



We believe in the power of inspired young people

Information for partners of YMCA NSW





YMCA NSW is a profit-for-purpose organisation that believes in the power of inspired young people. We support local communities through our 22 recreation centres, 63 Out of School Hours Care services, two outdoor education and camping locations and a diverse range of valuable community programs.

Our services and programs focus on physical, mental and social wellbeing, resilience, advocacy and leadership to inspire young people to thrive in life. We've been creating positive change and social good in our communities for more than 165 years.



SUSANNAH LE BRON

Chief Executive Officer

Susannah Le Bron has more than 18 years of senior leadership experience including strategy development, operations and customer service delivery and innovation. Prior to joining YMCA NSW, Susannah was Executive Director Customer Service with Sydney Trains, Transport for NSW. She was responsible for the leadership and accountability of 2,431 frontline customer service representatives across 178 stations and the experiences of more than one million travellers each day. For almost 15 years she held senior managerial roles at QANTAS including introducing innovations in customer service, relationship management and program transformation. Susannah believes the customer should always be placed at the centre and she has a strong desire to improve the physical and mental wellbeing of communities, including its most vulnerable members.

COMMUNITY RECREATION

We operate 22 community recreation centres across NSW and the ACT offering fitness, aquatics, gymnastics and indoor sports programs. We are proud that we are one of the largest providers of gymnastics training and Learn to Swim lessons in the State.

13,866

members in fitness

Nearly 1,000,000

visits each year to our gyms and fitness classes

178,000

visits to gymnastics classes

326,013

attendances at swimming lessons

122,630

participants in indoor sports comps



OUT OF SCHOOL HOURS CARE

YMCA is one of the largest providers of Out of School Hours Care in NSW. At our 63 children's services sites delivering before and after school care and vacation care, we create environments that are fun and safe and where children can learn, make friends and build confidence.

330,592

visits to Before School Services

552,201

visits to After School Services

56,919

visits to Vacation Care



OUTDOOR EDUCATION & CAMPING

YMCA NSW has been creating memories through outdoor education programs and camps for more than 80 years.

We operate two camping sites at Yarramundi in the Hawkesbury Valley and Sydney Olympic Park Lodge (SOPL) that offer both traditional and innovative camp activities for children, young people, adults and community groups.

Run by our qualified instructors, our camps offer a wide range of programs that are designed to build confidence, teamwork, leadership and critical thinking.

We run:

- school camps and holiday camps
- family holiday camps
- conferences and retreats

29,111

visits to our camping sites

Our community programs and other initiatives for young people build their physical, mental and social wellbeing and their capacity in education and employment. The following are some of our program highlights.

YOUTH PARLIAMENT

YMCA NSW Youth Parliament is an empowerment program that provides a platform for students in Years 10 to 12 to have their voices heard through legislative debate and decision making. It is part of a YMCA national initiative run by young people, for young people, with a group of passionate and empowered volunteers leading the direction of each year's Youth Parliament. This group, the Taskforce (taskies), facilitate all aspects of the program, from the parliamentary education through to recreation activities.

Since the program began in 2001:

- **Hundreds of young people have participated**
(2018: 84 + 18 taskforce volunteers)
- **More than six bills debated have become NSW legislation**
(including Emergency Services Restructure Bill 2011 and Age of Sexual Consent Bill 2001)
- **There has been significant media interest and exposure**
(e.g. ABC News Breakfast, 2UE, the Sydney Morning Herald, The Daily Telegraph, Mamamia, SBS, local news media and more)

It's so inspiring to see passionate young people voicing their concerns and having their say about topical and at times controversial issues. Whilst you may start the program unsure of where your passions lie, by the end you can't help but use the skills learnt at Youth Parliament to advocate for your community issues and your own personal convictions.

Taris Watson,
Taskie, age 18



“ One of the most formative experiences in my life was an opportunity in 2001 to take part in the inaugural YMCA Youth Parliament. It was an amazing opportunity for someone like me – crazy about public speaking, with a passion to make my mark post-school and with a deep interest in public service as a representative of the community.

Well the YMCA Youth Parliament lit a spark – I could picture a future that fitted me and it has been an important landmark in my life since. In fact, I still draw on skills learned in that first session.

I am committed to continuing my support for these vital programs and hope that my experiences are a testament to the value in nurturing leaders of the future.”

The Hon Adam Marshall MP
Member for Northern Tablelands
Minister for Tourism and Major Events
Assistant Minister for Skills

COSTS

Each program costs: \$120,000 = approx. \$1,250 per participant

In 2019 each participant will pay \$800 (with a limited number of subsidised places)

We are seeking partners for YMCA NSW Youth Parliament to ensure the sustainability of the program and to enable participation by young people regardless of their financial circumstances.



YOUTH
PARLIAMENT
YMCANSW



STREET GYM

STREETGYM

Streetgym is a recreational outreach program for at-risk young people aged 12 to 18.

The program is currently run at Sturt Park, Telopea – connecting with more than 60 young people in the local community – and Binalong Park, Toongabbie once a week during the school term. Thanks to the generosity of YMCA NSW's local government and corporate partners, it is free of cost to participants.

Childhood obesity is a national epidemic. Streetgym provides a safe, inclusive and positive environment for young people who may not otherwise participate in structured physical activity.

100% of participants said they felt safer at Sturt Park because of Streetgym. **76%** of young people reported learning something new about health and wellbeing.

YMCA NSW is exploring other areas of the State that would benefit from Streetgym to extend the benefits of the program to other vulnerable young people.

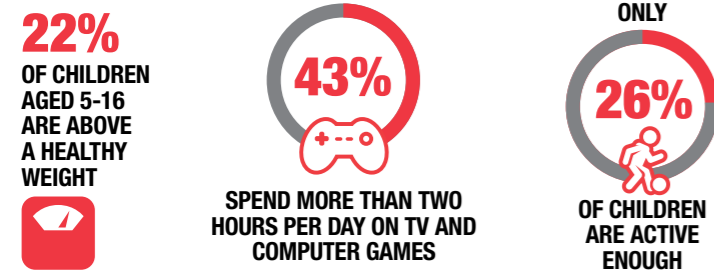
We require funding to enable us to keep running Streetgym in Telopea beyond December 2018 and to expand the successful initiative to other local communities, with a particular focus on regional parts of the State.



ACTIVE KIDS

YMCA NSW is proud of the successful uptake of the NSW Government's Active Kids program throughout the year, heavily promoting it via online channels, a range of printed collateral and by frontline services. The Premier's Priority of Tackling Childhood Obesity aligns well with our organisation's core focus areas of healthy living, empowering young people and social impact. We are looking forward to our ongoing partnership with the NSW Government to keep spreading the benefits of exercise to as many children as possible.

As an approved provider of the program, which kicked off in January 2018, we have so far made it easier for 2,667 children to be active. Parents and guardians can claim up to **\$100** in vouchers per school child each calendar year to reduce the cost of registration and participation for sport and fitness activities. Vouchers were claimed on the following YMCA NSW services: gymnastics, swimming, Teen Gym and sports competitions.



Source: NSW Department of Premier and Cabinet
<https://www.nsw.gov.au/improving-nsw/premiers-priorities/tackling-childhood-obesity/>

“We are thrilled we can work with the NSW Government to address these alarming statistics.”

- Richard Hughes, YMCA NSW Chair



“The Active Kids voucher quite simply saved us \$200 off my two children’s swimming lessons and every penny counts in a busy family. The savings motivated our family to help our kids continue to lead healthier, happier lives – it’s a great, positive initiative. Learning to swim is very important and keeps our kids safe around pools and at the beach. We are very lucky to have a wonderful local community centre at Ku-ring-gai Fitness and Aquatic Centre and getting \$100 off swimming lessons for each child is a very welcomed bonus!”

- Paula Stokoe with Annabelle, age 7, and Liam, age 6

OUR FOCUS FOR REGIONAL AND RURAL NSW

YMCA Broken Hill Integrated Wellness Centre Development

In January 2017, YMCA NSW received \$3.9 million in funding from the NSW Government through the Restart NSW Resources for Regions program to redevelop the Broken Hill YMCA into a visionary new health and wellness facility that meets the current and future needs of the regional community. It combines fitness, wellness and allied health services in the one location.

The Centre will also provide a range of specialised initiatives including:

- Culturally-appropriate programs for Indigenous people
- Support and development programs for young people
- Additional and diverse employment opportunities



Turning the first sod to mark the official beginning of the build

L to R: Parkes MP Mark Coulton, Barwon MP Kevin Humphries, NSW Deputy Premier John Barilaro, YMCA Area Manager Shane Simmons

Grand Opening

The \$5.4 million project remains on track for the doors to open to the community in January 2019 and an official opening event is planned for February.

This integrated wellness centre model is being considered by YMCA NSW in future plans, potentially benefitting other communities throughout the State. To achieve this, we need to continue our partnerships with governments and local corporations.

YMCA NSW wishes to thank the NSW Government for providing \$3.9 million in funding for the redevelopment under the Restart NSW Resources for Regions program. We would also like to acknowledge the Australian Government for providing \$371,302 through the Building Better Regions Fund as well as Broken Hill City Council for contributing \$100,000 through the Community Assistance Grants program.

“This will be an incredible redevelopment for the YMCA which is at the centre of so much community activity in Broken Hill.”

- Deputy Premier and Minister for Regional NSW, John Barilaro

Would you like to help strengthen a young person's future? Then please partner with YMCA NSW today!

There are many ways like-minded organisations, Government associations, companies and individuals can get involved—from financial sponsorship to in-kind support. Partnership packages are available for individual programs and we are happy to tailor a package according to your level of support and desired outcomes.

A partnership with YMCA NSW is a true partnership, with mutual benefits for both parties. The benefits for our partners can include; branding, public and media recognition, meeting your corporate social responsibility goals and knowing that you have changed a young life for the better.

Partnering with YMCA NSW means making a real difference to the lives of young people. Your support will allow us to increase our impact across NSW and expand our programs to reach more young people and to support more NSW communities.

As a partner of YMCA NSW you will be aligned with a trusted international organisation that is known for empowering young people across the globe.

If you would like more information about our youth and community programs and ways to get involved, we look forward to hearing from you via the contact details below:

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*Statistics from 2017-18 financial period.



YMCA NSW EMPOWERMENT/HEALTHY LIVING/SOCIAL IMPACT