



YMCA EAST SURREY

Annual review 2013/14



What We Do

YMCA East Surrey (formerly known as Reigate and Redhill YMCA) is a vibrant, local charity responding to the needs of individuals and communities, with a focus on those who are vulnerable or disadvantaged. We are part of the wider national and international YMCA Federation which supports the development of young people throughout the world.

From sport, play and physical activity to counselling, youth work, housing and volunteering – our services are inclusive for people of all ages and abilities, encouraging them to enjoy an active and healthy lifestyle within the local community. We help people to believe in themselves, support them to achieve their goals and inspire them to be the best they can be.

Keep up-to-date

For lots of great photos and up-to-date information on our latest events, offers and activities, follow us on Facebook and Twitter:

  [YMCAEastSurrey](#)

Contents

▶ Chairman's report	4
▶ Chief Executive's report	5
▶ Children's Services - Short Breaks and Support	6-7
▶ Children's Services - Outreach Work	8-9
▶ Youth Services - Social and Sporting Inclusion	10-11
▶ Youth Services - Engaging with Local Young People	12-13
▶ Housing and Accommodation Services	14-15
▶ Live SMART - Health and Wellbeing	16-17
▶ Sport and Fitness - Exercise for All	18-19
▶ Challenge Fundraising Events	20-21
▶ Summary of Accounts	22
▶ Thanks	23



Chris Brewer - Chairman

Our YMCA is well over a hundred years old. In this year, when we remember the fate of so many young people in the First World War, it gives us an opportunity to reflect on some of the YMCA's wartime connections.

We began as 'Redhill YMCA' in 1870 and the red triangle was adopted as the sign for the YMCA in 1891. During the First World War, the YMCA established huts behind the lines right across the war zone where soldiers were assured of 'a warm welcome, a hot drink and even a game of billiards'.

It is interesting to note that 'Reigate YMCA' started in 1883 and the two bodies only combined in 1953.

During a recent TV programme about the present day YMCA in the UK, I found myself reflecting on two points that seemed relevant to us.

At the newly rebranded YMCA East Surrey, we are fortunate to have such good leadership and very high standards. So far we have been able to secure grants for our essential programmes but it was sad to see that, at some other YMCAs, standards are now suffering from severe cut backs in funding.

Secondly, there were stories of two key workers who had been helped by the YMCA early on in their lives before becoming staff members. Both now give their all

to help others with a dedication built on their difficult past experiences. I know we have similar cases. These provide very clear examples of how the YMCA's help and support can build brighter futures.

At YMCA East Surrey, we have recently gained planning permission to attach a new Inclusive Sports Facility to our existing Sports and Community Centre.

This is a very exciting project and will provide extra assistance for disabled people wishing to access a wider variety of sport.

Funds for the new building will need to be raised, but the aim is to start construction in 2017.

I am pleased to say that our magnificent YMCA is financially sound and we have to give huge thanks to our many supporters who raise colossal funds from their sponsored Challenges during the year.

Finally, our enormous thanks go to Ian, our Chief Executive, our superb management team and all the staff, our excellent volunteer trustees, who give so generously of their time and expertise, and the many agencies who provide us with grant funding.

We are fortunate to have so many good people striving to help our YMCA achieve its aims.



Chris and Millie at the
YMCA Sovereign Centre

Ian Burks - Chief Executive

This year, to recognise the considerable growth of Reigate and Redhill YMCA and to reflect the wider spread of our work, we have changed our name to YMCA East Surrey. We have also adopted the new national YMCA branding to show that, despite our local focus, we are proud to be part of the largest and oldest youth charity in the World.

Although our visual identity may have changed, we are still doing what we have done since 1870 – giving local people, especially those who are vulnerable or disadvantaged, the opportunity to realise their full potential.

This autumn we will celebrate the 10th anniversary of Hillbrook House, our supported accommodation scheme for young people. Working in partnership with Reigate and Banstead Borough Council and Surrey County Council, we have housed over 450 homeless young people, helping them build the confidence and resilience they need to move on to independent living.

Our new 'Move On' property in Redhill, purchased with the help of various partners and our YMCA Challengers, will provide more options for those ready to leave Hillbrook.

We have also seen exciting developments within our other youth projects, securing National Youth Agency Quality Kite Marks

within each of the seven youth centres we manage on behalf of Surrey County Council.

Our brand new detached youth work programme in Reigate and Banstead and Mole Valley allows us to engage with young people at risk on the streets, with qualified youth workers signposting to other YMCA initiatives such as Escape holiday diversionary schemes and Heads Together counselling. These programmes have helped bring about recorded reductions in numbers of young people who have offended or become NEET (Not in Education, Employment or Training).

Our next ambitious new venture is to build an Inclusive Sports Facility at our Princes Road site. Demand is growing for disability sport and physical activity that is accessible to all; the preventative health benefits of controlled exercise are well documented. We now have planning permission to build a 500m² sports facility, offering state-of-the-art resources which will be accessible and welcoming to everyone, including young people and adults with disability and long-term ill health.

Getting this innovative new project off the ground will be a major task but we hope, with our experience of developing similar facilities such as the YMCA Sovereign Centre and the support of our statutory and charitable partners - plus of course our wonderful Challenge fundraisers - we will be able to raise the funds required to build this centre of excellence for inclusive physical activity and wellbeing in East Surrey.

None of this would be possible without the hard work and support of our staff, volunteers, Challenge fundraisers and our capable and committed trustees and, for that, I would like to thank them all.



Ian riding in tandem to
Barcelona with YMCA Challenges



Children's Services - Short Breaks and Support

Yippee & Yip4Youth have
provided **32,000**
hours of short breaks
for
children
& young people
with a disability



"The YMCA's play and leisure services are a fundamental part of the lives of local children and young people with disabilities, offering a much needed lifeline to their families by providing them with a short break."

Sophie Bewley, Project Officer, Surrey Short Breaks for Disabled Children, Surrey County Council

"Before we had Owen, disability seemed like something which happened to other families," says father of three, Gareth.

"We knew at 18 months that Owen wasn't progressing in the same way as his brothers and the diagnosis of Autism was made very early on."

The family had to adjust quickly.

"It was a shocking time. Our lives had changed completely and we just had to deal with it," says Gareth, 46. "Initially the situation was very isolating. In retrospect, it would have been helpful to have some emotional support at that time."

Now that Owen is 10, the family's personal experience has led Gareth to undertake training as YMCA East Surrey's first male **Face2Face** Befriender.

"I'm really keen to help," says Gareth. "The aim is to add a new support group for fathers. People need to have somewhere that they feel they can open up. Being able to share feelings and experiences definitely helps to prevent families from finding themselves in crisis."

There is so much emotional trauma after having a child diagnosed with a disability. Parents are grieving for the child they thought they might have. If there is something I can do to help make that path easier for others, I would like to. It's so important to let families know that there is support out there for them."

Face2Face is a volunteer-led group of parents and carers who have a child with a disability who befriend and offer support to other parents or carers of children with additional needs or disabilities.

This year they have grown enormously, providing regular coffee mornings for parents and carers, workshops to develop

Owen has been attending the **Yippee** club since the age of 5 and absolutely loves it.

This year, Yippee has provided short breaks for 124 children aged 5-12 with a wide range of disabilities and complex needs.

"Respite care is invaluable for families," says Gareth. "You cannot explain how much of a lifeline it is."

I don't know how we would manage without that sort of support – the impact has a huge personal dividend well beyond the cost of supporting the scheme.

The staff at Yippee know Owen now. He's happy there and finds it familiar. The environment is so important. Owen would let us know if he wasn't happy and we couldn't take him somewhere that he doesn't feel settled."

Gareth says that the Yippee holiday scheme allows them to operate as a family with some normality for some of the time.

"We have met wonderful people through Owen - staff and volunteers who see the child, not just the disability. Without dedicated people like these, families like us just wouldn't survive."

knowledge and skills and social evenings to bring parents and carers together.

Face2Face has supported more than 50 parents and trained 6 new parent befrienders in total.

"The aim of Face2Face is to reduce the isolation of parents and carers who often do not have the same support network as parents of mainstream children," says Face2Face Coordinator, Samantha Lunnon.



For Karen Bayat, **YMCA Children's Outreach Support Worker**, there is no such thing as a typical day.

"I offer support and advice on parenting, local activities and services through home visits and groups," explains Karen, "but these can take place face-to-face, within the Children's Centre, in a hall, an outside area or any other place which suits the family."

Many of Karen's home visits are aimed at encouraging parents and carers to enjoy reading with children from as early an age as possible through the national Bookstart programme. Research has found that children who receive Bookstart packs are clearly ahead of other children in both literacy and numeracy upon entering school.

"It's so rewarding," says Karen. "One parent said that I had opened their eyes to how much their child enjoys books. And studies show that 45% of parents have spent quality time with their child as a result of Bookstart Baby, increasing to 49% of Bookstart Treasure recipients."

Family cases also take up a large part of Karen's working week. She visits a local Mother and Baby unit which houses vulnerable young mothers in crisis between the ages of 17-21.

"Some families require intensive support as they have a number of complex issues," she

explains. "I give parenting advice, talk about healthy eating and exercise, and we can arrange counselling where it's needed."

One young mother at the unit had previously suffered from low self-confidence, not wanting to join in with Stay & Play toddler groups. She has now gone on to become a volunteer and her self-esteem has increased dramatically.

Every fortnight, Karen goes into the Family Centre at Highdown Prison on the outskirts of Binstead. Working with Epsom Downs Children's Centre, she welcomes visiting families onto a Playbus, interacting with the children and introducing parents to the range of local family support services and activities.

This year, YMCA Binstead Children's Centre has engaged with 336 individuals through their Outreach project work.

"With the Early Help Assessment programme, Holiday Outreach work during the holidays and breastfeeding workshops among the many other services we offer, there are never enough hours in a day," says Karen.

"We are a vital link in the local community, bridging a gap between social care and the health services. Through us, families get the early intervention support which helps to prevent problems growing too big for them to handle themselves."

"Heads Together helped me get back on track. I don't know how I would have otherwise." Male, 15

"I think this service is greatly needed and they have helped me move forward with my life. Thank you!" Female, 21

Heads Together
referrals were up by
19% from last year,
with **561** young people
accessing the service



Heads Together is a free and confidential counselling service for young people aged 14-24.

"75% of those with lifetime mental health problems first experience symptoms before their mid-20's." (Youth Access, 2014)

As the pressure on statutory services intensifies, the Heads Together team are seeing an increased number of young people with more complex mental health issues.

In 2014/2015, Heads Together aims to reduce waiting times for clients, prevent intensification of mental health issues in their early stages and continue to engage with young people at risk of becoming NEET (Not in Education, Employment or Training).

Youth Services - Social and Sporting Inclusion

19 year old Paul loves the variety of activities on offer through the **Friday Night Project**.

"I love going swimming. And we did a talent show - 'YMCA's Got Talent'! I did a dance," he says with an enormous smile.

Paul has ADHD and Autism. A couple of years ago, mum Carol was concerned at how insular and solitary his life was. She didn't feel confident about him going out and knew that he needed more social interaction than just the sibling support of his brothers.

The Friday Night Project is the YMCA's accessible sports and social club for young people with mild to moderate learning disabilities. This year, 51 young people and 16 volunteers have taken part in numerous outings and events. They have had trips to Redhill Aerodrome and to see STOMP in London, played golf, had a barbecue, watched an ice hockey match and much more.

Paul's family have seen his confidence and physical stamina grow enormously.

He recently achieved his Bronze Gateway Award. Developed by Mencap and delivered by YMCA East Surrey, the award scheme encourages wellbeing and independence in those with disabilities through participation in sports, social activities and volunteering.

One particular highlight for Paul was a cake sale at Redhill's Total Gas and Power. He had to think of the concept, set up and head a planning meeting at the company, make posters, cook, and run the event. It was a huge challenge.

"I was proud of myself," says Paul. "Maybe I will do something like that as a job."

For the second summer, the Friday Night Project has worked alongside the **VBuddies 1:1** befriending service for younger teens, creating even better social and sporting opportunities for young people with disabilities in East Surrey.

Paul now has an active social life with his friends at the club. His judgement and communication skills are maturing, he's physically stronger and suffers less frustration.

"There has been a huge transformation in Paul since he started coming to the Friday Night Project," agrees Carol. "He's far more active, he speaks out more and his eye contact is better - all our friends and family have commented on it.

We couldn't be more delighted."

The **YMCA OnSide Inclusive Sports** scheme works with people aged 14-30 years with a disability across East Surrey. As part of the Bikeworks project, our led cycle rides have developed the off-road cycling skills of 194 participants like 17 year old Max.

On 28 June 2014, Max was part of an OnSide team who cycled 37 miles from Guildford to the coast in the Tour de Y Challenge. So far, he has raised over £1,350 in sponsorship money.

As Max developed his skills on a bike, he also gained from the social interaction and physical activity. He is enthusiastic about his cycling and proud of his recent achievement.

"Max is stronger, his speech has developed and his whole balance and coordination improved," says mum, Fleur.

"The YMCA team's fantastic efforts have transformed Max's and our weekends for the better. They make these young adults believe that anything is possible and teach them life skills which will help them towards independence."

"Long may this project continue to bring more joy and fulfilling exercise to other young people like Max."

This year, **690**
14-30 year olds
have benefitted from
OnSide Inclusive
sporting activities



"The Friday Night Project is a great scheme which allows young people to access a wide range of activities locally. They meet up with their peers and make new friends, whilst developing new skills and confidence."

Jim Lord, Surrey Coordinator, Royal Mencap Society

Youth Services - Engaging with Local Young People

“**Detached youth work** is all about interacting with young people on their turf and on their terms,” explains Sacha Kaufman, one of the YMCA’s Detached Youth Workers.

“We want to support young people from becoming NEET (Not in Education, Employment or Training) by encouraging them to develop their own skills, self-confidence and a positive attitude.”

Albert is 13 years old and lives in the Preston Ward area of Tadworth. He admits to struggling with his behaviour at school and has found it hard to keep out of trouble in his spare time.

“Me and my friends just sit around – there’s nothing to do here. When the youth club isn’t open, we end up hanging around in front of the local shops and what fun is that?”

This year, the YMCA’s Detached Youth Workers have engaged with young people in Redhill, Merstham, Horley, South Reigate and Preston Ward, as well as North Leatherhead, Dorking and Bookham. The projects are funded by Surrey County Council’s Services for Young People through the Local Prevention Framework.

“Detached youth work is good value for money,” says Sacha. “It compliments youth centre-based provision, is proactive and very effective in engaging hard to reach young people.”

The team work with existing youth clubs to build relationships with local young people, assessing their needs and offering support.

“Boredom is a big issue,” says Sacha. “The young people need activities but most of all, they want a challenge.”

Over the summer, Albert’s group of friends planned their own ‘Escape’ trip with the Detached Youth Workers.

“The young people made all the arrangements,” explains Sacha. “They chose to go paintballing, researched the options on our iPad and booked it. This builds on their functional skills and helps them learn the tools for improving their lives.”

Albert thinks the trip was a huge success.

“We’d love to organise another one,” he says. “It keeps us occupied and out of trouble.”

“If local young people know they can turn to the Detached Youth Workers for support, we can help prevent anti-social behaviour, local disruption and crime,” says Sacha.

Express Yourself has worked with 86 young people this year and two public exhibitions were held to celebrate the array of artwork.

Sam, 15, lives in Oxted and has Asperger’s Syndrome. One of his photographs has now been entered into the Reigate Photographic Society’s Annual Young Photographer competition.

“I found the course challenging but really inspiring and it was great to do something completely new,” he said.

The Express Yourself project is now being rolled out in other areas across East Surrey.

This year, the YMCA’s Detached Youth Workers will engage with more than **700** young people



“Detached youth work can be a way of engaging young people who choose not to engage with other youth provision. Through the Local Prevention commission, the YMCA has provided an important service in the local area and the outcomes for young people have undoubtedly been dramatically improved.”

Jeremy Crouch, Lead Youth Officer - East Surrey, Surrey County Council



In January 2014,
the **NextStep** team
secured accommodation
for their **600th**
 **household**

“I feel privileged to be involved with YMCA East Surrey. The staff at Hillbrook House help to support what can be a very vulnerable part of the local population. The YMCA is innovative in its strategy and always proactive in driving forward new initiatives rather than being reactionary in practice.”

Councillor Frank Kelly, Conservative Ward Councillor for Merstham and co-opted member on the YMCA Housing Committee

Alex is brutally honest about his reasons for becoming homeless.

“I don’t blame my mum for saying I couldn’t carry on living at home,” he admits. “My behaviour after leaving school was completely unacceptable and antisocial. I fell in with the wrong crowd and was taking drugs, setting a terrible example to my younger brothers.”

Alex, 19, lived at a friend’s house for six months before he first came to live at YMCA’s **Hillbrook House**.

“At that time, I was still struggling to break the pattern of my behaviour,” says Alex. “I didn’t stick to the rules and continued to smoke weed. When I was told I’d have to leave, I was absolutely distraught. It was then I realised how important Hillbrook House was to me – I really needed it. Without the support, I had no motivation to get myself sorted out. I was petrified of the direction I was heading in.”

Celebrating its 10th anniversary in November, YMCA Hillbrook House offers accommodation and support to vulnerable and badly housed young people between the ages of 16-35. This year, we have had 52 new lettings, with 32 people moving on positively.

Alex was accepted back as a resident with the agreement that he would attend a six month Drugs Counselling course.

“It was fantastic,” says Alex. “I’m so grateful for the help I’ve received. I haven’t touched

drugs since and I’m far more motivated. I go to the YMCA gym at Princes Road regularly, play football and go kickboxing. I have a key worker who I can turn to if I have a problem and I’ve made new friends who are a good influence.

This summer, I completed my Level 3 Diploma in Brickwork at East Surrey College. Now I can’t wait to start working and make plans for life after Hillbrook. My mum and dad are very proud of me.”

Will Andrews is Alex’s assigned key worker. He says:

“I’m sure, with his new focus and strong mindset, Alex will now meet the challenge of finding work and move on from Hillbrook House.”

Alex knows that a year ago his future didn’t look so promising.

“Without the YMCA, I’d probably still be smoking weed and dabbling in crime,” he admits. “Now I can offer support to my friends in similar situations and act as a positive role model to my brothers. If I can help prevent anyone else from going down the same self-destructive route I did, it will mean a lot to me.

“Hillbrook House has given me my independence and maturity and turned me into a young man.”

The **NextStep** team continue to provide invaluable support to reduce the risk of future homelessness and, in the past 12 months, have expanded the service to work with single people and couples in the district of Tandridge.

We now also have a new seven bed ‘Supported Move On’ property in Lynwood Road, Redhill, for 16-35 year olds.

‘Supported Move On’ means the tenants at this project are ready to manage a tenancy with more limited support than is supplied at YMCA Hillbrook House.

The scheme provides a stepping stone to full independence for many of our Hillbrook tenants with the maximum stay being one year.

We are very excited to have ownership of this scheme with the potential it has to help the housing options and life choices of our young people.

Live SMART - Health and Wellbeing

"I may not have the physique of Bradley Wiggins, but I've done a lot of cycling in my time," says unassuming **YMCA volunteer**, Rick.

This longstanding passion for bikes first encouraged him to offer his services to the new **Live SMART** team in Redhill. Rick now helps out with collections and quality control of the second hand bicycles before they go on sale.

"I had been away from a high-pressured work environment for some time and was recovering from a recent resurfacing operation to my right hip," he explains. "My wife noticed the new Live SMART unit and suggested I get in touch."

Rick says volunteering has renewed his self-confidence, given him an element of purpose and reminded him of his skill set – utilising the technical, organisational and people skills which he has built up throughout his working life.

YMCA East Surrey has a strong tradition of volunteering and the services we provide for children, young people, families and adults couldn't be delivered without the commitment of our volunteer workforce. Training, development and welfare of volunteers is taken extremely seriously.

"It's satisfying work," says Rick. "And so rewarding to be involved in sparking someone's interest in cycling or getting fit. We provide advice on the best local cycling routes and training rides – keeping

people off the roads and easing congestion. 155 second hand bikes have been sold between January and July this year."

As well as encouraging the local community to become fitter and more active regardless of age and ability, Live SMART also delivers free NHS Health Checks to those aged between 40 and 74. Since January, the YMCA team have delivered 274 health checks, supporting patients with advice on preventative action to reduce the risk of stroke, heart disease and kidney disease.

"My wife has had a Live SMART health check since I started volunteering," says Rick.

"It's great to know that this service is available out in the community, taking pressure off our local GP's."

So far this year, 2052 visitors have walked through the doors of the new Live SMART Centre and 112 young people have received work experience through the project.

"I love the fact that, through volunteering with the YMCA, I can encourage other people to share a passion of mine and enjoy healthy leisure time with their family or friends," says Rick.

"We hope that everyone who comes in to the shop leaves with one small thing that makes a difference to their lifestyle."

Currently around two-thirds of people in England are not physically active enough to meet the official recommendations for good health – with serious and expensive consequences.

Physical inactivity, isolation and loneliness are becoming as significant as smoking as major causes of ill health.

Live SMART's **guided walks programme** encourages people to incorporate activity into their daily lives. The scheme's objective is to support those not used to walking regularly or recovering from health problems to improve their fitness with other like-minded people.

"Walking is free, safe, convenient and needs no specialist training or equipment. The benefits are immense," says Guided Walks Coordinator, Julie Haslett.



274 Health Checks
Delivered



598 Guided
Walks

"Age UK Surrey were delighted to become a partner with YMCA East Surrey in the Live SMART Centre project. The health and wellbeing themes coincide with our own and we have relished the opportunity to engage with the local public in this area."

Andrew Bennett, Age UK Surrey

Sport and Fitness - Exercise for All

John knows that he owes a huge amount to the YMCA's **Exercise Referral** programme.

"I have had two major operations in the past four years and suffer badly with COPD (Chronic Obstructive Pulmonary Disease)," he says, "Without the support given to me through the Cardiac Rehab and Breathe Easy classes I would be in far worse shape than I am today."

John's health problems began with a heart attack in 2010, leading to a four month hospital stay and three bypass operations.

Once home, John, now 84, struggled with mobility through muscle weakness. Following a period of Cardiac Rehab offered by the NHS, he was referred to the YMCA.

"The gradual effect on my fitness was fantastic," says John. "I came out of hospital walking with the use of a frame but, with steady support and advice from the Exercise Referral team, I built up my stamina until I could walk into my local village on my own. It felt like I was getting my life back together again."

The Exercise Referral programme works in partnership with East Surrey CCG (Clinical Commissioning Group). This year, the YMCA has supported over 400 people with

a chronic health condition or disability to regain their independence through safe and effective exercise and physical activities.

According to last year's Joint Strategy Needs Assessment for Surrey & Sussex, the total primary & secondary care costs that are attributable to physical inactivity in Surrey is over £17 million. 637 deaths could be prevented if 100% of the Surrey population were to become active.

"Coming to the YMCA benefits me physically and socially," says John. "I really enjoy chatting with other class members and the Exercise Referral instructors are excellent."

Unfortunately, another major operation was needed two years ago when it was found that John had a tumour in his bowel.

"I was lucky it was found early but I'm convinced the Exercise Referral classes made a lot of difference to me prior to my second operation," says John. "My levels of fitness were so much higher than before and my recovery afterwards seemed far easier."

Now I find that the more I do, the better I feel."

Over the past 18 months, the YMCA has seen a growing demand for adult football coaching aimed at those receiving support from mental health and wellbeing services.

The YMCA offers a weekly coaching session, giving participants aged 18+ the opportunity to work and play within a team and as part of a league.

"This year, I have seen the players develop their skills, make friends, have fun, gain in confidence and communicate more freely."

"The positive interaction helps to prevent relapsing. I want to show others that there are people with mental health problems who are benefitting from sport all the time and they can too," says Andy Rose, Inclusion Project Coach for Chelsea FC Foundation.

The **YMCA Adult Football** sessions are delivered in partnership with Community Connections and Surrey Football Association.

Peter Wenbam, 31, is a regular member of the Adult Football team. "It's great exercise," he says. "Football's a good sport and I love it."

Last year the
 **Exercise Referral**
programme received **8375** visits

Physical activity is key to addressing a wide range of health problems when someone becomes ill but also before, to keep them strong and resilient. We've had some real success through our partnership work with the YMCA, particularly with older patients who are referred to exercise classes to help reduce their risk of falls. We hope to continue our work together, achieving our vision of supporting patients with the best possible care, close to their home and family, and avoiding unnecessary trips to hospital."

Dr Joe McGilligan, Chair of NHS East Surrey Clinical Commissioning Group

Challenge Fundraising Events



The **Challenge fundraising events** are life-changing experiences both for those who take part and for the children and young people who benefit from YMCA East Surrey's many local projects.

This year, our wonderful Challengers have improved their fitness, had amazing adventures and made new friends - creating memories and a sense of achievement that will last a lifetime.

This year  **1,612 Challengers** have **taken part** so far!



"I wanted to do the YMCA Challenges to push myself and raise awareness and vital money for a great charity."

Dan Grimmet, Y2Y and South Downs Trek

"Some of the **toughest** cycling I have ever done in the hottest temperatures! I arrived in Barcelona exhausted but **elated** and very moved to have raised over £1,000 in sponsorship."

Jonathan Parr, Barcelona 600

This year, to date,
YMCA Challenges
have **raised**

 **£96,663**

and this figure is rising all the time!

 **Youngest** challenger = **5yrs**
 **Oldest** challenger = **75yrs**

Can you take on a **YMCA Challenge**?
Cycle, trek, sky dive or run! Find out more and get on board at
www.ymcaeast Surrey.org.uk

Summary of Accounts

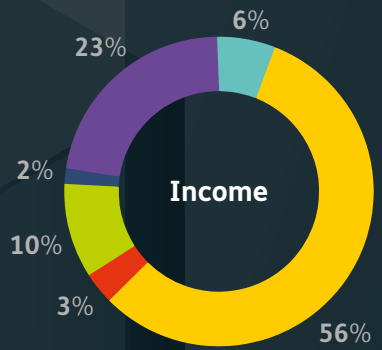
The following is a summary of our financial information for the year ended 31 March 2014. Total income for the year was £3.02 million and total expenditure was £2.72 million.

Grants and donations provided 56% of the total income. Staffing costs accounted for 66% of the total expenditure. Governance and fundraising costs accounted for less than 4% of expenditure.

Total reserves at the end of the year exceeded £2.8 million, of which 62% was attributable to the Premises funds. Restricted funds reserves were just over £664,000, Designated reserves were just over £66,000 while Unrestricted reserves amounted to a little over £358,000.

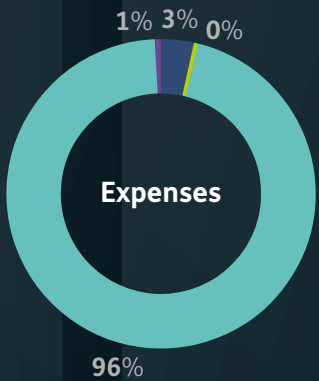
The above information was extracted from the full annual financial statements prepared in accordance with the Companies Act 2006. The information may not contain sufficient detail to allow for a full understanding of the financial affairs of the charity. For further information, the full financial statements together with the Trustees' and Auditor's reports should be consulted.

Copies are available from:
YMCA Sports & Community Centre,
Princes Road, Redhill, RH1 6JJ or
www.ymcaeastsurrey.org.uk



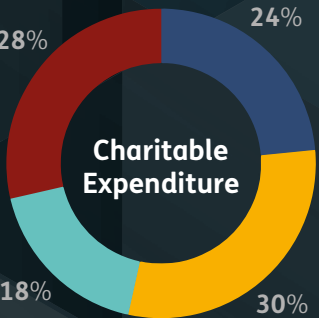
- Fees & subscriptions £683,114
- Other income £179,620
- Grants & donations £1,709,249
- Hire of facilities £99,160
- Hillbrook House £299,900
- Charity shops £50,380

Total Income £3,021,423



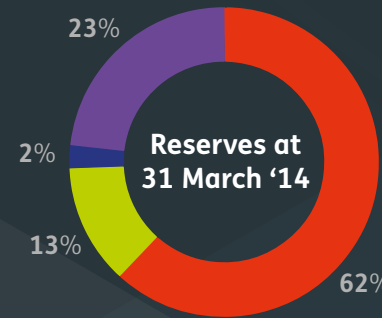
- Fundraising £93,829
- Trading costs £10,114
- Charitable activities £2,606,303
- Governance £14,679

Total Expenses £2,724,925



- Fitness services £615,716
- Children's services £777,532
- Youth projects £469,102
- Housing projects £743,953

Total Charitable Expenditure £2,606,303



- Premises funds £1,764,757
- Unrestricted reserves £358,494
- Designated reserves £66,418
- Restricted funds £664,165

Total Assets £2,853,804

Thanks

It would not be possible for us to help local children and young people build brighter futures through the many varied projects shown in this Annual Review without support.

On behalf of everyone in East Surrey who benefits from our services, we would like to say a huge **'Thank You'** to all our partners, funders and volunteers.

- Action Surrey
- Active Surrey
- Age UK
- The Alchemy Foundation
- Ashted Churches Together
- Community Fund
- BBC Children in Need
- The Beatrice Laing Trust
- The Belfry Shopping Centre
- The Bernard Sunley Charitable Foundation
- Big Lottery Reaching Communities Fund
- C&N Cycles
- The Clothworkers' Foundation
- Coleman Charitable Trust
- Comic Relief
- Co-wheels
- CP Brewer Charitable Trust
- Crisis UK
- Department of Health
- East Surrey CCG
- esure
- Evans Cycles
- ExxonMobil
- First Community Health and Care
- Garfield Weston Foundation
- High Sheriff Youth Awards
- Holistic Harmony
- John Cowan Foundation
- John Stanley
- Legal & General

- Merstham Cricket
- Mencap
- Mole Valley Housing Association
- Mildred Duveen Charitable Trust
- Netherby Trust
- Osborne
- Oxted United Reformed Church
- Police & Crime Commissioner
- Queen Elizabeth's Foundation
- R Stevens
- R C Brewer
- Reigate & Banstead Borough Council
- Reigate Golf Club
- Rotary Club of Caterham
- Richard Mantle
- The Richmond Fellowship
- YMCA East Surrey Challenge Fundraisers
- YMCA East Surrey Yippee & Yip4Youth
- Parents
- Social Action Fund
- Sport England
- St Martin's Walk Shopping Centre, Dorking
- Sure Start
- Surrey CAMHS

- Surrey County Council
- Surrey Police
- Sutton & East Surrey Water
- Tandridge District Council
- Tandridge/Oxted Churches Together
- Teasdale Group
- Total Gas & Power
- Vines BMW Group
- Waitrose
- Westhill School
- Wheels for All
- Woldingham School
- Woodfield School
- YMCA England
- YMCA Challenge Committee, volunteers and support crews
- The Youth Consortium

Get Involved

DONATE to support our work. Whether you're able to make a contribution to one of our projects or want to make a one-off donation, all your support makes a difference to local families.

Take part in a **YMCA Challenge**. Cycling, running, skydiving or something less strenuous - there are lots of ways you can help raise funds towards our vital charitable work in the local community.

Volunteer with us. We work with some amazing people and have opportunities for everyone who is interested in helping out. **For more information visit www.ymcaeastsurrey.org.uk**

YMCA Sports & Community Centre
Princes Road
Redhill, RH1 6JJ
T 01737 779979

YMCA Sovereign Centre
Slipshatch Road
Reigate, RH2 8HA
T 01737 222859

YMCA Hillbrook House
68 Brighton Road
Redhill, RH1 6QT
T 01737 773089

YMCA Banstead Children's Centre
The Horseshoe, Bolters Lane
Banstead, SM7 2BQ
T 01737 362058

Live SMART Centre,
Unit 39/40, First Floor, The Belfry,
Redhill, RH1 1ST.
T 01737 772030



Get in Touch

T 01737 779979

E admin@ymcaeast Surrey.org.uk

www.ymcaeast Surrey.org.uk

  YMCAEastSurrey

Registered charity no. 1075028

YMCA

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