



Community Impact Report

2018-19



Board President and CEO's Report



It is a great honour to deliver the first Board President and CEO's Report for the merged entity of Ballarat Y and Grampians Y, reflecting the 141st year of our organisation's proud history.

As has often been quoted, the only constant in this world is change and the Y's of Ballarat and Grampians have certainly embraced significant change

this year. The merge was official as of July 1st, 2018 and the year has been an exciting and challenging experience with the merging of systems, processes, and most importantly, culture. Reviews of all our services have seen some changes in our delivery, notably the exiting of the Corangamite and Timboon Stadiums Management, which has been a part of the YMCA family for many years.

Our incredible reach and impact spans over 1,000 kilometres in regional Victoria, with the Y represented in over 100 services across 17 Local Government Areas.

Our new Board and Executive Management Team have been working diligently to ensure that the merged entity continues to deliver on our focus areas; Heathy Living, Empowering Young People and Social Impact.

We would like to acknowledge the amazing people at the Y and to thank all of our exceptional volunteers, staff, management team and the YMCA Board for their continued support and enthusiasm for what we do.

The future for the Y in Ballarat and the Grampians is very bright, with some exciting opportunities to look forward to.

Keryn Crebbin
Board President

Brooke LeSueur
Chief Executive Officer

Stronger together

In March 2018 the historic decision was made to merge YMCA Grampians and YMCA Ballarat as one bigger, stronger association. The Y's compelling and vast brand combined with the business and leadership benefits saw a unanimous vote in favour of the partnership; the first proactive YMCA merger in recent history!

The merging of these two great associations consolidated our offerings in regional Victoria where we had already experienced the benefits of a shared Area Manager overseeing both territories in Community Recreation. It saw a unified Early Years Management offering and allowed ample opportunities to grow our Youth and Community Services and Outside School Hours Care, while keeping local communities at the heart of everything we do.

For the YMCA Movement, our communities and our staff teams, the decision to merge these two distinguished entities is fresh and exciting and has increased the impact we are able to have across communities. We can't wait to see what new opportunities we will create together.

OUR BELIEF

We believe in the power of inspired young people.

OUR VALUES

- Caring
- Honesty
- Respect
- Responsibility



The future will see you now

Each year, YMCAs across Australia invite a young person to help shape the business and tune the conversation to issues important to youth by sitting behind the big desk and acting as CEO for a day.

Young CEOs have the opportunity to raise issues they're passionate about and to use the organisation's networks and operations to create change. In return, YMCAs gain valuable knowledge about local youth issues and ideas about how they can make YMCA services and programs more youth friendly.

Coinciding with Victorian Youth Week in April, eighteen-year-old Children's Services Trainee, Blake Cox, was appointed Young CEO for the Day at YMCA Ballarat and Grampians. He wasted no time in getting started, meeting with YMCA Ballarat and Grampians Board President, Keryn Crebbin, as well as CEO, Brooke LeSueur and the entire Executive Team, sharing that he'd like "the Y to be the place where people can come and feel comfortable, be listened to and supported."

"I'm very grateful to the YMCA for the opportunity to get more involved in the community and look at important issues for young people such as school retention numbers and breaking down the traditional gender stereotyped career paths. There is so much to learn about the role of the CEO and how the YMCA can make a difference in the local community."

Blake Cox

Young CEO 2019, YMCA Ballarat and Grampians



"Young CEOs have the opportunity to raise issues they're passionate about..."

Young people raise their voices #letstalkaboutmentalhealth

At the YMCA, we believe in the power of inspired young people! And for young people to affect change in the world, we need to provide them with opportunities for their voices to be heard and to support them in their mental and emotional health.

In 2019, we aimed to support young people in their mental health journey by hosting a regional YMCA Youth Summit. Held in Ballarat in April, this Summit involved 40 young people who came together to talk about their mental health experience, and how related services for young people in regional areas of Victoria could be improved.

The breadth of language that young people used to describe mental health and associated illnesses was remarkable, as was the depth of their understanding of the continuum of mental health. One young participant described that “if you’re always happy there is nothing to learn, but if you’re always sad then there is nothing”. There was some incredible empathy and understanding of what it was like to live with a mental illness, through descriptions such as “it’s like being colour blind, and being constantly told how colourful the world is”.

Young people shared the need to talk about mental health more, especially the value in hearing difficult stories based on lived experience and recovery. It was identified that often they were given the tools in school to “be happy” and undertake self-care, but that there is limited information available about what to do when they are experiencing a mental health issue or are struggling. They asked that conversations should not “just keep focussing on how to be happy” but that the “hard stuff” is discussed in more depth as well.

During the solutions driven discussions, participants suggested mental health services needed to be more local and accessible. They believed that by increasing the number of services and improving the accessibility and visibility of these, and through locating them in places like shopping centres, libraries and schools, some of the stigma around mental health would be reduced. Additionally, these changes would assist in overcoming other barriers such as limited resources, cost and transport.

“It’s ok to feel things, it’s ok to seek help, and it’s ok to not be ok.”
 2019 Youth Summit participant

25 ↑
75% of mental health problems emerge before the age of **25 years**
 (Black Dog Institute)

100% of young people at the Summit said that mental health was important to them

7 out of 10 participants had experienced anxiety

63% of young people at the Summit said that they were happy but understand mental health is a continuum

25% of young people aged 15-19 experience mental illness
 (Black Dog Institute)



“I feel like it’s a lot of money to be able to talk to someone and some people just go without and have to suffer silently. I think I’d put money into making sure everybody has an opportunity to be heard.”

Emily, Year 8
 Youth Summit participant



Cranking it up

The ReCranked bike recycling program has been operating since 2013 and every year sees a very real impact on the lives of those involved.

Taking old, unwanted or unused bikes and refurbishing them for new owners, the program works with all the major support agencies in Ballarat, as well as primary, secondary and tertiary schools, and employment and emergency support agencies.

Every Friday after school for the last two years, no matter what the weather, Nathan, now aged 17, has arrived at the ReCranked shed to lend a hand, assisting with converting old unwanted sets of wheels to fully functioning bikes. Through his time at the shed and a range of projects, he has developed a diverse skill set. Nathan also used his creativity to engineer a special wooden sign for the shed using pyrography, with the help of his teachers at Ballarat Specialist School. Overcoming some day-to-day challenges, Nathan brings initiative and positivity to each ReCranked shift and was proud to be a nominee for the City of Ballarat's Challenge and Change Youth Award.

For many, having a bike can also change multiple aspects of their daily lives. In early 2019, the ReCranked Program was approached by a young person, who had moved from Africa and was facing numerous transport challenges. He hoped to become self-sufficient and manage his travel between secondary school, his part time job and most importantly, soccer training.

Supplied with a bike appropriate for his tall frame, he was delighted and profuse with his thanks. He was now able to attend all his obligations, including all scheduled soccer training sessions every week, which had previously not been possible. The bike had made a huge difference to both his and his family's lives and as a result he was fitter and was thrilled to now be playing with his soccer club's first team.



287
bikes repaired
during the year



216
bikes rehomed
locally and also
overseas

"I like fixing bikes and it makes me feel good knowing that they are going to people who don't have one and don't have the money to buy one. I like learning about bikes and how to fix them. I've learnt how to mend punctures properly, how to get rusty chains working again and how gears work. I also really enjoy spending time with the other people at ReCranked."

Nathan

ReCranked participant

Investing in the early years

YMCA managed kindergartens received significant funding to enhance programs, improve access and upgrade facilities across the state. With 34 successful applications during the year, our kindergartens received over \$850,000 of funding from a number of grant categories including equipment, buildings and playgrounds, information technology and infrastructure; including expansion and refurbishment.

Program grants funded by the Department of Education and Training support inclusion and access for children of all abilities to participate, thrive, learn and develop in our kindergartens.

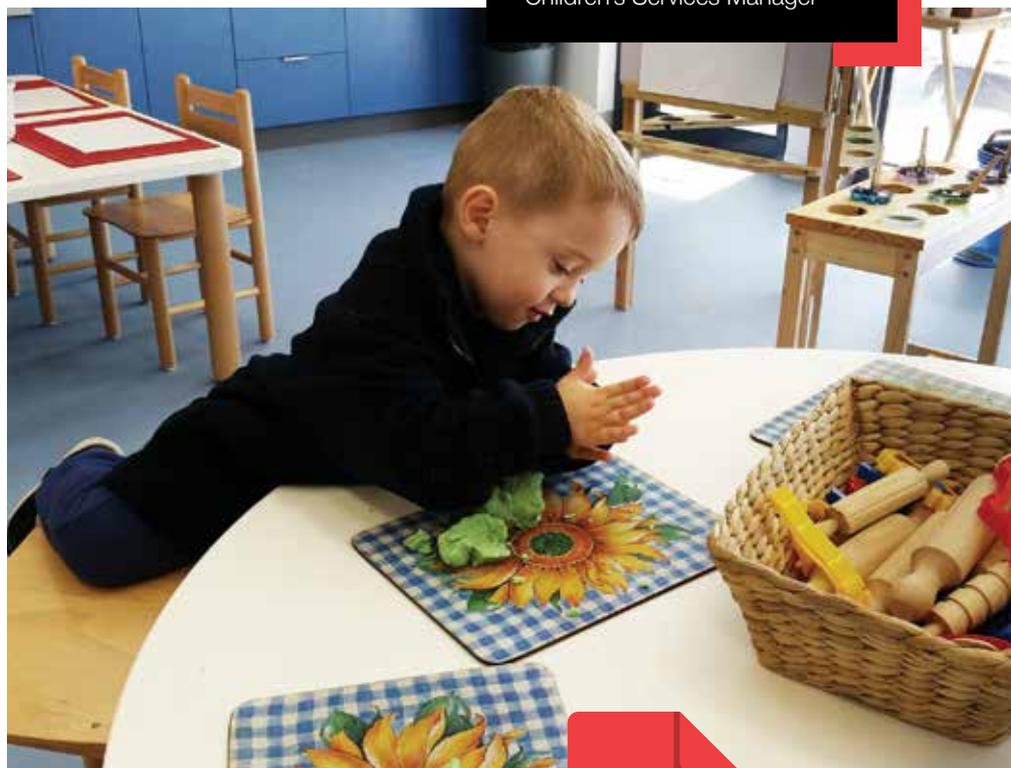
The information technology and infrastructure grants will assist to provide high quality early years programs through state-of-the-art technology and buildings to ensure families can continue to access great local kindergartens.

“The Inclusive Kindergarten Facility Upgrade grants have meant that we have been able to develop a high quality outdoor learning environment and provide essential resources at many kindergartens enhancing inclusion for all children.”

Nancy Drever
Children’s Services Manager



Harriet Shing, MP, Eastern Victoria at Warragul Community Preschool



“When you invest in the early years and in outdoor play spaces we have little ones connected into their environment, exploring their creativity and sense of play and building their socialisation skills by adventuring together.”

Jordan Crugnale
Member for Bass, Victoria

\$850,000
in grant funding

34 grants

Long lasting benefits

The Victorian Government has announced it will be investing \$5 billion over ten years to enable every child in the State to have access to two valuable years of kindergarten. YMCA managed kindergartens in the Buloke, South Gippsland and Northern Grampians shires will be amongst the first local government areas to participate in the roll-out, providing three-year-old children with 15 hours of subsidised kindergarten.

Children's learning and development will be supported with the investment, with research showing the benefits will last into the school years and beyond.

Participating in two years of kindergarten will lead to more positive effects on children's development and have even greater benefits for children who require additional support or are in vulnerable circumstances.

The YMCA is excited to be part of this fantastic initiative, which will be implemented in all of our 50 managed kindergartens, helping improve children's health and wellbeing and the development of strong social skills, independence and confidence and a lifelong love of learning.



1,082,624
hours of Early Years
education for children
during the year

2,252
children enrolled
in programs



50 YMCA Kindergartens
**across
the State**
Mildura to Mallacoota

"Both Australian and international research shows that the single most impactful reform we can make to our education system is to expand kinder to three-year-olds."

Jenny Mikakos
Minister for Early Childhood
Education (2018)

Healthy children, happy future



YMCA kindergartens in Warragul and South Castlemaine have made a healthy move, introducing initiatives and activities to ensure they continue to provide young children with the very best start to life. Both kindergartens have achieved accreditation as part of the Achievement Program for healthy eating, active play, sun protection, mental health, safe environments and drug and alcohol use.

The Achievement Program is a State Government initiative that aims to improve the health of all schools, workplaces and kindergartens across the state and we congratulate our kindergartens on achieving accreditation across all areas as it is no small feat! Some initiatives introduced for the program have included the kindergartens organising dentists to visit, teaching young children how to brush their teeth, finding creative alternatives to chocolate drives for fundraising and encouraging 'walk to kinder' days.

YMCA Early Years Management is currently working towards having all of its 50 kindergartens registered for this important healthy program.



39
YMCA Kindergartens participating in the Achievement Program



2
Centres awarded full accreditation



20
achieved the Smiles 4 Miles Award



"Working one benchmark at a time, we seamlessly incorporated healthy living into our program and made it a daily part of our curriculum and philosophy. It is not an extra thing we do; it is just part of who and what we are as a kinder community."

Amber Smolak

Teacher at South Castlemaine Kindergarten

Good sports

“It’s so incredibly rewarding to see children fully engaged in learning new skills, stretching out their muscles and coming away from sessions empowered.”

Kylie Mookhoek
Ballarat OSHC Coordinator



YMCA Outside School Hours Care (OSHC) programs are offered at 10 locations across Ballarat, Bacchus Marsh, Stawell, Portland and Ararat and assist local families with care and provide fun, engaging activities for children around school hours.

The venues plan for and deliver programs focussed on the developing mind, body and spirit, by providing a healthy balance of both active and leisure based experiences.

Four times a year at the Holiday Program, a range of sports are on offer, often presenting an opportunity for children to try a new activity outside their usual experience. At Ballarat venues during winter, local karate masters hosted popular workshops with children.

At the services in the Grampians, term time has seen an enthusiastic response to the special sports clinics scheduled, which feature activities such as basketball and lacrosse.

OSHC Educators noted that children who were normally shy, participated with gusto, and that children who sometimes struggled to focus for long periods remained engaged in such activities. Children demonstrated increasing skill levels accompanied by higher levels of confidence – all while having fun!



3,224

children enrolled in OSHC programs



47,232

attendances at term programs



5,772

days of holiday care provided

“I love coming to OSHC after school because we have people come in and show us how to play football, soccer and lots of other stuff.”

Lachie, age 11

“I really like before school care at OSHC because we go outside nice and early to play sports, games and do bootcamp. It’s great being active as the sun comes up!”

Dom, age 9

A PLACE in the community

2018 saw the YMCA and Portland Leisure and Aquatic Centre (PLACE) celebrate 25 years of providing recreation and leisure facilities for the local community. The Centre has the highest visitation of any public facility in the Glenelg Shire, receiving over 100,000 visits every year.

During a day of celebration to mark this significant milestone, free activities and classes proved popular with the 350 people who attended the event. Members from the original fundraising committee, former Board Members, and current and past patrons all came together to reflect on the important role of the Centre within the community, the connections made and memorable activities over the years.

Joy Davis, who was Mayor at the time of the Centre build, and who still swims every day at PLACE, cut a celebratory cake. A display of photos, newspaper articles and memorabilia caught the attention of all present.

Over the last quarter of a century, the Centre has aimed to cater for all ages, life stages and levels of fitness of those in the local community. Today, many programs are offered for children including swimming lessons, school holiday activities, birthday parties and school swimming programs. Older adults are encouraged to be independent and active through over 50's programs such as the long running Mermaids aquatic sessions, Upright & Active and the Movement & Stretch classes.

PLACE also partners with local government, health providers and community groups to deliver a cancer carers program, a multi-cultural learn to swim program and enthusiastically supports many national awareness weeks and days of significance including Active April, Diabetes Week, Men's Health Week and numerous others.

The YMCA is extremely proud of the diverse range of community programs and activities that continue to be delivered at PLACE and throughout the Portland community.



"It's been a real honour for the YMCA to serve the Portland community for the last 25 years and be able to contribute to the health and wellness of the region."

Kerri Jennings
Manager, Portland Leisure and Aquatic Centre



Over 110,000
visits to our recreation facilities in Portland, Timboon and Camperdown.

 **50** group fitness classes every week attracting 2,400 attendances each month

 **400** children learning how to swim each week



Summer community hubs

Our 14 managed outdoor pools continued to thrive during the 2018/19 season with community attendance numbers increasing and engagement at a high with a variety of programs and activities running throughout the summer.

The pools are supported by a huge number of volunteers who run the Pool Committees and Friends of the Pool groups. Their hard work is invaluable in contributing to the redevelopment of ageing facilities to ensure they are still at the heart of the community in the years to come.

The 2018/19 season witnessed close to 80,000 visits with over 6,000 swimming lesson attendances, once again providing the vital opportunity for everyone to learn to swim.

The YMCA looks forward to managing the Corangamite Shire Outdoor Pools, Pyrenees Shire Outdoor Pools, Moyne Shire's Mortlake and Macarthur Outdoor Pools, and the Glenelg Shire's Outdoor Pools again this season.



78,209
visits to 14 Outdoor
Pools during the
2018-19 season



Over 1,000
visitors to the Rainbow Serpent
Festival enjoyed cooling off at
Beaufort Outdoor Pool



100
staff employed – ensuring
a safe and enjoyable
summer at our pools





“Active April is a great opportunity to highlight the importance of getting moving every day! It was fantastic to see the local Delacombe community and also YMCA staff participate in the diverse program of activities we put together designed to help them get their 30 minutes every day.”

Georgia Savage
Healthy Living Coordinator

Getting active during April



YMCA is a key supporter of the State Government initiative, Premier's Active April, which encourages Victorians to move for 30 minutes a day. In Ballarat, YMCA offered a range of activities at Doug Dean Stadium in Delacombe to provide opportunities for the local community to be active.

This year, we had a calendar full of interesting activities for people of all ages including a NetSetGO Netball Clinic for children, TeenSkate for young people, a regular walking group and a Silver Sneakers Fitness Class for older adults. Overall, 333 people participated in our activities during the month.

A local Active April team was based in Delacombe, who recorded more than 800 hours of activity! YMCA also organised a staff team – the YMCA All Stars – consisting of 23 staff members and volunteers across the state who participated and clocked over 400 hours of activity. One staff member managed 55 hours and 55 minutes of activity in April – that’s almost 2 hours every day!



Over 400 hours
of activity clocked up
by 23 staff members



333
local people got
Active in April

Location, location, location



After 8 years located at the Lyons Street building in Ballarat, the head administration office of YMCA Ballarat and Grampians moved to its new home at Barkly Square. Now housed in the former library on the site which was previously the Ballarat Secondary College, this new home ensures the office can accommodate all Ballarat staff in a location which has a long history, just like the Y, of connecting to and serving its community.

The advantages of becoming a tenant at Barkly Square were immediate for the Y, with other spaces in the building also home to community focused organisations, creating collaborative opportunities and providing a vibrant centralised hub for local people to access a variety of services and organisations.

YMCA Ballarat and Grampians is excited to start this new chapter in our history and to establish a central base from where we can provide support to communities with passion and purpose and to help create inspired young people now and well into the future.

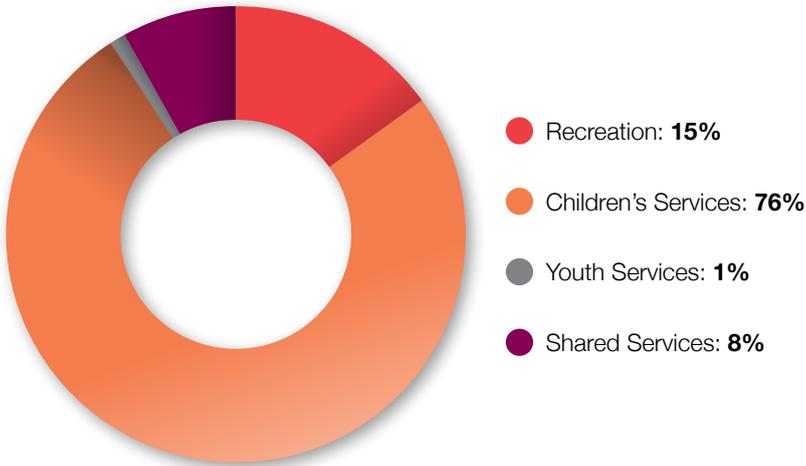
Shiny and new

During the last 12 months we also saw a number of our early years services relocate to new, upgraded premises. Birchip Early Learning Centre moved into a stunning new centre and term two saw Robinvale Preschool settling into a brand new purpose built early learning facility co-located with the local P-12 school. Although still in the same location, Lakes Entrance Preschool and Thorpdale & District Kindergarten had significant upgrades to their centres making them feel like new!



Financials

WHERE THE MONEY COMES FROM



Our Board

- **Keryn Crebbin** (President)
- **Colin Thompson** (Vice President)
- **Peter Angel** (Treasurer)
- **Daniel Anderson**
- **Michael Bailey**
- **Peter Harrison**
- **Alan Morton**
- **Sarah Pope**
- **John Stewart**

Judith Coull's lasting legacy



In February this year, the Y sadly farewelled Life Member and passionate community advocate, Judith Coull. Judith joined the YMCA Board in 1994, bringing with her a wealth of experience in local government, corporate governance and committee membership.

As well as being a trained registered nurse, Judith served as a Councillor in the Shire of Buninyong for 15 years and was their first female president, serving in that role for two consecutive years. She served on the Board for Central Highlands Water for many years and also served as their deputy chairperson for 8 years. Judith was also a fellow of the Australian Institute of Company Directors and she brought her vast knowledge of management, governance, financial expertise as well as over 30 years' experience in the water sector to many community committees and organisations over her career, of which, the YMCA was honoured to be one.

Giving back to communities seemed to come naturally to Judith as she worked to make changes to state government acts of parliament and was involved in establishing a linkages committee with the City of Ballarat with the aim of helping people to age in their own homes with the support of home care services. She was Chairperson of the Community Action for Youth for 8 years and also a member of the Regional Board for Planning and Economic Development, the Training and Employment Group and the Ballarat University College Council and was also on the committee for the upgrade of the Llanberis Athletic Track.

Judith was a member of Zonta International, an organisation committed to the empowerment of women through service and advocacy and she was passionate about supporting the advancement of women in business believing that ensuring “we nurture our young women as they take on leadership responsibilities” contributed immensely to helping them reach their full potential.

Also close to Judith's heart was the provision of health programs and swimming lessons to all children in the community, especially to those who might not have been able to afford them otherwise. After being part of the Project Orca Committee to help secure company denotations for a new aquatic centre in Gilles Street, Judith joined the YMCA Board of Directors in 1994 and stayed on until 2018 serving as president from 2007 – 2010.

Judith's voluntary contributions of powerful knowledge and valuable time to the Y over 24 years made a lasting impact on the organisation and she was welcomed as a Life member in October 2017. In her induction interview, Judith noted that she “saw the challenges for the future of YMCA Ballarat and Grampians as retaining the capacity to provide programs that support youth and families with the ever increasing complexities of our community.” She also kindly stated that she “felt privileged and humbled to work within the value system of the YMCA of Honesty, Respect, Caring and Responsibility and all the people, board and staff and volunteers that honour those values.”

YMCA Ballarat and Grampians have benefitted from all of Judith's experience, dedication, savvy and tenacity in business and we are privileged, grateful and definitely humbled to have been the beneficiary of her generous involvement for so long. Vale, Judith.

Thank you

"Our incredible reach and impact spans over 1,000 kilometres in Regional Victoria..."

YMCA Ballarat and Grampians proudly acknowledges the following Government bodies, organisations and businesses that have financially supported us during the last 12 months.

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



Australian Government



CORANGAMITE SHIRE



EAST GIPPSLAND SHIRE COUNCIL



GLENELG SHIRE
Victoria's Birthplace



Mildura Rural City Council





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