

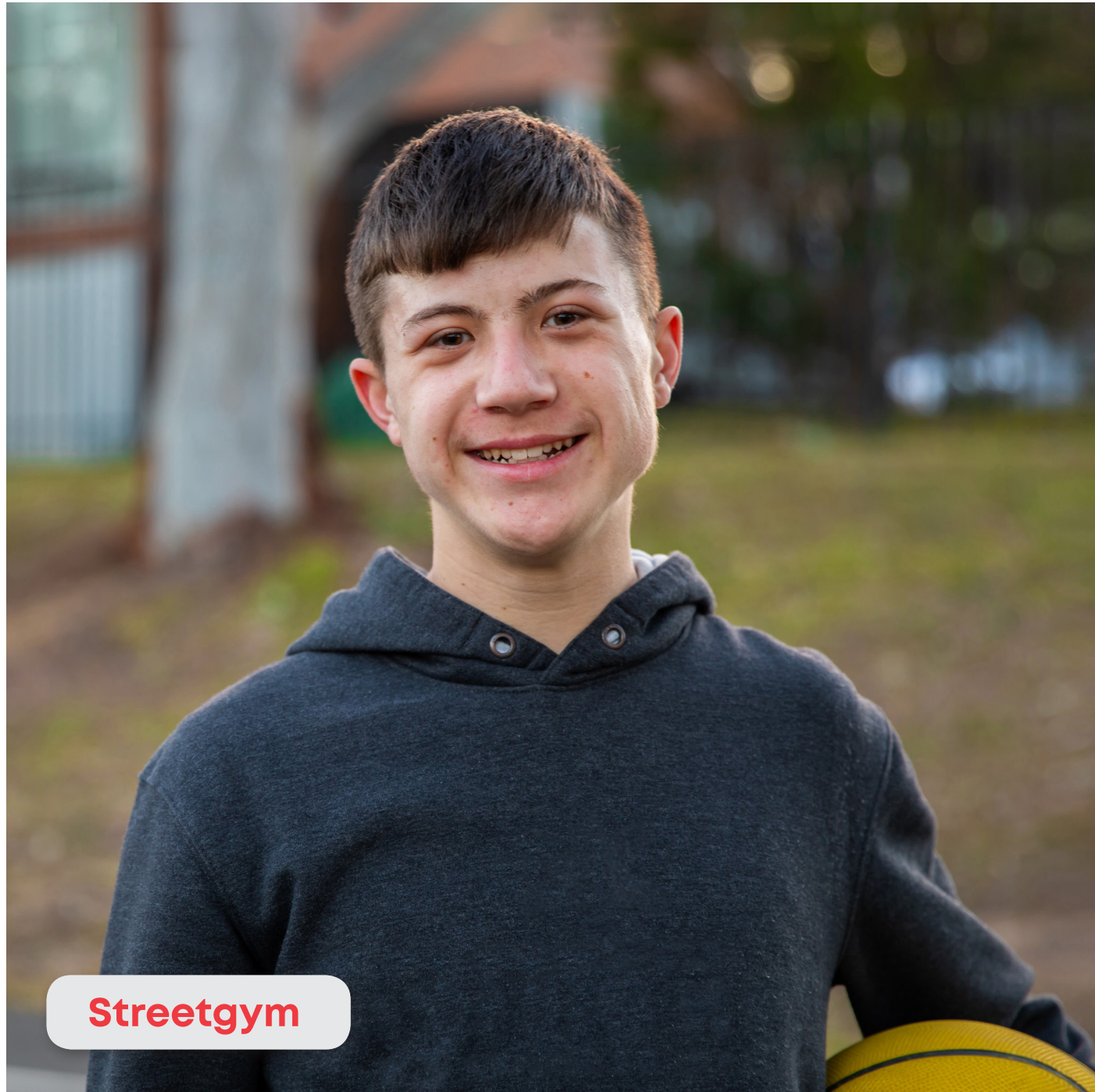


The Y NSW

Youth and Community Outcomes
Report 2019



We believe in the power of inspired young people



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Foreword

At the Y NSW we believe in the power of inspired young people. For young people to be inspired they need to be doing well physically, mentally and socially.

Our Youth Programs are designed to make a difference for young people and contribute to real social impact by focusing on supporting youth wellbeing and youth empowerment.

To ensure our programs do this, we need to measure our impact, understand how we are doing and develop strategies to improve. At Y NSW, we use the Results Based Accountability (RBA) approach to develop and measure our programs and their success.

RBA starts with the end goal and works backwards, meaning that we always have our vision at the forefront of our mind.

Our vision is that all young people have access to a safe and supportive environment to make friends, get active, and connect with other services and programs in their area.

We know that:

Only **20% of 15-24 year olds** feel able to have a say within community on important issues all or most of the time (ABS general Social Survey, 2014)

11.8% of 15-24 year olds are unemployed and seeking work (OECD, 2018)

53% of 15-24 year olds are sedentary or engaged in low levels of physical activity (ABS Australian Health Survey 2011-2012)

1 in 5 young people are experiencing a mental health condition (ABS Australian Health survey)

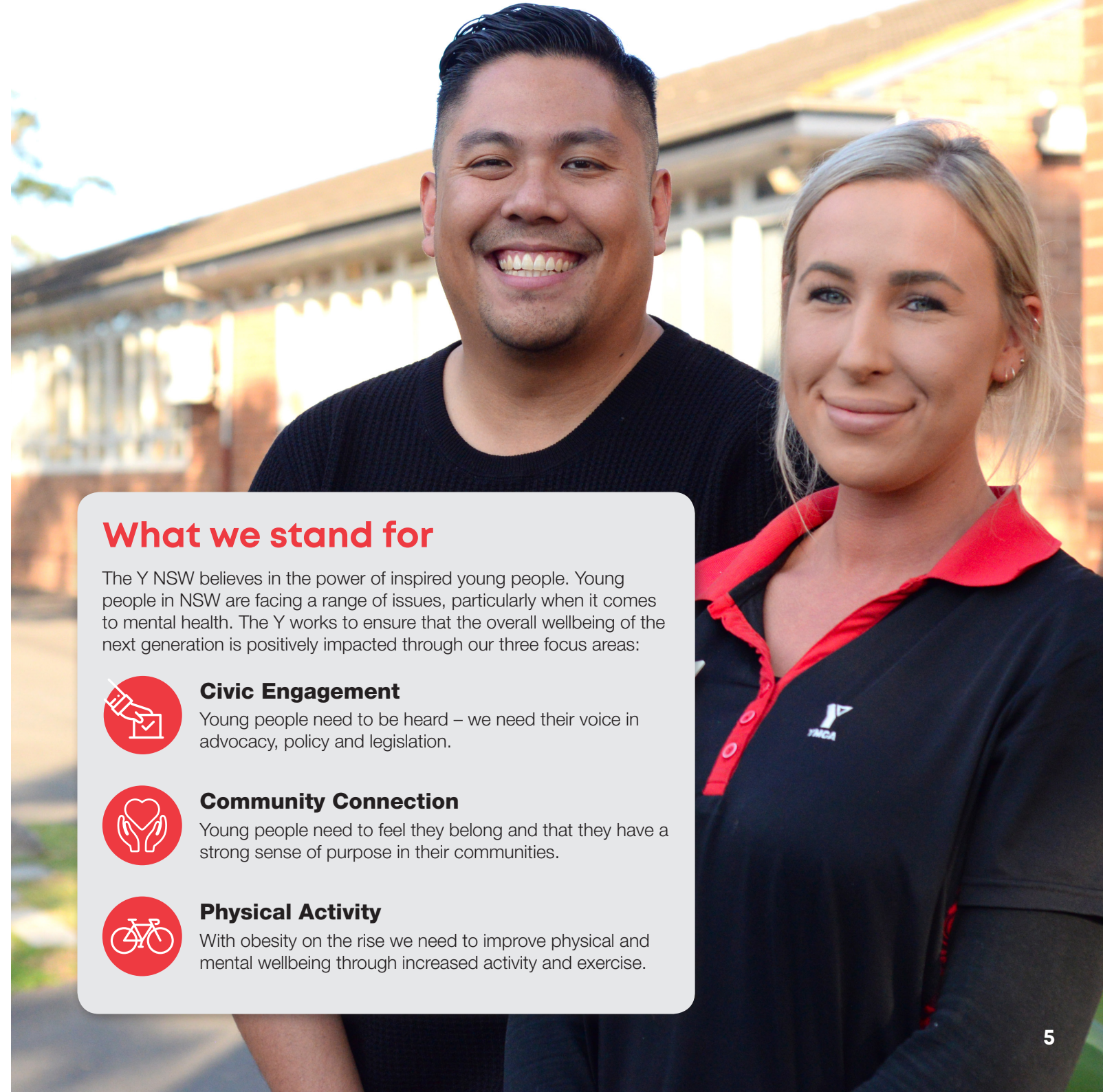
Our programs aim to address these issues and provide young people with the support they need.

The Y NSW Youth and Community team are proud of the work we have done to produce the results in this report. We have an ongoing commitment to excellence in our programs so young people can live their best lives.

Thank you Y NSW colleagues and external partners – without your willingness to collaborate these programs can't happen. You contribute to these results and we appreciate your ongoing support. Let's continue to work together with an unrelenting focus on supporting young people to thrive and have a voice because we know positive youth wellbeing contributes to a better world.

Regards,

Louisa McKay
Executive Leader Youth and Community



What we stand for

The Y NSW believes in the power of inspired young people. Young people in NSW are facing a range of issues, particularly when it comes to mental health. The Y works to ensure that the overall wellbeing of the next generation is positively impacted through our three focus areas:



Civic Engagement

Young people need to be heard – we need their voice in advocacy, policy and legislation.



Community Connection

Young people need to feel they belong and that they have a strong sense of purpose in their communities.



Physical Activity

With obesity on the rise we need to improve physical and mental wellbeing through increased activity and exercise.

United Nations Sustainable Development Goals

The Y NSW plays a key role in contributing to a number of the United Nation's sustainable development goals. The goals we strongly align with are:

Goal 1: No Poverty – End Poverty in all its forms everywhere

The Y NSW provides basic food relief during many of its youth programs, especially our Breakfast Program, Streetgym, and Uplift.



Goal 10: Reduced inequalities

The Y NSW is committed to inclusion and diversity in all that we do. Through our Reconciliation Action Plan, The Welcome Here project and the Affinity Network, as well as our work to include people with disabilities in our programs, we aim to reduce the social and economic barriers for all people in NSW to improve their wellbeing.

Goal 3: Good Health and Wellbeing – Ensure healthy lives and promote wellbeing for all at all ages

Health and wellbeing is a key priority for the Y NSW. We provide opportunities for young people to increase their health and wellbeing through advocacy and through participation our community programs such as Uplift, Streetgym, Youth Parliament and our Breakfast Programs.

Goal 17: Partnerships

We cannot have a meaningful impact if we work alone. The Y NSW aims to partner with like-minded organisations to add value to our programs and ensure we are serving the true needs of our communities.



Y Spaces

Y Spaces are the cornerstone of our Youth Programs. A Y Space is not necessarily a fixed location – it can be anywhere and everywhere – at a hall, a park or at a Y recreation centre. What is important is the fact that young people will always be welcomed and feel a sense of belonging at a Y Space. They will be safe and encouraged.





YOUNG LEADERS TEAMS

A group of young people who meet regularly to elevate the voices of young people, and plan events and activities for their local community.

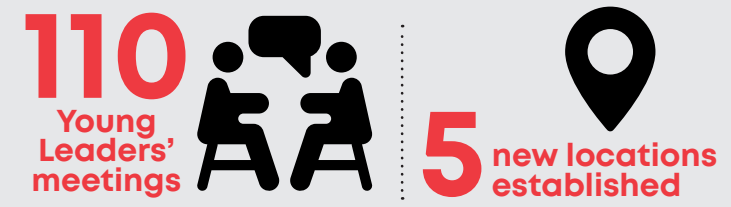
Our Young Leaders teams create a unique environment for young people to have their voice heard and influence their communities. They equip young people with the leadership skills and confidence to truly be leaders within their communities. The first Young Leaders team was established in Taree in 2018, partnering with MidCoast Council and Rotary. Since this time we have established five more young leader's teams in NSW. Young Leaders teams are currently present in six locations – Broken Hill, Taree, Hawkesbury, Mount Annan, Penrith, and Parramatta

Our Young Leaders have delivered a number of successful community events, such as the NAIDOC Indigenous fashion show and Live N loud events in Taree, and the Youth Multicultural Festival in Mount Annan. Our Broken Hill team have developed an environmental project and supported the launch of the Broken Hill Integrated Wellness Centre, and our Hawkesbury team were involved in an Aboriginal art project. All of these events and initiatives were driven by young people in Young Leader's teams, from seeking funding and sponsorships to event planning and management, and the actual running of the event, program or initiative.

Young people have said that the best part of the program is that they feel heard, and able to make a difference in their communities. Our most successful groups have strong and active partnerships. Going forward our teams will engage more community partners, such as councils, other non-government organisations and community groups to build and grow the groups.



OVER THE LAST 12 MONTHS THERE HAVE BEEN:



OUR YOUNG LEADERS TOLD US:



OUR NEXT STEPS:

- Engage more partners in the delivery of the program.
- Recruit more young people.
- Secure more funding to run more youth led events.
- Explore collaboration and networking between Young Leader's teams in other areas.

FUNDING PARTNERS:

Family and Community Services NSW (FACS)
Youth Opportunities NSW (Taree)
Camden Council (Mount Annan)

COMMUNITY PARTNERS:

MidCoast Council
Manning Youth Mental Health Team
Taree High School
Chatham High Schools
Manning Valley Neighborhood Support Services
Rotary Taree
Taree Tornadoes Basketball
Camden Council
Headspace Campbelltown,
Traxside Youth Health Service
Wesley Mission
Platform Youth Services
Sydney Story Factory
Information Cultural Exchange
City of Parramatta

“

THROUGH THIS PROGRAM I HAVE LEARNT THE **VALUE OF COMMUNITY WORK**, I HAVE GAINED **QUALIFICATIONS**, I HAVE EXPANDED MY **LEADERSHIP SKILLS**, THAT I CAN EXPRESS MY CONCERNS **FREELY** AND THAT I AM ABLE TO DO IT WITH **CONFIDENCE**.

”

JOANNA, 17
MOUNT ANNAN YOUNG LEADER'S TEAM





NAIDOC Fashion Show 2019

Young Leaders Team Case Study

2019 NAIDOC Indigenous Fashion Show – Young Leaders Taree

- 11 Junior models age 4-12yrs
- 25 Youth models ages 13-22yrs
- 12 young volunteers and 180 hours provided
- \$3,500 raised for Youth programs
- 18 Community sponsors
- 200 Attendees

The Annual NAIDOC fashion show is driven by young people in Young Leader's teams. It provides a unique opportunity for young people to experience event planning, public speaking, promotion, fundraising and serving skills. Important relationships are built with local service organisations and businesses and it brings together Indigenous and Non-Indigenous community members for a common purpose.

Most significantly, the event is a major confidence boost for young people who participate as models. Throughout the week of training the participants, many from vulnerable backgrounds, begin to walk taller and hold their heads higher. The genuine excitement, comradery and pride that builds through the lead-up and on the night of the event is a testament to the value for young people.





STREETGYM

A youth outreach program giving young people an opportunity to be active and connect in a safe and comfortable local environment.

STREET
GYM

Our Streetgym program brings the gym to the streets, giving young people aged 12-18 the opportunity to engage in active activities in their own neighbourhood at no cost to them. Streetgym provides access to qualified youth workers and a free healthy afternoon tea, alongside structured physical activity. It helps young people develop their confidence, leadership and social skills, and ensures they feel safe and are as connected as possible to their communities, their peers, and the other services around them.

Streetgym began in 2017 in Telopea, a disadvantaged community in Parramatta. This program proved to be a huge success, achieving great results for participants who felt safer and more connected to each other. It was also instrumental in bringing the other community organisations in the area together. Based on this success, the Y was able to expand the program into Constitution Hill and Mount Annan. Streetgym is also running at Hawkesbury Stadium.

This program has been well attended, and we noted that during a time of increased participation we saw decreases in the number of young people identifying that they had learned something about health and wellbeing. Our focus going forward will be on how to intentionally deliver on this outcome, starting with recruiting more volunteers and a larger casual pool of youth workers.



OVER THE LAST 12 MONTHS THERE HAVE BEEN:

605
participations



2
new locations
established



44
Streetgym
sessions



11
community
partners



OF THOSE SURVEYED IN 2019:

67%
learned something new
about health and wellbeing



92%
learned new skills



64%
of young people participating
in parks, said they felt safer as
a result of Streetgym *participants who
were not in parks were excluded from this question



OUR NEXT STEPS:

- Focus on the recruitment and training of new volunteers for all areas.
- Incorporate new sports and activities into daily programming.
- Use the healthy meal component of the program to more intentionally give young people new information about health and wellbeing.

FUNDING PARTNERS:

FACS Youth Opportunities

Community Safety Fund – NSW Government

Camden Council

COMMUNITY PARTNERS:

Traxside Youth Services

Ladder

Mount Annan High School

Bligh Park Community Services

Platform youth services

City of Parramatta

Parramatta Active Van

Dundas Area Neighborhood Centre

Hume housing

Granville Police

Funded by:

FACS (Youth Opportunities)

Community Safety Fund – NSW Government

NORMALLY I'D BE
AT HOME PLAYING
THE XBOX OR
SOMETHING, NOW
I'M **SOCIALISING**
MORE, **TALKING** TO
PEOPLE I WOULDN'T
USUALLY TALK TO. I'M
USED TO **PLAYING**
WITH PEOPLE MY
AGE AND NOW I'M
ALSO PLAYING WITH
PEOPLE YOUNGER
AND OLDER,
SOCIALISING **BETTER.**

RETAV, 17

MOUNT ANNAN STREETGYM AND YOUNG
LEADERS TEAM



Streetgym in action



YMCA UPLIFT

An 8-week active wellness program, working with young people in supportive groups to enhance their mental wellbeing.

YMCA Uplift is an 8-week active wellness program for young people aged 12-25 who are experiencing mental health or life challenges. This program is founded on the wealth of evidence that supports the positive impact that exercise can have on mental wellbeing and self-esteem. During the program we work with participants for at least 1.5 hours per week, providing a qualified fitness instructor, and a youth worker for additional support and referrals. We assist participants to enhance their physical and mental wellbeing, while increasing their skills and knowledge around the benefits of exercise, exercising safely, nutrition, and meditation and mindfulness.

Uplift was first launched in November 2018 in Penrith, expanding to Taree in April 2019. We have seen some amazing results since then, with many learnings along the way. We have learnt that it is essential to have two workers facilitating Uplift – a qualified youth worker and a fitness instructor who has a strong commitment to the program and young people. We also learnt that limiting the number of participants allows for greater engagement and learning.

We understand from feedback that the time and space we provide after the program for social interaction is a valuable part of the program, and one we will continue to prioritize. The high number of Uplift participants who go on to become Y NSW members indicates they have developed a sense of belonging and want to continue beyond the 8-week time frame. We intend to explore other ways we can encourage young people to stay connected to the Y after completing the program.

Lastly, we have realized the development of key partnerships is essential and could be utilised not only to support youth engagement but to enhance the quality of the program.

SINCE NOVEMBER 2018, WE HAVE HAD:

 **141**
participants

 **81**
young people
completed the
program

60
Uplift sessions

OF THOSE WHO HAVE COMPLETED THE PROGRAM:

74%
felt as though Uplift
Improved their
mental health

92%
felt the program
improved their
physical fitness

90%
made new positive
connections in this
program

53%
have continued
to engage with
the Y

92%
learned about the
benefits of exercise

97%
reported
learning more
about how to
exercise safely

OUR NEXT STEPS:

- Set a limit to the number of young people attending each session.
- Ensure a debrief is offered every week.
- Explore new ways the alumni groups can stay connected to the Y.
- Seek out partners who will support the delivery of the program.

FUNDING PARTNERS:

Bendigo Bank
FACS Youth Opportunities

COMMUNITY PARTNERS:

HNE Youth Mental Health
Chatham High School
Taree high School
BreakThru
Platform Youth Services
Headspace Penrith



“ WE HAVE REFERRED SEVERAL **YOUNG PEOPLE** TO UPLIFT. THE YOUTH WORKERS THERE WERE **EXTREMELY ENGAGING** AND QUICKLY BUILT A RAPPORT WITH THE YOUNG PEOPLE TO **ENSURE** THEY KEPT COMING BACK. MANY OF OUR YOUNG PEOPLE EXPERIENCED PHYSICAL **BENEFITS** AND MADE BIG CHANGES TO **IMPROVE** THEIR DIET BASED ON DISCUSSIONS THEY'D HAD IN THE DEBRIEF TIME AFTER THE UPLIFT SESSIONS.

HANNAH
YOUTH TRANSITIONS – SCHOOLS
INDUSTRY PARTNERSHIP

”

“ **Isabella's Uplift Journey**

Why did you start participating in this program?

I started participating in this program when I was being affected by a lot of change in my life. I was recently graduated and nervously waiting for my university course to start while attempting to balance a 9-5 job. I was desperately seeking something that was beneficial to my physical and emotional health, but also allowed me a space to communicate with other people in my age group.

How is the program making an impact on your life?

Mentally, emotionally, physically and socially this program has made an immense positive impact on my life. My sleep schedule and eating habits have improved, physically I'm healthier and I feel better about myself, my appearance and the way I have structured my weeks around this program. This program enables me to socialise with new and old friends each week and have positive interactions.



ISABELLA 18
PENRITH UPLIFT

”



BREAKFAST PROGRAM

An opportunity for young people to connect with friends, share a meal and have a healthy start to the day.

Our Y Breakfast Program provides a healthy breakfast for students who may otherwise arrive at school hungry. It also contributes to the wellbeing of young people by supporting them to connect with friends, learn about services and engage in physical activities before school. Our Breakfast Program is well attended and is delivered in areas of low socio-economic status.

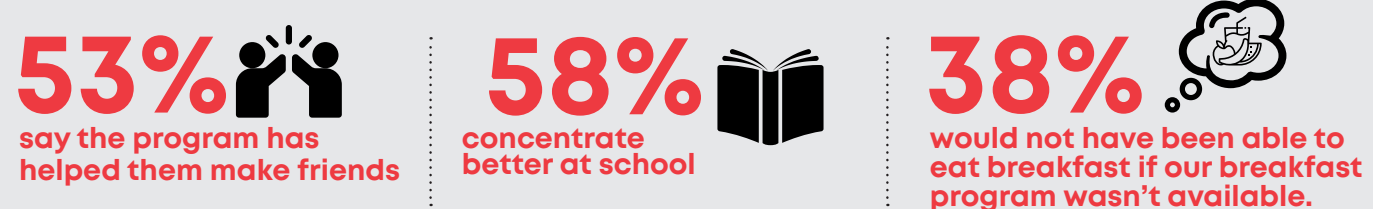
The program runs in Cooma, Lake haven and Taree, with our Taree and Cooma programs having been established over the last 12 months, following the success of the Lake Haven program for the past 10 years. Importantly, the Taree and Cooma programs have been using a partnership model that provides young people with opportunities to meet youth and mental health workers from their local community. The partnership model has been so successful that we are working toward including this element into our Lake Haven program.

The Lakehaven and Taree programs also encourage sport and physical activity by providing the opportunity for young people to participate in 30 minutes of light, non-competitive exercise before breakfast.

SINCE NOVEMBER 2018, WE HAVE HAD:



OF THOSE WHO HAVE COMPLETED THE PROGRAM:



OUR NEXT STEPS:

- Build partnerships with more youth and community services.
- Look at providing young people with opportunities to volunteer at the Breakfast Program.
- Start to measure the links young people are making with their local services.
- Look at how we can further improve the pathway of young people into accessing other Y Youth programs.

FUNDING PARTNERS:

FACS NSW
Snowy Monaro Regional Council
Youth Opportunities NSW

COMMUNITY PARTNERS:

| | |
|------------------------|-----------------------|
| Mission Australia | Taree High School |
| Cooma Ex Services Club | Central Coast Council |
| Headspace | Kelloggs |
| Monaro High School | |



THE Y NSW YOUTH PARLIAMENT

Y NSW Youth Parliament is an empowerment and advocacy program that provides a platform for young people to have their voices heard through legislative debate and decision making.

Our highly successful Youth Parliament program is aimed at young people in years 10, 11 and 12 throughout the state. It highlights the power of young people speaking on issues that are important to them through legislative debate. Each and every participant is provided with leadership opportunities that encourage them to learn and connect with other likeminded individuals. Experiences in parliamentary education, community engagement, confidence building and teamwork assist participants to develop their skills.

The results of this year's Youth Parliament program were overwhelmingly positive. In 2019, more than 60 per cent of the participants were new to the program, with increased diversity amongst the participant body. A number of participants stated that the program had a powerful and positive impact on them. We also saw an increase in Volunteer taskforce members by 12 per cent from 2018, reflecting positive changes to the educational aspect of the program and the team culture.

IN 2019:

77
youth
parliamentarians



24
young taskforce
volunteers



11
Bills passed, and youth legislation
handed to NSW Government



OF THOSE WHO HAVE COMPLETED THE PROGRAM:

97%
felt more empowered
to advocate issues in
their local community



96%
feel confident
within themselves
to have a say



98%
of the Volunteer
taskforce feel they have
enhanced their personal
leadership skills



OUR NEXT STEPS:

- Continue to increase representation and diversity amongst participants with a greater focus on electorate representation and MP nominations.
- Continue to further develop post-program engagement.
- Increase participant feedback post camp, to ensure data is accurately reflected.
- Develop and maintain relationships with Members of Parliament.

PARTNERS:

NSW Parliament House
NSW Government House
Members of Parliament

Zoe's Youth Parliament experience

How has the program made an impact on your life?

Youth parliament definitely improved my confidence, both as a speaker and in day to day life. At the beginning of the residential camp I was too nervous to speak at all in parliament, however by the end I managed to speak completely off the cuff in open floor debates, thanks to the encouragement and supportive atmosphere created by the YP participants and taskies. The program also enabled me to meet a wide range of amazing young people, which has given me greater perspective on leadership and insights into other world views. I feel that the experiences I had at youth parliament have made me a better leader, and I am very grateful to have had this opportunity.

What have you learnt through participating in this program?

Through participating in the youth parliament program, I learnt how to write a formal parliamentary bill to develop a solution to a state problem, and also improved my ability in public speaking and debating. Along with the other participants, I also gained a better understanding of parliamentary proceedings in a fun and practical setting, and got to better my skills in team work by engaging with a small committee of like-minded students to create our bill.



ZOE, 18



Our Youth Parliamentarians 2019



Y Space Cooma Case Study

Combat Your Emotions

In March 2019 Y Space Cooma kicked off the Combat Your Emotions program. This was a trial project for young males aged 12-15 who school and parents had noted were experiencing some difficulties in dealing with their emotions.

The program explains the benefits of training, from endorphin release to improving mental stability through physical training. It demonstrated how training can help you become a healthier version of yourself, both mentally and physically.

Seven of the nine young males who began the six-week program, completed it – a 77 per cent completion rate.

All of the young males enjoyed participating in the program and learnt something new about fitness & their own physical wellbeing, with 85 per cent feeling that their physical wellbeing improved.

Parents were happy that their kids were involved in a structured program that was different to the usual football, cricket etc. The free program also gave the opportunity to get active to some who normally wouldn't be involved in sport due to the cost.

One parent commented that it was good opportunity for her son to meet new friends, as he'd just recently transferred into the local high school and was having some difficulty in adjusting. Another parent commented that their son was coping better at home, as he had learnt a coping mechanism to deal with his frustrations – he went for a run and removed himself from the situation.

Y SPACE COOMA

Y Space Cooma is funded by Family and Community Services NSW and offers a range of programs as well as a general drop in service and support to young people aged 12-17 in Cooma NSW.

Y Space Cooma offers recreational activities, skill building, support and referrals to young people aged 12-24. Youth workers from The Y NSW, Snowy Monaro Regional Council and Grand Pacific Health are available to assist young people.


Y Space Cooma also supports young people with wellbeing programs, a breakfast program and school holiday activities.

This year, the number of 'drop ins' at Cooma Y Space decreased significantly, due in part to a decrease in the hours we offer our drop in service and to a change in culture among young people, with more involved in organized after school activities. We are also aware of a regular group of attendees moving away from the area. Based on feedback from young people, we will be working to revamp the look of our youth space, and program it with activities that young people in the community identify they want.

This year our school holiday programs were more popular than our drop in programs, however our numbers still decreased. One reason for this is that there was a change of scope for one of our partners. This school holidays also included more public holidays than previous years.

Our wellbeing programs offered in schools have been well received by the young people and the school staff. These have been highly successful, with 85 per cent of participants indicating that their physical wellbeing improved.


IN 2019:

 **4,515**
occasions of service
across all programs

11 
wellbeing programs
delivered across Y
Space and schools

54 
young people supported
with advocacy and referral

OF THOSE WHO HAVE VISITED Y SPACE COOMA:

87% 
have positive
connections with
others people through
Cooma Y Space

79% 
developed skills
that will help
them now and
in the future

87% 
of Community Partners say the
Y Space is having a positive
impact for young people

OUR NEXT STEPS:

- Space re-vamp to increase young people participation / attendance.
- Advertising.
- More inclusive activities based on youth feedback.

Funders:

FACS NSW

PARTNERS:

Snowy Monaro Regional Council
Mission Australia – Healthy, Happy, Minds Program
Snowy Multicultural Group



PARRAMATTA YOUTH OUTREACH PROJECT

Outreach workers engage young people in the Parramatta Library precinct and create programs based on their needs. This program is funded by Parramatta Council.

Working alongside Parramatta Library staff, Y NSW youth workers are present within the library precinct from 3-6pm each afternoon Monday-Friday. This program aims to enhance the safety and accessibility of young people using the CBD. We do this by conducting assertive outreach, and linking young people to services that meet their needs.

The Parramatta Youth Outreach project began when Library and Council staff expressed concerns about the young people in the Library precinct area, citing young parents, challenging behaviors, and alcohol and other drug use as issues with young people in the area. Y NSW successfully implemented a Young Leader's teams and as a result, have begun to run youth programs within the library based upon the needs the young people identified. These have included study groups, resume writing and job ready workshops, and creative classes. Upcoming events planned include study skills workshops, mindfulness and stress management workshops, and social events.

The team have identified some changes that needed to be made to the program delivery to suit the needs of young people, which have included changing the times of program delivery, both during the school term and during school holidays.

FROM APRIL UNTIL JULY 2019 WE SUPPORTED:

4
study
workshops



15
hours of
outreach
per week



6
people in the young
leader's team



OUR NEXT STEPS:

- Recruit more young people for the young leaders group.
- Work towards creating new programs facilitated by young leaders in Parramatta.
- Strengthen our relationship with Parramatta library.

FUNDING PARTNERS:

City of Parramatta Council

COMMUNITY PARTNERS:

Information Cultural Exchange

Sydney Story Factory





INCLUSION AND DIVERSITY

The Y NSW is committed to diversity and inclusion. This year, we have worked on three major inclusion initiatives, targeting LGBTI Australians, Aboriginal and Torres Strait Islander people, and people with disabilities.

IN 2019:

500 
centre staff trained
in LGBTIQ+ diversity
awareness

7 
inclusion
events hosted
by Y NSW

FIRST
ever Indigenous
and LGBTIQ+ Youth
Premier in the Youth
Parliament program

NDIS AND ABILITY PROGRAMS

Y NSW has lodged a re-registration application to the National Disability Insurance Scheme (NDIS) Quality and Safeguarding Commission. We are currently awaiting the registration audit. Over the last 12 months, we have been working to ensure NDIS requirements are met and that staff in Y NSW recreation centres are aware of responsibilities and standards where people attend programs through NDIS funding. Ability programs, including Gymability, Swimability, and Cheerability have been offered across various sites over the past year, and we have been undertaking a review of these to be completed in the coming year. In 2019, we conducted a pilot program in one centre, to increase the uptake of NDIS approved individual fitness and swimming programs.

NEXT STEPS

Going forward, the Y NSW aims to provide recreation centres that are inclusive across all programs and able to provide specific programs to build capacity for increased community participation and improved health and wellbeing for people with a disability.

WELCOME HERE PROJECT

Y NSW is committed to diversity and inclusion. We are engaging with staff in our services across the State to raise awareness about the importance of the #WelcomeHere Project and being visible to the members of the LGBTI+ Community.

#WelcomeHere is an ACON (Aids Council of NSW) initiative, supporting businesses across Australia to create, promote and celebrate inclusion.

Y NSW have successfully rolled out Welcome Here across eight of our recreation sites with the support of Affinity Network who have delivered face-to-face diversity training workshops to each centre team.

NEXT STEPS

We are committed to the continued rollout across each of our centres with the aim for all Y NSW recreation and children's services to be registered as Welcoming Places where LGBTIQ+ diversity is celebrated by the end 2021.

RECONCILIATION ACTION PLAN

The Y NSW is currently in the process of having our Reconciliation Action Plan (RAP) endorsed by Reconciliation Australia. In the meantime, we have been working hard to build relationships with our Nation's First Peoples, both as partners and as consumers of our services. The Y held a number of events celebrating Aboriginal and Torres Strait Islander people, including the NAIDOC fashion show in Taree, our annual Y Reconciliation week event, and our young leader's team in Hawkesbury undertaking an Aboriginal art project in Partnership with a local Aboriginal artist. For the first time in The Y's History, approximately 30 per cent of Streetgym participants in the Hawkesbury identify as Aboriginal and Torres Strait Islander Heritage, and approximately 12% of breakfast program participants on the Central coast.

NEXT STEPS

Y NSW will continue working with Reconciliation Australia to ensure that our RAP is Endorsed. We will continue to grow and build our understanding and inclusion of all people, including Aboriginal and Torres Strait Islander people into all of our workforce and services.



GIVE BACK AND MAKE AN IMPACT SUPPORT THE Y NSW

At the Y NSW, we believe in the power of inspired young people. We strive to offer young people pathways to live their best life in order to build community value, no matter their background, religion, culture, sexuality or difference.

By 'giving back' you are investing in our future by positively influencing the mental, physical and social wellbeing of the next generation.

The health and wellbeing of young people is a collective responsibility and we all have a part to play. Together, we can profoundly impact the lives of young people in ways that would be impossible to achieve alone.

As part of the largest and oldest youth organisation in the world, the Y NSW are experts in delivering programs that nurture potential, provide safe spaces, foster a sense of belonging and amplify the voices of young people.

We are constantly inspired by the young people we support – some have the motivation to strive for positive change themselves, while others need a helping hand. The fact our grass-roots programs are outcomes-based means you have the assurance your investment is changing young lives for the better.

So here are a number of ways that you can 'give back' today:

DONATE TO THE Y NSW

Your tax-deductible donation, big or small, will help us make a difference to young people in diverse communities across the state, by supporting our youth impact programs including Breakfast Club, Youth Parliament, Uplift and Streetgym.

All donations of \$2 or more are tax deductible.

You can even nominate which program you would like your donation to go to.

To make a donation visit www.ymcansw.org.au/donate/

VOLUNTEER YOUR TIME

We would welcome you to join us at the coalface of our community programs – perhaps visiting one of our camps, serving breakfast to kids before school or even putting on a pair of joggers for a game of basketball at an active wellness program.

You could even come along to one of our Young Leader Connects and deliver a session on a life skill, such as résumé writing, financial literacy, or basic human rights – we know this information is vital to help young people to get ahead in life. Please note all our volunteers are required to undergo a Working With Children Check.

To volunteer visit careers.ymcansw.org.au/

To find out more about our 'give back – make an impact' initiatives, including Corporate Partnerships, please email communications@ymcansw.org.au or call Bree Godden, Executive Leader – Corporate Affairs on 0437 789 206.

BECOME A CORPORATE PARTNER

There are many ways that values-aligned companies can come on board as a partner with the Y NSW – from financial sponsorship to in-kind support. Partnership packages are also available for individual programs.

Your corporate support will allow us to increase our impact and expand our programs to reach more young people.

We made the decision to call our Corporate Sponsorship Opportunities, Corporate Partnerships, because that's what we want, a partnership with shared values, strong collaboration and mutual benefits for both the Y and yourself. The benefits for our partners can include branding, public and media recognition, meeting your corporate social responsibility goals and knowing that you have changed a young life for the better.

PROVIDE A MEETING SPACE OR OFFICE

Offer the Y NSW complementary use of your offices/business spaces to enable young people to hold their youth program or meeting in a safe, clean, engaging and different location. You could offer it once a year or once a month – the choice is yours, but either way it will be appreciated.

SPONSOR ONE OF OUR YOUTH-LED COMMUNITY EVENTS

Many Y Young Leaders, plan, create and activate community events to enable young people to connect into and support their local area – it could be a multicultural fair day, an Indigenous fashion show or even a one-day youth wellbeing workshop. These events are youth-led and encourage inclusion from all walks of life. They usually cost between \$5,000 and \$10,000 and any contribution you make, will certainly make a difference.

OFFER EMPLOYMENT AND INTERNSHIPS

Help a young person experience a job or gain access to a career path they are passionate about. Let us know about any upcoming internships or entry level roles your company has available that a Y young person would be a good fit for.

MENTOR YOUNG PEOPLE

You could let us know about your experience and personal career path and we will reach out to our young people, particularly those on our Youth Task-force to offer mentoring opportunities to young people with similar interests.

PROVIDE A FINANCIAL CONTRIBUTION TO PURCHASE FLEXIBLE ASSETS AND EQUIPMENT

We are always looking for one-off financial contributions that could help us purchase movable assets. Assets could include storage boxes or shipping containers, which the Y can then fit-out to create Y Spaces for young people. These assets could also store items in a public location, so that young people can easily access sporting equipment and/or general school resources, such as notebooks, pens, drink bottles, if needed.





References

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Foodbank Hunger Report, 2018

ABS general Social Survey, 2014

NSW Mental Health Commission (2014). Living Well: Putting people at the centre of mental health reform in NSW. Sydney, NSW Mental Health Commission.

Thank you

FUNDERS:

Family and Community Services NSW

Camden Council

NSW Government - Community Safety Fund

Bendigo Bank

Club Grants NSW

Broken Hill City Council

City of Parramatta Council

COMMUNITY PARTNERS:

Bligh Park Community Services

BreakThru

Camden Council

Chatham High School

City of Parramatta

City of Parramatta council

Cooma Ex Services Club

Dundas Area Neighborhood Centre

Granville Police

Headspace – Parramatta, Penrith, Campbelltown, Broken Hill

HNE Youth Mental Health

Hume housing

Information Cultural Exchange

Ladder

Manning Valley Neighborhood Support Services

Manning Youth Mental Health Team

MidCoast Council

Mission Australia



Monaro High School

Mount Annan High School

Parramatta Active Van

Platform Youth Services

Rotary Taree

Snowy Monaro Regional Council

Snowy Multicultural group

Sydney Story Factory

Taree High School

Taree Tornadoes Basketball

Traxside Youth Health Service

Wesley Mission

Youth Opportunities NSW (Funders in Taree)

Central Coast Council

Broken Hill City Council

Maari Ma

Kelloggs



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