERS

- Young Carers
- Young Adult Carers

DISABILITY

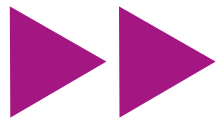
- Children
- Adults

YOUTH WORK

- Children & Young People
- Why Teens

ACCOMMODATION & SUPPORT

- Supported Housing





CHAIR OF TRUSTEES
YMCA SUTTON COLDFIELD
DAVID DALY

The work of the YMCA in Sutton Coldfield has never been more important.

As the strain on public finances nationally (and more recently locally) grows ever tighter, we increasingly fill gaps that most people in their everyday lives never see, maybe never even know exist.

For residents of Sutton Coldfield, one of the wealthiest areas of greater Birmingham, it's possible to believe the issues of youth, young carers, bullying, mental health, poverty and disability mainly affect other areas. But these, and many other issues, are real and happening in Sutton Coldfield right now.

The YMCA's name is known to almost everyone but perhaps doesn't do justice to the work we do. Our service users are aged up to 30 years old, we welcome men and women, and girls and boys; people of all faiths and no faith are treated equally.

We're tremendously grateful to our funders, but funding our work is getting tougher. National donors are receiving record applications and local charitable funds are squeezed. To that end our Chief Executive is now running a smaller, dedicated team ensuring that our service levels are maintained and improved, whilst providing clear demonstrable value to those who support us.

If you've never engaged with us, I'd encourage you to explore what we do, at any level you feel comfortable with. Read about us on our website and social media, join us at one of our celebration events, contact the team for a chat, or arrange to pop along to see what we do. You'll be welcome and you will be surprised by what you discover.

As I mentioned earlier, funding is vitally important; it's our life blood. This is not a direct request for cash from you, but rather a prompt to ask if you know of donations, charitable funders or other sources of money that we could tap into, to support work done right here in Sutton Coldfield, on your doorstep.

Thank you for your interest and support. Please take time to browse the report and learn about the amazing work we do.



CHIEF EXECUTIVE
YMCA SUTTON COLDFIELD
JOY SCOTT-THOMPSON

At YMCA Sutton Coldfield our work with young people provides safe inclusive spaces where everyone is welcome and respected. During these vital and defining years of young people's lives we offer; guidance, friendships, physical and mental wellbeing, academic support, and access to new and exciting opportunities.

In the last year, a new youth led podcast "Why Teens?" has helped young people explore mental health, education and social media, and sparked meaningful conversations and realistic ways of dealing with these issues.

Our Housing provides a safe place for vulnerable young people to live, and over the year we have seen an increase in the number of young refugees supported in the accommodation. Many residents moved on to independent living fully prepared and equipped to manage a home of their own. It's great to hear that those who went on to university are doing exceptionally well.

Our Young Adult Carers Service works with young adults through their transition from the structure of school into their young adult lives whilst navigating those new challenges. Their guidance covers carers' assessments, practical, emotional, and social support. For younger carers we provide one to one support during the school day as well as through respite and Youth Clubs.

Our work with disabled young people and adults is at the heart

of what makes our Stepping Up project unique. Staff are committed to providing a place for people to belong, get outdoors, learn new skills and socialise with friends, improving their ability to thrive in all areas of their life.

Our Fundraising Manager has successfully secured new funding partnerships. Effective procurement by our Finance Manager has helped with rising costs; reducing short term spending to make up for higher costs elsewhere. And, earlier this year, our managers completed training on business resilience to improve our business planning.

Through our network of local organisations, we continue to champion the importance of securing positive outcomes for young people to give them a fair chance in life, no matter what new challenges lie ahead.

I would like to thank our staff team for making the lives of the young people we serve matter. They continue to shape young people's lives by delivering the best experience. I appreciate you all for making a difference, by doing what you do and being all that you are.

And I want to thank our Trustee Board members for their ongoing commitment to help the organisation thrive. Their expertise, guidance, connections, and generosity have been invaluable. As we continue to build a forward-thinking organisation, here's to a promising future for YMCA Sutton Coldfield.

A PODCAST BY TEENS FOR TEENS



WHY TEENS?
Podcast

The Next Generation – Making It Happen

PRODUCED BY
YMCA
SUTTON COLDFIELD

Available on



FUNDED BY
THE NATIONAL LOTTERY
SPORT ENGLAND
active communities

Why Teens Podcast YMCA Sutton Coldfield

Seb* has attended our Youth Clubs for the past 2 years. Once we got to know Seb, we identified that he's a Young Carer who needed additional support to manage his caring responsibilities. Seb began attending our Release Young Carers Project to get some respite and advice. When he first joined the project, Seb didn't know anyone and didn't have many friends. He struggled meeting others outside of the YMCA and was very quiet and withdrawn. Staff worked hard to develop a strong positive relationship with Seb, so he felt able to open up about his struggles.

We received funding from The Active Wellbeing Society to deliver a podcast project, giving young people the opportunity to lead and take part in the entire process. Seb excitedly told us how much he loved podcasts and how much he'd love to be part of the editing and producing team. He began creating TikTok videos and YouTube shorts for the podcast which were posted onto our social media channels in March 2023.

Seb was so happy that his work was shared as part of the Why Teens publicity that he bravely accepted the invitation to be a guest host on the 'Boys Talk' episode. Alongside his friends, Seb joined Dan and Nikai – two of our podcast hosts – for our 'Why Oh Why' segment and discussed topics

surrounding boys and the issues they face.

This project has helped Seb build confidence and self-esteem. Seb said he felt comfortable talking with Dan and Nikai because he listened to past episodes and felt like he'd got to know them. He knew what to expect from the recording and tried hard to be as involved as possible in the conversation. He was proud of how it turned out and waited excitedly to see the edited cut – and his part in it!

Seb really enjoyed being part of the podcast and was excited to have his voice heard on the platform. He's since asked to continue creating short videos for our social media, to raise awareness of Why Teens. He understood how YouTube shorts and TikTok work a little better than some of our staff and that we were missing a trick in promoting the podcast. And if any opportunities arise in the future for more guest host spots, we know Seb will always be ready and willing!

We believe all young people should have a voice.



(*not their real name)

We believe that all children and young people should have a chance to play and learn in a safe environment.

Our Youth Service aims to:

- Raise the aspirations of young people
- Increase their ambition
- Help them to achieve their long and short term goals

We have a programme of weekly youth clubs, detached youth work, group workshops and mentoring for disadvantaged young people aged 10 – 18 years old in Falcon Lodge, Kingstanding and in Handsworth.

We work in schools within these areas offering one-to-one mentoring to children who are disengaging from education. By working alongside school staff, we can identify young people who are struggling with their education or relationships, and give them individual support during the school day. In addition, our after-school sessions offer additional support and a safe place for young people to engage with us, providing a more holistic approach.

Our Sports Project delivered at Laurel Road Community Centre in Handsworth continued to attract large numbers of attendees. And in Falcon Lodge, our Little Lodge continues to provide popular play sessions for children.

Arts Council funding for the Queens Jubilee enabled our Youth Club to take part in an intergenerational photography and exhibition project in partnership with FOLIO (Friends of Libraries in our) Sutton Coldfield. And in September 2022, a group of young people and staff walked in the Birmingham Pride parade for the first time.



127

young people with increased confidence and self-worth

Young people engaging with our Youth Work Programme

197

Young people who received one-to-one mentoring

93

Young people who gained coping strategies to overcome offending behaviour

74



“I love the staff at YMCA and they’ve helped me so much. I know I can always talk to them when I need them and they’ll help me with whatever they can.”

Ella

YOUTH SERVICE YMCA SUTTON COLDFIELD

Ella* was 13 years old when we first met her at our Youth Service. She engaged well with our support workers but was reluctant to discuss life at home. She was struggling in school and beginning to fall behind in many of her lessons. Ella’s teachers were becoming increasingly concerned about her well-being, and it was becoming clear that she was experiencing some difficulties.

Ella started weekly mentoring sessions with us at her school and before long, she started to trust us and slowly began to open up about her personal life and struggles. With one parent in prison and another family member suffering from substance misuse, Ella’s story was very sad and her situation was incredibly challenging for her. Thankfully, we were able to provide the safe space that Ella needed to talk things through.

As well as mentoring support, we realised Ella needed respite care; some time away from home and a safe space of her own. Ella was able to benefit from day trips during half terms and school holidays and came on a YMCA residential trip for a weekend away in Wales.

Our support staff also helped Ella’s four siblings, providing respite care and one-to-one support where possible. Over time, and through intensive support, we got Ella and her family the support they needed and their relationships began to heal.

Ella has been part of our Youth Service for two years now and has recently begun volunteering with us to gain useful experience for the future. Now she’s 15, she’s looking to attend a local college to complete a health and social care qualification. When she’s older, Ella hopes to become a social worker so she can help children and young people with similar experiences to her own.

Ella is really grateful that YMCA staff took the time needed to recognise she was struggling, help her open up about what was happening, and offer their support. She’s much happier at home now and her family as a whole is much closer.

(* not their real name)

We believe every young person should have a safe place to live and thrive.

ACCOMMODATION

YMCA Sutton Coldfield offers supported accommodation to 18 - 30 year old young people. Our aim is to provide housing and support to vulnerable people who are at risk of homelessness. Our Housing Service supports young people:

- to prepare for living independently in a home of their own
- to apply for social housing or private rented accommodation

We have 39 bedrooms and residents can stay with us for up to 2 years. Young people are referred by Birmingham Children's Trust, St Basils, asylum teams, and colleges. Young people leaving local authority care are referred to us by social services. In addition, some young people approach us directly or are referred by their parents.

This year we received Beyond Birmingham funding to install an outdoor gym at George Williams House. The six pieces of gym equipment are now available for young people, our residents, service users and the local community to use. Funding also paid for a bright new mural painted by local artist, Dave Brown, to accompany our new outdoor gym. Children from three local primary schools submitted mural designs and a winner was chosen - please do come take a look and keep fit!

SUPPORT

Our support workers at YMCA Sutton Coldfield help residents become more confident and build their self-esteem. As well as offering practical support with their daily lives, we know how important it is to help young people improve and maintain good mental health and emotional wellbeing. This helps them move on from the YMCA when they are ready, to live safely and independently in the local community.

We offer:

- 1-2-1 support
- Support with college and further education
- Help to access local services
- Social evenings
- Day trips and activities
- Volunteering opportunities

The YMCA values inclusiveness and our residents from many different backgrounds support one another, get on well and respect each other's cultures and beliefs. Some residents have personal advisors and we are always keen to work together to get the best outcome for each young person.

Care leavers we housed

24

Residents who moved on into private rented or social housing

16



46

young people
we housed in 2022-23



ACCOMMODATION AND SUPPORT FOR YOUNG PEOPLE

YMCA SUTTON COLDFIELD

Sadiq was 19 years old when he moved into a room at YMCA Sutton Coldfield in 2022. He needed somewhere to live and study after he fell out with his dad. He found out about the supported housing we offer when he met Charlotte, a Lead Worker for the Young Carers service, at a drop-in session she held at his school 6th form. Sadiq is a hardworking, intelligent young man, and just wanted a safe place to live in and concentrate on his studies.

“I moved into the YMCA at Sutton Coldfield on the 11th of February 2022. For the very first time I found myself living alone in a totally new environment. I didn’t know what to expect at first but after spending about a year and a half there, I can say it was a great experience for me.”

Sadiq wanted to work while living at the YMCA. We supported Sadiq to claim Universal Credit and the Housing Benefit element and supported him to report a change of circumstances once he found a new job. Sadiq attended residents’ social evenings interacting with Housing Support staff and other residents.

Sadiq developed his independent living skills to a point enabling him to move into student accommodation at his university where he’s studying Architectural Technology.

“The accommodation was perfect, I had help from the staff all the time and... organised activities to help us socialise more and just have fun. Overall, I would say I had the greatest... time living at the YMCA.”

Sadiq

CELEBRATING OUR WORK

Our year in pictures...



Stepping Up Litter Picking May 2022

Young adults began regular sessions tidying up in their community from their base in Fosseway Drive.

School Holiday Fun Days August 2022

Young people enjoyed an exciting range of fun days and activities during the school holidays.



Polaroid to Smartphone June 2022

Young people from Kingstanding teamed up with FOLIO to celebrate the Queens Jubilee and put on a photography exhibition in Sutton Coldfield Town Library.

Birmingham Pride September 2022

Staff and Young People walked in their very first Birmingham Pride Parade.

Young Carers Festival July 2022

20 young carers went to the YMCA Fairthorne Young Carers Festival where the theme was 'time to be me'.



We believe every person with a disability should have access to the opportunities and experiences everyone else has in life.



Disabled people were disproportionately affected by social isolation and loneliness even before the Covid pandemic. Studies and statistics in the last 2 years show there has been a significant increase in people affected by mental health conditions. 61% of disabled people are chronically lonely according to a study conducted by Sense in February 2021. The Office for National Statistics reported in March 2021 that over 4 times as many disabled people than non-disabled people said they felt lonely 'often or always'.

We are committed to tackling loneliness, having seen the harmful effect that social isolation and reduced services had on our service users during lockdown. Over the past year we have done all we can to reconnect our service users and bring back the social connection they need to thrive. We believe friendship, a sense of belonging, and having a meaningful purpose are the key to this.

36
adults with disabilities who enjoyed
Stepping Up in 2022-23

Stepping up

Stepping Up offers day opportunities for adults with learning disabilities, promoting independence and healthy lifestyles. We are present in our local community and enjoy a busy and varied programme of activities.

At Fosseway Drive

- Karaoke
- Music
- Quizzes
- Healthy cooking
- Arts and craft

Out and about

- Drama and theatre
- Gym and swim
- Litter picking
- Gardening and growing at our allotment
- Visiting coffee shops and the local pub

Fun and friendship are core to how we strive to ensure adults with disabilities are happy and empowered to live the lives they want to live.



Kkats

Kkats is our youth club for teenagers and young adults with disabilities, which runs twice a month. Our main aim is to reduce loneliness and provide a safe space for young adults to meet up with their friends, have fun and socialise on a Saturday. There's always music, dancing, and group games like bingo, quizzes, football and talent contests.

Party goes at our 70's themed Celebration Ball at Moor Hall

103

Alley Kats performers in our two drama productions

20

“I loved being able to go out with my friends on a Saturday night, it was so good, I can’t wait for the next trip.”

Olivia

“Gardening is fun, I didn’t think it would be, but we have a laugh.”

Ryan

“I love performing with YMCA, I like coming to rehearsal and learning all the dances with my friends.”

Arron



SUPPORT FOR DISABLED ADULTS YMCA SUTTON COLDFIELD

Stepping Up is 10 years old. Over the years the group has grown to meet the needs of the service users who attend. We now offer day opportunities, Monday to Friday, to 20 adults with learning disabilities. Of all the topics, activities and mini projects we have incorporated in the last 10 years the running theme of friendship and fun has been at the core of our service. We believe friendship, a sense of belonging and having a meaningful purpose are key to reducing loneliness.

Our allotment project is one of the new ways we are tackling loneliness. Ryan is a popular member of Stepping Up, he attends 3 days a week and has surprised himself at how green-fingered he’s become

since joining the allotment group. Ryan was an active participant in clearing the plot and planting vegetables, showing pride and delight in his achievements as the produce grew.

Alley Kats is an integral part of Stepping Up and last year our two productions were Charlie’s Chocolate Factory and our Commonwealth Games Show. Our cast of performers worked together at weekly rehearsals to achieve a common goal. It’s not all about the final production though, as young people had lots of opportunities to express themselves through music, dance and acting. Each session is full of laughter, excitement and dedication. Arron has participated in more than ten Alley Kats productions, he’s a seasoned pro!

In 2022 Stepping Up started Stepping Out! Our service users expressed a desire to go on some bigger trips or attend large events, so alongside our day opportunities service we now offer up to ten Stepping Out trips each year. Olivia has attended many of the trips, including an evening theatre trip to watch The Wings Family perform a Halloween spooky spectacular.

We believe all young people should have the opportunity to explore their interests.

In their 2022/23 short breaks statement, Birmingham Children's Trust said there are currently about 47,000 children and young people living in Birmingham aged 0 – 25 years old with some form of additional need or disability.

Alongside this figure, Birmingham Children's Trust vision is that every child with a disability will have a great life in their local community, with the same life opportunities as those available for the wider population.

At YMCA Sutton Coldfield we work hard to turn this vision into a reality by offering weekend clubs, a weekly evening youth club and school holiday activities for children and teenagers with disabilities.

Koolkats

Koolkats is a weekly term time evening youth club for teenagers with disabilities, as well as activity days and trips during the school holidays. Our weekly sessions are led by the teenagers that attend and often include music, gaming, pool matches and film club. During the school holidays our 'kool kats' love days out with visits to the cinema and bowling.

Meerkats

Meerkats is our group for children aged 8 to 13 years old. We run two Saturday clubs each month, providing a safe and stimulating environment for children with disabilities and complex behaviours. We also offer school holiday activity days and trips to SNAP (Special Needs Adventure Playground).

During our weekend sessions we offer sensory activities, music sessions, outdoor play and the sensory room. We also have themed sessions such as mascot parties, bouncy castles, open theatre sessions and visits from the animal man.

All our sessions offer children a place to explore and have fun, with the right support to meet their individual needs, and a welcome break for their parents and carers.

Hours of weekend youth club children and teenagers with disabilities

120

Parents and carers who got a break from caring whilst their children were at YMCA

47

100%
of children with disabilities said they enjoyed our clubs!



“I love coming to YMCA to be with my friends at club and when we go on trips. It’s fun when I dance with my friends and we laugh together.”

Ruby

SUPPORT FOR DISABLED CHILDREN

YMCA SUTTON COLDFIELD

In 2019, Mencap research suggested that 1 in 3 young people with a learning disability spend less than 1 hour outside their home on a typical Saturday. This figure illustrates how lonely and isolating weekends can be for children and teenagers with disabilities.

At YMCA Sutton Coldfield we know our services are a lifeline for families and places of fun and opportunity for children and teenagers who attend.

Ruby comes to our Thursday evening Koolkats club most weeks. Ruby’s been coming to

the YMCA since she was 8 years old and is now 17. She loves music, singing and dancing, and is now at college.

The teenagers who attend – the Koolies! – help drive and shape the project. Once a term we have a group discussion about what activities and trips they would like to do in the following months. Ruby and the other Koolies have enjoyed several trips together in the last year.

They went to Weston-Super-Mare in the summer and had a brilliant day at the seaside, eating chips on the pier, ice creams on the beach and playing at the arcades.

Another favourite trip was closer to home at Cadbury World. To help Ruby and her friends build their skills and confidence as they grow into adulthood, the Koolies and our staff planned this trip as a group. Everyone was really excited at Wylde Green station waiting for the train to Bournville – and, of course, they loved eating all the chocolate! Here’s what some of the Koolies said on the way home...

‘best day ever’

‘my favourite bit was the gift shop’

‘yeah it was good’

‘can we get the train to the next trip’

CELEBRATING OUR WORK

Our year in pictures...



Youth Elan Valley Trip October 2022

15 young people went on a 2-day residential trip to the Elan Valley in Wales and had great fun outdoors.

Growing at the Allotment October 2022

Disabled young people, in partnership with Court Lane Allotments, began weekly visits to transform a plot, stay healthy and grow their own food.

Stepping Up World Cup November 2022

Young adults enjoyed watching and cheering on their team in the Men's Football World Cup at the local pub.



YMCA Sutton Coldfield Christmas Fair December 2022

Service users and staff from all of our projects came together for our first YMCA Christmas Fair.



Commonwealth Games Mural December 2022

Our colourful outdoor mural was painted, with designs from children at Maney Hill Primary, Penns Primary and Wylde Green Primary schools, to compliment the gym equipment installed at Watson Close that everyone in the local community can use.



We believe Young Carers should know they are not alone.

Our Release Young Carers Project works with young people aged 5 – 18 years old. The majority of these young people are carers, meaning they live with or care for a family member who has a physical disability, long-term illness, poor mental health, or suffers from substance misuse. YMCA Sutton Coldfield supports these young people by offering weekly mentoring sessions, respite activities, and the chance to be young and have fun. In July 2022 we took a group of carers to the Young Carers Festival for the first time since before the pandemic.



196

Young Carers
who accessed our
services in 2022-23

The Release Young Carers Project works closely with schools to up-skill teachers, identify ‘hidden’ carers in the classroom, and raise awareness within education of young carers and their daily challenges. We also support schools to achieve the Young Carers in Schools Award. All of this allows the young carers we work with to feel recognised, understood and supported.

In the community, our project workers arrange weekly youth clubs, activities and trips during school holidays, residential breaks, and one-to-one mentoring support. They provide a tailored support package to meet the individual needs of each young person, helping them identify positive education and career goals they can work to achieve.

Our Upbeat Teens Project provides intensive 1:1 mentoring support to young carers aged 14-18 years old. It’s grown from strength to strength and this year we’ve seen some of our long-time service users move onto our Young Adult Carers Service. As a final farewell to some of our Upbeat Teens, some with us since they were 10 years old, we invited 10 young carers to attend a weekend residential break in York.

We focus in particular on helping young carers during their final years of secondary school; supporting them into further education and ultimately a smooth transition into adulthood.

Young Carers who received one-to-one mentoring

154

‘Hidden’ Young Carers identified in schools

108

Young Carers who received respite

94



**SUPPORT FOR
YOUNG CARERS**
YMCA SUTTON COLDFIELD

“YMCA have been great for me. I’ve known them for such a long time and I know I can always dip in and out of mentoring when I need it depending on how things are at home. There’s never any judgement and nothing seems like too much trouble.”

David

David* is now 18 years old and has been part of our Release Young Carers project for 6 years. David’s mom reached out to the project to support her two sons when she was diagnosed with cancer, as David was 12 and his brother was only 8 years old at the time. When we first met David, he was extremely quiet and withdrawn and didn’t have many friends his own age. He was also self-harming and had very poor mental health. He was quickly welcomed into our weekly youth club by the other young carers and he began attending respite sessions and having one-to-one mentoring support from our staff.

Over time, David made many friends on the project, his confidence and self-esteem grew, and his overall mental health drastically improved. David’s mom was eventually in remission, and he felt his life had turned around completely from when he first joined the project. Mom is still healthy and gets regular check-ups.

David continued to receive respite from YMCA Sutton Coldfield and, whilst he no longer needed one-to-one support, he would often fill in staff on what

had happened during his week and ask for advice. We always keep in touch with each young person who’s been supported by the project in case situations change. For David, this happened 18 months ago when dad was diagnosed with heart problems. Dad spent a period of time in hospital and unfortunately David’s mental health began to deteriorate again.

We offered David one-to-one support again, which he quickly accepted, meeting with a staff member each week before youth club. David’s dad was discharged from hospital and, whilst he still struggles with heart problems, his overall health is much better. David’s mental health has once again improved and he has stopped self-harming.

David has now joined our Why Teens Podcast project, as he wants to help other young people, give himself a voice and challenge himself by pushing himself out of his comfort zone – not something he would have considered doing when he first joined the Release Young Carers project! He’s completed his first year at college and hopes to go to university. And he’s now moving over to our Young Adult Carers service, so he’ll continue to be supported as he applies for and attends university.

(*not their real name)

We believe that every Young Adult Carer should have someone to talk to.

Our Young Adult Carers Service provides support to young people aged 17 – 25 years old who help care for someone they live with. Our support programme focuses on their overall wellbeing, helping them to achieve their full potential, especially during the important transitional period of their lives as they become adults.

We aim to:

- Improve how young adult carers are identified and supported
- Raise awareness of carers and their needs
- Work in partnership with other organisations

Many young adult carers have less opportunities than their peers take for granted. Caring responsibilities can have negative impacts on their lives. As they move into adulthood, aspirations, ambitions, and achievements are often affected. Young people who are carers may struggle with poor attendance and attainment at college or university, and in the workplace. Restricted social contact and interaction can affect confidence, self-belief and self-esteem. Physical and mental health is often affected as well.

At times, many young adult carers feel down, isolated and unsupported. Our team provide mentoring and coaching to develop wellbeing, life skills and resilience. We run practical workshops for groups of carers and create opportunities for them to improve their wellbeing through social interaction, openness and honesty. From informal drop-in sessions where carers can talk about their concerns, to events and residential trips where carers can socialise away from their caring roles, our service is tailored and flexible and centred around positive change.

Each month during term time, our key workers visit nine college campuses across Birmingham to support young adult carers. They work closely with student support staff to make sure young people can get all they can from college life. We also visit secondary schools across the city to identify and connect with young carers who will soon be 18 years old.

YMCA Sutton Coldfield helps young adult carers with training, college and university applications, letters of support for employment opportunities, and workshops to improve skills like CV writing. We support carers' families as well, using our networking links to help them get financial support, IT equipment and food parcels.

Young Adult Carers receiving a statutory or well-being assessment	50
Young Adult Carers we supported at college or university	95
Young Adult Carers receiving one-to-one life coaching or mentoring	87
Partnerships and referral pathways developed	49



107
Young Adult Carers using our services over the year



“The YMCA has been a great support, helping me meet new people...have time out and a little personal space away from my caring role. The IT equipment has and continues to support me with my course work, and research and job searches... not forgetting support with my future aspirations and ambitions once I have achieved my goals at college.”

Leanne

SUPPORT FOR YOUNG ADULT CARERS

YMCA SUTTON COLDFIELD

Leanne* is 20 years old and was referred to us by Spurgeons who were helping her younger siblings. She helps care for her father who has a long-term health condition; a chronic illness and a physical disability. She supports her mother with her caring role and looks after her siblings.

Leanne's doing an IT course and studying maths at college but when we first met her she had no friends and felt very isolated. Leanne didn't have time for herself, she just went to college and then came home to provide care for her family. She didn't have a computer or IT device and found it difficult to complete college work. Money was a problem for her family and she had very little support.

When we met Leanne, we explained how we could help her and completed an assessment of her needs. We did a welfare benefits check and, with our help, Leanne got funding to help pay for her college books, and a computer so she could complete her course work. She also attended our transition workshop, for young adult carers becoming 18 years old, where she met other young adult carers.

Leanne can continue to visit our support staff during drop-in sessions at her college or sign up to any of our workshops. As she begins to think about what to do when she leaves college, we've given her details of jobs fairs and vacancies we hear about. And to help her family, Leanne and her mum have had details from us about the financial support and food banks available to help the family in the current cost of living crisis.

We're really pleased that, with our support, Leanne has met new people, developed her relationships, and spent time with other carers of a similar age. She's now able to complete her course work and submit it on time.

(*not their real name)

OUR ACCOUNTS

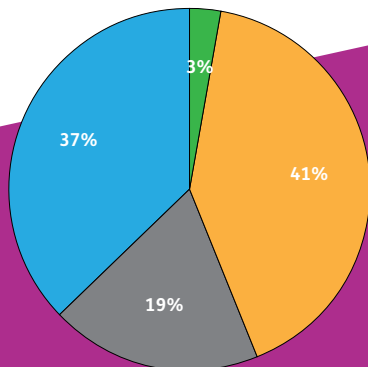
Our audited financial statement to the year ending 31st March 2023 is published on our website.

We are pleased to report that we have **continued to improve** as an organisation following the disruption we all experienced during and after the Covid-19 pandemic. We initiated a long overdue increase in our room rates to more accurately reflect the cost of providing this service. This has provided more financial stability, enabling us to pay our staff a one-off cost of living payment and increase salaries to at least the Living Wage.

Overall, we are in **better financial shape** this year than we were in 2021/2022.

However, the current cost of living crisis affects our service users and their families, as well as our costs, and our potential fundraising (from donations) and funding (from grants and trusts) going forward.

Our total funds in April 2022 to March 2023 were **£979,898**. This was an increase from **£811,858** in the previous year.



Our total expenditure in the year was **£818,456**, up from **£761,008** in the previous year.

There has been no real increase in our fixed assets (the value of our premises) from the previous year. We are in good shape in terms of reserves, however they are mainly made up of fixed assets so we are quite cash poor. Overall, we've seen a small improvement in our balance sheet of **6%**.

YMCA Sutton Coldfield is a company registered by guarantee and a registered charity.

- Rent from residents
- Fees for services
- Donations & fundraising
- Grants

A big thank you

The life changing work of YMCA Sutton Coldfield would not be possible without the support of the many charitable trusts, foundations, groups and businesses who support us.

This year, we want to say a really big thank you to:

- | | |
|--|--|
| The Active Wellbeing Society | Geoff Southall, Lichfield Web Design |
| Amazon Smile | Heart of England Community Foundation |
| Arts Council | The Henry Smith Charity |
| The Baily Thomas Charitable Fund | John Stedeford & Sons |
| Beyond Birmingham | Lloyds Bank Foundation |
| Bring it on Brum! Birmingham Holiday Activities Fund | Meta4 Mastermind Network |
| British & Foreign School Society | Ministry of Justice via Street Games, Youth Justice Sport Fund |
| Birmingham Children's Trust | MonkeyPants Productions |
| Birmingham City Council | Nationwide Community Grants |
| Bishop Vesey Grammar School | Norman Laud Association |
| Buddy Bag Foundation | The Owen Family Trust |
| Charles Hayward Foundation | Royal Sutton Coldfield Town Council |
| Comic Relief | 7 Stars Foundation |
| CUDOS Creative | Sutton Coldfield Charitable Trust |
| Darren Langley Web Design | Sutton Coldfield Neighbourhood Network Scheme |
| Easy Fundraising Feel Good Shopping | Tesco Community Grants |
| Edward Cadbury | W.E. Dunn Trust |
| Elliott Nash | Wylde Green Rotary Club |
| Eon | YMCA England and Wales |
| The Eveson Charitable Trust | |
| Forward Carers | |



HOW YOU CAN HELP

There are so many ways you can support YMCA Sutton Coldfield...

Your workplace or organisation

- Make us your **Chosen Charity** and fundraise for us. Set a target and ask staff to come up with fundraising ideas and challenges throughout the year! This helps your team building.
- Organise a Gala or Black-tie event with a raffle or silent auction and donate the proceeds to support our work. This helps your **networking**.
- **Get staff involved** in dress down (or up!) days, baking competitions or challenges between teams... the list is as long as your imagination... and have fun while raising money to support young people. This helps your staff engagement.
- Arrange for your staff to volunteer with us for an eye opening and **fun away day** with a difference. This helps your corporate social responsibility.
- Contact us at admin@ymcasc.org.uk to receive our Corporate Prospectus with more information about supporting YMCA Sutton Coldfield.

Your help and support

- Fancy running a marathon, sky diving or swimming with sharks? Whatever challenge you want to set yourself, we want to help motivate you to **achieve that goal** whilst getting sponsored to raise funds for us.
- Hold a **coffee morning** and get to know your neighbours or invite the ones you already know. If everyone donates £1 for a slice of cake, it soon adds up!
- Why not complete a **virtual challenge**, like getting sponsored to walk the Great Wall of China without ever leaving Birmingham?!
- Use your talents! Do you love playing a sport?... a musical instrument?... a board or online game? Why not set up a charity match, a concert or even a **quiz night!**
- Online auctions, quizzes and selling unwanted items is a great way to raise funds for us **without even leaving the sofa!**

Whatever you decide to do, we'd love to hear about it and talk about it on our social media channels. So don't forget to tag us and send some photos so we can post about it to show our thanks for the support.



HOW YOU CAN HELP

A donation of any size makes such a difference to the lives of young people in Sutton Coldfield.

Here's what your donation could mean for the young people we support:

- £5** Youth club snacks for a child who might otherwise go without an after-school snack.
- £10** A respite session for a young carer giving them valuable time and space to be young.
- £20** A place for a young person to go on one of our aspirational day trips.
- £30** Minibus costs to take a group of inner-city young people to see the beach for the first time.
- £50** Helps deliver our weekly drama group for people with learning disabilities.
- £80** Sports sessions over a school term for young people experiencing disadvantage.
- £100** A memorable evening out with friends for a group of young people with disabilities.



Thank you for choosing to support YMCA Sutton Coldfield

Please donate to us today by scanning the QR code and choosing to give a one off or monthly donation.

If you would like to set up a standing order or donate with a bank transfer, our account details are:

Sutton Coldfield YMCA Lloyds Bank
Account no: 00085400
Sort code: 30-98-37



To find out more, get involved
or to donate, please visit our website at
www.ymcasc.org.uk

Email: admin@ymcasc.org.uk

Call: 0121 354 5614



Charity number: 1008752



Here for young people
Here for communities
Here for you

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