



Annual Report
2024 / 2025

SHAPING TOMORROW
YMCA Sutton Coldfield



YMCA SUTTON COLDFIELD

125TH ANNIVERSARY CELEBRATION

**WE'RE EXCITED TO INVITE YOU TO BE PART OF A HISTORIC
CELEBRATION; THE 125TH ANNIVERSARY OF YMCA SUTTON COLDFIELD!**

To mark this milestone, we're launching the YMCASC 125 Club, a unique opportunity for local businesses to show their support and be recognised for just £125.

WHAT YOU'LL RECEIVE:

- Your logo engraved on a commemorative YMCA Sutton Coldfield 125 plaque, unveiled at the end of our anniversary year
- Recognition on our website and social media as a 125 Club member
- Your company logo featured in the programme for the YMCASC 125 celebration event
- Option to have a table at our 125 Celebration event at Royal Sutton Coldfield Town Hall
- A digital badge to proudly display on your website or email signature
- The chance to be part of a legacy of community impact
- For an additional £125 a half page advert in the event programme

Your contribution will help us continue vital work with young and disabled people in Sutton Coldfield and wider Birmingham. Let's celebrate 125 years of making a difference, together.

Email rachelduttachoudhury@ymcasc.org.uk to sign up.



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REGULATOR**

YMCA Sutton Coldfield, George Williams House, Watson Close, St Bernard's Road,
Sutton Coldfield, West Midlands, B72 1LE Charity No. 1008752

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

Accommodation

- Supported Housing

Disability

- Children
- Adults

Youth Work

- Young Carers
- Youth clubs
- Why teens Podcasting

Young Adult Carers

- Support

WELCOME

CHAIR OF TRUSTEES

Beverley Redguard

YMCA

SUTTON COLDFIELD



When I set my personal goals at the start of 2025, continuing my involvement with the YMCA was already a clear priority but stepping into the role of Chair of Trustees was something I had never anticipated. Being nominated was therefore both unexpected and somewhat daunting, given the exceptional leadership of my predecessor during a significant period of change. Nevertheless, it was a real honour. I hope to serve in a way that brings pride to the organisation and, most importantly, delivers meaningful benefit to the young people and communities who depend on YMCA Sutton Coldfield.

The YMCA's Christian heritage reminds us that every person has inherent worth and potential. It is this belief that motivates our mission and shapes the way we care for those we serve, regardless of their background, culture, or faith.

The work of our organisation has never felt more essential. The current social and economic pressures, combined with ongoing strain on public finances, continue to reduce the funding available for the vital services we provide.

To the funders who have remained alongside us, I want to extend my sincere thanks. The impact we achieve would simply not be possible without your continued support.

Some of our key achievements this year include:

- Continuing to provide safe housing and support to young people
- Strengthening partnerships with local businesses
- Celebrating 180 years of the YMCA movement
- Setting up our Youth Steering Group to empower young voices
- Increasing the number of schools, colleges and universities we work in to support carers
- More drama, singing and musical activities for young people and adults with disabilities
- Promoting the YMCA England & Wales general Election Manifesto to give young people the chance to speak to local politicians

Our staff continue to embody dedication and purpose. Every day they bring compassion, professionalism, and heart to their work, making them a tremendous asset to the Sutton Coldfield community and I am proud to stand alongside them. One of the year's standout moments was our Sleep Out at Gracechurch Shopping Centre, an inspiring event that raised both awareness and vital funds. We look forward to building on this success next year, engaging even more members of the community.

As we move toward celebrating our 125th year, we remain firmly committed to honouring George William's legacy by providing high-quality, life-changing support. There is always more to be done, and our vision for the future continues to grow.

We want YMCA Sutton Coldfield to continue thriving for the next 125 years and beyond. To achieve this, we're committed to strengthening and sustaining our organisation and that starts with our leadership. We're inviting neighbours and members of the wider community to consider joining our Board of Trustees.

We believe a diverse board, bringing together different skills, experiences, backgrounds, cultures, and faiths is essential to our long-term success and to serving our community well. If you're interested in giving back and helping shape our future, we'd love to hear from you.

WELCOME

CHAIR OF TRUSTEES

Beverley Redguard

YMCA

SUTTON COLDFIELD

A portrait of Joy Scott-Thompson, an older Black woman with short grey hair, wearing a blue top and a grey patterned scarf. She is smiling slightly and looking towards the camera. The background is a blurred green foliage.

CHIEF EXECUTIVE

Joy Scott-Thompson

YMCA

SUTTON COLDFIELD

This report marks another incredible year of transformative work at the heart of YMCA Sutton Coldfield. Our passionate and dedicated team continues to create safe, inclusive spaces where every young person feels welcomed, valued, and respected.

Over the past year, our staff have been a source of guidance, support, 'nurturing physical and mental wellbeing, encouraging academic growth, and opening doors to exciting new opportunities. We've sparked meaningful conversations and connections around mental health, education, and social media, helping young people navigate these important topics with confidence and clarity.

Our Housing programme has been a beacon of hope for vulnerable young people, especially those transitioning from care. We've proudly supported many residents on their journey to independent living, equipping them with the skills and resilience to thrive in their own homes.

Our commitment to young carers remains unwavering. We walk alongside them as they move from school to college and into adulthood, offering one-to-one support, self care, and vibrant Youth Clubs that provide connection and encouragement.

Through our Stepping Up project, we celebrate the talents and potential of disabled young people and adults. Our team create a place to belong, and build lasting friendships helping them to flourish in every aspect of life.

Thanks to new funding partnerships, we've expanded our reach and deepened our impact, especially for young people living within our community. Together with our network of local organisations, we continue to champion positive outcomes and embrace every challenge with optimism and determination.

At YMCA Sutton Coldfield, we believe in the potential all young people. Our staff are shaping futures, inspiring growth, and making a lasting difference.



YMCA Sutton Coldfield Celebrates 180 Years of the YMCA Movement on Founders Day!

On 6th June 2024, YMCA Sutton Coldfield proudly celebrated 180 years of the global YMCA movement on Founders Day. The YMCA began in 1844 with humble origins in 19th-century London when 22-year-old draper George Williams and a group of friends established the first Young Men's Christian Association—a refuge offering Bible study and prayer to young men seeking escape from the dangers of street life.

Exactly 180 years later, the YMCA has grown into the world's largest and oldest youth-focused charity, reaching over 65 million people across 120 countries. Guided by inclusive Christian values, the YMCA today supports individuals of all ages, races, genders, sexual orientations, and socioeconomic backgrounds.

YMCA Sutton Coldfield itself has a proud history spanning over a century. Each year, it supports approximately 800 young people and adults through services such as housing, youth work, support for young carers, and disability programmes. As with all YMCAs, it operates independently and is responsible for raising its own funds.

To mark this milestone, YMCA Sutton Coldfield invited the community to join in its Founders Day celebrations and unveiled recent renovations funded by generous supporters. Sutton Coldfield Charitable Trust enabled significant upgrades to The Lodge, including a new roof and improved wheelchair access with a widened doorway at the top of the ramp. The Youth room and The Pod were completely redecorated to create vibrant, modern spaces featuring a gaming area and a podcast studio, thanks to funding from Comic Relief. The Sensory Room was also refreshed following a heartfelt donation from parents of service users, while the residents' kitchen was beautifully refurbished by a team of volunteers led by Clare Whalley of Meta4 Business Coaching.

“We are so grateful for the support of our funders and the community,” said Rachel Dutta Choudhury, Bid Writing, Fundraising and Development Manager. “Being able to update our facilities makes such a difference to the young people we work with.”

The day's celebrations included the official opening of The Lodge by Deputy Mayor Councillor Cindy Yip, the new kitchen by Clare Whalley, and the Sensory Room by Arron, a young person from YMCA's Stepping Up service. Guests also enjoyed family activities on the lawn, refreshments, and a special film—*My YMCA Story*—which shared personal reflections and memories from across the years at YMCA Sutton Coldfield.

The event was well attended and brought together a wide range of people and local organisations, celebrating not only the legacy of the YMCA but its continued impact in the community today.

YOUTH WORK

Our youth service is dedicated to meeting the needs of young people across Birmingham and we deliver several programmes for young people aged 11-19 years old to engage in positive activities

Young Carers Project

Our service offers 1:1 mentoring for young carers aged 11-19 years old across Birmingham. Staff work closely with schools to identify and support 'hidden' young carers, offer 6-8 weeks of one to one mentoring and organise a variety of respite opportunities. We run 3 weekly youth clubs in Sutton Coldfield and Handsworth. Young people can benefit from mentoring activities, arts and crafts, sports and games, trips and activities and residentials

During this year 236 young carers have been supported

Handsworth Sports Project

We are passionate about providing positive activities for young people to engage with and try to make sure that sports as accessible as possible. One of our clubs in Handsworth is a weekly football session held at Laurel Road Community and Sports Centre. This session is open to all young people and free of charge. With up to 50 young people attending this is a great opportunity to meet new people, get some exercise and have fun with friends

Why Teens Podcast

One of our main priorities at YMCA is giving young people a voice. Through consultation with some of our 16-year-olds, the 'Why Teens Podcast' was born. Why teens can be found on any major streaming platform and is a chance for our young people to come together to discuss the issues they face in today's society. Downloaded in 16 different countries and listened to by almost 700 people, this podcast is growing quickly and we hope to continue this success as we expand our project to include more young people and more podcasts

687 downloads/views across all platforms

YMCA Listening event

This year eight young carers came together to meet with one of our local government councillors. Giving them the opportunity to discuss the issues they see as the most important, or those that should be tackled first. This was a great way to allow young people to participate as active members of their community and to allow our councillor to see the amazing young people who live in his constituency. The information gathered from this event is going towards informing the governments new upcoming youth strategy.

House of commons visit

In July 2024 a group of young people from our YMCA visited London to go to the House of Commons.

They were given a tour of the buildings and got to speak with Andrew Mitchell, our local MP for Sutton Coldfield and had a great day exploring the city



Connor's Story: Building Trust Through Mentoring

Twelve-year-old Connor has had a difficult start in life, marked by instability and frequent changes in his living situation. He moved between his mother's and father's homes before eventually settling with family friends. For two years, Connor lived with them and developed a strong, trusting bond with his caregiver, whom he affectionately calls Nan.

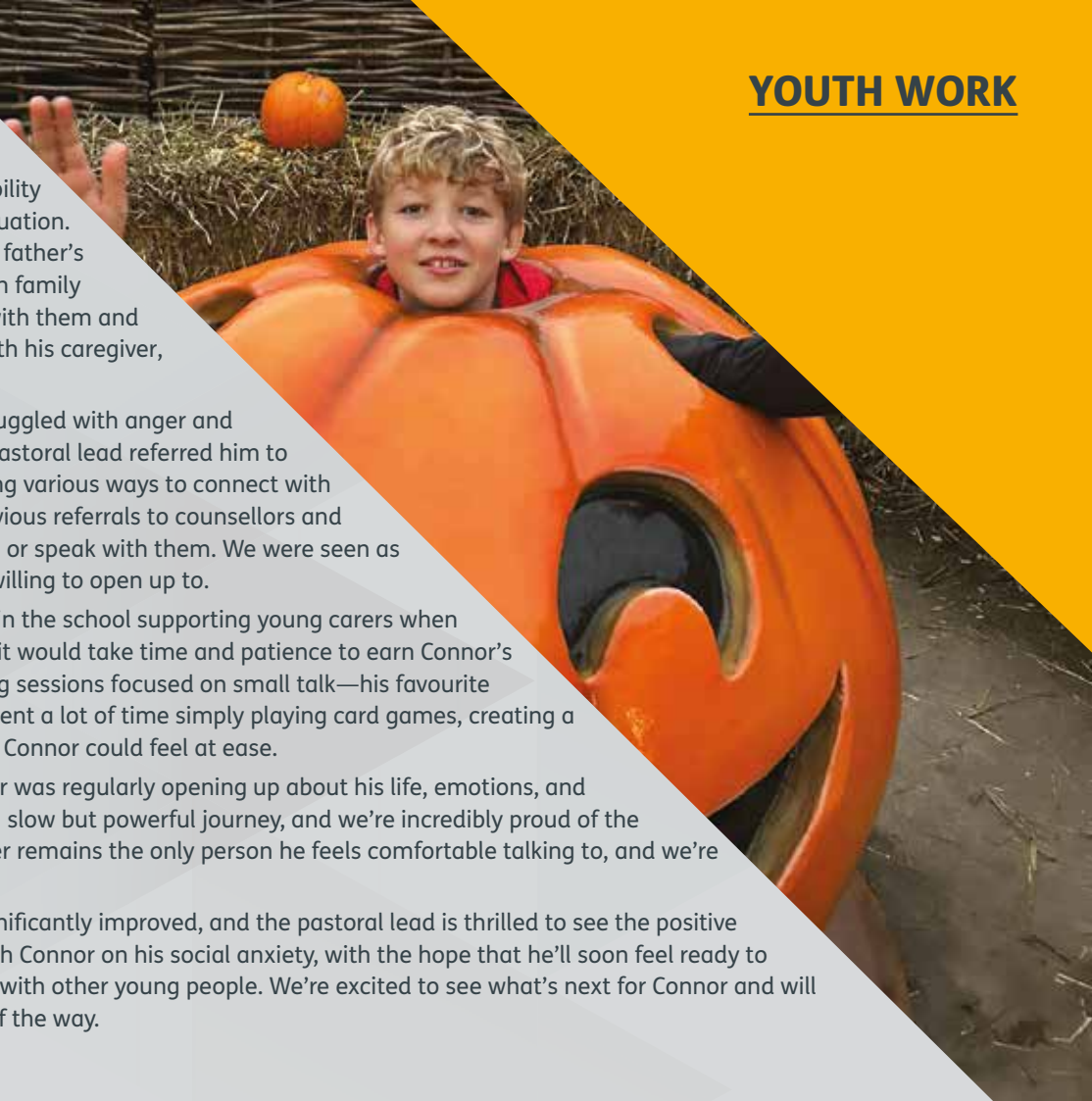
Understandably, Connor has long struggled with anger and challenging behaviour. His school's pastoral lead referred him to our mentoring programme after trying various ways to connect with him—with little success. Despite previous referrals to counsellors and therapists, Connor refused to engage or speak with them. We were seen as a last hope—someone he might be willing to open up to.

Our team had already been working in the school supporting young carers when the referral came through. We knew it would take time and patience to earn Connor's trust. In the beginning, our mentoring sessions focused on small talk—his favourite music, TV shows, and hobbies. We spent a lot of time simply playing card games, creating a safe and relaxed environment where Connor could feel at ease.

Three months into mentoring, Connor was regularly opening up about his life, emotions, and the challenges he's faced. It's been a slow but powerful journey, and we're incredibly proud of the progress he's made. Our youth worker remains the only person he feels comfortable talking to, and we're honoured to have earned that trust.

Connor's behaviour at school has significantly improved, and the pastoral lead is thrilled to see the positive changes. We're currently working with Connor on his social anxiety, with the hope that he'll soon feel ready to join our youth clubs and attend trips with other young people. We're excited to see what's next for Connor and will continue to support him every step of the way.

YOUTH WORK



YOUTH WORK

Mya and Kye's Journey: From Isolation to Connection

Siblings Mya (13) and Kye (14) have a big responsibility at home—they help care for their 10-year-old sister who has cerebral palsy. Referred to our project through their school, both were put forward for our 1:1 mentoring programme after staff noticed they were shy, withdrawn, and lacking in confidence.

At the time, Mya and Kye found it difficult to talk about their sister's condition. They feared being judged or ridiculed by their peers, which made it hard for them to open up or form friendships. For eight weeks, each received individual mentoring from one of our dedicated team members, who focused on building trust and creating a safe space where they could express themselves freely.

Through those sessions, both siblings shared feelings of being different and isolated. They spoke about the loneliness of being young carers and the belief that no one their age could truly understand what they were going through.

To help them feel less alone, we invited them to join our after-school youth club—specifically designed for young carers. We explained it was a welcoming space filled with other young people facing similar challenges, where they could be understood without explanation.

From the very first session, Mya and Kye connected with the group. They engaged confidently, joined in with activities, and quickly formed strong, positive friendships with other young carers.

Today, both siblings attend the youth club regularly, have enjoyed a number of day trips, and are now part of a supportive network of friends they talk to both in and outside of the club. It's been a wonderful transformation, and we're so proud of how far they've come.



Youth Steering Group: Empowering Young Voices

"The youth of today are the leaders of tomorrow." – Nelson Mandela

Our Youth Steering Group provides a meaningful platform for young people to share their experiences, opinions, and concerns. It is designed to ensure that their voices are not only heard, but actively included in shaping the direction of our work.

Purpose

The group offers young people a structured space to contribute to conversations that impact them, and the wider community. It encourages dialogue, reflection, and active participation in decisionmaking processes, supporting our commitment to being a responsive and inclusive organisation.



SPECIAL PROJECTS

How It Works

The group meets once a quarter to discuss a variety of topics relevant to the YMCA and to young people's lives. One key area of focus is our Environmental and Sustainability Policy, where members will be invited to share their thoughts on how we can become more sustainable and how we can engage other young people in this process.

Why It Matters

Many organisations now recognise the importance of listening to the young people they work with and involving them in shaping policies and practices. Our Youth Steering Group reflects this ethos. Rather than making decisions for young people, we are committed to making decisions **with** them.

By providing this opportunity, we aim to:

- Build trust and collaboration between staff and young people
- Create policies and practices that are more relevant and inclusive
- Foster a sense of ownership and leadership among youth participants

This initiative is not just about consultation – it's about genuine **co-production**, where young people are valued as partners in change.

SPECIAL EVENTS

YMCA England & Wales General Election Manifesto

On Thursday 25th April 2024, YMCA Sutton Coldfield proudly hosted a special event to spotlight the YMCA England & Wales General Election Manifesto – and we were thrilled to display the official pledge at our main site!

The event brought together young people we support, along with local councillor and YMCA trustee Cllr Alex Yip, for an inspiring and thought-provoking discussion. Our CEO, Joy Scott-Thompson, outlined how the national manifesto connects to the real challenges facing young people locally – from housing to mental health, education, and employment.

Cllr Yip shared his reflections on the manifesto and spoke passionately about the importance of youth voices in politics, encouraging everyone to get involved and make their voices heard.

The conversation highlighted what matters most to young people right now. The cost of living crisis came through loud and clear as their number one concern.

This event was a powerful reminder that when young people are given a platform, they speak with clarity, courage, and purpose – and we're proud to stand alongside them.



DISABILITY SERVICES



Empowering young people and adults through our Disability Services

At YMCA Sutton Coldfield, we're proud to offer a vibrant and inclusive Disability Service, delivering a wide range of activities and opportunities designed to support and uplift children, young people, and adults with disabilities. Our mission is to create a safe, welcoming environment where everyone can thrive, grow in confidence, and build meaningful connections.

Tailored Support for All Ages

Our services are thoughtfully designed to meet a variety of needs:

Stepping Up – Adult Day Service

Our Stepping Up programme supports adults aged 18 and over and runs 5 days a week across 39 weeks of the year. It focuses on building life skills, promoting independence, and offering rich opportunities for socialising and personal development.

Children and Youth Services

For children and young people with disabilities, we offer a diverse range of activities including evening and weekend youth clubs, respite and play sessions, and entertaining school holiday activities. These services are currently supported through Birmingham City Council's Short Breaks funding, and we're committed to continuing this vital work into the future.

Celebrating Successes

Achievements to celebrate:

- Alleykats—our inclusive drama club—was nominated for the **Diversity Award** at the Youth Matters Awards!
- We staged not one, but **two incredible drama productions**: Countdown to Christmas and a funfilled summer performance.
- Eight young adults from Stepping Up began taking part in **Soundabout musical workshops**, bringing rhythm, creativity, and joy into their weekly routine.

We're incredibly proud of the progress, passion, and community spirit shown across all our Disability Services. With continued support, we look forward to expanding our impact and helping even more individuals reach their full potential.



DISABILITY SERVICES

Sienna's Journey at Stepping Up

Sienna has been part of our adult day service, *Stepping Up*, for around five years, and during that time, we've seen her grow in so many meaningful ways.

Sienna is autistic and initially found new environments and changes to her routine quite challenging. When she first joined us, she had limited communication and found it difficult to ask for help or engage with peers and staff.

Through consistent support and by taking the time to understand her interests, we've created an environment where Sienna feels safe, valued, and confident. Her progress has been remarkable.

Today, Sienna confidently takes part in group conversations, shares news with her friends, and talks about her weekends—something she wasn't comfortable doing before. Her communication skills and confidence have grown significantly.

Sienna now takes part in all the activities on offer at *Stepping Up* and was a key member of our Soundabout musical programme, delivered throughout February and March 2024. This project gave Sienna and her peers the chance to explore a variety of instruments and express themselves through music, culminating in a group performance shaped by everyone's input.

Sienna not only participated—she thrived. Singing alongside her friends during the final performance was a truly special moment and a powerful reflection of how far she has come.

We're so proud of Sienna and the incredible journey she continues to take with us at *Stepping Up*.





Holistic support for Ben

Ben has been attending our Short Breaks services since he was 8 years old and continues to enjoy his time with us. His sessions have not only provided him with positive experiences but have also offered invaluable respite for his parents.

Ben is autistic and non-verbal, which can sometimes lead to frustration when communication is difficult. As a team, we recognised that we needed to better support his individual communication needs. We arranged a meeting with Ben's parents to explore new strategies and tools that could help.

With their support—and in collaboration with Ben's school—we gained access to some of the communication resources he uses in the classroom, along with helpful insights to guide us in adapting our approach.

This more holistic and consistent method has made a significant difference. We're now able to engage with Ben more effectively, and as a result, he is visibly more relaxed and enjoys the sessions much more.

DISABILITY SERVICES

SUPPORTED HOUSING

Temporary Supported Accommodation

YMCA Sutton Coldfield provides temporary supported accommodation for young people aged 18 to 30 years old who are homeless or at risk of homelessness. Our service offers a safe, inclusive, and supportive environment where young people can stay for up to two years while they work toward independent living.

A Diverse and Inclusive Community

We are proud to support a diverse group of young people from a wide range of backgrounds, cultures, identities, and life experiences. Many young people arrive at YMCA Sutton Coldfield having faced challenges such as family breakdown, leaving care, domestic abuse, mental health issues, or financial hardship. We are committed to creating an environment where everyone feels safe, respected, and valued, regardless of their circumstances or background.

Accommodation and Facilities

Our accommodation is a mix of:

Standard rooms with a shared bathroom and En suite rooms

All residents have access to shared kitchens and communal lounge areas, encouraging a sense of community and mutual respect.

Support Services

Every resident receives tailored support to help them build the confidence and skills needed to live independently.

- Daily open-door support from experienced staff
- Regular one-to-one key worker sessions
- Practical independent living skills sessions
- Cooking and meal planning
- Budgeting and money management
- Cleaning and home maintenance
- Understanding tenancy responsibilities
- Mental health and wellbeing support

We also signpost young people to wider support services, including education, training, employment, and mental health services, to ensure they are fully supported on their journey toward independence.

Impact

Our approach is person-centred, trauma-informed, and focused on building self-belief, resilience, and long-term stability. Over the past year, we have continued to deliver high quality housing support that meets the needs of our diverse resident community enabling them not only to find shelter, but to thrive

Yusuf's Story – From care leaver to ambitious young adult

Yusuf, aged 20, came to YMCA Sutton Coldfield as a care leaver facing homelessness and uncertainty about his future. Without family support, Yusuf was referred to our temporary supported accommodation where he was provided with a standard room and introduced to a safe, supportive environment tailored to his needs.

With the guidance of his key worker, Yusuf accessed daily open-door support and took part in our independent living skills programme, learning essential skills like budgeting, cooking, and managing a household. Whilst receiving practical support, Yusuf focused on improving his education working hard to achieve qualifications in English and Maths to improve his job prospects. Yusuf's confidence grew steadily as he built a routine and worked toward his goals. With support from YMCA staff, he is now motivated to enter

the workforce and is actively looking for a job.

Inspired by the support he received, Yusuf also gives back by mentoring other young people living at the YMCA, offering guidance and encouragement as they settle into their accommodation.

"The YMCA helped me get my English and Maths qualifications and gave me the confidence to want to work and build my future. Now I want to help others do the same." – Yusuf

Yusuf's journey highlights the impact of our supported accommodation in helping care leavers build skills, education, and hope empowering them to create positive futures.



SUPPORTED HOUSING



WE NEED YOUR SUPPORT

Sponsor a Room – Change a Life

Becoming a Room Sponsor is a powerful way to support a young person on their journey toward independence, stability, and a brighter future.

When you sponsor a room at YMCA Sutton Coldfield, your regular donation does more than just keep a roof over someone's head. It helps us provide a safe, supportive environment and access to the tools and guidance that young people need to overcome challenges and reach their full potential.

Your support enables us to offer:

- One-to-one emotional support and mentoring
- Life skills training, such as budgeting, cooking, and job search
- Health and wellbeing support, including mental health services
- A positive and stable home during a crucial time in a young person's life

By sponsoring a room, you become part of someone's personal success story – helping them move from crisis to confidence.

The Room Sponsor scheme is managed by YMCA England & Wales, and donations are processed securely by them on behalf of YMCA Sutton Coldfield. Rest assured, 100% of your donation will directly support the work we do locally with young people in our community.

WE NEED YOUR SUPPORT

Volunteers

We're always looking for:

- people to help with fundraising
- teams who want to volunteer their time and energy
- local businesses who are happy to be our corporate ambassadors
- local people who are interested in becoming a charity trustee

Become a trustee

If you're interested in becoming a trustee of YMCA Sutton Coldfield, please get in touch. We're looking for people who have passion and ambition to make a difference by giving their time, knowledge and experience. You'll be helping us make sure the charity is well run and continues offering vital services in Sutton Coldfield and Birmingham.

Your team

Are you looking for a fun and friendly activity for your team to do together to build relationships, get stuck in and help your local community? Maybe we can help you demonstrate your social value and provide a meaningful project you can work together on. We're happy to have a chat to see if there is anything we can offer, either now or in the future.

Your business

Are you a local business that is happy to promote our work or make us your Charity of the Year? We know you have valuable networks and contacts that can help us. You may also have products or services that we can use, offer to our service users or include in our fundraising activities. Please get in touch with our Bid Writing, Fundraising and Development Manager.

Support we've received

Volunteers have helped us with:

- Youth work
- Holiday clubs
- Clubs for disabled young people
- Fundraising
- Events
- Marketing and publicity
- Office work
- Clearing and cleaning
- Gardening and ground maintenance

YOUNG ADULT CARERS

Our Young Adult Carers Service

We want every young adult carer to have someone they can trust and talk to openly and honestly.

About 350,000 young people aged 16–25 in England and Wales provide unpaid care, mainly to adults. This has increased over the last ten years, as has the amount of time young people are spending providing unpaid care. Data from the London School of Economic's Care Policy Evaluation Centre suggests there are about 71,000 young people aged 18 – 24 years old providing unpaid care each week. The true figure is not known.

We continue to deliver a variety of support for young people aged 17 – 25, who provide unpaid care to a family member or friend with a disability, illness, mental health condition, or other long-term need. Our help may involve emotional support, practical help with daily tasks, mentoring in education or employment and assistance with managing personal finances.

Our emphasis continues to be carers' overall wellbeing; enabling young people to achieve their full potential, especially during the important transitional period as they become adults.

We aim to:

- Continually improve how young adult carers are identified and supported
- Raise awareness of carers and their needs
- Identify and work in partnership with organisations to support carers

We fully support the Birmingham Carers Partnership Strategy 2024-2029 Action Plan and encourage carers to recognise their rights. Rights generally to be aware of:

- **Your right to Carer's Leave from your employer**
- **Your right to request flexible working**
- **Your right to ask your GP practice to identify you as a carer**
- **Your right to request a free flu jab**
- **Your right to protection against discrimination or harassment**
- **Your right to request a carer's assessment**
- **Your right to be consulted when the person you care for is discharged from hospital**

YOUNG ADULT CARERS

Having supported carers for over 15 years, we know that the opportunities many young people take for granted are rarely available to young adult carers. Caring responsibilities can have a negative impact on their lives. When moving into adulthood carers aspirations, ambitions, and goals are often affected.

Carers face challenges balancing their own lives with their caring responsibilities. They may struggle at home, in the workplace or at college or university particularly with their attendance and attainment. The impact this can have both physically and mentally, is often unrecognised. Social time often dwindles away as well as contact with other young adults and carers which can impact confidence, self-belief and self-worth.

Our key workers provide one-to-one mentoring, life coaching, and group workshops. We offer practical and emotional support and guidance encouraging carers to be open about the challenges they face. At informal support or drop-in sessions across the city we provide a safe space for carers to talk openly and honestly to staff and each other about their concerns. Our social events and residential trips allow carers to socialise and interact with others while having fun and taking time out from their caring roles. Our service is tailored and flexible, centred on positive change and overall well-being. Over the year we continued to work closely with student support staff to identify and support carers in colleges, sixth forms and universities across Birmingham.

This year, 178 young adult carers accessed our services, with 128 registering for the first time. Of those supported, 155 were engaged in further or higher education at college or university. We delivered one-to-one life coaching and mentoring to 157 young adult carers, while 99 received a statutory or wellbeing assessment.

Have a look at our website if you want to refer yourself or a young adult carer for support

www.ymcasc.org.uk



YOUNG ADULT CARERS

Michael's Story

Michael is a young adult carer who was referred to the us for support by his college. He cares for his mother who suffers from poor mental and physical health. They had a house fire when his mum put a frying pan on and then went out. As a result Michael and his mum had had to live at a relatives flat for several weeks which had a big impact on Michael's education. Michael felt that he had been constantly telling people about his mum's health but had been ignored by her doctors and his teachers. He felt very alone and isolated. What Michael really wanted was help and for his college to understand the severity of his situation.

Michael had an initial meeting with a YMCA key worker where we made him aware of his options as a young adult carer. He went on to have a wellbeing assessment and several 1:1 meetings with his dedicated key worker to help identify and support his needs.



YOUNG ADULT CARERS

We supported Michael to make sure his college were fully aware of his situation and he now has a social worker. We helped him get a free bus pass and a referral for free counselling. We also signposted him to local mental health charities. A letter was written jointly with his College for him to take to his mother's GP to support him getting the help they need. His mother has had an appointment with someone from the mental health services. Michael was also encouraged to attend trips, opportunities and events organised by YMCA

Michael now knows his college are aware of the situation. They are not minimising this anymore and have been very supportive. He has been able to secure help from social services and from mental health services for his mother. Having a free bus pass has helped him financially and helped him get out and about. Having a YMCA key worker he can trust and contact or meet up with has been really beneficial; the information and advice he's received has made a big difference

Michael feels relieved that he is finally being heard and that people are recognising his situation. He hopes to attend some of the opportunities we offer over the summer and in term time, to give him a little self time and the chance to meet other carers in similar situations.



FINANCE

Our Accounts

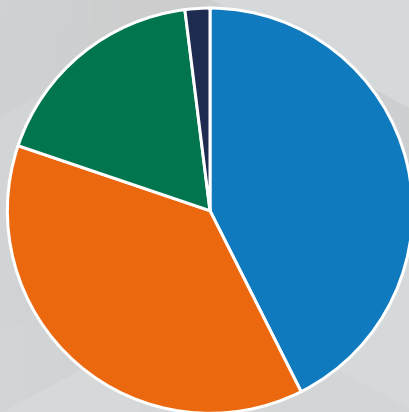
Our audited financial statement to the year ending 31st March 2025 is published on our website.

We are pleased to report that we have continued to improve our financial stability and resilience as an organisation, showing a modest increase in income of 7.5%. 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 2023/2024.

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 2024 to March 2025 were £1,100,347.
This was an increase from £1,023,754 in the previous year.**



■ Donations & fundraising 2% ■ Grants 38% ■ Fees for services 18% ■ Rent from residents 43%

Our total expenditure in the year was £914,918, up from £791,206 in the previous year- this is due to higher salary costs which we anticipate will continue to rise in 2025/2026 due to increases in Employers' NI rates. We have also completed substantial capital works, including a large-scale refurbishment of our Youth & Sensory rooms, creating a new space (The Pod) for producing podcasts and gaming, and initiating various necessary improvements for our residents (including fire doors, bathrooms, CCTV and security).



Despite this, our fixed assets have slightly reduced in value as we are required to revalue our property every three years, and the valuation came in at £85k less than previously stated. 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 3%.

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

Thank you
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:

B&Q Foundation

Baily Thomas

Baron Davenport Trust

Birmingham City Council

Birmingham Children's Trust

BFSS

Card Factory - Sutton Coldfield

Card Factory Foundation

Carers United

Clothworkers Foundation

Comic Relief

Compliance for Schools

Roger & Douglas Turner Trust

Easyfundraising

Elis

Emergent Crown

Eveson

Fairfax MAT

Forward Carers

GM Building and Property Services Ltd

Grimmit Trust

HVAC

Just Giving

Kate Hollingsworth

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

KPM Web design

Lichfield Web design

The National Lottery Community Fund

Meta4 Mastermind

National Literacy Trust

National Youth Agency

NNS Sutton Coldfield

Owen Family Trust

PKS Events

Rotary Club Wylde Green

Royal Sutton Coldfield Town Council

Saintbury Trust

Samsic

Skipton Building Society

Sunrise

Tesco

TK Maxx

Tracy's bingo

Vodafone Foundation

Xiel

YMCA England & Wales

YMCA England & Wales/Cadent



Here for young people
Here for communities
Here for you

**We believe that everyone should have the chance to
discover who they are and what they could become.**



To find out more, get involved or to donate,
please visit our website at **[ymcasc.org.uk](https://www.ymcasc.org.uk)**

Email: **admin@ymcasc.org.uk**

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