



THE Y BALLARAT

# COMMUNITY IMPACT REPORT

2019-2020



# President's Report

It gives me great pleasure to present the President's Report for 2019/2020. The year has been a challenging one. It has been trying at times, demanding, and confronting and filled with unprecedented events. But what gives me pleasure in presenting this report is that the response to such times and events from the dedicated staff and volunteers at the Y, from catastrophic bushfires to a global pandemic, has been a triumph of character and a testament to their expertise. Locally, nationwide, and globally, the Y has opened its arms to those in need.

We've seen an increased focus on the empowerment of youth and continued to provide a platform for young people's voices through the 'Y Not' platform. Our Y continues to develop new and improved practices and to drive a child safe culture across all aspects of the organisation. Further to the YMCA's own established redress scheme in 2016, July 1 2020 saw the Y movement also join the Federal Government's National Redress Scheme.

I would sincerely like to thank my fellow volunteer board members, our CEO Brooke LeSueur and every staff member and volunteer for the loyalty, hard work and commitment they display every day. You allow us to achieve the impact demonstrated this past year and to be a genuine and compassionate voice within our communities. Our Y continues to strengthen its potential impact through a focus on program growth and financial sustainability, allowing us to ensure we can be present and committed to young people and communities in the long term.



**Colin Thompson**  
Board President

# CEO's Report

What a roller coaster this past year has been! We began with the excitement of YMCA's 175th birthday celebrations in London 2019 with delegates from our board, senior management, and young people meeting with over 3000 other international Y representatives. Preparations continued for the funded three-year-old kindergarten programs to begin in 2021. The summer saw bushfires cause devastation and heartbreak throughout the country, including in some of our kindergarten services, communities, and staff in Gippsland. Then, a worldwide pandemic, a once in a hundred-year event, changed the world as we knew it.

Here at the Y, we stand for communities. We stand for young people. So that's exactly what we did. We stood up. We dusted ourselves off and we got back to work. If the world was changing, we would change too. Because if the one constant in life is change, it makes sense for us to always strive to be good at changing.

We adopted the new Strategy 2025, extending our view to the future with an ever-expanding focus on empowering young people and increasing community impact and social enterprise. With some youth services affected by the pandemic, we reviewed and refocussed our Youth Services programs.

With the introduction of 35 new kindergarten services in 2021, our focus on regional young people and communities isn't the only thing we've expanded. These new services will bring our reach into metropolitan Melbourne and surrounds for the first time in the history of our organisation and they are supported by a reshaping of our organisational structure to match. This new structure bolsters our organisation's growth with 18 new roles created and the recruitment of many new talented people to help reinvigorate the organisation and ensure our viability into the future.

I look forward to the continued growth and development of our organisation through exciting new initiatives in early years, OSHC, recreation and youth.

Just as water shapes itself to its surroundings, our staff at the Y Ballarat have shown remarkable adaptability during this past year. Significant investments have been made in IT infrastructure, software and systems, and our Board, staff and volunteers have embraced it all. In all aspects of the organisation, in all services and areas, our staff have not only acclimated to their new digital and virtual surroundings, they have thrived. I would like to extend a huge thank you to every member of the Y team for their dedication, commitment and wonderful work. Thank you!



**Brooke LeSueur**  
Chief Executive Officer

# A year like no other

The outbreak of the novel coronavirus (COVID-19) in January of 2020 created highly uncertain circumstances for households, business and governments, including the future of the YMCA as a movement in Australia.

Statewide measures came into force, aiming to restrict the spread of the virus, changing the way we were to live our lives moving forward. Closed borders, restrictions on movement and lockdowns were implemented to protect the health of the population.

A declared State of Emergency within Victoria saw the widespread closure of a variety of businesses and services, including our own at the Portland Leisure and Aquatic Centre, Ballarat's Youth Hubs, Delacombe Community Hub and the Ararat Op Shop. Our Children's Services continued to be available as essential services to those who needed them most, while our corporate office staff began working from home.

The agility required to plan for the unknown impact of COVID-19 was immense, especially with the Y Ballarat employing over 700 staff and operating across Victoria.

Yet, as has happened throughout our history, the Y has always been able to show its resilience and determination to support young people and communities when facing adversity.

In the pages that follow, we share stories about the impact of COVID-19 on our services, staff and young people, illustrating the inspiration, innovation and commitment of our staff to provide safe spaces, vital programs, fun activities and creative learning experiences – it is #YWeAreHere.



*We believe in the power of inspired young people*

Our Values: Caring, Honesty,  
Respect & Responsibility

Thank you to our committee of young people who shaped and contributed to this year's Report. Hayley Wethling, Blake Cox, Brooke Forrest, Emma Muller and Matt Watts.

The Y acknowledges the Traditional Custodians of Country throughout Australia and the lands on which we live and work. We pay our respects to their Elders, past and present and extend that respect to all Aboriginal and Torres Strait Islander peoples.

## Ys across the nation align

At the National Annual General Meeting in November 2019, it was decided the time was right, with agreement to change our logo for the first time in 52 years. Across Australia, all "the Ys" are aligning to a common brand, making it clear that we stand for and with young people.

Our new logo and brand pays tribute to our heritage and history, maintaining the critical triangle element of the Y's 'Body Mind Spirit' Mission, but also signalling our new direction with a logo that is fresh and modern. The new logo and look was developed collectively, but the actual design of the logo was led by a young person, 26-year-old Y NSW graphic designer, Adrian Sorbello.

New corporate branding and logo implementation commenced and can be seen in our updated signage, stationery and marketing materials. Exciting colours and branding for each of our key areas of operations will be rolled out as part of the next stage.

# Empowering young leaders

The Y Youth Hubs are a free, fun and interactive space for young people aged 10-17yrs where participants can enjoy a safe space to learn new skills, build friendships and grow as individuals.

There are two Youth Hubs in Ballarat, with age group targeted sessions offered three days a week. With opportunities to connect and participate in a variety of activities and excursions, participants also enjoy the benefits of interacting with other young people at community events and various other Y programs.

Session activities are created around skill building and personal growth and are based on each group's interests and their individual goals for the future. Activities might include anything from cooking and hospitality training, team building, music and dance, skateboarding, basketball, art and craft to mental and physical health workshops or messy games and fun runs.

Our goal is to empower and encourage young leaders within the community by providing opportunities for our young people that they may not receive elsewhere, in a fun and safe space.



693 attendances at Youth Hubs



"We see young people building their confidence and courage, which lets their abilities and strengths really shine."

Hayley Wethling -  
Youth Hub Coordinator

## A change of scenery

Wendouree Youth Hub's exterior wall received a makeover in June 2020 thanks to a grant supplied by the City of Ballarat's Engaging Communities Program (ECP).

The Hub is the home to a host of youth programs designed to empower and encourage young people in the community. The site also hosts the Y's ReCranked bike program's workshop.

In the process of imagining new artwork for their external wall, young participants chatted and worked together to submit their youth focussed ideas for the concept, which included community, togetherness, bright colours, healthy living, movement and inclusiveness.

The design features a tree, chosen as it symbolises community, health and inclusiveness as well as providing shelter and embracing us under its branches. The street dancers below represent the diverse youth in the community, getting active and participating in a healthy lifestyle together with respect.



"Over the two days that the team painted, it was amazing how many members of the community stopped to make positive comments and admire the project and the fresh images taking shape in their neighbourhood."

Kirsty Madigan - Art Project Facilitator

# Team tactics

## Drop-in Basketball

Weekly Drop-in Basketball sessions for young people aged 12-17 years old were offered at Doug Dean Stadium in Delacombe during 2019 and the first term of 2020. The fun after school program meant that those who were not in a position to attend or commit to an organised club, were able to connect and play sport.

Supported by a volunteer coach and also basketball players from the local Minerdom, the program was also offered during school holidays and attracted participants from a number of Ballarat secondary schools.

Young people enjoyed learning how to shoot properly, dribbling, practising new skills and having the opportunity to ask any questions they had about basketball in an informal environment.



23 sessions of basketball  
for young people to  
drop-in (pre COVID-19)

"It's been really rewarding watching the young people and their interactions with each other. The older players started helping the younger ones with their skills. Soon they were happy to direct their own warm up sessions!"

Emma Muller - Youth Hub Leader

## Taking it out to the schools



315 bikes  
ReCrunked



44 bikes bound  
for overseas  
programs



205 visits by young  
people to learn  
ReCrunking skills



1,260 volunteer  
hours at the  
ReCrunked  
workshop

The Y is now ReCrunking in more schools than ever before. Thanks to a generous grant from the RACV Community Foundation, the Y was able to take the ReCrunked program to 100 Grade 5 and 6 students in 10 schools in 2020.

Teaching participants the skills to take pre-loved clunker bikes and turn them into roadworthy and reliable sets of wheels, ReCrunked in Schools also offers the chance for young people to develop both skills and confidence.

Set with the expertise to tell their wheelies from their wrenches, their tubulars from their tacos, and even their chains from their crank arms, ReCrunked participants can also ride away with new cycling skills and a broadened vocabulary. They take away numeracy skills, leadership ideas, teamwork and communication skills, as well as meaningful social connections - with each other and with the instructors.

With the ReCrunked program growing every year since its inception, it's no surprise to see this amazing program continuing to gain traction.

**"We noticed that students participating in ReCrunked became more engaged with school, were more positive and had increased confidence. Many asked if they could do the program again!"**

Daniel O'Kelly - Assistant Principal, Yuille Park Primary School



# Enhancing the early years

The second half of 2019 saw considerable investment in the Early Years sector, delivering benefits and shaping the kindergarten experience for the children at our 50 centres across the State. There were also a great many celebrations, especially at our Early Years services.

Announcements were made of significant upgrades for many of our centres with plans for new buildings for Harcourt Preschool, Wycheproof Kindergarten and Charlton Preschool, a new centre opening at Trafalgar and improvements at Drouin ELC and Havilah Road Preschool. Fantastic new outdoor playspaces at the two kindergartens in Wonthaggi were completed. Sods were turned, ribbons cut and presentations made and our services were thrilled to host many Ministerial visits.

Funded Three-Year-Old Kindergarten was rolled out in the South Gippsland and Buloke Shires, with children able to access two years of subsidised kindergarten in these areas. The rest of our services are scheduled to be part of the program as it continues to roll out across the State. Educational research has consistently shown that two years of kindergarten are better than one, and it plays a crucial role in ensuring that young children are ready for school and forms a strong foundation for lifelong learning.

Three regions, taking in 27 Y managed Centres, benefitted from School Readiness Funding with over \$892,000 invested in supporting and training educators to improve outcomes for kindergarten children. The scheme will be rolled out to all our services from 2021.

**"Universal access to Three-Year-Old Kinder is one of the most significant reforms we can make to education - giving children academic, social and emotional benefits that last into their school years and beyond."**

James Merlino - Minister for Education



\$287,000 in grant funding



100% success in securing grants



\$892,137 in School Readiness Funding improving outcomes for kindergarten children



162 staff participated in School Readiness upskilling sessions across 3 regions



50% services completing Healthy Achievement Program



## Special delivery

During the Coronavirus pandemic, the important role of Early Years services in the lives of children, their families and the community was never more evident. Our programs continued to support children – those attending and those at home. Educators responded quickly, providing learning from home resources, virtual storytime and even healthy cooking sessions via online platforms. In Bulette, Charlton Preschool Educators regularly completed a 115km round trek dispatching learning packs to farm gate and road side mailboxes.

In the absence of Open Days and with the support of Ararat Rural City Council, our kindergartens in that region created virtual tours, featuring incredible drone footage. As our services reached out to re-inforce the sense of belonging, other new initiatives sprang up – Spoonville projects with messages of hope to the community, murals in public spaces and art displays in local retailers and art gallery windows. Mother's Day was recognised at Havilah Road Preschool through a CovidSafe "drive by" celebration.

As more children returned to services, after such a period of change and uncertainty, they found safe spaces to connect, to learn and play and to actively make sense of their world again.



\$200,000 in  
kindergarten  
IT upgrades



50 Kindergartens  
across the state



2,667 children  
enrolled in Early  
Years programs

# East Gippsland recovers

Seeing a group of smiling kinder children sitting on the reconstructed boardwalk in Mallacoota, holding flowers in the sunshine, captures the resilience, hope and recovery of one of our bushfire affected communities.

As a state and as a nation, no one could escape the tragedy and heartache of the bushfires and a summer like no other. The Y manages four kindergartens in East Gippsland – the Orbost, Swan Reach, Lakes Entrance and Mallacoota Preschools. Of all our programs and services, these kindergartens and their communities found themselves at the forefront of the emergency during the start of 2020.

The kindergartens had made preparations at the end of 2019, as there had already been signs that it was going to be a season to be on high alert.

The fire came within a kilometre of Mallacoota Preschool and sadly impacted over 100 homes in the community, including the home of one of our staff members. And while footage and photographs of residents gathering on the beachfront as a place of refuge were seen by millions, it was the Mallacoota Community Hall located next to Mallacoota Preschool that became a focal point and an area where locals later gathered and found comfort.

When emergency access to the township was possible, the Mallacoota Preschool was utilised by the Red Cross who provided support and organised a pop-up playgroup – providing a familiar, safe space for children to play and families to connect. One of our Y Educators was part of this program, and was an important contact for the scattered kinder community at this time.

Other staff in the Gippsland region also suffered losses and showed enormous dedication in their roles as Early Years Educators, as well as incredible commitment to their communities and to the Y during this time.

"It was moving to have so many people reach out to us. Kinders in Melbourne offered us equipment and companies sent children's books. Others donated art and craft supplies and made recommendations of so many valuable on-line training resources."

Lynne Murphy - Early Years Director for East Gippsland

We are so appreciative of their efforts and that of the emergency services and all those who worked tirelessly not only during the crisis but also in the recovery phase.

Prior to term 1 2020, contact was made with all kindergarten families in the affected areas. During the start of year interviews, it was ensured that each family was able to tell their story and to share how they felt their children were feeling and coping. Well-being was a high priority and families were given information and support to assist their children's understanding of bushfire and traumatic events. Staff were given access to and continue to participate in specialised local and online support and counselling.

The huge efforts of a small team to prepare for the new year were rewarded and the Mallacoota Preschool program re-opened on the third week of first term.

Although it escaped the worst of the fire, the Preschool was severely damaged in a storm which followed shortly afterwards. The Mallacoota Preschool community has been offered \$2.5m to rebuild the kindergarten. The families of the Preschool, along with VSBA, DET, the Y Ballarat, the East Gippsland Shire and our valued Y Staff are now working towards this exciting new project.

The Y would like to thank all staff and volunteers who gave so much to their communities during this very difficult time. Many long hours and days off were spent in the clean-up and going above and beyond, to ensure the well-being of our Y communities and the families who attend our Y kindergartens. We thank you!



# Message from *Mallacoota*

“ The four-year-old kindergarten children at Mallacoota had a heartwarming experience recently. We saw a mother koala walking along the ground quite close to us with her beautiful baby on her back. She was aware of our presence but she seemed happy for us to be sharing her short journey as she continued for a few hundred metres looking for the right tree to climb. The children remained quiet and in awe of this special sight and we walked along at a respectful distance. We loved seeing her go up her chosen tree where we observed her as she sat with her baby in her arms.

What a wonderful confirmation from nature and the environment that the world around us is recovering and reproducing after such a traumatic summer fire season in Mallacoota.

We are so pleased that in these times of limited options we can get out to experience nature and our environment, heighten children’s awareness and appreciation of our natural world, increase their learning opportunities and grow their confidence.”

Cyndie Bignell, Educator, Mallacoota Preschool





1,240 families supported with Outside School Hours Care



40,000+ visits to Before and After School Care

## Keeping the doors open

### *Outside School Hours Care*

Connection is at the forefront of children's wellbeing; connection to self, to others and to the community. During 2019-20, the Outside School Hours Care team at the Y has had to be particularly creative and adaptive to provide every opportunity for real connections for children, families and our community.

The dedication of our amazing OSHC team meant that our doors stayed open during the height of the pandemic and children of essential workers and those in our community who most needed care, could attend and were able to have fun and enjoy activities despite trying and extraordinary times.

Children at the services relished each other's company and these social moments became a highlight of their week. Some children also participated in supervised online meetings with peers focussing on remote learning - keeping vital connections and supporting our focus on children's wellbeing.

Our teams from 9 locations worked together to introduce online enrolments for the program and launched planning platforms to support communication and connection with families.

Earlier in 2019, we opened a new service at Ballarat North Primary School, which has been well attended since commencing. During quieter moments, our educators kept busy! They reviewed policies, completed online training, spent time reflecting on our own and others' teaching practices and refined programming approaches. Even though this past 12 months has involved new challenges, our team has proved that it is stronger than ever.

**"By keeping our OSCHC doors open, we provide a space for children to feel secure, to have regular check ins with a trusted Educator and to have the freedom to just be. For all children, stability is reassuring and can minimise the impact of ongoing change."**

Kylie Mookhoek - OSCHC Director, Ballarat

**"Thank you to the team at OSCHC for all your support during the Covid crisis. We feel very lucky that our children are part of such a special group of people in the Aftercare program."**

Bacchus Marsh Grammar OSCHC parent



# Healthy Hub *in Delacombe*

The Delacombe Community Hub, encompassing Doug Dean Stadium, Delacombe Community Garden and onsite offices, has continued their mission to provide a healthy active hub for the local community.

Prior to the COVID-19 pandemic, the Y's monthly Fun Skate sessions continued to increase in popularity and skaters had a new range of equipment to enjoy. The Walking Club met three times a week, providing exercise and a social connection for its regular participants. Commitment-free Rock Up Netball and Drop-in Basketball offered accessible sport and friendly sessions of drills and skills for a range of ages at the stadium.

Two significant grants enabled important works to the stadium, resulting in a better experience for users and more opportunities for use of the facility. Security lighting was upgraded as part of a wider initiative by the Y and the City of Ballarat to improve facilities.

Inside the stadium, a new AV system was installed and renovations to the activity room were completed. This will allow a wider range of community activities to be held upon re-opening, including parties, school bookings and Delacombe Youth Hub programs.

Looking ahead, there are several exciting upgrades planned for Doug Dean Stadium including the keenly anticipated installation of a climbing wall, renovations to existing change rooms and the building of new ones.

## *Access to healthy food*

Food insecurity, healthy eating and access to fresh food have all been highlighted as issues impacting the wider Ballarat community. Recently, 12% of the Ballarat population were identified as being food insecure. This impact is felt by families, by children and by young people.

To support the health of the local community, the Y's relationship with 'SecondBite' continued, helping to redistribute over 1,800kg of food to those in need and saving perfectly good food from going into landfill.

## *Plant to plate*

The Delacombe Community Garden continues to thrive, tended by a dedicated team of volunteers. A number of grants, donations and works completed by additional volunteers from local businesses and organisations provided more resources and assisted the growth of the garden.

Donations included a hot house, garden shed and many raised garden beds for growing herbs and vegetables. Three specially built hi-tech beds were installed and beautifully painted with murals by a team from Envision. Fundraising initiatives allowed the repair of tank pipes and rain water storage, while composting efforts were ramped up. These included diverting hundreds of kilos of used coffee grounds from the Four Corners Café located at Barkly Square.

The Delacombe Community Hub and Garden continue to flourish with the generous support of volunteers and local organisations and to contribute fresh produce to the community.



30+ participants  
got their skates on each  
month at Fun Skate



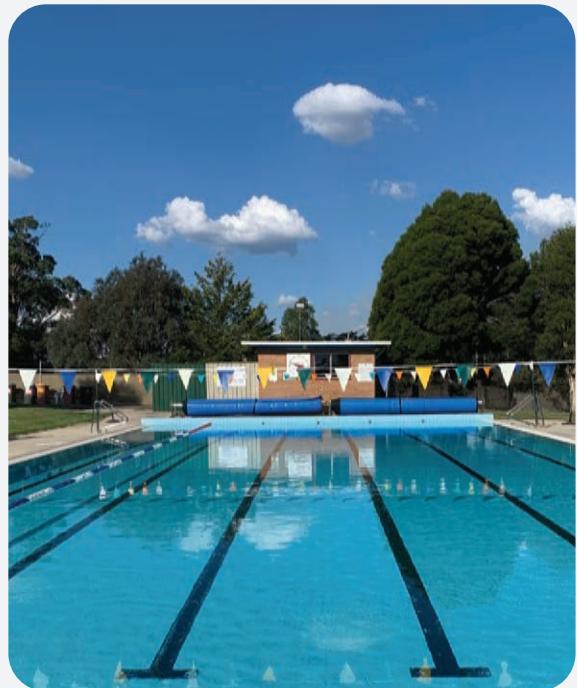
400 visitors a week kept  
active at Delacombe  
Stadium (pre COVID-19)



1,800kg of vegetables  
and food re-distributed  
(pre COVID-19)

# Community spirit at Outdoor Pools

During the 2019-20 summer season we managed 14 Outdoor Pools in the Corangamite, Glenelg, Moyne and Pyrenees Shires in Victoria. It was an unprecedented summer and challenging season with weather extremes and sustained periods of poor air quality due to the extensive bush fires that affected so much of the State. However, the efforts of the Pool Committees, Friends of the Pool Groups and importantly, our staff teams ensured that the pools were still very much local summer hubs and able to provide a range of enjoyable activities and programs for their communities.



## Training for life



Nigel

I've enjoyed 11 seasons at Lismore Pool as the Manager now and in that time I've been fortunate to watch the community grow and change. We have a lot of young people come through and spend a few years learning and growing in Lifeguard roles and that's really rewarding, but it's also nice for the parents and community to see the same face every season. They know their kids are well supported.

I've been privileged to be able to mentor some great young people in the Lifeguard role over the years and help them develop life skills such as confidence – not only in themselves but in their abilities, communication, independence, and a good work ethic and it's incredibly rewarding. I also see them learning how to interact with people well. They learn boundaries, how to read a situation and decision-making skills.

The Y provides training and refresher courses. One of my personal favourites was the Water Treatment course. Water science is now one of my passions and I always enjoy teaching that to the young people too. Water treatment and changes don't happen immediately so it's about having patience sometimes and having confidence in your knowledge and ability.

I remember one very young girl who surprised me quite a few years back. She dived straight into the deep end and for a moment I thought she was in trouble. But she popped straight back up and swam to the side. She ended up coming to work for us at the pools once she was old enough. She was a great 2IC and she developed into such a capable, mature young person and is now a well respected primary school teacher.

We have special events over the summer like BBQs on opening day and New Year's Day and Movie Nights which are a lot of fun and the feedback we get over the summer is great.

I would say to any young person thinking about employment to have a go at the Y. The pools are a nice place to spend your summer working, to help your bank account, to learn skills, and get to know your community – and if you do a good job, the rewards will come back to you ten-fold.



14 managed  
Outdoor Pools  
in 4 Shires



45% of Outdoor  
Pools staff are  
aged 20 or under



66,079 Outdoor  
Pool visits



3,500 "sugar  
Free-zies" sold as part  
of healthy initiatives



*Gabby*

I've been a Lifeguard at the Cobden Outdoor Pool since 2017 and am 20 years old. I've always been passionate about water safety so being in a position where I can educate the wider community and help kids to become not only confident but also competent is very fulfilling.

Working at the pool has enabled me to develop my communication skills. It's increased my patience and boosted my confidence, both in my abilities and my decision making. It's also a lovely way to build a strong bond with the community – I know most of the patrons' names by the end of the summer! These skills not only help me in my current role, but they're important life skills that I can use into the future.

I've completed an intensive Lifeguard training course and every year we do a refresher course with Life Saving Victoria. I've got my First Aid Certificate and we do in-house training over each summer to keep our skills sharp. The Y supports us through all the training and I always feel comfortable asking to do more courses if I want to develop skills in other areas.

My role is really rewarding. When I think of the Y, I think of healthy and connected communities and it's so nice to be working in that environment. I love when we run events like BBQs and inflatables to involve the community. The kids especially love when we have the inflatables and it's so rewarding to see how much fun they have. Last year we ran a bake sale to raise money for a defibrillator. We sold out of goods and raised a lot. This year I hope to help run more of those and raise the remainder.



*William*

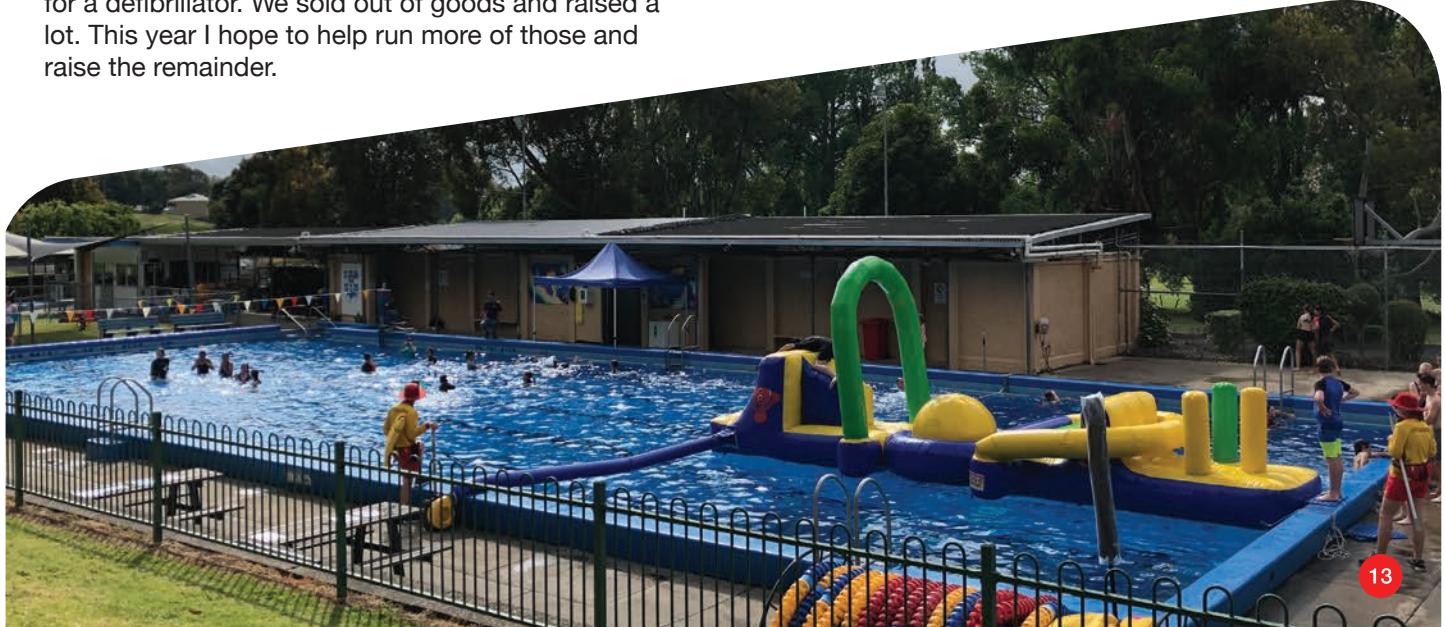
My name is William, I'm 18 and I've been a Lifeguard at the Camperdown Pool in Victoria for the past two seasons. I'm also a competitive swimmer, and I've pretty much grown up in the Camperdown Pool. It's definitely my second home during the summer months. It's a great place to be.

My role at the pool has increased my confidence and offered me the opportunity to speak with a wide range of people from the community.

During the 2019-20 season I put my competitive swimming skills to good use by developing a swim stroke group at the Camperdown Pool for children aged between 9 and 13. The program aimed to help participants improve their swimming strokes and pool fitness. Being involved in developing and running the program was so rewarding. One participant in Grade 6 even came back to tell me he won a medal at his school swimming sports carnival! We've also had kids and parents asking if it will run again this year.

I believe the role of the Y is crucial in terms of keeping the pools running in regional areas. It gives people the ability to swim and to swim safely. People can get out, get healthy, have exercise and fun and build friendships.

When I'm not working, being at the pool also allows me to keep up my own swim training. One of my goals is to get to the next level in my swimming and qualify for nationals in the future.



# Staying active & connected

## *With local influencers*

An important community asset in the region, Portland Leisure and Aquatic Centre (PLACE) was still a focal point for local people throughout the year, even when closed due to Coronavirus restrictions. With an active following on social media, those in the local area, whether members of the Centre or not, keenly embraced information and content shared on virtual platforms.

The Stay Active, Stay Connected campaign, an initiative by Ys across Australia, encouraged all ages to continue to be active during isolation and offered engaging content throughout the different stages of restrictions. Members of the Centre were also given the opportunity to sign up for 90 days of free LES MILLS On Demand virtual classes, developed for all ages and levels of fitness.

Keeping Centre patrons connected, staff from PLACE also created their own online Pilates, AMRAP and Tabata classes – which were welcomed by the community, keen to see familiar faces on screen.

In a truly international collaboration, Ys in Canada and America also made their online fitness classes under the YThrive and YMCA 360 banners freely available to all.

Staff put themselves in front of the camera again during the staged re-opening, making instructional walk through videos introducing patrons to CovidSafe procedures, changed access and Centre service availability. When the 50m outdoor pool was allowed to re-open, pre-booked spots were in high demand, with locals prepared to brave cool winter temperatures to enthusiastically get back in the water.

During the restrictions, an online booking system was developed, greatly facilitating managing limited capacity and information recording requirements.

It might be a new normal, but PLACE is still very much in the heart of the community.

**"Thank you for keeping us in the loop and for everything you do for the community."**

Nat - Facebook

**"Big thank you to the staff and team at the YMCA for their efforts in facilitating all the fitness classes and implementing a high standard keeping us safe from Covid while we were using the facility."**

Ebony - Facebook



29,633 swimming lesson visits



9,553 views and virtual participants in online classes



1,237 members at PLACE (pre COVID-19)





**“Cardio drumming was absolutely fantastic – something I had never heard of or seen before!”**

Carly - Make Your Move participant

# Make Your Move

In September 2019, Make Your Move was launched in Ballarat with great success. Make Your Move is an annual Women's Health Week event which provides the chance for women across the Western region to invest in their health and wellbeing.

Over 150 women from across Ballarat took a day out to attend and participate in fitness classes, healthy cooking sessions, meditation and mindfulness activities and to check in on their health with free consultations provided by Ballarat Community Health.

Over 30 sessions were available for attendees during the day which aimed to give everyone a taster of different activities. Tai Chi and Cardio Drumming proved particularly popular followed closely by the delicious snacks provided to keep everyone going!

Alongside the sessions, a Wellness Space provided information on local pathways to activities, with health and wellbeing services and businesses represented.

Make Your Move was incredibly well received by the local Ballarat community – with many participants keen to see the event return every year. Partners including the Y, Ballarat Community Health, City of Ballarat, Sports Central and Jean Hailes for Women's Health have made the commitment to do just that!



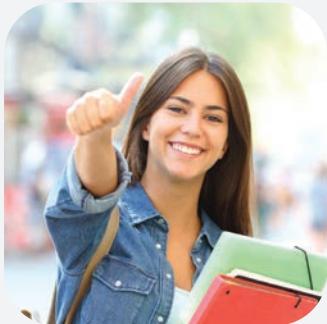
88% took part in an activity never tried before



150 Make Your Move participants



77% followed up with healthy lifestyle changes



# #YWeAreHere

## *Still here for young people and the community*

The changes that came about with COVID-19, found Ys across the nation collaborating more closely than ever before. This was evident in the coordinated National campaign #YWeAreHere.

At a time when young people were undergoing enormous change and were being disproportionately affected in terms of housing, employment and education, many of our programs and services were not able to operate in their existing formats. We wanted to remind Australia that the Y was still here for young people, and the communities that support them. Just as we always have been.

The campaign highlighted the role and work of the Y as a collective Movement and how we continually evolve and adapt with new platforms and initiatives to support and amplify the voices of young people.

## Our reach *Into the future*

With programs and services covering a 1,000km reach across Victoria, our work with local communities is often located where support is needed most. Looking to the future, our services will not only be offered in regional and rural Victoria, but will also extend to the Metropolitan area in 2021.



14 Outdoor Pools



1 Leisure Centre



85 Kindergartens



4 Long Day Care Centres



8 OSHC Sites



7 Youth and Community Programs

# Our Board

We would like to thank our dedicated volunteer Board of Directors who work tirelessly throughout the year to ensure the Y Ballarat is able to continue to empower and support young people and their communities, today and well into the future.



**Colin Thompson**  
President



**Sarah Pope**  
Vice President



**Michael Bailey**  
Treasurer



**Dan Anderson**  
Board Member



**Peter Harrison**  
Board Member



**Alan Labas**  
Board Member



**Donna Ludvigsen**  
Board Member



**John Stewart**  
Board Member

## Our people

*Stats of our staff*



757 staff



90% Female,  
10% Male



<30  
30% of staff  
under 30



10,376  
volunteer hours



# Where the money comes from



- Early Years **59%**
- Recreation **17%**
- OSHC **12%**
- Shared Services **7%**
- Youth Services **5%**

**Turnover - \$18.4M**



111 Boxes of Joy brightened the 2019 Festive Season for many children and young people experiencing disadvantage; an initiative which came from Jessy Malham, a local inspired young person.

## Safeguarding children and young people

At the Y, we believe in the power of inspired young people. We know for young people to be inspired, they need to feel safe and be safe. That is why our Safeguarding vision is for all children and young people to be empowered to feel safe and be safe at the Y, in their families and in their communities.

We have ongoing accreditation with the Australian Childhood Foundation, which recognises the Y as an official safeguarding children and young person organisation. This means that there are specific safeguarding obligations that we must meet to reflect our commitment. Next year, we will take part in processes to renew our accreditation and partnership with the ACF.



During the year, we aligned strategies with the YMCA's National Safeguarding Unit (NSU) which strengthens the Y's dedication to being a child safe organisation. We welcomed the NSU's new strategic safeguarding framework which endorses 3 pillars: Safe Cultures, Safe Operations and Safe Environments, and embeds the 10 National Safeguarding Principles. The Y Ballarat continues to develop and solidify our commitment to the safeguarding of children and young people in our policies and practices.

# Help us give back

For more information visit  
[ballarat.ymca.org.au](http://ballarat.ymca.org.au) or  
email [ballarat@ymca.org.au](mailto:ballarat@ymca.org.au)



## Donate to us

We appreciate your support which helps provide valuable programs and services that have wide reaching positive impacts for young people and communities.



## Partner with us

Partnering with the Y Ballarat means making a real difference to the lives of young people. As a partner, you are aligned with a trusted international organisation that is known for empowering young people and changing their lives for the better.



## Work for us

We offer fantastic career paths for enthusiastic people looking to make a real difference in local communities. Join us in this amazing work and discover a career that is so much more than a job.



## Volunteer with us

We are proud of the opportunities that we provide for volunteers including access to training and development. Being a volunteer with the Y is a rewarding experience and a great way to connect with your community.

# Thank you

The Y Ballarat proudly acknowledges and thanks the following Government bodies and organisations and businesses that have financially supported us during the last 12 months.

To all our wonderful partners, supporters and contributors to the successful delivery of our programs, we sincerely thank you.



Australian Government



*We believe in the power  
of inspired young people*

**The Y Ballarat**  
25-39 Barkly Street,  
Ballarat, 3350  
(03) 4311 1500

🌐 ballarat.ymca.org.au  
✉️ ballarat@ymca.org.au  
 FACEBOOK.COM/BALLARATYMCA  
🐦 @YMCABallarat

