

YMCA



NOW'S OUR CHANCE

Annual Report 2023/2024

YMCA SUTTON COLDFIELD



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 these 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.

YOUNG CARERS

- Young Carers
- Young Adult Carers

DISABILITY

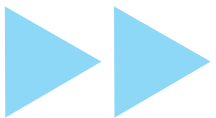
- Children
- Adults

YOUTH WORK

- Children & Young People
- Why Teens

ACCOMMODATION & SUPPORT

- Supported Housing





CHAIR OF TRUSTEES
YMCA SUTTON COLDFIELD
DAVID DALY

I want to take a minute to say thank you to everyone who makes YMCA Sutton Coldfield such a wonderful, caring and inclusive place for young people to have fun, interact and feel safe. The work we do at YMCA has never been more important.

Our dedicated team of youth workers do a fabulous job, led by Chief Executive Officer Joy Scott-Thompson. Thank you to you all – your hard work and passion is invaluable and inspiring.

We remain tremendously grateful to funders, many of whom return to support us due to the successful outcomes we achieve. We are living in an uncertain and difficult time for funding youth work and the work we do would not be possible without the support from our donors and grants.

Thank you for your interest and support. Please take the time to browse this report and learn about the amazing work we do. If you would like to contribute to our work we are currently looking for new members to join our board of trustees. See the end of this report for more information or contact HR@ymcasc.org.uk



CHIEF EXECUTIVE
YMCA SUTTON COLDFIELD
JOY SCOTT-THOMPSON

As CEO I am delighted to present our Annual report for the Year 2023. This last year has seen continued dedication and commitment to our work with young people, providing safe inclusive spaces where everyone is welcome and respected. At YMCASC we understand that it takes a community of people to interact with children and young people for them to experience and grow in a safe environment.

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 challenges lie ahead. Our offer of guidance, social activities, physical and mental wellbeing support and access to new and exciting opportunities is vital for young people to realise their full potential.

In the last year our work has helped young people explore mental health, education and social media, and sparked meaningful conversations and realistic ways of dealing with these issues.

Over the year we have seen an increase in the number of young needing supported accommodation. Our Carers Services to young people and young adults seen an increased take up across the city.

Our work with disabled young people and adults is at the heart of what makes our Stepping Up project so very unique. 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 brilliant staff team are a diverse mix of full and part time workers, who I want to especially thank. Their hard work, passion and commitment positively impacts the lives of young people, through the supportive relationships they build and the consistent reliable services they deliver.

I am grateful to our funders, partners, stakeholders for their financial support. The active support from our Board members has made a big difference to the morale of the staff team. In this report you will see some great examples of the work we do and why it is so needed, enjoy the read.

Would like to thank all our staff for their professionalism, passion and commitment to delivering services for young people. We seek to grow and develop as an organisation to support more young people with the everyday challenges they face. Here are some great examples of what Youth First can do and why it is so needed for our young people. The secret to us having any success positively impacting young peoples' lives is the relationships which our brilliant Youth and Play workers build with young people and we have worked hard to increase transparency and provide a stronger governance oversight that will be crucial in ensuring organisational sustainability.

We believe that every young adult carer should have someone to talk to; a person they can trust and be open and honest with.

Census 2021 data show there are about 71,000 young people aged 18 – 24 years old providing between 20 and 49 hours of unpaid care each week: a 60% increase since 2011. In 2023-24, as a Forward Carers' partner, we continued to deliver a programme of support for young people aged 17 – 25 years old who help care for someone that has a disability, illness or addiction.

Our focus is on overall wellbeing; helping young people achieve their full potential, especially during the important transitional period 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 to support carers

Opportunities that other young people take for granted are often not available to young adult carers. Caring responsibilities can have a negative impact on their lives. As they move from childhood to become adults, their aspirations, ambitions, and achievements are often affected. They may struggle with poor attendance and attainment at college or university, and in the workplace. Their physical and mental health is often affected. And less time for social contact and interactions can affect their confidence, self-belief and self-esteem.

Our support workers provide one-to-one mentoring, life coaching, and group workshops, to offer practical and emotional support, and encourage carers to open up about the challenges they face. At informal drop-in sessions across the city, we provide a space for carers to talk to each other about their concerns. And our social events and residential trips give carers a chance to socialise and take time out from their caring roles. Our service is tailored and flexible; centred on positive change and overall well-being.

Working closely with student support staff, we identify and support carers in colleges, sixth forms and universities across Birmingham. We help young people apply for courses and jobs, write their CV and prepare for interviews. Have a look at our website if you want to refer yourself or refer a young adult carer to us www.ymcasc.org.uk

Young Adult Carers attending University or College being supported	142
New Carers registered	101
Young Adult Carers receiving 1-2-1 life coaching/mentoring support	135
Carers receiving a statutory or well-being assessment	91

159
Young Adult Carers
accessing our services





"I have enjoyed meeting other carers on trips and workshops. I have been able to... have conversations with people my own age who also understand my situation... I don't feel as lonely anymore."

Helen

SUPPORT FOR YOUNG ADULT CARERS

YMCA SUTTON COLDFIELD

Helen* is 19 years old and was referred to us from the Birmingham Carers Hub who had been contacted by her mum's social worker. Helen's mum has a medical condition that affects her mobility and overall health. We contacted Helen and arranged to see her at home, to get to know her, explain the support we can offer, and the opportunities available for her.

Helen is her mum's sole carer, and they live together in South Birmingham. Helen was lonely and isolated, as she didn't get out much and had few friends. She said her low confidence meant that she found it hard to form relationships and suffered at times with her mental health.

We met Helen regularly to give her one-to-one support and also got to know her mum at further home visits. We talked to Helen about the importance of having time for herself.

She was keen to meet other young people, and we encouraged her to attend our well-being trips and workshops, where she could mix with other young adult carers.

Transport and finances were an issue for Helen and her mum, so we completed an assessment of her needs which resulted in a well-being payment. We also did a welfare benefits check and helped her get cost-of-living payments.

Helen also asked about being referred on to a suitable organisation for support with her own health. We identified possible organisations and have discussed these with Helen.

Helen feels less isolated and has a little more hope. She's aware of the options available for her to combine her caring responsibilities with her own life aspirations and goals. She recognises it's OK to accept support and is now interacting better with other young people.

Helen's hoping to attend one of our workshops after attending our Carers Voice event, where it was great to see her chatting, smiling and having fun.

(*not their real name)

We believe all Young Carers should know they are not alone.

Through our Release Young Carers Project, we support young carers aged 5 – 18 years old who live with or care for someone that has a physical disability, long-term illness, poor mental health or who suffers from an addiction.

We aim to:

- Offer support to young carers
- Identify 'hidden' young carers
- Raise awareness of young carers and the challenges they face

We work with schools to provide tailored support and 6-8 weeks of one-to-one mentoring for young carers. Our support workers work closely with several Birmingham schools to identify carers, upskill teachers, and deliver whole school assemblies to raise awareness of young carers and the challenges they face. This work allows us to give young carers a voice, advocate on their behalf, and support young carers to achieve their long and short-term goals.

We have a programme of youth clubs for different age groups, trips and activities during school holidays, and residential breaks. To support young carers in the best way, our support is tailored to the individual needs of each young person, and they are free to attend as much or as little as they wish.

Working with Action for Children, we also help young carers attend their Bouncing Back workshops, to build resilience and develop coping strategies.



227

Young Carers
who accessed our
services in 2023-24

Young Carers who received one-to-one mentoring
'Hidden' Young Carers identified in schools
Young Carers who received respite activities

162
166
103



SUPPORT FOR YOUNG CARERS YMCA SUTTON COLDFIELD

“Students describe their meetings as a safe and open space to share things which other people might not understand.”

School Learning Mentor

Kyle*, 11, cares for his dad who has cancer. He was identified as a young carer when he joined his new school in year 7. When Kyle was referred to us for mentoring support, his dad was in hospital and his mom was using crutches after a recent operation.

When we first met Kyle, he was very shy and withdrawn. He told us he was often scared to go and visit his dad in hospital because he didn't know if he would be having a good day or not. He also told us that he only had one friend in school, so he was extremely isolated. He struggled to engage with other young people his age and was finding the transition to secondary school difficult.

During an early session, we completed an 'outcome star' where Kyle rated his confidence and self-esteem as only 1, so we helped him set small, achievable goals that he could use to improve this. We also worked with Kyle on how to make friends and 'tips and tricks' to help with settling into his school and talking to new people.

After a month Kyle asked if we could revisit the outcome star. When asked why, he said he wanted to change some of his answers. Kyle wanted to change his response to confidence and self-esteem from 1 to 3. He was so happy with the difference he saw in himself; he said he was

much more settled in school, was engaging more in classes, and had already made several new friends.

Kyle continued to access support from Tim until they both felt this was no longer necessary. He became far more confident and had a strong support network of friends. His dad came out of hospital and is doing much better. Tim has continued to check in with Kyle to make sure he's OK. A member of staff at his school is also keeping an eye on him and will refer Kyle for more regular sessions if he needs them again in the future.

'The support YMCA Sutton Coldfield has provided for BVGS has been invaluable. Students describe their meetings as a safe and open space to share things which other people might not understand. They are made to feel valued and empowered. One student said they felt "seen" for the first time. The Youth Support Worker helps us, as a school, to be aware of any difficulties and time constraints a young carer has, so we can help provide additional academic and emotional support. Students look forward to their meetings and often emerge chuckling, feeling more relaxed and able to tackle anything.'

School Learning Mentor

(*not their real name)

We believe that all young people should have equal opportunities and be able to reach their full potential.

Our youth program delivers weekly youth clubs, group workshops, sports sessions and 1:1 mentoring for disadvantaged young people aged 11-19 years across Sutton Coldfield and Handsworth.

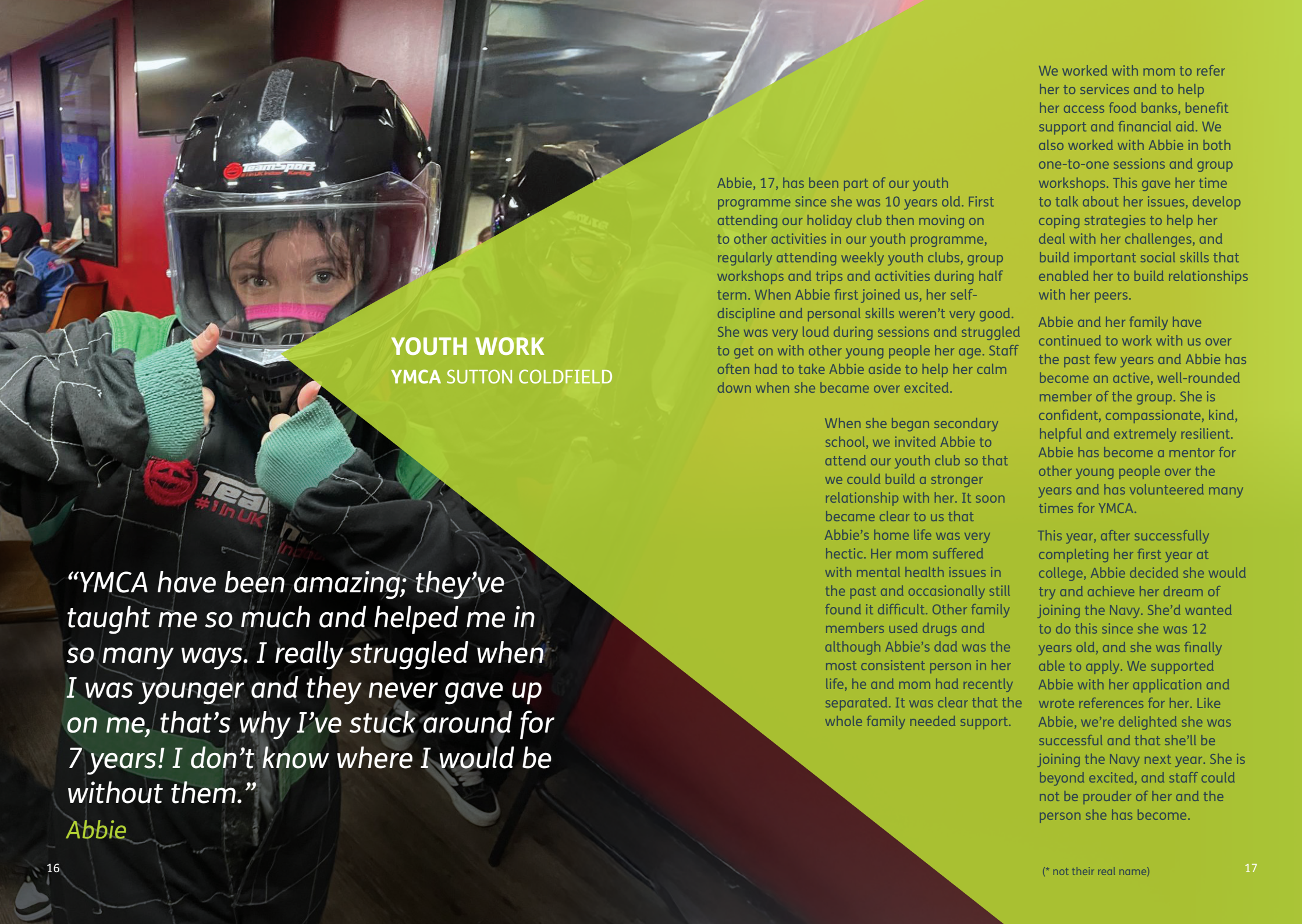
Funding from the Eveson Trust has allowed us to provide 1:1 mentoring in schools for any secondary aged pupil who is disengaging from education within Sutton Coldfield. Working alongside school staff, we identify children and young people who are not engaging in education, skipping classes or displaying challenging behaviour. We then provide 1:1 mentoring support to the young person, either in or outside school according to the individual needs and preferences. To provide a holistic approach, young people are also invited to attend our out-of-school activities such as youth clubs, trips and activities, and group workshops.

In Handsworth, we run weekly sports sessions that offer a safe space for many young people, giving them the chance to meet new friends, talk to staff and engage in fun activities. During these sessions, staff are also on hand to provide mentoring and support in a more informal setting. Together, our group sports activities and individual support help young people to build positive relationships, improve communication and inter-personal skills, and increase their confidence and self-esteem.

This year we were also successful in securing HAF funding to deliver 10 activity days over the Easter and Summer school holidays for young people aged 8-16 years. Our service users engaged in a range of activities, including a bin bag fashion show, canvas painting, skateboarding and scooters, carnival activities, boogie bouncing, circus craft and skills, and many more.



Young People with increased confidence and self-worth	134
Young people who received one-to-one mentoring	87
Young people who implemented coping strategies to overcome offending behaviour	81



YOUTH WORK

YMCA SUTTON COLDFIELD

“YMCA have been amazing; they’ve taught me so much and helped me in so many ways. I really struggled when I was younger and they never gave up on me, that’s why I’ve stuck around for 7 years! I don’t know where I would be without them.”

Abbie

Abbie, 17, has been part of our youth programme since she was 10 years old. First attending our holiday club then moving on to other activities in our youth programme, regularly attending weekly youth clubs, group workshops and trips and activities during half term. When Abbie first joined us, her self-discipline and personal skills weren’t very good. She was very loud during sessions and struggled to get on with other young people her age. Staff often had to take Abbie aside to help her calm down when she became over excited.

When she began secondary school, we invited Abbie to attend our youth club so that we could build a stronger relationship with her. It soon became clear to us that Abbie’s home life was very hectic. Her mom suffered with mental health issues in the past and occasionally still found it difficult. Other family members used drugs and although Abbie’s dad was the most consistent person in her life, he and mom had recently separated. It was clear that the whole family needed support.

We worked with mom to refer her to services and to help her access food banks, benefit support and financial aid. We also worked with Abbie in both one-to-one sessions and group workshops. This gave her time to talk about her issues, develop coping strategies to help her deal with her challenges, and build important social skills that enabled her to build relationships with her peers.

Abbie and her family have continued to work with us over the past few years and Abbie has become an active, well-rounded member of the group. She is confident, compassionate, kind, helpful and extremely resilient. Abbie has become a mentor for other young people over the years and has volunteered many times for YMCA.

This year, after successfully completing her first year at college, Abbie decided she would try and achieve her dream of joining the Navy. She’d wanted to do this since she was 12 years old, and she was finally able to apply. We supported Abbie with her application and wrote references for her. Like Abbie, we’re delighted she was successful and that she’ll be joining the Navy next year. She is beyond excited, and staff could not be prouder of her and the person she has become.

We believe all young people should have their voices heard



A PODCAST BY TEENS FOR TEENS



PRODUCED BY
YMCA
SUTTON COLDFIELD

Available on



FUNDED BY
THE NATIONAL LOTTERY
SPORT ENGLAND
active
communities

Funded by The Active Wellbeing Society, our Why Teens podcast is something we've been working on for a while and finally, this year, we've successfully created an amazing platform for young people to have their voices heard. This project was born out of the need for young people in our area, specifically young carers, to have their voices heard. We wanted to create a safe space where young people could discuss issues, share advice and let other young carers know that they are not alone. This podcast is created by teens, for teens.

Our main hosts Nikai, Aoife and Dan, all 17, have met twice a month to plan, record, edit and publish 20 podcast episodes with our help. They have attended training sessions to improve their hosting, podcasting and editing skills and have passed this knowledge along to younger members of the group who they have invited on as 'guest hosts.'

The podcast has given our young people the opportunity to talk about issues that directly affect their lives, and the lives of their peers, giving them a voice and platform to share their views around the world.

Why Teens podcast has been listened to in 16 different countries around the world and is available on all major streaming platforms: YouTube, Spotify, Apple Music, Amazon Music and many more.

This year our podcast was also a finalist in the Youth Project of the Year category at the Inspirational Youth Awards 24. This was a huge achievement and all credit for the nomination goes to the young people involved in this project. Our 3 main hosts enjoyed a black-tie celebration event in Birmingham where they were able to meet other amazing young people from across the city who were nominated for various awards.

287
Downloads across
all streaming
platforms this year

Countries our podcast has been listened to in

Episodes published this year

Young people involved in the project

16

20

36

2024 INSPIRATIONAL YOUTH AWARDS



WHY TEENS PODCAST YMCA SUTTON COLDFIELD

Nikai, one of our main podcast hosts, joined YMCA as a young carer when he was 13 years old. His dad is a DJ and Nikai has always had a passion for music. He'd regularly help his dad out with his DJ job and was our resident youth club DJ when he attended our weekly sessions.

At the start of the podcast project, we explained to the hosts that we'd need a jingle for the beginning of every episode and that this was something we could pay a company to produce for us. Nikai asked if he could try writing a jingle, and we said go for it! After only a week Nikai came back to us with a fully written, recorded and edited jingle of him rapping over a soundtrack, which he'd created using his dad's recording equipment. We were blown away by Nikai's skill and talent, and the jingle is still the opening sequence to every podcast episode.

Aoife, another of our hosts, has been with YMCA since she was 10 years old. She started out on our holiday programme before moving on to attend various youth projects. Aoife joined the podcast project as she's always been interested in drama and entertainment and thought this would be a great way to channel some of her creativity.

Aoife was diagnosed with ADHD when she was young and, over the last year, she's developed tics that have made her life incredibly hard at times. Aoife has always been very open about her struggles and this year the young people decided to do a podcast episode about disability awareness.

Aoife decided that she wanted to use this platform to tell her story, raise awareness and remove some of the stigma that surrounds disabilities such as tics.

She was incredibly brave, and her story resonated with other young people, with many of our service users becoming more open about their own struggles after listening to Aoife talk openly on such a public platform.

Our last host, Dan, joined YMCA at the age of 12 also as a young carer. He was very quiet when he first joined our Release Young Carers project and struggled with his confidence. Dan asked to join the podcast project because he wanted to push himself out of his comfort zone and work on his confidence and self-esteem. He felt that the podcast project was the perfect place to do this as he'd built good friendships with Nikai and Aoife over the years, felt comfortable with them and our staff, and loved listening to podcasts in his own time.

Dan's confidence has grown immensely from his first recording session and the difference in him is clear. Watching the episodes you can see the journey he's been on, and his confidence grow each week. Being involved in the project has allowed Dan to go from a quiet, withdrawn member of the group to an active, confident participant. He now regularly plans, writes and leads his own segments of the podcast with ease, and we couldn't be prouder of him.

All young people should be able to feel safe and have a place to live in which they can call home.

YMCA Sutton Coldfield offers supported accommodation to young people aged 18-30 years old. Our main aim is to provide accommodation and support to vulnerable young people who are at risk of homelessness. Our housing service supports young people to build their confidence, social and personal skills and prepares them to be able to live independently in social housing or private rented accommodation.

We have 39 bedrooms available at our site and young people can stay with us for up to 2 years. We have a variety of referral pathways; Birmingham City Council, asylum and leaving care teams, colleges, social services, parents or young people can apply for accommodation directly with us.

This year our residents were part of the cost-of-living pledge, which was part of the local election campaign. Our young people met with local councilors and YMCA England and Wales and were able to voice their financial concerns and the challenges they face as young people. We also received additional funding this year from Cadent A to continue our essential life skills programme, this funding has allowed us to deliver additional activities to our residents.

SUPPORT

Our support workers at YMCA Sutton Coldfield aim to help our residents to raise their confidence and self-esteem, improve and maintain their mental and emotional wellbeing and build resilience. As part of our life skills programme, young people will complete a life skills pack with support staff. This pack is designed to cover the skills and knowledge a young person needs before they move to independent living in the local community.

As a support package 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

Our YMCA values inclusiveness, and our residents are from many different backgrounds, they support each other, they all get on well with each other and respect each other's different cultures and beliefs. Support staff will tailor support to work with residents to achieve the best outcome for everyone.

Care leavers housed between April 23 - March 24

18

Residents reporting improved mental health

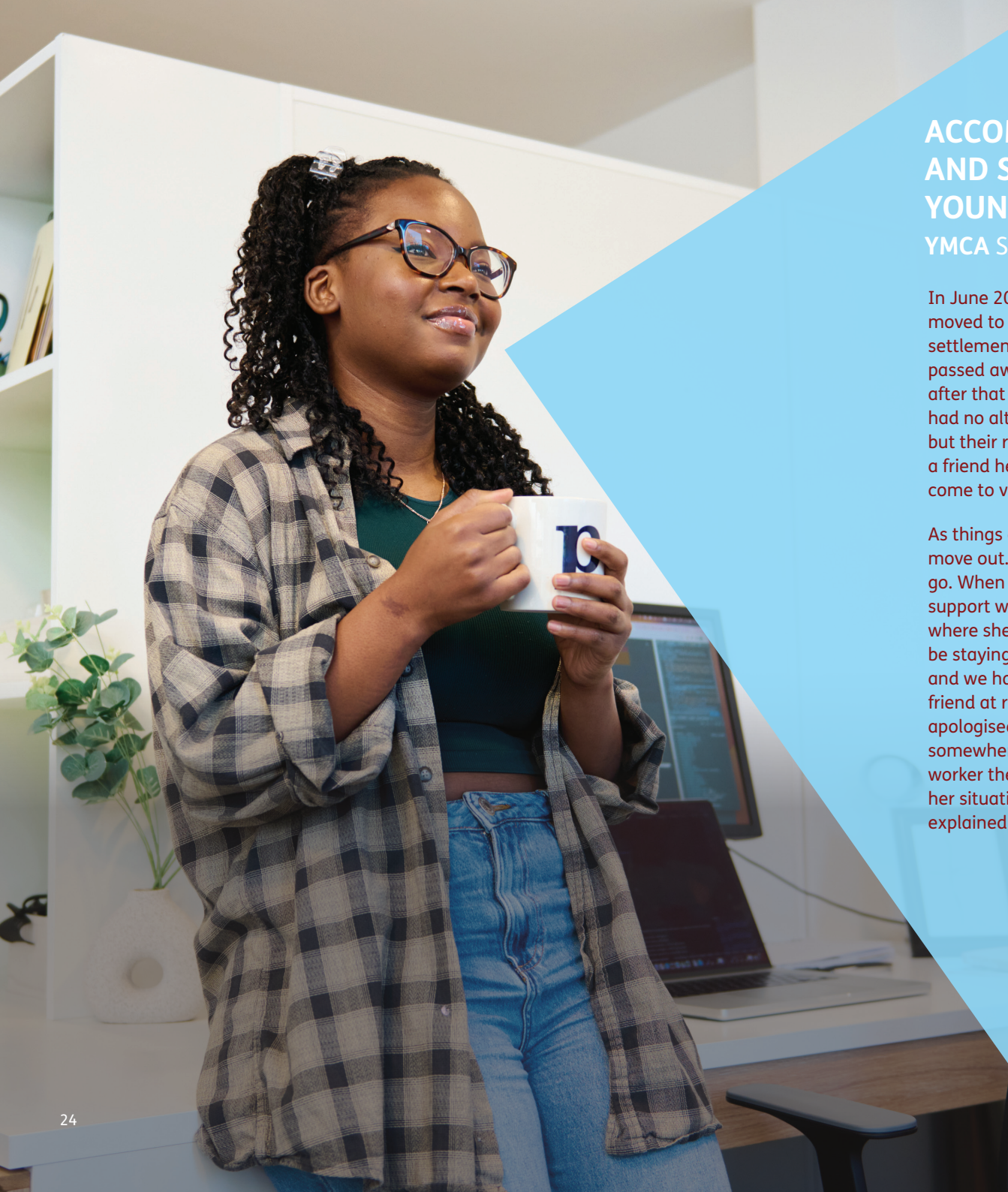
32

Residents engaging in life skills programme

17



64
Young people
supported this year



ACCOMMODATION AND SUPPORT FOR YOUNG PEOPLE

YMCA SUTTON COLDFIELD

In June 2022, Hana was 17 years old when she moved to the UK with her family under the EU settlement scheme. Sadly, Hana's father then passed away, which left her grieving, and shortly after that she was abandoned by her mother. She had no alternative than to move in with her sister, but their relationship became strained. Hana had a friend here at the YMCA and she would often come to visit.

As things got worse, Hana's sister told her to move out. She had no support and nowhere to go. When she was visiting her friend one of our support workers invited Hana to talk to us about where she was living. We thought she might be staying, or want to stay, in her friend's room and we had to explain that this could put her friend at risk of losing her accommodation. Hana apologised and said she'd find a bus shelter or somewhere on the street to sleep. Our support worker then encouraged Hana to talk more about her situation, at which point she broke down and explained what had happened with her family.

Although only a few of our rooms become available each year, we do consider direct applications from young people as well as referrals from other agencies. We explained to Hana that she could apply for a room and because of her situation, she had priority under our letting policy.

When we offered Hana a room it was obvious how relieved she was; smiling with joy she said, 'yes please!'. She was particularly pleased it was one of our few rooms with a private (rather than a shared) bathroom, so it met her cultural needs. She moved into her room in October 2023 and was then able to focus on her college work. We supported Hana to apply for Universal Credit and Housing Benefit, to help her get back on her feet, and to open a bank account for it to be paid into. Before this, Hana had no income and was sleeping rough.

Hana has settled in and made new friends. She's developed positive relationships with residents and staff and frequently comes along to social activities we arrange like bowling and laser quest. Hana's working on her independence skills with our support. And at college she's improving her English to feel more confident expressing herself. She hopes to become a surgeon, so is focused on getting to university to achieve her career goal.

We will continue to support Hana to gain confidence, while she finishes her college course, and help her get ready to move on to live independently when the time's right.

We believe that every child and young person should have the opportunity to lead a fulfilling life enjoying and contributing to everyday activities.

In March 2023, the Office for National Statistics said there were 43,701 children and young people living with a disability or long-term condition in Birmingham.

Our children's service has been running for over 10 years, and we are committed to evolving and adapting to meet the needs of the children currently attending. Over the last 12 months we have worked hard to achieve the following changes in our young people:



- Improved social interactions and friendships formed during group activities
- Increased confidence through participation and achievement in various activities
- Enhanced sensory processing and coping strategies through sensory room play
- Improved motor skills and physical health from movement and outdoor play

75%

Parents/Carers who say the respite provided has had a positive impact



Our children with disabilities service offers 2 groups for young people to get involved in:

Koolkats

Koolkats is a weekly term time evening youth club for teenagers under the age of 18 with disabilities, as well as activity days and trips during the school holidays. This session was designed to meet the needs of some of the children we noticed were becoming too old for our Meerkats session. The sessions are fun and engaging and 'child-led' as much as possible, our typical youth club session would include singing, dancing, karaoke and games

Meerkats

Meerkats is our group for children aged 8 to 18 years old. We run two Saturday clubs each month, providing a safe and stimulating environment for children with disabilities and complex behaviours, whilst also offers parents/carers with some much-needed respite. 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.

Hours of weekend and evening youth club sessions for children and teenagers with disabilities

142

School holiday sessions provided for children with disabilities

55

Providing positive feedback on the opportunities offered

90%



SUPPORT FOR DISABLED CHILDREN YMCA SUTTON COLDFIELD

Ben* has been attending our Meerkats sessions for a number of years and has several additional needs. He has a diagnosis of epilepsy, a learning disability, is a wheelchair user and is also non-verbal. Mom referred him to our service a few years ago after hearing about us through a friend at her son's school. When Ben first joined our service, he was very quiet and withdrawn. Staff struggled to know what he liked or what support he needed or wanted due to him being shy and non-verbal.

Ben was assigned a key worker from our Meerkats service and had regular 1:1 support when he would attend sessions with us. This worker worked to build a strong positive relationship with Ben and begin to learn

how he could communicate his thoughts and feelings. The key worker also helped Ben to manage his medical conditions as he would have frequent small seizures due to his epilepsy. But with time and commitment from the staff we found that Ben loved music therapy and sensory play, he especially loved spending time in our sensory room.

At times Ben's epilepsy made it difficult for him to attend our sessions regularly but with help from staff to manage his condition Ben has attended every Saturday session now for the last year. When Ben comes to sessions now, he can communicate with staff via facial expressions and using cues that the staff understand to tell us what he likes and wants. He is very relaxed and happy during our Saturday morning play sessions and the sessions have become an integral part of Ben's support system and his routine.

These Saturday morning sessions have also been vital to his mom and the family's well-being. Mom has other children and the respite she has been receiving on a Saturday allows her to spend more time with her other children doing activities that Ben may struggle with.

We believe every person with a disability should be treated equally, fairly and without prejudice.

There are 16 million disabled people in the UK (Scope 2024) each one of those 16 million people are different. Each person with a disability is different, and that is the ethos of what we offer at YMCA Sutton Coldfield, within our disability services

Stepping Up

Stepping Up offers day opportunities for adults with learning disabilities, promoting independence and healthy lifestyles. We enjoy a busy and varied programme of activities in our local community; shaped by service users so they are empowered to choose the lives they want to live. Some of the activities we offer our young people and adults are:

At Fosseway Drive

- Karaoke and quizzes
- Music and movement
- Healthy cooking
- Arts and craft
- Independence skills workshops

Out and about

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

80%
Adults who reported stepping up has had a positive impact on their wellbeing

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.

Alleykats

Within Stepping Up, we have our drama session, whereby the group work towards two yearly productions. Their stage name is 'Alleykats'. Over the past 12 months, we have been fortunate to have some funding for this element of the programme, to complete theatre trips, buy props and resources for our shows and have a dedicated drama teacher come and rehearse with us weekly.

Stepping Out:

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.

Princesses and Princes at our Disney Celebration Ball

Alley Kats reporting feeling good about themselves after performing

Adults with disabilities who did Stepping Up activities they had chosen

122

20

38



SUPPORT FOR DISABLED ADULTS YMCA SUTTON COLDFIELD

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

Arron, Alleykats

Tim has been attending our Stepping Up service since Summer 2022 and has really benefited from the opportunities that it has to offer. When Tim first enquired about coming to Stepping Up, he was quiet and reserved and felt that his needs were not being met at his previous placement. Tim had heard through some of his peers about Stepping Up and wanted to get involved.

Initially, Tim was adapting to the change of pace at Stepping Up, and was figuring out what he would like to get out of it. He started with 3 days at first, and did a range of activities including swimming, going out into the community, joining in with trips. Tim quickly began building friendships and wanted to attend more days. With support from his social worker, Tim was able to secure funding to attend Stepping Up 5 days per week, as he felt it was a happy place for him.

Since becoming a full-time member of Stepping Up, Tim has been involved in drama productions, has played an active role in maintaining the groups allotment, and has been continually improving his independence skills.

This has also meant that since joining Stepping Up, Tim has shown a lot of interest in taking next steps to go into supported living, from talking to his peers about this and growing his independence skills, which is a really big step!

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!

OUR ACCOUNTS

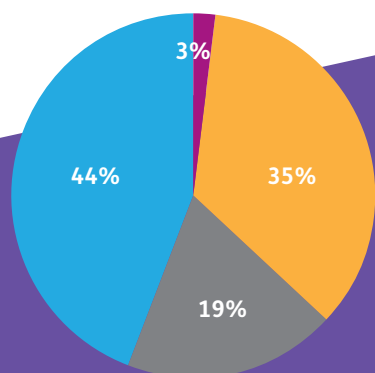
Our audited financial statement to the year ending 31st March 2024 is published on our website.

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 have initiated a small increase to ensure that our rooms are charged at a rate that accurately reflects the cost of providing this service. We continue to monitor costs but have sufficient financial stability to continue paying all our staff at least the real Living Wage.

Overall, we are in **better financial shape** this year than we were in 2022/2023.

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 received from April 2023 to March 2024 were **£1,023,754**. This was an increase from **£979,898** in the previous year.



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

Our total expenditure in the year was **£791,206**, down from **£818,456** in the previous year-this is largely due to a technical adjustment on the value of the pension fund, and in real terms costs have remained fairly constant.

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 **8%**.

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:

Age Concern/NNS

Alfred Haines Charitable Trust

Asda Foundation

Austin & Hope Pilkington Trust

Baron Davenport Trust

Birmingham City Council

BFSS

Cadent

Clothworkers

Comic Relief

Douglas Turner Trust

Easyfundraising

Educational Opportunity Foundation (formerly BFSS)

The Eveson Charitable Trust

Forward Carers

Geoff Southall - Donation

Grantham Yorke

Health Exchange - Sport England Together fund

Lichfield Web design

Memorial donations for Chris Finnes

Meta4 Mastermind network

NNS-drama

PIB Community Trust

Royal Sutton Coldfield Town Council

Saintbury Trust

Samsic UK

Sutton Coldfield Charitable Trust

St Peters Church

Streetgames-HAF

Tesco

The Active Wellbeing Society

The National Lottery Community Fund

The Owen Family Trust

The Roger & Douglas Turner Trust

YMCA England & Wales

YMCA Germany



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. Scan the QR code below and choose how much you want to donate online today

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



We need you!

We're looking for people to join our Board of Trustees

Do you have passion and ambition to make a difference by volunteering your time, knowledge and experience? Or do you know someone who might be able to do this?

YMCA Sutton Coldfield is a member of YMCA England & Wales, but we are an independent voluntary organisation and registered charity. We are responsible for generating our own income and raising our own funds to continue the work we do.

As a charity, our Board of Trustees give us guidance and support, making sure we meet the needs of the local community and fulfil our responsibilities. They provide strategic direction and expertise, sharing their knowledge and governing the organisation voluntarily.

We always want a diverse group of Trustees. You'll gain experience within a friendly, well-connected Board and receive training and support, and agreed out-of-pocket expenses.

Please email hr@ymcasc.org.uk for more information or if you'd like a chat about the role of a trustee

Ensure your charity is carrying out its purposes for the public benefit



Comply with your charity's governing document and the law



Act in your charity's best interests



Ensure your charity is accountable



Manage your charity's resources responsibly



Act with reasonable care and skill



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