



About the **YMCA**



YMCA

We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**

Why we are needed:

Our people, families and communities need the YMCA. Australia and the western world have conquered infectious disease, but we are now faced with social diseases:

- ✓ Sedentary lifestyles are contributing to epidemics including obesity, extremely prevalent in our children plus cardiovascular disease, stroke, and type II diabetes.
- ✓ Mental health disorders in many forms from chronic depression to low self esteem and feelings of insecurity in our children affect all of our families.
- ✓ Disconnectedness in our communities. We are seeking places to connect, contribute and feel part of the community. A connected community contributes to physical and mental health.

The YMCA is one of few not for profit organisations delivering proactive programs to tackle these social diseases.

Who we are:

The YMCA is one of Australia's oldest and most respected not for profit organisations with a history extending over 155 years.

Mission: The YMCA of Sydney works from a base of Christian values to provide opportunities for all people to grow in body, mind and spirit.

Vision: To be Sydney's most recognised and respected charitable organisation in creating a healthy, connected and vibrant Sydney

Values: Honesty, Caring, Respect, Responsibility.

What we do:

In everything that we do we aim to build strong people, strong families and strong communities. This is achieved through our 10 Key Program Areas.

Quality programs that meet community needs and that are uniquely 'YMCA' in their design and delivery underpin our operations. We have identified and continue to focus on our 10 Key Program Areas (KPA's) including:

Aquatics | Camping, Outdoor Education & Accommodation | Childcare | Community Services | Community Sports Competitions | Gymnastics | Health & Fitness | Programs General | School PE | Youth Leadership

Why we are different:

YMCA programs will be of best practice standard. From this foundation it is our Community Strengthening Promises that will build strong people, families and communities and that will differentiate the Y in its service provision. These promises are key deliverables across all KPA's:

Membership Fee Assistance: Our goal is that no person will be denied access on the basis that they are unable, not unwilling to pay.

Youth Leadership: Through both specific programs and structures within all programs, opportunities, support and experiences will create positive and enriching environments for youth development. .

Volunteer Involvement: In all programs the Y will provide opportunities for greater community involvement through volunteering.

Family Programming and Engagement: Programming that strengthens the family unit, in its many forms, will be a focus.

Connecting and Belonging: The Y will provide opportunities for people, families and communities to connect at a deeper level.

Our mission in motion

We build strong people, strong families and strong communities through our programs, services and through community support and strengthening initiatives. These are just a few examples:

Siblings Reunite Program Reconnecting Families

Foster children live in an uncertain world; often separated from their siblings they lack stability, identity and confidence in their future. The YMCA's Siblings Re-unite Program brings Foster Care siblings together at Camp Yarramundi to reconnect, strengthen relationships and offer hope for a better future.

"It's uplifting to be a part of providing this brief window of joy but the end of every camp can be a little heart breaking, I wish we could do more."
Camp Manager BJ Davis.



Community Visitors Scheme Providing Companionship

The Community Visitors Scheme matches volunteer visitors with residents in aged care facilities. Residents are isolated, lonely and without family, visitors provide friendship, companionship and a fresh and positive sounding board. An extremely rewarding volunteer experience.

"Cathy's visits are a breath of fresh air. Her visits are the highlight of my week."
CVS Program Resident.



YMCA Youth Parliament Developing Young Leaders

YMCA Youth Parliament offers young leaders from across NSW the opportunity to develop and debate bills in the NSW Parliament. Bills are developed around local issues concerning young people and debate is chaired in the parliamentary chambers by MPs from across the state. Over 80 young people from electorates across the state participate annually.

"YP opened my eyes to issues faced by youth from different parts of the state. I developed lifelong friendships but also lifelong skills. I know I will look back on YP as a pivotal experience in my education" Alyce. Program Participant.



YMCA prYme Movers Program Connecting Older Adults

YMCA prYme movers is a program for older adults to meet, exercise and socialise at YMCA Centres.

"The aquanauts is about much more than good health ... it's our social and support network, our place to connect and belong."
YMCA prYme Movers Program Member



YMCA Fee Assistance Supporting People in Need

YMCA Fee Assistance states that nobody willing, but unable to pay will be denied access. When Bob joined the Y he was 40 years of age with life threatening obesity. When he was retrenched 18 months later he was 30 kilos lighter and never in better shape. Bob applied for and was granted fee assistance until he got a new job 3 months later.

"My instructors at the Y had become like a second family, they helped me change my life. My retrenchment was a really stressful time for my family. My workouts kept me feeling good about myself and helped motivate me to find a new job, the Y's support could have saved my life."



Did You Know? Interesting Ys Facts:

- ✓ The Y invented the sports of basketball, volleyball, softball, racquetball and indoor soccer.
- ✓ The Y opened the first public gym, pioneered aerobics, swimming lessons & pool filtration.
- ✓ The Y is the world's largest provider of childcare.
- ✓ The Y won the Nobel Peace Prize for inspiring the Geneva Convention.
- ✓ Malcolm X lived at the Y and Anthony Hopkins first acting role was at the Y.
- ✓ The Y was instrumental in the development of the Red Cross, Scouts and Father's Day



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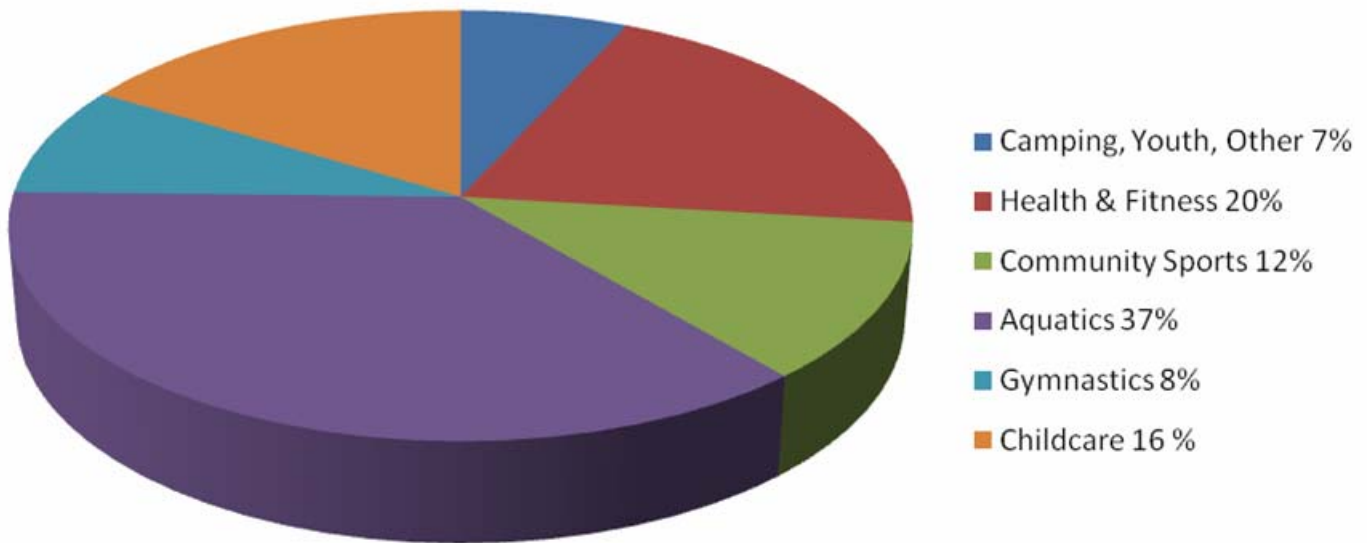
Operations

2008 Program Participation



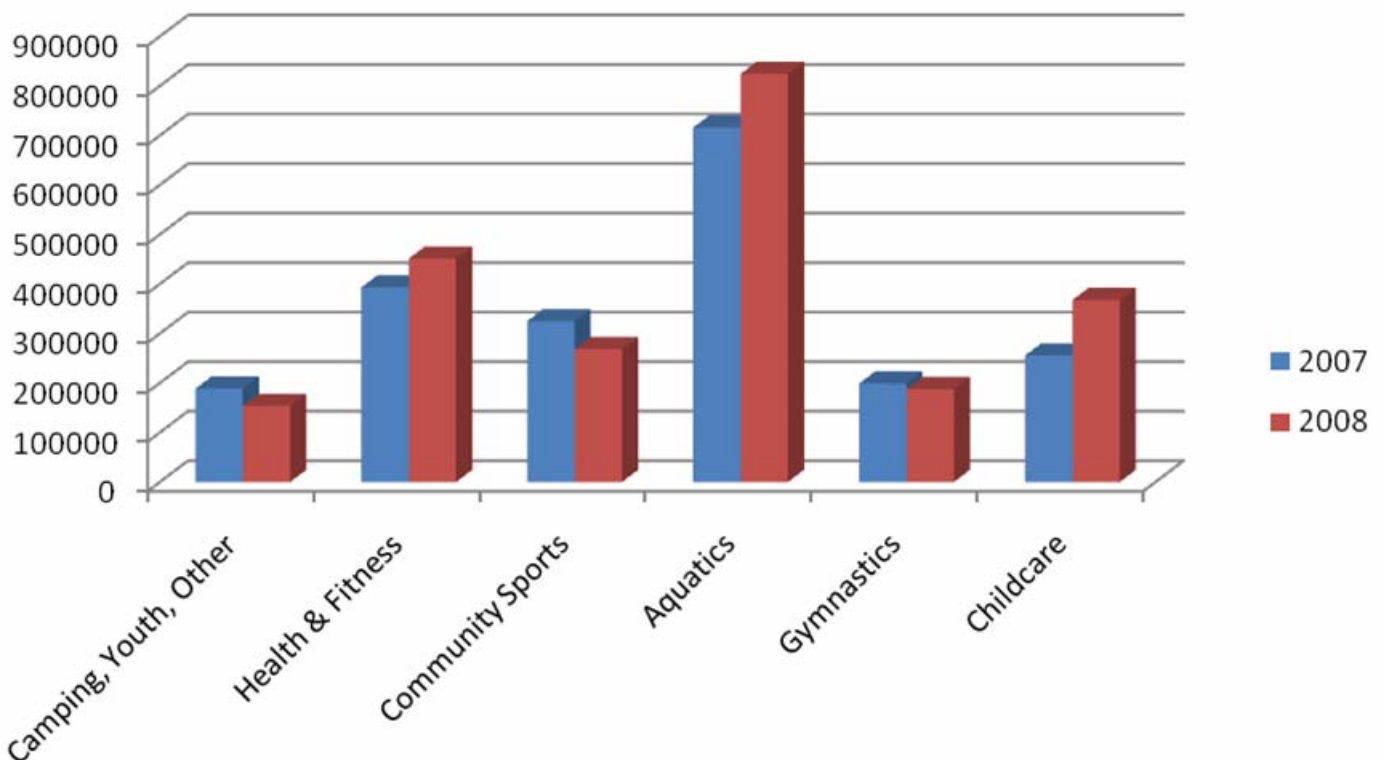
2008 Program Breakdown

In 2008 the Sydney YMCA maintained a strong level of participation across a diversified suite of Key Program Areas. Our ability to deliver a diverse range of quality programs is a key competitive advantage and provides long term stability and viability.



2007 vs 2008 Total Participations

2008 saw growth across most program areas, especially childcare with the addition of new OSHC Centres and in aquatics through the commencement of the Cook and Phillip Park and Cooma Festival Pools.



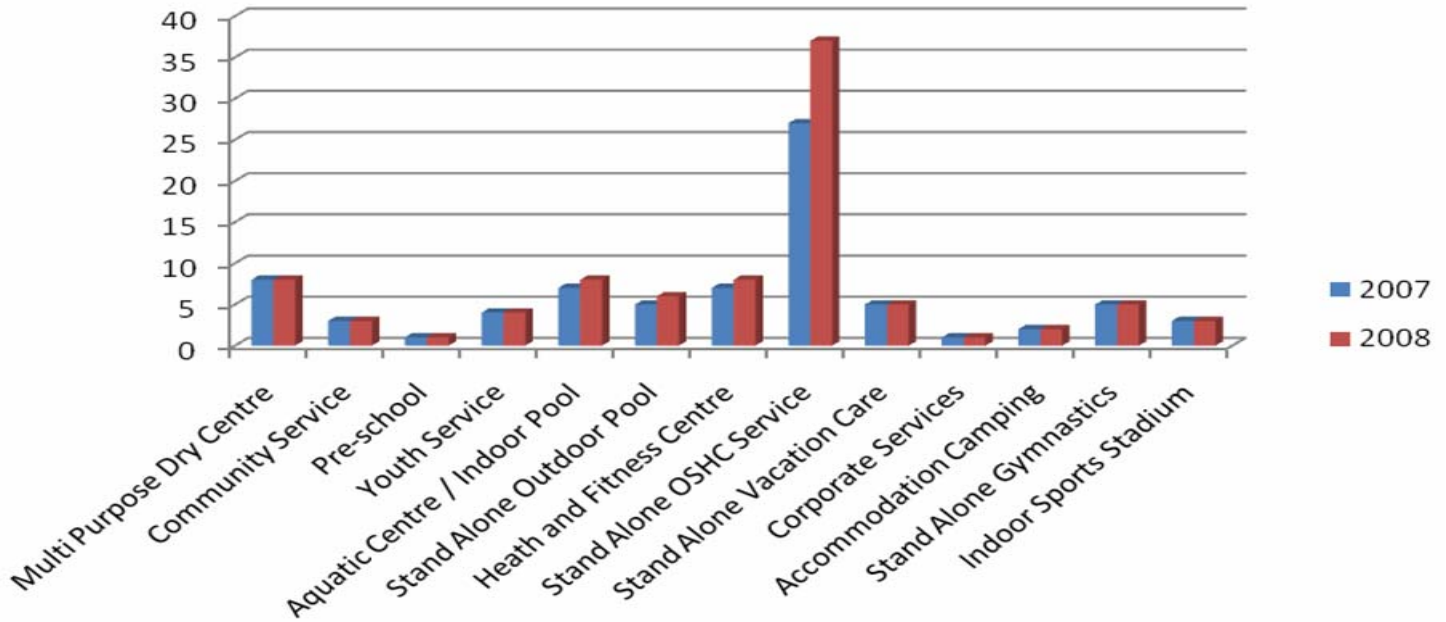
Operations

2008 Locations, Staff, Revenue



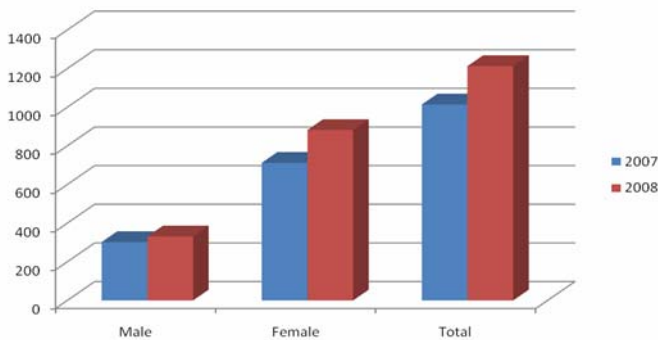
2007 vs 2008 Program Locations: Type

2008 saw significant growth in program locations across most program areas with OSHC experience the most significant growth in program delivery locations.



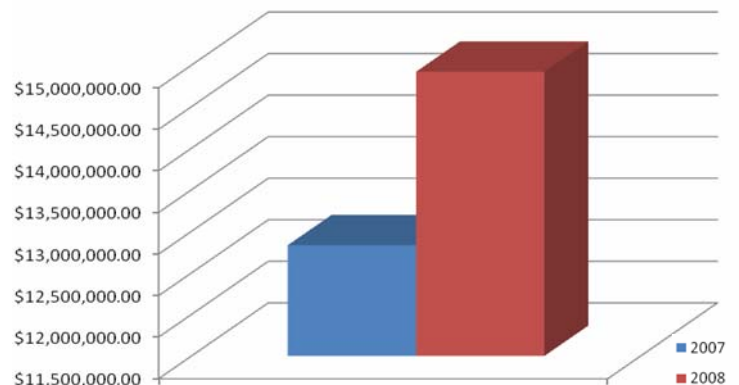
2007 vs 2008 Staff By Gender

Ongoing growth in staff numbers in 2008 with greater growth in female staff.



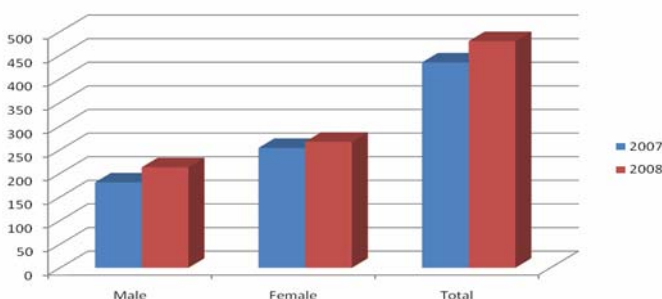
2007 vs 2008 Gross Revenue

Significant growth in contract operations contributed to strong growth in gross revenue.



2007 vs 2008 Volunteers By Gender

Continued growth in volunteers during 2008 was encouraging.



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