



YMCA of SYDNEY ANNUAL REPORT

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It is truly an honour to report on another successful year for the YMCA of Sydney.

2010 has seen the continued consolidation of our YMCA as one of the premier Charities serving the Communities of NSW. Another strong year of YMCA expansion has been supported by our commitment to quality programs and services. YMCA programs continue to build healthy, strong and vibrant communities ensuring community access through our Membership and Fee Assistance program and a range of specific programs supporting Youth at Risk, Disability Support, Indigenous Excellence and Rebuilding Families.

Our Board of Directors continues to bring a wealth of skills, experiences and insight to our YMCA staff and operations. The true partnership of staff and volunteers is led by our President David Mayes, a person I must acknowledge as a privilege to work alongside. To all of our Board I also on behalf of the YMCA staff and volunteers acknowledge and thank you for your personal contribution in time, talent and treasure.

Another successful year for the YMCA of Sydney is more than ever led by one key role – that of the YMCA Centre Manager. To all Centre Managers, I thank you for being the face of the YMCA in your local community.



PRESIDENT'S REPORT

Your ability to deliver YMCA programs and services underpinned by your commitment to our values of Honesty, Caring, Respect and Responsibility are the reason the YMCA succeeds today and are sought by more communities than ever. Our YMCA Centre Managers are supported by the YMCA Executive team and our committed Support Services staff – thank you all again for your work in 2010.

2010 has laid the base for our next period of planning and growth, our 2011- 2015 strategic plan. As a YMCA with a Strong and Viable base, delivering high quality programs and service we will expand our targeted programs addressing some of Sydney and Australia's greatest needs.

Our 2011 – 2015 Strategic Plan name owes half the motto to 2010 and is an applicable conclusion to the 2010 Annual Report.

YMCA of Sydney: Strong Base. Exciting Future.

CEO
Phillip Hare



CEO'S REPORT

I am pleased to present my annual report on another challenging and eventful year for the YMCA of Sydney.

A year of continued dynamic growth, 2010 saw diverse developments such as the renovation and rejuvenation of a traditional YMCA at Caringbah, the incorporation of the 100 year old YMCA at Broken Hill as part of our responsibility and the opening of the magnificent new Morris Iemma Indoor Sports Centre at Riverwood in partnership with Canterbury City Council. Additionally, we successfully extended our work in managed contracts in Cooma, Hawkesbury, the Hunter Region and a new sports complex in Ryde.

Camp Yarramundi saw the construction of new accommodation for visiting staff members, plus numerous minor site improvements and the submission of a development application for a new 90 bed accommodation building which should begin construction later this year. Similarly the long awaited upgrade of facilities at Epping YMCA received planning approval and will commence construction soon.

Sincere thanks to our board for their contributions of diverse and valuable skills and experience. Your continued enthusiasm and commitment to the YMCA is appreciated. This year, we recognised the 50th anniversary of the appointment of Mr Grahame Wheeler as a board member.

I also thank those board members who gave up their time to attend the World Council of YMCA's conference in Hong Kong, the National Conference in Bundaberg and the NAYDO conference in Los Angeles this year.

After 16 months of operating, The National Centre of Indigenous Excellence continues to provide valuable services to the Redfern community and the Aboriginal population both locally and nationally. Congratulations again to the untiring staff who continue to meet the challenges before them in making a difference for Indigenous Australians.

The YMCA of Sydney continues to expand and excel in many areas of its operation, due in no small part, to the energy, skill and expertise of our CEO Phillip Hare and his dedicated managers and staff as well as the many volunteers who form an integral and valuable partnership in delivering much needed services to our community.

The year ahead will present even more challenges as we develop and grow to become more visible in our communities. Once again I ask you all to continue to recognise the mission and goals of the YMCA, to be honest, caring, respectful and responsible as we share the journey together.

David Mayes
President



REDEVELOPMENTS

Redevelopments

- Hawkesbury Oasis
- YMCA Bankstown
- YMCA Camp Yarramundi
- YMCA Caringbah

New programs

- Brightside
- Women in the Y
- Rebuilding Families

Children's Services:

- 8 new Vacation Care/Holiday Adventures centres
- 5 new Before and After School Care Services

National Centre of Indigenous Excellence:

1,500 members since opening, with 1,000 being Aboriginal and Torres Strait Islander Australians.

YMCA Broken Hill

After 100 years of operation as a stand alone association, the YMCA Broken Hill officially became part of the YMCA of Sydney family in November 2010.

NEW CENTRES

SCHOOL & COUNCIL PARTNERS

Schools

- Prestons
- Wentworthville
- Lynwood Park
- Tomaree
- Shoal Bay
- Families of St Andrews Cathedral School
- Families of Johnson and Johnson - North Ryde and Johnson and Johnson - Ultimo.

Councils

- Broken Hill City Council

OUR NEW PEOPLE,

36,680 Members in 2010

- 14,207 Health and Fitness Members
- 11,689 Learn to Swim Members

The YMCA has an impact through annual visitation of 3,232,970 people, or 62,173 YMCA visitations per week.

MEMBERS

NEW CENTRES

Tomaree Aquatic Centre

From re-opening under YMCA management in October 2010, Tomaree Aquatic Membership grew rapidly. 162 members and 431 Learn to swim participants joined by the end of 2010.

Tilligerry Aquatic Centre

From re-opening under YMCA management in October 2010, Tilligerry Aquatic Centre grew to 80 members and 86 Learn to swim participants by the end of 2010.

STAFF & VOLUNTEERS

- 663 new staff joined the Y in 2010
- Approximately 650 people volunteered for the YMCA in 2010

FAMILIES & COMMUNITIES

City to Surf

- 165 runners participating from 8 centres.
- Event entry, transport, catering, massages, shirts and an 8 Week Training Program included in the YMCA Package.

Inaugural Charity Golf Day

- 22 teams and 88 players in attendance
- A total of \$19,000 raised for the Siblings Reconnect program

Funding Partners

- Department of Health and Ageing
- NSW Department of Sport and Recreation, Office of Communities
- Clubs NSW
- Woolworths Fresh Food Kids
- MLC Community Foundation
- NSW Community Building Partnership, Communities NSW
- NSW Department of Ageing, Disability and Home Care, Family and Community Services
- Office of Environment and Heritage, NSW
- Department of Premier and Cabinet (formerly Department of Environment, Climate Change and Water)
- Indigenous Land Corporation

EVENTS

FUNDING PARTNERS

NO LONGER ALONE

1 in 5 Australians suffer from a Mental Illness at some point in their life.

Five years after losing her job due to bi-polar, Joanne joined YMCA's Brightside program and is now taking the steps that will lead her back into the office.

Through regular physical activity with others suffering from mental illness, Joanne no longer feels like an outsider. While she is fearful that knowledge of her condition may upset the balance of her return to work, the program has given her the strength to try.

"When I tell people I have bi-polar, I am treated differently. People suddenly don't know how to act, but I have never felt like that with any of the trainers here at the YMCA. Unfortunately there is usually a stigma attached to conditions like mine and sadly we are not yet at a point where talking about it openly is without consequence."

"It is an absolute privilege for me to be involved in this program, it has done wonders for my self esteem, my confidence – it has done wonders for me."

Joanne - Brightside

In Australia, anxiety disorders are estimated to affect one in six young people and around one in 16 has depression.

Youth Parliamentarian Blake, 16, was excited about using the YMCA NSW Youth Parliament program to voice his concerns over the issues that he was passionate about. Despite relishing every opportunity to sharing his thoughts about current affairs, Blake knew he had a huge challenge ahead of him - he suffered from Anxiety.

YMCA staff leadership, along with Blake's own perseverance, hard work and determination to overcome any challenge ensured that for the first time, he could deliver a speech without notes – all in the setting of NSW Parliament – and finally find his voice.

"Many Youth Parliamentarians can tell you how much this program has changed their life, but truly this program has done just that for me."

"Youth Parliament has given me a great confidence in myself. I can do anything if I put my mind to it!"

Blake Osmond - YMCA NSW Youth Parliamentarian

EVERY COMMUNITY

CAMP MAKES US FEEL LIKE A FAMILY





CONFIDENCE TO DO ANYTHING

DESERVES A YMCA

In NSW alone, 16,000 children are removed from dysfunctional, neglectful or abusive families.

Removed from home at a young age due to physical abuse, Jamie, Sam, Kate and Nathan were placed in separate foster homes across the state.

In July, they came to Camp Yarramundi to attend the Siblings Reconnect Program for the week. The last time they had seen one another before camp was six months prior, for a two hour supervised access visit on Christmas Day.

"The children came in separately and the sibling that arrived first was dancing while waiting at the bus stop. He could barely contain himself, he was so excited. When I asked him what was going on he said they hadn't seen each other since Christmas Day and that at camp they get the chance to feel like a family again."

"The farewells on Friday are heartbreaking but you have to remember we are doing this for a really good reason and if no one was offering this program these kids would have no chance to nurture these bonds with their brothers and sisters."

BJ Davis - Camp Yarramundi Manager

In 2010, 314 Australians drowned in pools, those most vulnerable were children under the age of 5.

Chloe, 5 years old and living with Down syndrome nearly drowned in her own swimming pool. Her mother Michelle believes she wouldn't have survived if it weren't for her swimming lessons at YMCA Kurri Kurri Aquatic Centre.

Chloe had been playing in the backyard with her older brother Luke, when Michelle went inside to get a sunhat. While she was gone, Luke climbed up and opened the pool gate after which Chloe immediately ran and jumped in the water without her floatation device on. When Michelle returned to find her daughter standing by the pool dripping wet she was frantic, before learning that Chloe had jumped in then astoundingly saved herself using the skills she's developed in Learn to Swim.

Chloe had been attending one-on-one swimming classes with YMCA instructor Kate from Kurri Kurri Aquatic Centre for 2½ years at the time. "Kate has repetitively shown Chloe how to save herself if she fell into a pool and also taught her how to swim. She is so patient with Chloe and I am glad to have her teaching my daughter such a necessity in life. I have no doubt if it wasn't for Kate and her team, Chloe would no longer be with us."

Michelle - Chloe's Mum



PREVENTING DROWNING DAILY

BRINGING FAMILIES TOGETHER

Family time together is down 14% and we are now the fattest nation in the world.

The Gaskin family came to the Y looking for a solution to their weight problems, but did not expect their whole lives to be changed.

After providing an initial fitness consultation, Dale, a personal trainer at the YMCA noticed the Gaskin's need for help. He offered Steve, Rebecca and their 14-year-old daughter Katelyn his time and assistance, free of charge.

"I actually enjoy coming to the gym now. I no longer feel like I have to hide myself", said Rebecca of regaining her self esteem. Katelyn, who was previously being bullied at school for being overweight, now enjoys positive comments from other kids.

Since taking on the challenge the Gaskin's have continued to exercise regularly at the YMCA, with their youngest child in crèche and their eldest son participating in gymnastics. They've not only noticed an improvement in their health and attitude but have discovered a new sense of family unity.

"We've learnt how to fit things into our lifestyle. We take the time to cook healthy meals together and spend Sunday's outdoors at the park or local pool as a family. Our family interaction is greater and we're all a lot happier."

Steve Gaskin - YMCA Penrith Member

Youth Parliament empowers Indigenous youth.

The Indigenous community represents over 50% of youth incarceration in NSW.

Jason, a 16 year old Indigenous Australian living in rural Parkes represents YMCA NSW Youth Parliament as the youth member for Dubbo.

Representing the Aboriginal Affairs committee, YMCA Youth Parliament has allowed Jason to express his passion about his Aboriginality and also tackle the issue of Indigenous under representation in NSW Parliament.

Jason realises he has a powerful voice, and sees Youth Parliament not just as a vehicle to empower other young Indigenous Australians but also to educate other young people about Aboriginal Affairs.

"I have always believed in the power of people to change their circumstances. I think the youth in my region have very specific concerns and it is my honour to make those concerns heard in parliament."

Jason O'Neill - YMCA NSW Youth Parliamentarian

EVERY COMMUNITY

PROVIDING BRIGHTER FUTURES



YOUTH RISE UP & REPRESENT

DESERVES A YMCA

Four factors that are consistent in building resilience in our youth are connectedness, achievement, empowerment and generosity.

In early 2010, YMCA Hawkesbury Oasis offered 12 young individuals that were from dysfunctional families and under the care of the Salvation Army, use of their facilities and services.

The service was delivered with 95% fee assistance from the YMCA, where by the children participated at no cost with the Salvation Army paying a nominal amount.

"This at first began as a serious challenge as the kids attitudes toward the program varied from unresponsive to over-excited making it difficult to get much cooperation throughout the sessions.

However with enjoyable activities such as pump classes, boxing sessions and behaviour awards including 'free swim', the kids gradually came to respect all the trainers involved and they began to work together as a team and really look forward to the planned activities on a Thursday. All the trainers enjoyed the program and felt it was an extremely rewarding experience."

Sean Ryan - Hawkesbury Oasis Program Leader

Australia's population is ageing dramatically; of the 6.3% of Australians living with a profound activity limitation, 50% of them are over the age of 65.

Alan Smith is only 65 years old, yet he is already a veteran at his Aged Care facility. As a Parkinson's disease sufferer, he has the difficult combination of a disabled, inactive body yet an incredibly sharp and active mind.

It is difficult to nurture a sharp mind in a nursing home, however for the last 4 years Alan has found hope, friendship and meaningful conversation through a partnership with a YMCA CVS volunteer.

The YMCA Community Visitors Scheme (CVS) matches willing community volunteers with Nursing home patients in Sydney. By matching volunteers and patients carefully, through considering interests, past experiences and compatibility, the patients find themselves with a caring visitor each week or fortnight. The Scheme is particularly focused on placing volunteers with patients who have limited family contact.

"I don't really have anyone else who is able to chat with me for any period of time....I can't imagine what it would be like to not have Renee visiting me," said Alan Smith of his YMCA CVS Volunteer Renee Fraser. "She stirs up my mind, she brightens my week, she makes my day."

Renee and Alan have forged a friendship based on philosophy discussions, their combined travel experiences and healthy debates on current affairs.

"He keeps me active, he keeps me thinking. I just look forward to it every week," said Volunteer Renee.

Renee & Alan - Community Visitors Scheme



COMMUNITY COMPANIONSHIP

LOCAL, STATE & FEDERAL FUNDING PARTNERS

Local Council Partners:

- Bankstown City Council
- Broken Hill City Council
- Camden Council
- Campbelltown City Council
- Canterbury City Council
- Cessnock City Council
- City of Sydney Council
- Cooma Monaro Shire Council
- Eurobodalla Shire Council
- Hawkesbury City Council
- Hornsby Shire Council
- Ku-ring-gai Council
- Penrith City Council
- Port Stephens Shire Council
- Rockdale City Council
- Sutherland Shire Council
- Wyong Shire Council

State, Federal and Funding Partners

- Clubs NSW
- Department of Health and Ageing
- Department of Education, Employment and Workplace Relations
- Indigenous Land Corporation
- MLC Community Foundation
- NSW Community Building Partnership, Communities NSW
- NSW Department of Ageing, Disability and Home Care, Family and Community Services
- NSW Department of Sport and Recreation, Office of Communities
- Office of Environment and Heritage, NSW Department of Premier and Cabinet (formerly Department of Environment, Climate Change and Water)
- Sydney Olympic Park Authority
- Woolworths Fresh Food Kids

Chief Executive



Phillip Hare
Chief Executive

General Managers



Brent Perkins
Central Coast
Hunter Region



Craig Lambeth
Support
Services



Richard Price
Sydney Metro



Liam Whitley
Children's
Services

EXECUTIVE TEAM

Support Services



Adam Blatch
Organisational
Risk & Systems
Manager



Sathy Sappany
Chief Financial
Officer



David George
Property
& Assets
Manager



James Ellender
Marketing &
Communica-
tions Manager

Group Managers



BJ Davis



Kristy Sharpe



Brendan Owens



Rod Nadwie-Smith

**David Mayes (President)**

David volunteered for Epping YMCA junior cricket club in 1985, was club secretary 1987-1990, and has been club representative to YMCA and a Member of Epping YMCA committee since 1993. He joined Sydney YMCA board of directors in 1991.

**Renee Saibi**

Currently the Senior Employee Relations Specialist with IAG, Renee is also a member of the Human Rights and Industrial Law Committee of the NSW Young Lawyers.

**Bob Parcel**

Bob has been involved with the YMCA of Sydney Youth Services Management Committee as Chairman from 1983-2003. Bob is the current Vice President of the YMCA of Sydney Board of Directors and has been since 1980.

**Jock Kelso**

Jock currently runs his own Media Sales Company specialising in buying radio nationally on behalf of major clients, and has been the Managing Director for 25 years. Jock has a strong advertising and marketing background.

**Sarah Hawthorn**

Sarah is currently on the Board of the Exhibition and Event Association of Australasia, and was previously on the Board of the NSW Police Legacy from 1999-2006. Sarah is Managing Director of Pinque a HR/Performance Management Company.

**Paul Hughes**

Paul is the Chief Executive Officer of Newcastle Airport Limited. Paul comes from a strong background in Finance, Social Services and Recreation Management and operations.

OUR BOARD

**Annalisa Haskell**

Annalisa is currently the CEO of the Local Government Managers Association of NSW. Annalisa's expertise lies within Business Strategies and Strategic Marketing and she is also a member of Women on Boards.

**Grahame Wheeler**

Grahame started volunteering with the YMCA in 1948. Grahame was the founding member of the YMCA at Caringbah in 1966. Grahame was President of the YMCA of Sydney for a total of 25 years and today is the Treasurer of the YMCA of Sydney Board.

**Janine Modaro**

Janine is currently a General Manager of the Commonwealth Bank of Australia. She is responsible for the governance of the Commonwealth Bank IT Service Management function and is also a member of the IT Service Management Forum.

**Malcolm Rathbone**

Malcolm has been involved with the YMCA of Sydney for 25 years. He is also the organisation's Ethics Advisor, which underlines his reputation for professionalism and confidentiality.

**Marg Lennon**

Marg is currently self employed consulting to businesses in the areas of Leadership Development and Executive Coaching and Mentoring. Marg is currently on the Board of Aftercare, an organisation dedicated to helping people with mental illness build independent lives.

**Mark Kerr**

Mark has been a YMCA of Sydney Board Member since 2003 and commenced volunteering for the YMCA of Sydney through his involvement on the Epping YMCA Management Committee. Mark's family hosted family camps at Camp Yarramundi for over eight years.

YMCA Children's Services Arncliffe Flexible Respite Bankstown Pre-School Blackett Blaxland Campbelltown City Caringbah Cherrybrook Dalmeny Georges Hall Glenwood Hammondville Ingleburn North Ingleburn Kincumber Kotara Laguna Street Lilli Pilli Lynwood Park Marrickville Moorebank Narrabeen Neutral Bay Newbridge Heights Newcastle Niagara Park Our Lady of the Rosary Our Lady of Fatima Padstow Heights Panania Prestons Revesby North Revesby South Shoal Bay St Andrew's Cathedral School St Joseph's St Gabriel's St Luke's St Mary's St Patrick's Surveyor's Creek Tomaree Tower Street Warners Bay Wentworthville **YMCA Contract** Batemans Bay Swim Centre Camden Outdoor Pool Cook + Phillip Park Aquatic & Fitness Centre Cooma Festival Pool Hawkesbury Oasis Leisure Centre Hawkesbury Indoor Stadium Ian Thorpe Aquatic Centre Kurri Kurri Aquatic Centre Lake Haven Recreation Centre Lakeside Leisure Centre Minto Indoor Sports Centre Moruya Swim Centre Mount Annan Leisure Centre Narooma Aquatic Centre National Centre of Indigenous Excellence SOPA Lodge The Entrance Ocean Baths Tilligerry Aquatic Centre Tomaree Aquatic Centre Toukley Aquatic Centre Wyong Olympic Pool **YMCA Operation** Arncliffe Bankstown City Broken Hill Camp Yarramundi & Deeimba Caringbah Community Visitors Scheme Epping Greenacre Integrated Recreation Morris Iemma Indoor Sports Centre NSW Youth Parliament Penrith City Raymond Terrace St Ives Support Services