

YMCA

YMCA
EAST SURREY

Annual Review 2015/16



What we do

YMCA East Surrey 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 around 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. 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 information on our latest events, offers and activities, follow us on Facebook and Twitter:

  YMCAEastSurrey

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Thanks



Chris Brewer | *Chairman*

I never cease to wonder at the many, diverse and professional activities of our YMCA and how they are managed so successfully day by day. Our enormous thanks as always to Ian Burks, our CEO, and his line managers for achieving this in the past year.

We are proud of all our services, but I particularly mention a few because they are so often seen as of national concern:

- ▶ Support for young people at risk of homelessness.
- ▶ Counselling for teenagers in any sort of distress.
- ▶ Support for families with disabled children.
- ▶ Wellbeing and fitness for those with health issues.

I hope that you will read the stories in this report and feel as moved as I was by the level of support which we have been able to offer.

The new Inclusive Sports Facility at Princes Road in Redhill will be a great local resource once it has been built. Funding for this centre is progressing amazingly but the trustees have also agreed that we should

take an opportunity to purchase the freehold of Hillbrook House, our supported housing centre for young people in Redhill.

We are so fortunate in having highly skilled finance management on the staff and amongst trustees that can guide us through these measures. Reports in the media tell us of poor governance resulting in charities closing down and the trustees are all too conscious of the importance of improving our reserves.

We know that levels of statutory grants will continue to fall and that we must continue to find alternative means to keep our programmes of support for young disadvantaged people running.

I want to take this opportunity to pay tribute to and thank all our friends who raise huge sponsorship money each year with ever more dramatic challenges. In this year's major event - 43,000ft of cycle climbing in the Alps - the maximum number of participants joined up within days of it being announced.

Finally, thank you to all our magnificent staff and volunteers, and our trustees who give so generously of their time and talents. What you all do means so much to so many people.



Ian Burks | *Chief Executive*

“If exercise could be purchased in a pill, it would be the single most widely prescribed and beneficial medicine in the nation.”

This quote by Robert H Butler is often used to sum up the amazing benefits of physical activity. Yet still in Surrey, 40% of the population do not do the recommended levels of exercise.

For many years, the YMCA has been aware of the value of physical activity and has offered mainstream fitness as well as innovative programmes in exercise referral, health promotion and disability sport. Our approach has been particularly successful with the elderly, young people with disabilities and those with long term health conditions - all groups that are the least likely to participate in exercise, but who have the most to gain.

Now after three years of planning we are on the verge of building a brand new Inclusive Sports Facility that will allow us to take this vitally important area of work to another level.

At the time of writing, thanks to our amazing Challenge fundraisers and a number of generous charitable trusts, we are within £200,000 of our £1.97m target. Next year, providing the remaining funds

can be secured, we are confident that work will start on creating what we hope will be Surrey's foremost centre of excellence for disability sport, health and wellbeing.

The new facility is to be built on our Princes Road site, adjoining our existing Sports and Community Centre, which will also be remodelled and refurbished as part of the redevelopment.

This new initiative within health and wellbeing is very exciting, but we are not taking our eye off the ball in other vital areas such as Children's Services, Youth Services and Housing. Last year, we reached out in many different ways to support over 13,000 people and some of their inspiring stories are featured in this review.

None of this work would be possible without the wonderful skills and commitment of our volunteers, staff and managers, or our excellent trustees and committee members, led by Chris Brewer, who provide such essential guidance and advice. We are also thankful for the support of our many partners listed at the back of this publication.

Together we hope to continue to make a positive difference in the lives of people living in East Surrey.



CHILDREN'S SERVICES

Sovereign Pre-School

Our brand new pre-school opened at the YMCA Sovereign Centre in April 2016. The children settled in very quickly and they enjoy the fantastic indoor and outdoor space that the centre has to offer. The pre-school currently has 26 children aged between two and five years old attending and feedback from parents has been very positive.

“My child has had such a fun time with you all and I'd like to say a big thank you for your continued support and encouragement towards his development.”

Parent, Sovereign Pre-School



After School Club

368 children in the Redhill & Reigate area attended our Ofsted 'Outstanding' Y-Kids After School Club and enjoyed fun activities led by our qualified playworkers. The club picks up from eight local schools and provides affordable, quality childcare for working parents whilst encouraging and supporting children's physical, intellectual, social and emotional development.

“Staff are highly qualified and use their very good knowledge to provide exciting activities that inspire and capture children's interests and imaginations. Children have access to an excellent range of very good quality play resources. The highly stimulating areas and organised activities give children the confidence to make independent choices in their play.”

Ofsted Inspection Report, August 2015



Holiday Playschemes

The Y-Kids team celebrated the Rio 2016 Olympics with an 'Olympics through the ages' theme for the summer holidays. Children enjoyed an exciting range of activities including sport, games, arts and crafts. Following feedback from parents, a breakfast club now runs from 7.45-8.30am as part of the playscheme to help parents who need an earlier start for childcare in the holidays. The service has also successfully extended to cover some Inset days at local schools which are joined on to the school holidays.

686 children enjoyed our Y-Kids Holiday Playschemes



Banstead Children's Centre

The YMCA Banstead Children's Centre aims to improve children's school readiness and give advice and support to parents and carers. The Centre has recently introduced a new Chatterbox session for children over two years old which supports children with their language skills. Parents learn techniques to support their child and promote communication. The session has been very successful, with the next six week block of sessions already over-booked.

“Chatterbox is perfect for our child. It works on exactly the things he needs help with. I feel this course will greatly help my son in preparation for him starting pre-school.”

Parent, Chatterbox group



CHILDREN'S SERVICES | Yippee

"Going back a couple of years, it felt like we were sinking," admits Jane, mother to 9-year-old Luke and 7-year-old Ben.

Her husband, John, agrees: "It isn't an exaggeration to say that we were not enjoying life."

Both boys have complex special needs including Autistic Spectrum Disorder and Global Developmental Delay. Luke has also been diagnosed with a chromosomal deletion. The brothers were adopted by the couple at a young age.

"Every day was an enormous challenge," says Jane. "When the boys were young, Ben would either be laughing or screaming and Luke had so much uncontrollable energy that he just ran in circles. We love them but we were at the end of our tether."

The couple heard about our **Yippee** playscheme through friends at church. Ben and Luke have now been attending the **Y-Kids After School Club** and our Saturday and school holiday Yippee short break provision for two years.

Before Yippee, Jane and John found weekends a struggle. The boys are on the go from the moment they wake up. Their unregulated behaviour makes it very difficult for the family to do things together - often Jane and John split up and look after one of the boys each. They

are regularly in the park at 7 o'clock in the morning.

"Yippee was heaven-sent," says Jane. "It feels like one big family and the staff know the boys so well now. We used to feel guilty that we needed this help but we just couldn't keep up with the pace. "

"When we pick Ben and Luke up from Yippee, the joy on their faces is a pleasure to see and they are calm and tired. It's given them the opportunity to make good, solid friendships and John and I the chance to have a couple of hours together."

Jane and John find comfort in the solidarity and support between the Yippee parents.

"The boys attend a mainstream school but I feel very different to the other parents there, even though they are all friendly," explains Jane. "At Yippee, there is a true sense of belonging."

John sums up their feelings with heart-felt sincerity:

"'Devastated' is a word which people use very easily but we would be truly devastated not to have this service available for Ben and Luke. Our lives were an ordeal that was weakening us, day by day. Yippee saved us."

Autism specific days

In the summer holidays we ran a number of small sessions specifically set up for children with autism. Each day was limited to sixteen children and young people attending, ensuring a quieter environment which is ideal for those on the autistic spectrum.

Many children with autism experience difficulty with everyday sensory stimulation so we offered activities that focused on a lot of sensory and creative play. The children enjoyed getting involved in gardening, photography and art sessions. Days like these provide a means for children to be involved on their own terms both socially and creatively, as well as providing families with a short break.

 **37,000**
hours of
short break care
provided to **children**
with **disabilities**



Ben and Luke
Yippee

267 children & young people with disabilities attended our short break playschemes.

West Sussex Short Breaks

This summer saw the opening of our new West Sussex Short Breaks playschemes for children and young people with disabilities in Crawley. 32 children and young people attended and enjoyed a range of activities, including science experiments, creative play and outings to the K2 Leisure Centre and Tilgate Park.

Feedback from parents has been overwhelmingly positive. The holiday clubs, funded by West Sussex Council, will continue to run during the summer, Easter and February holidays. We will be extending this service to include evening and weekend activity clubs for young people to access services in the local community.

Sarah
Yip4Youth

The entire family benefits from Sarah's time at Yip4Youth, our fun and friendly youth club, weekend and school holiday scheme for 12-18 year olds with disabilities and complex needs.

Sarah, an energetic and sociable 12 year-old with Down's Syndrome, enjoys the variety of activities on offer and the chance to mix with other children her own age.

For her mother, Venita, it is not only a chance for some valuable hours during which she can catch up on all that is required to run a home but has brought with it the friendship and vital support of other parents with similar home lives.

“Sarah has been coming to the YMCA for years now,” says Venita. “She began with the Yippee playscheme at the age of 5 and transitioned up to Yip4Youth earlier this year, settling in right from the start. Some of her friends from school come here too and she absolutely loves the staff.”

Sarah enjoys trips out to go bowling, swimming and cycling as she loves being active and busy.

“Sarah isn't a great sleeper and so our nights can be quite disturbed,” explains Venita. “All parents know how hard it is to keep children entertained constantly during school holidays and, on top of a

lack of sleep, this can be especially hard. It's wonderful that she can try so many different age-appropriate activities with Yip4Youth, while mixing with other children of similar abilities.”

Venita met her closest friend through their shared experiences at YMCA East Surrey. She attends organised coffee mornings and supports Face2Face, our volunteer-led group of parents and carers who have a child or young person with a disability. The group offers friendship to other parents or carers of children with additional needs or disabilities.

“It's impossible to explain the relief of being able to talk and share information with someone who really understands what you are going through,” says Venita. “It means an enormous amount.”

YMCA East Surrey has supported Sarah's family through various milestones over the years and her parents are both very grateful.

“Yip4Youth gives us all the opportunity to enjoy some quality time of our own,” says Venita. “We know that Sarah is safe and happy and taking part in the kind of activities which other children take for granted.”

“Life would be so different without the YMCA – it provides an invaluable service for our family.”

When Michael first accessed our **One to One Youth Offer**, he was not in an education provision and didn't see the need for school.

Although excelling at Maths, Michael, 14, had been excluded from two mainstream schools and his defiant behaviour had led to the breakdown of placements at the North East Surrey Short Stay School (NESSSS) and The Gateway Project.

He was put in touch with YMCA East Surrey's Local Prevention One to One Mentor, Stuart Ryland, who initially built up their relationship by encouraging Michael to show him what he was good at. The two bonded over Maths, pool and card games, with Michael's confidence, self-esteem and trust increasing all the time.

"He began to open up to me about his family and his experiences at school," says Stuart. "We talked about what he would like to do in the future and I discovered that he is keen to learn a trade, such as plastering and tiling."

With Stuart's help, Michael began to realise that he wouldn't be able to walk into a job without qualifications and together they explored the possibility of him returning to NESSSS. An interview was arranged and Michael was offered a place.

The teaching staff noticed a complete change in his attitude to lessons and Michael is now very happy to be back at school. He can see that he is making progress and feels optimistic about his future life chances.

Michael says: "Although the YMCA One to One sessions were only 1-2 hours a week, they were the most important 1-2 hours for me. I liked being able to talk at the same time as doing something like playing cards or cooking."

"It was so helpful to be able to share my experiences with someone who would listen. Stuart said that he was there because he wanted to be and not because he had to, which meant a lot. He didn't judge me or preach at me and I liked being given options about the activities we did – I wasn't just forced to do something I didn't want to."

“ **One to One gave me a purpose for getting up in the morning. I'm now back at NESSSS because I can see a reason for education and I want to be there. The YMCA has helped me to work out what I want to do with my life.** ”

Escape Summer activities

Our youth work team delivered a total of 132 hours of Escape summer activities which are targeted at young people at risk of becoming NEET (Not in Education, Employment or Training). The activities included trips out to Airhop, Thorpe Park, laser games, bowling and much more.

One young female referred to us by a mentor said, **"I was really nervous about coming on the trip as I didn't know anyone, but the youth workers were really friendly. I had great fun and made two new friends."** These trips are fully funded and, alongside our other youth projects, help young people to build resilience, thrive and achieve their full potential.

YMCA's detached
youth workers
engaged with
439 
young people
in local communities

YMCA's Heads Together is one of Surrey's leading providers of counselling support for young people. Young people aged between 14 and 24 are able to access free, confidential counselling for a wide range of issues. They are offered between 6 and 12 weekly sessions.

Young people who have used the service have experienced significant measured improvements in their emotional wellbeing and have given much positive feedback about how they have benefitted from the support of our counsellors.

The need for counselling

- ▶ 1 in 10 children and young people aged 5-16 suffer from a diagnosable mental health disorder - that is around three children in every class.
- ▶ Between 1 in every 12 and 1 in 15 children and young people deliberately self-harm.
- ▶ Nearly 80,000 children and young people suffer from severe depression.
- ▶ More than half of all adults with mental health problems were diagnosed in childhood. Less than half were treated appropriately at the time.
- ▶ About 290,000 children and young people have an anxiety disorder.

Source: www.youngminds.org.uk (Aug 2016)

Georgia's* story

Georgia, 16, was caught in the middle of her parents' acrimonious divorce. She described how her father blamed her for the divorce and treated her differently from her siblings. Georgia had become unwell due to the anxiety this situation had caused and made the decision to cut contact with her father.

Georgia had been self-harming but managed to stop after a few counselling sessions. She also felt suicidal but this subsided as she felt the counselling offered an alternative outlet for her emotions.

Georgia was offered a safe, non-judgmental environment where she could explore her

feelings and begin the grieving process for the loss of the relationship with her father. She would often cry uncontrollably during sessions as she questioned her decision to cut contact with her father but she came to the realisation that she could begin contact with him in the future if she felt differently.

Towards the end of the work, Georgia felt her life was improving and would continue to get better. Our counsellors helped her to develop coping strategies such as keeping a diary in case she felt overwhelmed at any time.

**name has been changed for confidentiality*



348 young
people
received free
counselling

“My sessions have been excellent. The counsellor has truly been fully supportive and taken the time to listen and help me to realise what it is that I need. I have made decisions I would not otherwise have made and feel all the more positive for it. I am not scared of the future any more now that I have the tools and resilience to cope. Male, 24

Heads Together
took **520**
referrals between April 2015
and March 2016

Supporting Parents

Parents often mention to us that they struggle to understand what their children are going through and do not know how to provide good support. They can feel isolated and vulnerable. Mental health difficulties experienced by one person in a family can often have a detrimental impact on others in the family.

Heads Together has developed a short course of workshops for parents about common mental health issues. Feedback from the two pilot courses, run in Reigate and Dorking, has been very positive. Many parents reported that they had a better understanding of the problems, no longer felt isolated and felt better able to support their children.

Approx
3500 counselling sessions
were run over the year

“Counselling here is a safe, friendly environment and I felt like everything I said was my choice and I could trust my counsellor. Female, 16

Mental Health Awareness in Schools

Preventing mental health issues developing and helping young people to become more emotionally resilient is essential to halting the alarming rise in the number of serious mental health issues.

Thanks to funding from the Lucy Rayner Foundation and the Department for Education, Heads Together has delivered mental health awareness and emotional wellbeing sessions in schools and youth centres to help both young people and staff.

Sessions are designed to help reduce stigma and increase understanding of mental health issues (such as anxiety and depression), to learn how to recognise issues in yourself and others, to identify a range of coping strategies and to let people know where to go for help.

Thirty eight sessions were delivered to five schools and youth groups with almost 800 students participating. All schools were very pleased with the quality, content and delivery of sessions and have invited us back to deliver further sessions.

Charlie
Inclusive Youth Activities

Healthy Life Skills

This year saw the launch of our Healthy Life Skills project for young people with disabilities. Participants plan menus, discuss healthy eating and prepare and serve food in our YmmmCA Café which is open to the public on Thursday lunchtimes during term-time at the YMCA Sovereign Centre.

The young people work towards a Level 1 Food Hygiene qualification and learn how to identify and assess risks in a café environment, make informed decisions about what they cook and consider the cost of ingredients. One participant summed it up by saying, ***“It can be stressful but the food tastes good and I’m proud to have made it.”***

711 young people
with disabilities



enjoyed our
social & sporting
activities

YOUTH SERVICES | *Inclusive Activities*

“YMCA’s inclusive youth services have been so beneficial for Charlie,” says his mother, Andrea.

“We were struggling to find a setting that suited him, but coming to the YMCA has had a big knock-on effect for Charlie. The supportive staff have helped him regain his confidence and build his self-worth and this has opened the door to many new and varied experiences which previously would have been out of his reach.”

While 12-year-old Charlie is academically ahead of his age group, he finds social situations very difficult, experiences anxieties relating to his Asperger’s syndrome and has an Epileptogenic Focus on the brain which leads to brief vacant episodes.

“The opportunity to play football with his friends at Yip4Youth had a wonderful impact on Charlie. It opened up a whole new world for him, from becoming a supporter of Chelsea to joining an inclusive disability football team that plays in the Surrey FA disability league.”

As Charlie doesn’t access mainstream school, the YMCA has been a lifeline for the family, helping to support Charlie’s specific needs, wants and desires while fulfilling some of the requirements of his education health care plan.

“Surrey LEA are now funding the YMCA’s Healthy Life Skills training and practical experience days for Charlie. It’s a measure of the faith they have in your provision,” says Andrea.

In partnership with the YMCA, Charlie has already achieved a sports leadership award and is currently working toward a food hygiene qualification. He is also an accomplished drummer with the opportunity to perform in an international music festival in Scotland during the summer.

Charlie’s development has not only impressed himself but encouraged others around him. He is friendly, warm-hearted, enthusiastic and a great ambassador for the YMCA’s work and the impact it has.

“I would miss trying new things, learning how to be independent and making new friends if I couldn’t come here,” says Charlie. “The staff are helpful, friendly and brilliant.”

Andrea is very eloquent about what she sees as the YMCA’s greatest value:

“You block the gap for the children who would otherwise fall through holes in the system. A while ago, we never left home and our lives were shattered. Now, the skills that the staff have instilled in Charlie are giving him a springboard for a positive future.”

Jake left home at 16 years old and moved into a friend's house. When that didn't work out, a youth worker helped him to apply for a place at **Hillbrook House** in Redhill.

"It was a really difficult time," says Jake. "I was out on my own and yet I still couldn't start living an independent life – I didn't really know how to."

In February 2013, he moved into Hillbrook House and was assigned a Key Worker to offer him help and support.

"For the first time, I had the freedom to try new things and to make my own mistakes," Jake remembers. "The staff were strict but caring – the kindest people you could meet – and they would do anything they could to help. But it certainly wasn't easy."

"In the early days, I went through a lot of growing up. I would stay in bed every day and I struggled to manage my finances. I'd blow all my money very quickly and then have nothing to eat. One of the most useful things I learned at Hillbrook House was to spend money on food wisely. In the end, you've got to want to help yourself."

Jake progressed from Hillbrook House to our supported **Move-on project** in Lynwood Road last year. These bedsits provide a less intensive housing support option for those still in housing need and he spent 10 months here while he completed a BTEC Level 3 Diploma in Public Services at East Surrey College.

"The supported Move-on project was very different to Hillbrook House, but really good," says Jake. "It felt homelier and I had more time on my own. The staff were still helpful but it was up to me to drive things forward. I had to make a plan and figure out what to do with my life."

Jake, 20, has recently moved into a flat of his own. His ambition is to train for the fire service, but in the meantime is hopeful that he has found a job which will help him pay his bills and support his new independent lifestyle.

"Things are looking up," he says. "I don't even remember the person I was when I first moved into Hillbrook House. I wouldn't be who I am today without the YMCA - I could be anywhere right now. Instead, I'm feeling optimistic and life is good."

88 young people
at risk of homelessness
found a home
at **Hillbrook House**



NextStep Rent Deposit Scheme

Chelsea and her daughter Josie, 3, recently became the 700th family to secure private rented accommodation through our NextStep housing service.

"It has meant such a lot to have this support," says Chelsea. **"I don't know where I'd be without NextStep and I am so grateful to them and to the landlords who are willing to help people like me."**

NextStep has been working in partnership with Reigate and Banstead Borough Council since 2003 and Tandridge District Council since 2013 to assist families and individuals with a housing need into suitable, sustainable accommodation. The service is free and helps families arrange a bond or cash deposit, assists with paperwork and helps, if required, with applying for and monitoring housing benefit claims.

Clifford
Exercise Referral

501 people

with health conditions benefited from
physical activity through
exercise referral



Healthy Measures Weight Management

Combining nutritional advice with free access to our fitness centre, our Healthy Measures courses have seen a number of success stories, most notably, Trevor, who lost a staggering 10.5 stone.

Last year Trevor weighed in at just under 200 kgs (31 stone) and committed to make a change by attending our weight management sessions. The friendly atmosphere and sensible tuition inspired him to make a total life-change, bringing his blood pressure down to normal and significantly reducing his cholesterol levels. Trevor says, ***“My life feels so different now. I would urge anyone in the same position as I was to look for help with people who really understand.”***

HEALTH & WELLBEING | Exercise Referral

Clifford left hospital in a wheelchair following a stroke four years ago, unable to walk and with an unusable left arm.

With the support, expertise and encouragement of our **Exercise Referral** fitness instructors, last year he managed to walk a minimum of 1,000 steps per day on the treadmills in the gym at the YMCA fitness centre in Redhill.

“It is true to say that the YMCA has helped me through a very difficult period in my life whilst opening doors for further possibilities,” says former head teacher Clifford, 74.

He now drives an adapted car and comes to the gym most days of the week. Clifford attends Stroke Rehabilitation and Seated Movement classes, alongside being a regular gym user, and has taken up Short Mat Bowls.

“I was lucky to hear about the YMCA’s services from a fellow patient in hospital.”

“Before my stroke, I smoked heavily and wasn’t particularly fit. In fact, you would have had to drag me into a gym kicking and screaming! But from the very first time I came here, I felt reassured by the knowledge and experience of the Exercise Referral staff. I knew that I was not going to be stuck in my back room at home for the next 20 years.”

Clifford finds the inclusive equipment in the gym invaluable as it enables him to exercise in a way that would otherwise be impossible. By toning muscles and keeping joints mobile, he has been able to lower his pain levels and reduce his risk of falling.

Losing my balance is a constant worry,” he admits, “but here, too, the YMCA has helped enormously. It isn’t only the exercise that has done wonders. The exchange of information with other members is priceless.”

In the Stroke Rehabilitation class, Clifford heard about an NHS device which automatically stimulates nerves in the leg and foot, helping the brain to slowly reprogramme itself. He can now consciously flex his left foot and has no further need to wear the bulky and uncomfortable splint which previously held his ankle at right angles.

“When I come home I can take off my shoes and slip my feet into my slippers – such a simple pleasure,” says Clifford. “The YMCA has enabled me to regain a measure of normality, which to anyone else may seem insignificant but to me is a significant step along the long path to rehabilitation.”

For 18-year-old Matthew, our **Boccia Club** is a sanctuary – a place where he can feel comfortable and calm and where people accept him for who he is.

Matthew has been playing Boccia since the age of 9. He first represented Reigate and Banstead at the 2008 Surrey Youth Games and has since gone on to win 4 golds, 1 silver and Shot of the Tournament. YMCA East Surrey has been delivering Boccia at the Surrey Youth Games since 2002.

Matthew has completed his Boccia Leaders and Level 1 Referee qualification and regularly helps coach and mentor other players at the Boccia Club.

“I enjoy working as part of a team, helping others and building up my communication skills,” says Matthew. “Boccia has improved my fitness and I feel more self-confident.”

Matthew struggles with severe speech and language difficulties and high anxiety. Boccia Club has enabled him to deal with his speech problems in a relaxed environment while making friends and having fun.

His mother, Sarah, says: “It’s given him a focus and the confidence to talk freely among his peers. New places can be extremely stressful for Matthew, but Boccia helps him with this too. He will shortly be time keeping at the GB Boccia

Championships at Surrey Sports Park and is very excited.”

“Before coming to the Club, Matthew couldn’t sit still for a couple of minutes, let alone a whole match. It has helped with his concentration as he has to sit quietly and wait for his turn. It’s also taught him to be aware and have tolerance of other people’s disabilities. Matthew has made good friends that will stay with him for a long time and this can be a rarity for special educational needs children.”

Matthew also completed an ASDAN short course in Volunteering, putting it to good use during the school holidays at our YMCA Sovereign Centre playscheme.

“**At first, I found it difficult to communicate with the children at Yippee Club. But it didn’t take long before I was doing what the staff do,” he says. “I’d like to do more volunteering, but all my sport makes it hard to find the time!**”

YMCA East Surrey’s Boccia Club applied for Sport England’s Clubmark and, in October 2015, passed with flying colours, becoming the only Boccia Club in England to hold this accreditation. In February 2016, the Club also achieved Boccia England’s Level 2 Accreditation.

159 adults
with **disabilities**
took part in
physical activity
sessions



Matthew
Boccia Club



Walking for Health

Our East Surrey Walking for Health scheme now comprises 342 members and is part of England’s largest network of health walks. We offer 28 walks in total, of varying lengths, which are open to everyone but especially aimed at those who are least active.

The free group walks are led by friendly, trained volunteers. As one walk leader, Judith, says, “**The health benefits to walkers are numerous, and I frequently find that many are walking to aid recovery after illness. Another benefit is the social contact, particularly for those walkers who live alone. Many friendships have been formed among walkers, and they provide each other with moral support and encouragement when needed.**”

Inclusive Sports Facility

Planning permission has already been secured to extend the existing YMCA Sports and Community Centre in Redhill and build a new, fully accessible sports facility. We will use the opportunity to refresh the existing centre to create a high quality, integrated, welcoming environment. The centre will aim to inspire the whole community - young and old, disabled and non-disabled - to be active and healthy.

Aiming to open in 2018, we expect an additional 800 people every week will participate in more than 70 different sessions at the new facility, including disability sports, exercise referral and health promotion sessions.



Antony
Challenge Events

Around **2,430**
people took part in a
YMCA
Challenge
event – 
Thank you!

CHALLENGE EVENTS | Antony's Paris Ride

Antony is used to blunt questions from children.

"I just tell them I have a special leg because it isn't an issue to me. It never has been," he says.

Indeed, it didn't slow him down at all this June, when he was one of our fundraising Challengers who cycled 175 miles from Redhill to the Eiffel Tower in Paris in just 24 hours.

Antony, 58, lost his right leg below the knee in a motorcycling accident when he was 23. He now has a small range of different prosthetic limbs which allow him to live life to the full; walking, running and cycling.

Following the Paris event, Antony said: "I wanted to prove I could do it and prove that amputees can do anything they want to. It was a fantastic Challenge and overall it was probably easier than I had expected.

Antony had already run two marathons when he lost his leg. His immediate motivation was not only to get back on his feet and run, but to aim for completing another marathon. In 1999, he ran the London Marathon in 4 hours 6 minutes.

"My health is fantastic now," says Antony. "I still run – I completed the YMCA's 5-mile Fun Run in May in 48 minutes – but two wheels have always been the love of my life."

Our 2016 Challengers have been raising money for the new Inclusive Sports Facility – a multi-purpose disability sports, fitness and wellbeing centre. At the time of going to press, we have secured 75% of our £1.9m target with the aim of opening to the public in 2018.

The facility will welcome people of all ages and abilities. We aim to inspire and support those least likely to participate in, but with most to gain from, physical activity, encouraging them to be active and healthy. This is a cause close to Antony's heart.

"A lot of people in general – not just those with disabilities – don't realise what they can do. It's really important to offer them all the encouragement they need. I think I would have been just as driven if I hadn't had my accident, but I'm sure I wouldn't have had so much fun."

“I want to inspire other people to get out there and challenge themselves. I tell them that you can achieve anything in life, but you've got to want it.”

SUMMARY OF ACCOUNTS

The following is a summary of our financial information for the year ended 31 March 2016. Total income for the year was £3.04 million and total expenditure was £2.84 million.

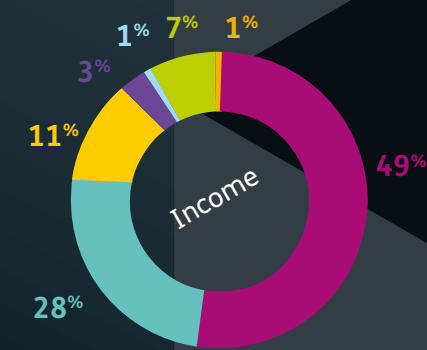
Grants and donations provided 49% of the total income. Staffing costs accounted for 67% of the total expenditure. Costs of raising funds accounted for nearly 4.5% of expenditure.

Total reserves at the end of the year were just below £3.03 million, of which 66% was attributable to the Premises Funds. Other restricted reserves were just below £299,500, designated reserves were just under £270,000 while unrestricted reserves amounted to a little under £455,000.

The information below was extracted from the full annual financial statements prepared in accordance with Accounting and Reporting by

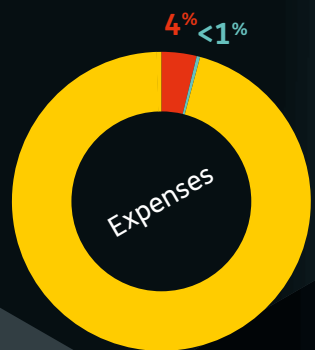
Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and 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, Surrey, RH1 6JJ
or www.ymcaeast Surrey.org.uk.



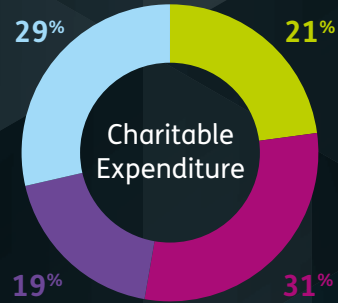
Total Income **£3,035,379**

- ▶ **Grants and donations** £1,482,576
- ▶ **Fees & Subscriptions** £856,855
- ▶ **Housing** £347,556
- ▶ **Hire of facilities** £93,790
- ▶ **Charity Shops** £15,033
- ▶ **Challenge income** £205,164
- ▶ **Other income** £34,405



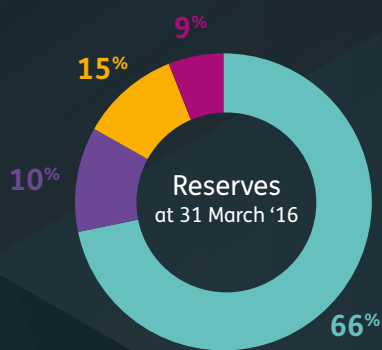
Total Expenses **£2,842,374**

- ▶ **Fundraising** £125,968
- ▶ **Trading costs** £11,017
- ▶ **Charitable activities** £2,705,389



Total Charitable Expenditure **£2,705,389**

- ▶ **Health & Wellbeing** £561,512
- ▶ **Children's services** £858,841
- ▶ **Youth projects** £509,854
- ▶ **Housing projects** £775,182



Total Assets **£3,028,349**

- ▶ **Premises funds** £2,004,011
- ▶ **Restricted funds** £299,458
- ▶ **Unrestricted reserves** £454,933
- ▶ **Designated reserves** £269,947

THANKS

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

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

- | | | |
|--|------------------------------------|---|
| The 29th May 1961 Charitable Trust | Garfield Weston Foundation | SASH Surrey and Sussex Healthcare NHS Trust |
| Action for Life | Gatwick Airport Community Trust | Simply Sports, Reigate |
| Active Surrey (Sport England) | Grow Wild | Sofitel London Gatwick Hotel |
| ASDA Foundation | Guildford & Waverley CCG | Sport England |
| The Baily Thomas Charitable Fund | High Sheriff of Surrey | Stephen Murphy |
| Banstead Village May Queen Group | Horley Lions | Surrey & Borders Partnership NHS Foundation Trust |
| Barclays, Horley | HSBC | Surrey County Council |
| The Bernard Sunley Charitable Foundation | John and Freda Coleman Trust | Surrey Disabled Peoples Partnership |
| Boccia England | Legal & General | Sussex Community Rail Partnership |
| Bruce Wake Charitable Trust | Lime Tree School | Tandridge District Council |
| The C P Charitable Trust | Lucy Rayner Foundation | Tesco Extra Gatwick |
| CBS Butler | Merlin Magic Wand | Toyota |
| Children In Need | Merstham Millenium Trust | Tudor Investments |
| Circle Housing Mole Valley | Mindsight Surrey CAMHS | Vines of Redhill BMW |
| Clara E Burgess Charity | Mole Valley District Council | Waitrose, Banstead |
| Comic Relief | Morrisons, Reigate | West Sussex County Council |
| Community Foundation for Surrey | National Youth Agency | William Allen Young Charitable Trust |
| The David & Claudia Harding Foundation | The Netherby Trust | YMCA East Surrey Challenge Fundraisers |
| Day Lewis Pharmacy | Osborne | YMCA East Surrey Committee Members, Trustees and Volunteers |
| Department for Education | Oxted United Reformed Church | YMCA England |
| Downlands Education Trust | Peter Harrison Foundation | Youth Sports Trust |
| Earlswood School | Raven Housing Trust | |
| East Surrey CCG | Reigate & Banstead Borough Council | |
| esure | Richmond Fellowship | |
| Furze field School | Royal Botanic Gardens, Kew | |
| | S E Franklin Charitable Trust | |
| | Santander Foundation | |

GET INVOLVED



Donate to support our work. Whether you can make a regular or one-off donation, your support helps our projects to continue running.



Take part in a **YMCA Challenge Event**. Cycling, running, skydiving or something less strenuous – there are lots of ways you can help to raise funds for our vital charitable work.



Volunteer with us. We work with some amazing people and have opportunities for everyone who is interested in helping out.



A **Corporate Partnership** with YMCA East Surrey brings benefits to your business and employees, as well as helping the local community.



Give the gift of hope with a **Charity Gift in your Will**.

[illegible]

Registered charity no. 1075028

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PR: Sophie Love

TRAINING & EDUCATION