



YMCA EAST SURREY

Annual Review

2016/17

WHAT WE DO

YMCA East Surrey is a vibrant, local charity that helps vulnerable and disadvantaged children, young people and adults to belong, contribute and thrive. We are part of the wider national and international YMCA Federation which supports the development of young people around the world.

From sport, physical activity, play and childcare to counselling, youth work, housing and volunteering – our services are inclusive for people of all ages and abilities, encouraging everyone 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:



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Ian Burks (CEO) and his wife Pam cycling a tandem to Paris to raise money for the Inclusive Sports Facility

Welcome to this year's Annual Review. I hope you enjoy reading about how local people of all ages and backgrounds have been helped by YMCA East Surrey to overcome adversity and improve their lives for the better. Last year over 12,000 children, young people and adults benefited from our support and these numbers are set to rise considerably over the next year as a number of exciting new programmes and projects come to fruition.

Probably the most exciting news is that after three years of fundraising and planning we are finally starting work on the Inclusive Sports Facility, an innovative new building on our Princes Road site that will have a major impact on the health and wellbeing of the most inactive people in our communities.

Over £2.35m has been raised for the project including £466,000 from our inspirational challenge participants. The redevelopment includes improvements to the existing YMCA Sports and Community Centre and once complete a further 1,750 people will enjoy over 70 new sessions of disability sport, exercise referral and health promotion every week.

In August we finally became a Registered Housing Provider with the Homes and Community Agency. This important new status will enable us to take on the ownership of YMCA Hillbrook House and secure the long term future of our vital work supporting homeless young people.

Another notable area of development was our expansion of Children's Services to support the growing needs of young families in East Surrey. Following the success of our Sovereign Pre-School we are opening a similar service in the Merstham Community Hub which is one of Surrey's priority places. We have also won a new contract to expand our successful play and leisure short breaks across all four boroughs and districts in East Surrey to help children with complex needs and disabilities gain skills and confidence and to give their families some support.

All of these exciting developments are only possible thanks to our strong partnerships with other agencies and our passionate team of volunteers, staff and managers who go the extra mile to help support those in need. We are also very fortunate to have a wonderfully talented Board of Trustees led by our generous and supportive Chair, Chris Brewer. I would like to thank them all for what they have achieved over the past year for local communities in East Surrey.

Last year, while the day to day activities have continued to run successfully thanks to the dedication of so many of our skilled and loyal staff, much of the emphasis has been on planning three sizeable developments for the coming year: the build of our Inclusive Sports Facility, becoming a Registered Housing Provider and preparing for the expansion of our short break disability playschemes.

At YMCA East Surrey, we are determined that our Trustee body should continue to be well balanced and dedicated. Since setting up separate committees for our main areas of work, Children, Youth, Housing and Health, the Chairs have worked so hard with their committees and must be congratulated on the energy and care they have applied to this work.

Each year the Trustees join senior staff members at a day out when ideas for the future in all areas of the YMCA's work are discussed freely and many good ones are taken on and developed. This gives me the opportunity to thank all Trustees for their work in a year when so much has been achieved. One part of this work, on Youth programmes, perhaps needs special mention. As this activity has expanded over recent years it has become apparent how great the needs are and our staff are very keen to meet these. One area of this work is under the heading Local Prevention which takes them on to the streets all round East Surrey to meet, talk with, and help young people. Whilst funding for this important work has been reduced, we are determined to source new funding to continue these projects.

Once again this year's many Challenge Events have attracted increasing numbers who deserve our enormous thanks for raising more funds than ever.

You can read on the following pages how many have had their lives transformed at YMCA East Surrey, but what is not shown is the many YMCA staff and volunteers running each of the activities all of whom we have to thank so much, along with Ian our CEO, for their committed and caring work over the past year.



Chris Brewer (Chairman) awarding prizes at the YMCA Fun Run in Priory Park, Reigate



Last year over
12,000
children, young
people and adults
benefited from our support



“ Our little boy can be shy and nervous, but the staff at the YMCA Sovereign Pre-School helped him settle so well. He gets excited when he knows it's a pre-school day and talks eagerly about pre-school and the staff at home. There is an assortment of activities for the children to do and the range of toys is great. Our son has progressed so well at this pre-school. Thank you. ”

Pre-School parent

Y-Tots Crèche
looked after
147 children 
while their parents
exercised

41 pre-schoolers
had **fun** while
learning at
 **YMCA Sovereign
Pre-School**

“ The YMCA is a happy and safe place for my daughter after school where I know she is looked after and taking part in a wide range of interactive activities of her choice. ”

Y-Kids After School Club parent

Y-Tots Active
provided recreational
and sporting 
activities for **580** children




818 children
enjoyed our **Y-Kids**
Holiday Playschemes
in Redhill and Banstead

“ 5 stars - I can't praise the holiday club enough. The only difficulty I have is trying to get my daughter to leave! She begs for extended days and extra days there. I've even been known to give in as it's remarkably good value! ”

Y-Kids Holiday Playscheme parent

“ My son loves every session, especially messy play. Every week we enjoy different play activities that are very well organised. The staff are so kind. Thank you so much for your support. ”

YMCA Banstead Children's Centre parent

290 under 5's
and their **families**
enjoyed our
Y-Tots weekly  **activity sessions**

424 children 
attended our **After School
Club** in Redhill

“ Y-Tots Crèche was a life saver whilst my daughter was little, allowing me an hour or two to myself, as well as getting some exercise. It's a fantastic service with brilliant staff and the best bit... my daughter absolutely loved it and never wanted to leave! ”

Y-Tots Crèche parent

237 children &
young people with
disabilities
attended our
short break
playschemes



SHAUN
Short Breaks

Ten-year-old Shaun has epilepsy, autism, ADHD, hyperthyroidism, severe anxiety, mobility issues and is fitted with a gastrostomy feeding device. Although he is doing well at a Special Education Needs and Disability (SEND) school in Surrey, the interruption to his regular routine means that the holidays can be challenging.

"If Shaun was at home all the time, I would be pulling my hair out," says single parent Susan. "He continually fights with his older brother, who is also autistic, and by the end of the day I am climbing the walls."

The family were referred by a social worker to our new West Sussex Short Breaks playscheme last summer and they travel a considerable distance from Billingshurst for Shaun to attend.

"I'd love it if it was nearer but there is nothing else closer to home," says Susan. "Short Break services for children with Shaun's needs are like gold dust."

Our staff helped Shaun to settle at the playscheme in the early days when he was very anxious.

"They were proactive and always came out to distract or engage him in an activity so I could slip away," says Susan. "Now, he just walks in. He likes the environment and he feels safe and secure. I can relax, knowing that he's well cared for."

Shaun has become more confident and is developing friendships with other children. He likes playing with cars and Lego, supported by his one-to-one member of staff, and enjoys outings to the swimming pool, park, playing football or climbing. Targeted training means that staff can deal with Shaun's specific feeding needs.

"My stress levels are lower and I can get on with other things while he is at the playscheme," says Susan. "Having a small break makes it easier to deal with any challenging behaviour or meltdowns once Shaun is home again."

This year, YMCA East Surrey delivered 241 sessions of Short Breaks in West Sussex and Reigate & Banstead. We have also recently been awarded a 3-year contract, starting in December 2017, to deliver Play and Leisure Short Breaks for children and young people with SEND in Mole Valley and Epsom & Ewell, as well as a playscheme in Tandridge.

"There are not enough services like this out there to support all the families like mine," says Susan. "Having the Short Breaks playscheme means everything."

"It makes me happy to know that Shaun is happy."

Increased Short Breaks Provision

In addition to our existing disability playschemes in Reigate & Banstead and Crawley & Horsham, we are delighted to have been awarded a three-year contract to deliver Short Breaks for children and young people with SEND in Mole Valley, Epsom & Ewell and Tandridge.

Starting in December 2017, these new schemes for Surrey residents will build on our 15 years of experience in delivering play and leisure schemes supporting families with children who have complex needs. Our schemes offer a variety of activities and day trips and aim to help children and young people have fun, gain confidence, learn new skills, stay safe and healthy and find a sense of belonging.

Following a period of ill-health and seizures, Shakeerah was diagnosed with a brain tumour at 12 months of age. In October 2013, she had surgery to remove it, followed by a one-year course of chemotherapy, which left her with a tracheostomy, unable to swallow and with a compromised immune system.

Shakeerah is now 4 and fortunately in remission.

"The tumour and corrective surgery damaged some of the nerve pathways in her central nervous system," explains her mum, Yasmeen. "Shakeerah's immunosuppression meant that she couldn't mix with other children and the tracheostomy has made it difficult for us to leave her with anyone else. It was very isolating."

Our Outreach team first met Shakeerah through HENRY, an evidence-based child obesity prevention programme which works with parents and carers to help develop a healthier and more active lifestyle for the whole family. They completed the Outcome Star programme to identify, manage and support positive changes, resulting in a noticeable improvement in family routine and general well-being.

When Shakeerah's parents voiced their concern that she was missing out on the activities which other children of her age learn from and enjoy, YMCA Outreach Worker Karen started to visit the family at home, giving full-time Home Office employee Yasmeen a much-needed break.

"Karen was like a breath of normality in the house," says Yasmeen. "She knew what age appropriate activities Shakeerah would like most and took time to paint, chat, sing and read with her. Shakeerah loved Karen's company and, for that hour, I could relax in the kitchen with a cup of coffee, knowing she was in good hands."

Yasmeen found that she benefited too:

"Karen was incredibly supportive of me as well. At the time, I was battling so hard to get the back-up we needed and Karen listened without judgement when I felt under pressure or upset."

As a designated Sure Start Children's Centre, YMCA Banstead Children's Centre offers support and activities for families with children under five years old, in and around the Banstead area.

Shakeerah's health has now improved to the point that she can attend nursery.

"She's coming on in leaps and bounds," says Yasmeen. "I'm sure that Karen helped to prepare Shakeerah by introducing her to the skills and activities which she would need at nursery."

"Before we had the support of the YMCA Outreach team, Shakeerah was missing out through no fault of her own. No one deserves that - regardless of the health needs a child has, they are still a child."

Furzefield School Summer Playscheme

In the summer holidays, we ran a playscheme for children aged 5-11 at Furzefield School for two weeks. The school subsidised places so we could reach families who may have otherwise struggled to afford this holiday childcare, helping children to access a variety of activities and to interact with friends from school.

40 children attended the scheme and enjoyed activities themed around Alice in Wonderland and Roald Dahl, such as making chocolate lollipops, a golden ticket hunt and teacup water races. One parent told us: "It's so nice to have a playscheme which is on our doorstep and cost-friendly to us. Both kids particularly enjoyed the Mad Hatter's Tea Party at the end of the week."

Our outreach
support team helped

188
people



that struggled to access
Children's Centre-based
activities



SHAKEERAH
Banstead Children's Centre

235 young people
with
disabilities
learnt
new **skills** at
LifeWorks Inclusive
Activity sessions

JOE
LifeWorks Inclusive Activities



YOUTH SERVICES | *LifeWorks Inclusive Activities*

Our LifeWorks project is still in its first year but already proving a lifeline to young people like Joe.

The action-packed scheme engages with young people with disabilities aged 16+ through inclusive sporting and social activities. Our Youth Services team help attendees to work towards independence and build on strengths, increasing their confidence in everyday life.

Joe, 21, has been a YMCA service user since he first attended the Yip4Youth scheme when he was 14. More recently, he has joined our Friday Night Project, continuing to engage with friends that he's made through YMCA trips and activities.

In September 2016, Joe finished college and was unsure what to do next.

"It was as if they said, 'Off you go – goodbye'," says Joe's mum, Jane. "We were on our own. I gave up working to be around for Joe and it was an uncertain time."

Joe tried a supported internship but it was unsuccessful and his confidence was knocked. Fortunately, we had recently started the LifeWorks project and Joe decided to enrol.

"LifeWorks gives Joe something constructive and interesting to do with his day," says Jane. "It is everything to him. The staff are brilliant and they constantly build him up, boosting his self-esteem. It makes him really happy."

Joe currently attends five sessions per week and will soon achieve a Level 1 Sports Leadership Award. A keen football fan, he's developed his own skills in a range of sports and conquered his fears to try both trampolining and indoor rock climbing. Joe has helped others to learn the disability sport of Boccia, explaining rules and leading teams.

He has been involved in planning, food preparation and hospitality related skills through the YmmmCA Café.

"I like talking to people in the café and taking their orders," says Joe. "I've learned new skills like cutting up food, washing up and taking out the bins."

He now has the confidence to ask for help when he needs it, applies practical skills to solve everyday problems and feels very proud of his achievements.

Jane says the impact that LifeWorks has had on Joe is 'massive'.

"If he didn't have the project, Joe would be stuck with me all day," she explains. "Instead, I look at all the things that his older brother and sister have been able to do and I know that Joe isn't missing out at all."

"I have the best time in the world," says Joe.

Don't Lose The Plot

Aiming to get young people aged 16-30 with additional needs involved in gardening, this project has achieved a huge amount in the past year. The team has cleared allotment plots for new tenants, tended local parks and installed four raised beds at Redhill train station. Recently the group revamped the secret garden at Tea in Reigate where the owner was thrilled with their work. "I can't believe how much they achieved in such a short time with nothing but hard work, smiles and laughter from the whole team."

The project has now been awarded funding to develop a second allotment plot with a polytunnel and raised beds for wheelchair accessibility allowing the scheme to offer sessions throughout the year and to more people.

YMCA's Heads Together is one of Surrey's leading providers of counselling support for young people. Young people aged between 14 and 24 can access free, confidential counselling for a wide range of issues. They are offered between 6 and 12 weekly sessions and can re-refer if they need further support.

Heads Together is highly respected and is often the first choice of support recommended by GP's, mental health teams, schools and other professionals working with young people. We are also part of Mindsight Surrey CAMHS, a partnership supporting children and young people across Surrey.

Young people who use our service experience significant measured improvements in their emotional wellbeing and give much positive feedback about how they have benefited from our support.

Highlights of the year

- ▶ We saw 616 referrals to the service - a record number. This is an increase of nearly 20% on last year.
- ▶ Twenty five counsellors offered counselling sessions in our largest ever number of community venues across East Surrey.
- ▶ We made a valuable contribution to the Local Prevention Framework, exceeding targets for the number of 14-16 year olds to be offered counselling in Reigate & Banstead and Mole Valley.
- ▶ With the support of the Lucy Rayner Foundation we have delivered mental health, wellbeing and early intervention sessions in schools and youth centres to help young people understand and cope with mental health issues.
- ▶ We have had a very successful first year of partnership with Surrey & Borders Partnership NHS Trust, delivering counselling to young people under the Mindsight Surrey CAMHS service.

“Heads Together helped me understand the roots to my problems.”
Male, 15

“My counsellor is always friendly and kind. She sympathises with how I’m feeling but still listens without me feeling judged”
Female, 17

308 young people received free counselling



Looking ahead

We will be continuing to deliver our mental health education workshops in schools, educating both students and staff members about key mental health issues, thanks to funding from the Community Foundation for Surrey.

We will also be running workshops to provide information and peer support to parents who may be struggling to cope with children with emotional difficulties. We have recruited two new members of staff to develop relationships with schools and to deliver the workshops.

Over 2,500 counselling sessions were run over the year



Where we work

- ▶ Redhill/Reigate
- ▶ Horley
- ▶ Oxted
- ▶ Epsom
- ▶ Merstham
- ▶ Leatherhead
- ▶ Dorking

We will soon be expanding into Caterham and Molesey with two new counselling venues.



John's* story



When John, 14, was referred to Heads Together by CAMHS he had been diagnosed with Oppositional Defiant Disorder. He self-excluded from school due to bullying, was self-harming and had made an attempt to end his own life.

In his first session, John explored what differences he would like to see as a result of counselling. He decided he would like to see his friends more, get back into education, and generally feel happier. By the end of the session John felt motivated to start up activities that he used to enjoy doing.

As the sessions continued, John explored his network of friends and family and built a clearer sense of who he wanted to spend more time with. He identified that the majority of his worries were around school. John felt out of control and was waiting for his mum to sort out moving to a new school. With help from his counsellor, John looked at how he could take back some control by thinking about which teachers he trusted and felt able to talk to.

By the end of his sessions, John was looking forward to having a fresh start. By having the opportunity to come up with his own solutions, he felt empowered to do small tasks to make his life a little bit better each week. John had been meeting friends and was excited about starting in a new school. He had a clear plan of what he wanted to do in the next five years and felt positive about the future.

*name has been changed for confidentiality



1 in 5 
young people
experience
**anxiety, depression
or body confidence
issues**

“When I first came to WAVES a year ago, I wasn’t in the greatest place,” admits Raife, 14.

“There’s so much stress and pressure on young people that, when I heard about the group through a talk at my school, I wanted to give it a try. I felt nervous about coming along as it was unknown territory.”

WAVES (Wellbeing, Awareness & Voice in East Surrey) is our mental health support drop-in group for young people aged 11 to 19. The project provides a safe space where young people who are experiencing or have experienced mental health issues can come along and talk to staff, take part in positive activities, combat stigma and build up friendships and support networks with other young people.

“I found the WAVES group friendly and welcoming,” says Raife. “Sessions feel relaxed, the staff are always ready to listen and I’ve made new friends who really understand how I feel. It helps so much to have people there who will support me without judging.”

In February, Inclusive Youth Support Worker Ella Sowton took five WAVES members on a trip to the House of Parliament to take part in an All-Party Parliamentary Group on Youth

Affairs. Raife wrote a speech, which was read by Ella, about her experiences with body image anxiety, giving her view of what she felt would help young people to overcome the problems they face.

“This was a turning point for Raife,” says Ella. “When she first came to WAVES, she was quiet and withdrawn, finding loud situations very difficult. The Parliament trip marked a tremendous change in her confidence and I was so proud when she stood up with me and took ownership of her speech.”

1 in 5 young people experience symptoms of anxiety, depression and issues with their body confidence and 1 in 10 have a diagnosable mental health issue. Our Reigate group now has an average of 11 young people in regular attendance and we are currently trying to expand WAVES to provide much needed drop-in sessions in different areas around East Surrey.

“Raife once told me that she felt there was no youth club that fitted her,” says Ella. “Now, she is a willing ambassador for WAVES, one of the leaders of our group and she fits in perfectly. Our challenge is to reach and support more young people like Raife.”

“I still have times when I get down but now there are people I can turn to,” says Raife. “It starts to get better when you know you’re not alone.”

Local Prevention Youth Work

Our youth workers were busy over the summer holidays delivering a range of fully-funded, diversionary activities targeted at young people aged 10-16 at risk of becoming NEET (Not in Education, Employment or Training). The activities aimed to help young people engage with our youth work team and included working at Jolly John’s Play Farm as well as trips out to Littlehampton, Thorpe Park and Brighton. Youth workers also provided one-to-one mentoring for young people referred for early help.

Each month, our youth services team deliver approximately 230 hours of youth work and engage with approximately 130 individual young people, helping them to build resilience and achieve their full potential.

When Jake arrived on the doorstep of YMCA Hillbrook House a year ago, carrying everything he owned and with nowhere else to go, he had run out of options.

A difficult family situation had broken down completely after he lost his job and Jake was depressed, suffering with severe anxiety and self-harming.

“I was a mess,” he says honestly, “but the staff were brilliant. They gave me a room, helped me straighten myself out and advised me on my applications for housing benefit and Job Seekers allowance. They put me on courses for support with my mental health.”

“It hit me in the face that it was time to grow up,” says Jake. “I realised that if I worked with the YMCA staff, they would be able to help me.”

Now 25, Jake has nothing but praise for his assigned key worker, Nicole.

“She was awesome,” he says. “Nicole was always there for me with constant contact and support. If I did something wrong, she would grill me for it but she gave me her time when I was at my lowest and she made me realise that I could achieve what I wanted if I put my mind to it.”

Jake went from Hillbrook House to our Move-On project at Lynwood Road. His confidence levels

and mental health have improved. After a period of volunteering, he has a full-time job with Raven Housing Trust and he hopes to be given a permanent position shortly.

“It’s the best job I’ve ever had,” says Jake. “I’m earning good money and I can live comfortably - I feel like I have a purpose.”

As well as completing a Business & Admin Level 2 long distance learning course, his next aim is to secure a proper place to call home for the future.

“I’ve wanted to live a normal life for so long now,” he says. “My aim is to find a fixed address where I can sleep, eat, go to work and the gym or see friends. To me, that would mean everything.”

This year, YMCA East Surrey provided a home to 85 young people facing homelessness and 51 young people were positive Move-Ons. We have provided over 300 hours of resident support a month to young people like Jake. Outcome star assessments show that 88% of residents at Hillbrook feel they have improved in at least one aspect of their lives over the past 3 months.

“There are still times when I nearly slip, but I’ve got a clear vision of where I want to be,” says Jake. “I wouldn’t be as happy as I am now without Nicole and the help of the YMCA. She sorted me right out and I’m so grateful.”

NextStep Rent Deposit Scheme

NextStep is a free service, assisting families and individuals in housing need to secure accommodation through the private rented sector and provide appropriate support to help maintain that accommodation. The team helps families arrange a bond or cash deposit, assists with paperwork and helps, if required, with applying for and monitoring housing benefit claims.

In February 2017 NextStep and Reigate & Banstead Borough Council worked together to set up an 18 month pilot to assist more households in housing need. This year, NextStep created 68 new tenancies in Reigate & Banstead, prevented a further 11 households from becoming homeless and secured accommodation for eight people in Tandridge. The team are always looking for new landlords with properties of any size to use this free service.

YMCA Hillbrook House

staff provide over

300

hours of resident support each month



JAKE
Housing Services



630 adults
exercised safely
and effectively
through
exercise
referral



YMCA Exercise Referral instructor, Lesley Collier, has witnessed a huge change in Angela over the past year.

“She certainly isn’t the same frail, fragile lady who approached me on her first visit!” she says.

Angela agrees, “I’m a very different person now. I was nervous about coming to the gym and the classes. I didn’t know what to expect and I couldn’t imagine being able to use the equipment.”

Angela, 64, was diagnosed with Multiple Sclerosis (MS) in 2009 and Chronic Obstructive Pulmonary Disease (COPD) in 2010, after suffering with asthma all her life. Following an MS relapse last year, she was referred to YMCA East Surrey through the Oxted Physiotherapy Clinic.

Our Exercise Referral programme enables people with a chronic health condition, disability or who are rehabilitating from an injury or illness to engage in physical activity and lead a healthier, independent, more active lifestyle.

“Although I’d attended a Seated Exercise class once before, my balance was so bad that I didn’t come back,” says Angela. “I struggle with anxiety and depression and it was very daunting to walk into the gym for the first time.”

“I needn’t have worried though. As soon as I arrived, I was made to feel so welcome. I cannot fault the kindness, support and motivation that I’ve received from the staff.”

Over the past year, Angela has noticed a mental and physical improvement in her health, she is sleeping better and can confidently use the necessary equipment in the gym. Her relationship with food, previously affected negatively by anxiety, has also improved and she is proud to have gained a little weight.

“I feel hungry after I’ve exercised,” she explains. “The Exercise Referral sessions are good for my body and for my mood. I get such a great feeling afterwards and I’m so busy that I don’t have a chance to be depressed.”

Angela has built a friendly relationship with other Exercise Referral members and benefits from the social interaction which this brings, both in and out of the gym.

“People have been incredibly welcoming and supportive,” she says. “I really feel like a part of a group when I never thought I would. I enjoy their humour and the warmth.”

Angela’s exercise sessions have given her a renewed sense of purpose in life.

“I’ve got more energy. I no longer just want to sit down all day. It’s as if it’s waking me up. Coming to the YMCA has become a part of me.”

Healthy Measures Weight Management

139 participants accessed our popular Healthy Measures programme over the past year. The ten-week course is targeted at adults with a BMI over 26 and combines nutritional advice with free access to our fitness centre.

As one Healthy Measures graduate says, “The programme works because it uses a holistic approach to achieving a healthy lifestyle, unlike some ‘quick fix’ diet plans. The weekly sessions raise awareness of the calorie contents of various food items and emphasise the importance of a sensible balanced diet. Access to the YMCA’s gym facilities is part of the deal making this very good value for money. I would encourage anyone who wants to achieve a healthy lifestyle to enrol in Healthy Measures and enjoy the benefits of looking and feeling better.”

Peter, 68, faced a considerable challenge when he signed up to cycle 175 miles to Paris in three days using a handcycle.

Always a keen cyclist, Peter had suffered health problems which led to him being referred for rehabilitative gym work. In 2007, he became a member of YMCA East Surrey's Exercise Referral programme and it was there that he discovered the handcycling machine for the first time.

Peter has a weakness in his left leg due to a spinal cord injury and what movement he has in that leg can be painful. He has a wheelchair which he uses when extensive walking is required.

In 2009, Peter bought his first handcycle, rode it half a mile up the road and was 'shattered'.

"I thought I might have made a horrible mistake!" he laughs.

Eighteen months later, he bought his second model in a more recumbent style and found this far more comfortable. Peter refuses to let his physical limitations hold him back and decided to make 2017 the year that he pushed himself further.

"I thought it was time to physically challenge myself and I wanted to fundraise for the new Inclusive Sports Facility as I know that I'll be using it myself," Peter explains. "I am fortunate that the Exercise Referral

programme can supply the equipment and instruction that is so important for my physical health."

Despite extensive training, Peter was uncertain that he would be able to complete the ride to Paris. Cycling for three days, back to back, with the longest ride on the last day, was going to challenge his physical and mental strength.

"In the event, I absolutely loved cycling through France," says Peter. "It was so peaceful and the other road users were incredibly courteous."

"I have never seen the Eiffel Tower before and so the stand-out moment for me was turning onto the Trocadero and seeing it standing before us. The view made battling the hard climbs and headwinds worthwhile."

Our Challenge team continue to ensure that events remain popular, inspiring and affordable. The vital funds raised from the Challenge programme enable us to transform lives in East Surrey, while helping people to get fit and have fun.

"I feel very proud to have achieved my goal," says Peter. "I tend to stay within my comfort zone and this has encouraged me to push my boundaries more. I am so grateful to the YMCA for giving me the opportunity."

Inclusive Sports Facility

Building work will soon be starting to extend our existing YMCA Sports and Community Centre in Redhill and build a new, fully accessible sports facility. We will use the opportunity to also refresh the existing centre to create a high quality, integrated, welcoming environment. The centre will aim to inspire the whole community – no matter what age or ability – to be active and healthy.

Aiming to open in 2018, the new facility will enable us to deliver over 70 new sessions, including disability sports, specialist exercise, rehabilitative care and health promotion sessions, helping over 1,200 more people into regular exercise. You can help fund this vital resource for the community here:

<http://uk.virginmoneygiving.com/fund/InclusiveSportsFacility>

The
**Inclusive Sports
Facility** will
increase our
**health and wellbeing
activities** to reach over

6,000 people
each year



2,218
people took part in a
YMCA
Challenge event



“ I decided to be part of something challenging - walking the three highest mountains in the UK in 24 hours. I am proud to say ‘challenge achieved’, however I could not have done it without the team. Thank you to the YMCA for all the arrangements and taking care of us. ”

The YMCA
Fun Run saw
1,517 runners in total and
1,017 of these were
children



“ My children really enjoyed the Fun Run and were both so pleased to get their medals and t-shirts. It was the first time my youngest had taken part and she was thrilled to have run a mile. She had the biggest smile on her face! ”

In **2017**, our
Challenge Event
participants
walked,
cycled and ran
33,028 miles





Since **2014**, our amazing
Challenge Event
participants have raised
£466,887



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.

29th May 1961 Charitable Trust
Action for Life
Active Surrey
The Alchemy Foundation
The Baily Thomas Charitable Fund
Banstead 5 Churches
Banstead United Charities
The Bassil Shipham and Alsford Trust
BBC Children In Need
The Beatrice Laing Trust
The Bernard Sunley Charitable Foundation
Big Lottery Fund
Boccia England
Bruce Wake Charitable Trust
The C P Charitable Trust
C & N Cycles, Redhill
Canon UK
Circle Housing Mole Valley
The Clara E Burgess Charity
Clarion Housing
Coleman Trust
Comic Relief
Community Foundation for Surrey
The David & Claudia Harding Foundation
Day Lewis Pharmacy
Department for Education
Downlands Education Trust
East Surrey Clinical Commissioning Group
Epsom & Ewell Borough Council
Estate of Diana Corfield

Estate of Peter Mercer
Furzeffield School
Garfield Weston Foundation
Gatwick Airport Community Trust
Guildford & Waverley Clinical Commissioning Group
High Sheriff of Surrey
Horley Lions Club
The London Marathon Charitable Trust
Loseley Christian Trust
Lucy Rayner Foundation
Merlin Magic Wand
Merstham Millenium Trust
Mindsight Surrey CAMHS
Misses Barrie Charitable Trust
Mole Valley District Council
Morrisons, Reigate
National Youth Agency Employability
The Netherby Trust
Osborne
Oxted United Reformed Church
Peter Harrison Foundation
Raven Housing Trust
Reigate & Banstead Borough Council
The Richmond Fellowship
Royal Botanic Gardens, Kew
S E Franklin Charitable Trust
Sainsburys, Redhill
Santander Foundation
SASH Surrey and Sussex

Healthcare NHS Trust
SC Johnson UK
The Shanly Foundation
Simply Sports, Reigate
Sofitel London Gatwick Hotel
Sport England
Stocksigns, Redhill
Stripey Stork
Surrey & Borders Partnership
NHS Foundation Trust
Surrey County Council
Surrey Disabled People’s Partnership
Sussex Community Rail Partnership
Tandridge District Council
Tandridge Lions Club
Tea, Reigate
Tesco Bags of Help
Titsey Rotary Club
Toy Barnhaus, Redhill
Toyota (GB) PLC
Tudor Investments
Vines of Redhill BMW
West Sussex County Council
The William Allen Young Charitable Trust
YMCA East Surrey Challenge Fundraisers
YMCA East Surrey Committee
Members, Trustees and Volunteers
YMCA England & Wales
Youth Sport Trust

HOW YOU CAN HELP



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, walking 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**.

SUMMARY OF ACCOUNTS

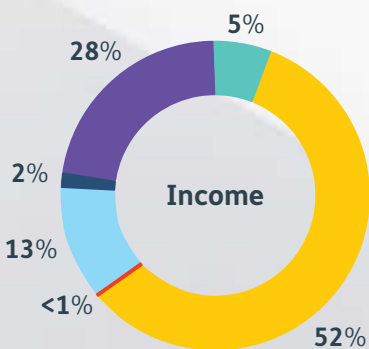
The following is a summary of our financial information for the year ended 31 March 2017. Total income for the year was £3.85 million and total expenditure was £3.11 million.

Grants and donations provided 52% of the total income. Staffing costs accounted for 66% of the total expenditure. Costs of raising funds accounted for nearly 4% of expenditure.

Total funds at the end of the year were just below £3.82 million, of which 66% was attributable to the restricted premises funds. Other restricted funds were just over £303,000, designated funds were just over £381,000 while unrestricted funds amounted to a little over £613,000.

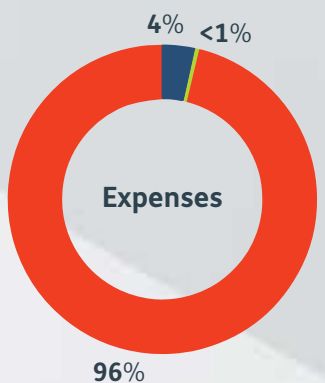
The above information was extracted from the full annual financial statements prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK 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, RH1 6JJ or www.ymcaeastsurrey.org.uk



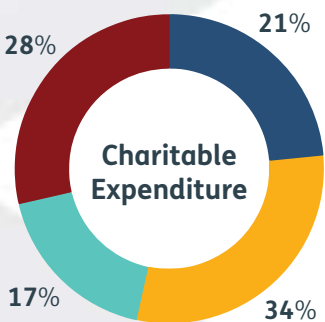
- Challenge income £204,707
- Grants & donations £1,993,135
- Other income £18,873
- Housing £494,785
- Hire of facilities £81,748
- Fees & subscriptions £1,053,411

Total Income
£3,846,659



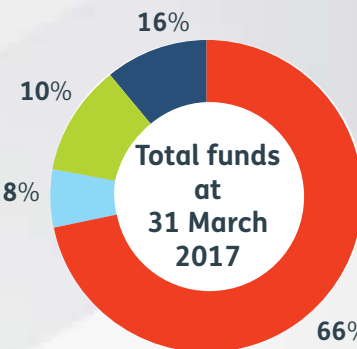
- Fundraising £121,991
- Trading costs £13,278
- Charitable activities £2,970,657

Total Expenses
£3,105,926



- Health & Wellbeing £635,521
- Children’s services £1,014,516
- Youth projects £496,459
- Housing projects £824,161

Total Charitable Expenditure
£2,970,657



- Restricted premises funds £2,519,362
- Other restricted funds £303,063
- Designated funds £381,231
- Unrestricted funds £613,024

Total Assets
£3,816,680



Registered charity no. 1075028

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

Photography: Ian Stratton & Keith Walter
PR: Sophie Love

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.

TRAINING & EDUCATION