



YMCA GREATER WELLINGTON ANNUAL REPORT

2019/2020



Family



Healthy Living



Developing Young People



Social Responsibility





CONTENTS

Leadership Report	4
CE Statement	5
A Brand New Day	6
Stronger Together	7
A Year In Review	8
Pillars	
Family	10
Developing Young People	12
Healthy Living	14
Social Responsibility	16
Our People	18
Programmes & Services	20
Financial Highlights	22
Acknowledgements	23



RIPOATA HATUTANGA

LEADERSHIP REPORT

HE KUPU MATUA

CHIEF EXECUTIVE STATEMENT

Every now and again an organisation goes through a step change and for both YMCA Greater Wellington and the former YMCA Central this was the year with the merger of the new "Y Central". The year was very challenging and required strong leadership from the management team and the Board of Directors to get through all of the steps required for a successful merger.

This organisation is about people first and foremost. The people involved with the Y as participants, volunteers or staff are central to our ability to ride the highs and lows of any given year. With the merger taking most of the year to complete the senior management team, led by Chief Executive Brendan Owens, have worked extremely hard to restructure the business to reflect the new entity that we desire while continuing to operate the business. There will be plenty of challenges in the year ahead, however, the new "Y Central" is well placed to step up and provide strong support and service to the communities, families and young people right across the Lower North Island.

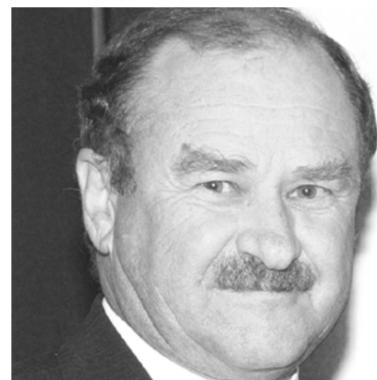
This is our opportunity to publicly thank the many people who make this organisation vibrant and successful. Firstly, the Trustees, who give their time freely and their wise counsel generously – as they support us and the CEO to make sound decisions, especially around the

merger this year, that further our mission and purpose as well as protecting our assets for generations to come. Thank you all for your commitment and dedication to the cause.

Secondly, the staff and volunteers of the Y. They are the lifeblood of this organisation and they serve our participants and customers daily. They are our point of difference, they represent what we are about, where we have come from, and where we are heading.

We prepare this Annual Report as we are amid one of the greatest challenges facing our organisation in the last 160 years; COVID-19. Our challenge in the year ahead is for the organisation to survive the pandemic and business implications resulting from the economic shutdown, while remaining the leading provider of programmes for communities, families and young people. We will continue to invest in the development of our staff and volunteers at the same time.

Our thanks to all those who support the YMCA in all our activities, our funders, our donors, our staff, our volunteers and our communities. We will continue to build strong kids, strong families and strong communities.



Grant Baker

Grant Baker
Board Chairman



Rhys Barlow

Rhys Barlow
Trust Chairman



The 2019 year was one of the more challenging years, not only for the entity but for the movement, as we assisted and later merged with the YMCAs of Whanganui and Palmerston North. The underpinning motivation behind the relentless nature of the merger was simple, saving the Brand – the YMCA. It was the year where we were all reminded of the fact that we are only short-term custodians of this magnificent brand that has been a pillar in our communities for over 150 years.

The most pleasing aspect was witnessing 2-3 years of planning and development in Greater Wellington come to fruition and although the work was challenging, it was seamless and that was only made possible by an amazing team who all stepped up well beyond their duties to not only help deliver an exceptional merger but at the same time continue to do the great work we do for our local communities in Greater Wellington. A sincere thank you to all involved.

Brendan Owens

Brendan Owens
Chief Executive

HIGHLIGHTS

Achievement of budget result despite significant distractions.

Support and merger with YMCA Central (Whanganui and Palmerston North).

Significant personal and professional development of the team, many of whom now have 'double' the responsibility and complexity they had a year ago

Successful launch of 'Sport for Life' programmes.

Culmination of a 3-year journey for YMCA Upper Hutt, not only reaching a record membership base, but also achieving a 'better than budget' result.

Continued focus on system development including a shift to Microsoft Teams and the merging and upgrade of all business support systems.

The launch of 'The Y' brand and the new and exciting digital presence.

Successful Capital programme including Pilmuir facade upgrade and Kaitoke Cabin Upgrade.



“ This organisation is first and foremost about people. ”

A BRAND NEW DAY



CHANGING TIMES

For years we have been referring to ourselves as 'the Y'. Not just because it is shorter to say but because it's more inclusive. And inclusivity, equality and diversity is what we're all about. As the oldest and largest youth organisation in the world, times have changed since the Young Men's Christian Association was founded. We stand behind all people regardless of gender, race, religion or sexuality. Everyone should feel welcome and supported at the Y. When it comes to our cause, we're committed to continue helping build strong kids, strong families and strong communities within and throughout the lower North Island.

STRONGER TOGETHER

The Y has always focused on how we can better support and serve our communities. A key element that is not always immediately tangible is our rich history of strong family values, caring culture and genuine wish to make a real difference to local communities and families. We are community focused, regionally operated but supported both nationally and internationally.

We've seen growth in many areas across our organisation in the last 12 months, including successfully developing and implementing our family strengthening programmes across the region. Our focus has remained on fostering excellent community strengthening programmes along the way. We are always open to new opportunities to continue the Ys service offerings to meet the ever-growing needs of our communities.

To help continue this great legacy and ensure the very best results for our communities, we were pleased to announce that on 25th September, YMCA Greater Wellington Inc merged with YMCA Central Inc (YMCA Palmerston North and YMCA Whanganui). While the day-to-day dealings remained unchanged, we saw an injection of new talent, expertise and resource with the introduction of new programmes in many communities proposed. The name of the entity covering the new expanded region (Lower North Island) was officially changed to YMCA Central Inc.

Our offices in Lower Hutt continue to support the whole region with local expertise in communities right across the network remaining. Over time we expect our new and existing communities to experience the benefit of growing expertise and centralised efficiencies. Across the Lower North Island, YMCA Central will continue to deliver Early Learning Centres, OSCAR programmes, Youth Services, Education, Health, Fitness and Recreation, Outdoor Education/Camps, and Accommodation.

This was a very exciting opportunity for both organisations. With a shared focus on delivering the very best in community strengthening and developing meaningful relationships with all stakeholders, we believe this merger will assist us all.

WE BUILD
STRONG KIDS.
STRONG FAMILIES.
STRONG COMMUNITIES.

Community focused, internationally supported.

THE YEAR IN REVIEW



**GRANTS
BEQUESTS
DONATIONS**



**\$324,000
DONATED**



OSCAR
OUT OF SCHOOL CARE
AND RECREATION

**BEFORE & AFTER
SCHOOL CARE**

..... **131,024**
PARTICIPATIONS

**HOLIDAY
PROGRAMMES**

..... **12,804**
PARTICIPATIONS

15



SITES

YOUTH & EDUCATION

RANGATAHI
ORA

80%

TRANSITIONS INTO
FURTHER EDUCATION



20

FAMILIES SUPPORTED THROUGH CRISIS TO
ENGAGE YOUNG PERSON BACK INTO WORK,
TRAINING AND PRO SOCIAL ACTIVITIES

4700 HOURS



OF INTENSIVE LITERACY AND
NUMERACY SUPPORT DELIVERED

NATIONAL
CERTIFICATES
AWARDED

61



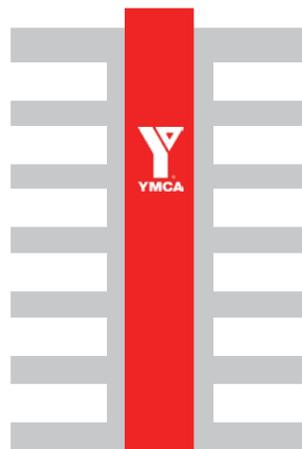
40%

INCREASE YEAR ON
YEAR IN STUDENT
GOAL ACHIEVEMENT



80%

RAISE UP PARTICIPANTS STATE THAT
"RAISE UP HAS DEFINITELY BEEN A
POSITIVE TURNING POINT IN MY LIFE"



ACCOMMODATION

PILMUIR ST YMCA



**37,682
BED NIGHTS**

97.4%

OCCUPANCY



**OUTDOOR
EDUCATION**

X2 CAMPS

Kaitoke Outdoor Education Centre
Camp Raukawa



7,313

BED NIGHTS

58



FAMILY CAMPERS



300 HOLIDAY
PROGRAMME
CAMPERS

38%

INCREASE IN REVENUE FROM OUT-
DOOR EDUCATION PROGRAMMES



**EARLY
CHILDHOOD
EDUCATION**

8750

**PARTICIPATIONS
PER ANNUM**

35

**CHILDREN
PER DAY**

ON AVERAGE

YMCA Early Years Learning
Centre Whanganui

SPORT, RECREATION & FITNESS

YMCA Upper
Hutt GYM

70%

89.5%
MEMBERSHIP
RETENTION RATE

INCREASE
IN FITNESS
MEMBERSHIPS

58,880

**FITNESS
PARTICIPATIONS**

15,737

**GROUP FITNESS
PARTICIPATIONS**



175 KIDS SPORTS TEAMS

PARTICIPATING IN LEAGUES

250,000+

TOTAL PARTICIPATIONS IN ACTIVE RECREATION

15000

**PARTICIPATIONS
IN KIDS SPORT
PROGRAMMING**

WHANAU FAMILY

The Y is dedicated to bringing families together, providing a 'third place' away from the pressures of work and home where they can connect and be active together.

We recognise that families come in all shapes and sizes and are the building blocks of the local community. A strong family can come in many forms and positive impact on those around them can be profound. Through initiatives such as Family Memberships, the whole family can spend quality time together without financial burden.

At the Y, anyone connected and living under one roof is family under ours.



BASKETBALL FOR THE WHOLE WHANAU - MASTERTON YMCA

It's not often you see a basketball game where the youngest participant is seven and the oldest in their 50s but a new initiative at the Y in Masterton is setting out to make it a regular event. It's a social five-a-side league where at least one child and one woman must be on the court at all times and teams are made up of family members and friends. The fresh format, introduced in late 2019, brought together six whanau teams in a low pressure fun round robin competition. With competitive leagues on offer from primary through to college level, Whanau Basketball League is a low-stress alternative to bring families and friends together.

The games were a huge success: "Everybody jumped on the court and gave it a go, there was a great family whanau vibe." Over the last year or so, The Y Masterton has been working towards creating a Family Recreational Facility which can go beyond just physical health to provide a '3rd place', in which whanau and the community at-large can connect, contributing to a more positive social wellbeing.



WHAT'S HAPPENING IN OUR COMMUNITIES



40%-77%

The number of one-parent families is also projected to increase strongly, rising by between 40% and 77% over the 25 year period from 2006 to 2031.



Loneliness can have serious health consequences, with a similar impact to high blood pressure, lack of exercise, obesity, or smoking.



1 IN 10

Only 1 in 10 families regularly eat a meal together each week.



30%

of parents don't spend any active time with their tamariki.

THE DIFFERENCE WE MAKE



3 IN 4

families who attended family camp state that when they return home, they actively spend more time together.



20

families supported through crisis to engage people back into work, training and pro social activities.



67

families are participating together in active recreation.

“ I KNOW MY KIDS ARE IN GOOD HANDS AT THE Y ”

WHAKAWHANAKE MATATAHI

YOUTH DEVELOPMENT

Nurturing the potential of every child and teen. We believe the values and skills learned early on are vital building blocks for life.

Because of the Y, more young people in communities around the region are taking a greater interest in learning, building self-confidence and making smarter life choices.

At the Y, children and young people learn values and positive behaviours, and can explore their unique talents and interests, helping them realise their potential. That makes for confident kids today and contributing and engaged adults tomorrow.

OUT OF THE MAINSTREAM, INTO THE Y - YMCA EDUCATION

The traditional school system doesn't suit everyone, so it's fantastic to have an alternative. The YMCA offers free education programmes for students aged 16 to 19 to gain NCEA Level 1 or Level 2 credits, and life skills – with small class sizes, real-life learning and a fantastic social atmosphere. "Our students gain a lot of confidence and they tell us that it's a lot better than school has been for them. Our tutor approach means they feel like they can talk to us about anything and often people who never mingled at school start making new friends." Tutor Sarah Quinn says its enormously satisfying to see students try new activities, get outside their comfort zones and develop the kinds of skills that set them up for a successful life. The tutor team works hard to ensure students see the real-world benefit of every lesson, whether that's writing a CV, using percentages to work out discounts in a shop or knowing how to apply maths to effectively manage their money. All the programmes are targeted at helping young Kiwis prepare for the workforce or further training.



WHAT'S HAPPENING IN OUR COMMUNITIES



20%

of primary carers are concerned their tamariki spend too much time in front of the TV, on computers or participating in other sedentary activities.



1 IN 5

Kiwis will experience a mental health issue before the age of 24. New Zealand has the highest suicide rate of youth in the developed world.

45%



of young people say there are few opportunities available to them to influence decision making and policies that affect them.

4 IN 5



young people feel there should be more emphasis on community, even if it puts more demands on individuals.

THE DIFFERENCE WE MAKE



80%

of our young people transition back into work or training.



7,313

bed nights from outdoor education participants.



80%

of 'Raise Up' participants state that: 'Raise Up has definitely been a positive turning point in my life'.



4700

Over 4700 hours of intensive numeracy and literacy delivered.

ORANGA HAUORA
**HEALTHY
 LIVING**

Improving the physical, social and mental health of the communities we serve.

We understand that being healthy means more than simply being physically active. It's about maintaining a balanced spirit, mind and body not merely the absence of disease or infirmity.

The Y has a direct impact on the physical, social and mental health of individuals, families and communities through diverse programmes spanning recreation, children's services, and camping.

At the Y, it's not about the activity you choose as much as it is about the benefits of living healthier on the inside as well as the outside.



An innovative exercise class is proving a hit with participants, their careers and the New Zealand Exercise Council. The Parkinson's class at YMCA Upper Hutt was awarded as a Community Contribution Award at the New Zealand Exercise Industry Awards. The YMCA was approached by Parkinson's New Zealand in 2007, after funding cuts led to a hospital class being discontinued. That original class was designed by Lesley Wirihana and Debbie Houston-Tupou around functional exercises, ability and coordination to aide in fundamental everyday move-ments. The YMCA version tweaked the original design, which now includes exercise stations for each participant and the result is convivial, supportive and enjoyable experience for everyone involved. It's a great credit and tribute to the late Lesley Wirihana and to the members of the class who have lost the battle against Parkinsons over the years. The social aspect of the programme is just as important as the exercise; research shows that singing therapy might reduce some of the difficult-to-treat motor and mood symptoms associated with Parkinson's disease. "I like the so-cial side," says Russell, who has been coming to the YMCA for over six years. All this adds up to a strong community feel, a supporting environment and connections that branch out beyond the gym and into the lives of participants.

**PARKINSON'S
 CLASS - YMCA
 UPPER HUTT
 FITNESS CENTRE**



**WHAT'S HAPPENING IN
 OUR COMMUNITIES**



32%

Older people are less interested in being active, levels of interest decrease to 32% for those adults aged 65 years or older.



57%

57% of adults would like to spend more time taking part in sport and active leisure.



340,000

Kiwis are diagnosed with diabetes or are pre diabetic.



60%

of adults and 25% of children are classified as over weight .

**THE DIFFERENCE
 WE MAKE**



36,000

36000 healthy snacks delivered to OSCAR sites to ensure our tamariki are fed.



250,000+

participations in active recreation, helping our tamariki stay fit and healthy



Parkinson's classes awarded national award for community contribution.



100%

100% of our kids in OSCAR programmes participate in active play every day.

HAEPAPA PAPORI

SOCIAL RESPONSIBILITY

The Y is about ensuring opportunities for all. Because of this intention, the generosity of others, especially our members, is at the core of the Y's existence as a not-for-profit charity. It is only through the support of our volunteers and public and private donors that we are able to support and give back to the communities we engage.

The Y believes that participation in any of its programmes and services should not be restricted to the financially privileged. As a charity, the Y also runs many benevolent programs which are designed to have a positive impact on disadvantaged groups within the community.



COMMUNITY SUPPORT BRINGS FAMILIES TOGETHER

At the Y we build strong kids, strong families and strong communities. As a not-for-profit we are here for our local communities and aim to empower youth, improve health, and strengthen community. The support of our communities goes directly to help individuals and families access programmes that support their physical, social and mental well-being.

Every dollar you give to YMCA Central could change the life of a child, teen or family in need. One of these such programmes is our Family Camps; Family Camp enables families to switch off and spend a few days actively reconnecting together in an outdoor environment with the support of caring YMCA staff. It is a fully funded programme supported and delivered by YMCA Central. Selected families from all walks of life and backgrounds are treated to a weekend of cabin-based camping.

This opportunity presents itself as a simple pass for families who find it harder to find the time and resources required to indulge in a classic kiwi camping experience. Family Camp removes families from the pressures of daily life, giving them time together to connect and become stronger as a family unit while having some good old-fashioned fun in the great outdoors along the way.

WHAT'S HAPPENING IN OUR COMMUNITIES



Loneliness has been proven to have the same impact on health as high blood pressure, smoking and diabetes.



13% of children live in a household experiencing material hardship.



Participation has been identified as a key factor in supporting vulnerable children.



3RD

New Zealand has the 3rd worst child abuse stats in the developed world.

THE DIFFERENCE WE MAKE



97%

of parents say their child's safety needs are met.



\$1,000,000+

given in community strengthening initiatives



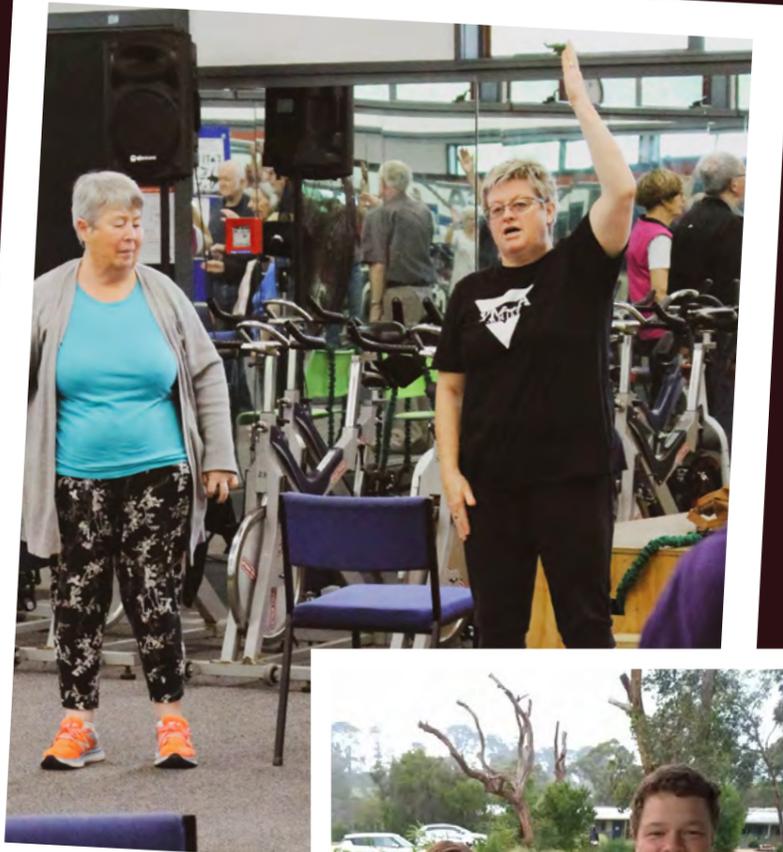
\$24,000+

The Y has assisted with over \$24,000 worth of fees to help those during difficult times continue to access our services.

O TATOU OUR PEOPLE

The Y's vision of building strong kids, strong families, strong communities can only be achieved through the dedication and contributions of our people. The Y aims to create an environment that fosters staff growth, development,

collaboration and a sense of belonging. We encourage staff to live the mission everyday, and by giving opportunities to do so, aim to build a strong and purpose driven Y family.



STAFF FOCUS: JOSEPHINE DICKENS



Josephine has been with the Y now for 14 years as the Manager of Pilmuir Accommodation. It is with great sadness that she retires from her role in 2020. Josephine was originally employed by the previous owner of the Pilmuir Accommodation building and we were fortunate enough to acquire her with the building in 2006.

Josephine's dedication to her role, the Y and most of all her tenants has been unwavering in her time and her impact on the Y will be hard to replace. Many of our tenants often find themselves in difficult situations when they come to us and its through the support of Josephine and her team that many of them find such great outcomes.

We pride ourselves on Pilmuir being a community within a building and much of that comes down to Josephine and her team and the leadership she offers to our staff and our tenants. Josephine, we thank you for your service over the past 14 years and wish you all the best with your retirement and spending more time with your family.

OUR BOARD AND TRUSTEES

Board of Directors

- Grant Baker (Board Chair)
- Rhys Barlow
- Coral Laughton
- Kathy Miller
- Barry Hislop
- Eileen Basher
- Oliver Ibbeston (resigned 2019)
- Murray Corps

YMCA Greater Wellington Trustees

- Rhys Barlow (Trust Chair)
- Grant Baker
- Tony Hassed
- Peter Barrett
- Oliver Ibbeston (resigned 2019)

YMCA Palmerston North & Whanganui Combined Trustees

- Murray Corps (Trust Chair)
- Grant Baker
- Richard Smith
- Garry Spooner

LONG SERVICE & RECOGNITION

The Y truly values and appreciates the contribution made in support of our values and purpose. It is with absolute pleasure and gratitude that we recognise staff that have given long service to the YMCA Greater Wellington.

5 YEARS:

- Hayley Roughton
- Ian Hansen
- Iefata Tuiavii-Cosgrove
- Matt Clark

10 YEARS:

- Ben Keat
- Sydney Wirihana

SENIOR MANAGEMENT TEAM

- | | |
|-----------------|--------------------------------------|
| Brendan Owens | Chief Executive Officer |
| Ben Keat | Chief Operating Officer |
| Nicola Campbell | HR Advisor |
| Amy Moreland | Business Manager, Childrens Services |
| Virginia Liu | Chief Financial Officer |

NGĀ HŌTAKA ME
NGĀ RATONGA

PROGRAMMES & SERVICES

Our programmes and services are how we are able to proactively change the lives of the people in our community for the better. These are offered throughout the Greater Wellington Community and built around our pillars of Family, Youth Development, Social Responsibility and Healthy Living.



KIDS RECREATION

We're introducing a whole new generation to the fun of physical activity by offering engaging in active play, dance and basketball.



EDUCATION

The traditional school system doesn't suit everyone, so it's fantastic to have an alternative. The YMCA offers free education programmes for students aged 16 to 19 to gain NCEA Level 1 or Level 2 credits, and life skills – with small class sizes, real-life learning and a fantastic social atmosphere.



FITNESS

Our fitness Centre in Upper Hutt provides a great range of equipment, classes and personal training options to cater for all abilities and interests.



EARLY LEARNING

We're giving tamariki the best start in life by providing immersive education experiences in our Whanganui early learning centre.



TARGETED HEALTH PROGRAMMES

We're helping seniors stay active, and improving health outcomes for people with diabetes by providing inclusive and supportive health and fitness classes.



YOUTH DEVELOPMENT

Each year our youth development programmes help young people learn new skills and develop the confidence to chase their dreams.



OUTDOOR EDUCATION

Our two outdoor camps provide a range of challenging and exciting outdoor activities for students to learn, grow and thrive.



OUT OF SCHOOL CARE

Our before and after school care programme is supporting the needs of working families.



SPORTS PROGRAMMING

We host a number of sports leagues including basketball, soccer and flag football.



FOR THE YEAR ENDED: JANUARY 31, 2020

Greater Wellington (\$000's)

Fixed Assets **\$1,619**Total Assets **\$7,881**Total Revenue **\$5,196**Total Expenditure **\$5,042**Net Profit **\$154**

THE YOUNG MEN'S CHRISTIAN ASSOCIATION OF CENTRAL INC.

The financial highlights provided above represent the YMCA Greater Wellington entity only. The effective date of the merger between YMCA Greater Wellington and The Young Men's Christian Association of Central Inc was February 1st, 2020. For financial information on The Young Men's Christian Association of Central Inc, please refer to the Financial Audit.

We are grateful for the support we receive from the following individuals and organisations.

PARTNERSHIPS AND SUPPORTERS

Kiwibank

Westpac

Ministry of Social Development

Ministry of Education

Tertiary Education Commission

Oranga Tamariki

Ministry of Youth Development

New Zealand Principals Federation

Sport New Zealand

Sport Wellington & Sport Wellington (Wairarapa)

Local Government

- Hutt City Council

- Porirua City Council

- Upper Hutt City Council

- Masterton District Council

- Wellington City Council

Capital Basketball

Capital Football

Capital City Volleyball

Our OSCAR Partners

- Johnsonville School

- Trentham School

- Silverstream School

- Cashmere Ave School

- Khandallah School

- Upper Hutt School

- Mount Cook School

- Te Aro School

- Titahi Bay School

- St Theresa's School

- Raroa Intermediate

- Belmont School

Safeguarding Children

Thank you to all the wonderful donors, supporters and fundraisers who made a contribution to our philanthropic and capital works programmes. We also recognise those donors below who made a contribution to YMCA Central over the last 12 months:

New Zealand Lotteries Community Fund

New Zealand Lotteries Community Facilities Fund

Swan Dudding Trust

Four Regions Trust

TG McCarthy Charitable Trust

Pub Charity

Whanganui Community Foundation Grant

Community Organisation Grants Scheme

Lion Foundation

Powerco Whanganui Trust

Margaret Watt Trust

NZ Community Trust

Infinity Foundation

Four Winds Foundation

Eastern & Central Community Trust

Hutt Mana Charitable Trust

One Foundation

Pelorus Trust

Wellington Community Trust

Trust House Community Enterprise

Masterton Community Centre Trust

Newmans Foundation

Winton and Margaret Bear Charitable Trust

Wellington Children's Foundation Inc



Support Office
67 Pilmuir Street
Lower Hutt
0800 YMCA 4 U
www.ycentral.nz

Pilmuir Accommodation
67 Pilmuir Street
Lower Hutt
(04) 568 3252

YMCA Upper Hutt
Somme Road
Trentham

YMCA Masterton
371 Queen street
Masterton
(06) 377 5499

Kaitoke Outdoor Education Centre
184 Marchant Road
Upper Hutt
(04) 526 7338

YMCA Whanganui
125 Grey St
Springvale

YMCA Palmerston North
148 Park Rd
West End

