

Youth & Sport

Plymouth YMCA Annual Review 2010 - 2011

a year in review

Discovery College

Acting C.E.O. Address

Emerging Focus - Youth & Sport

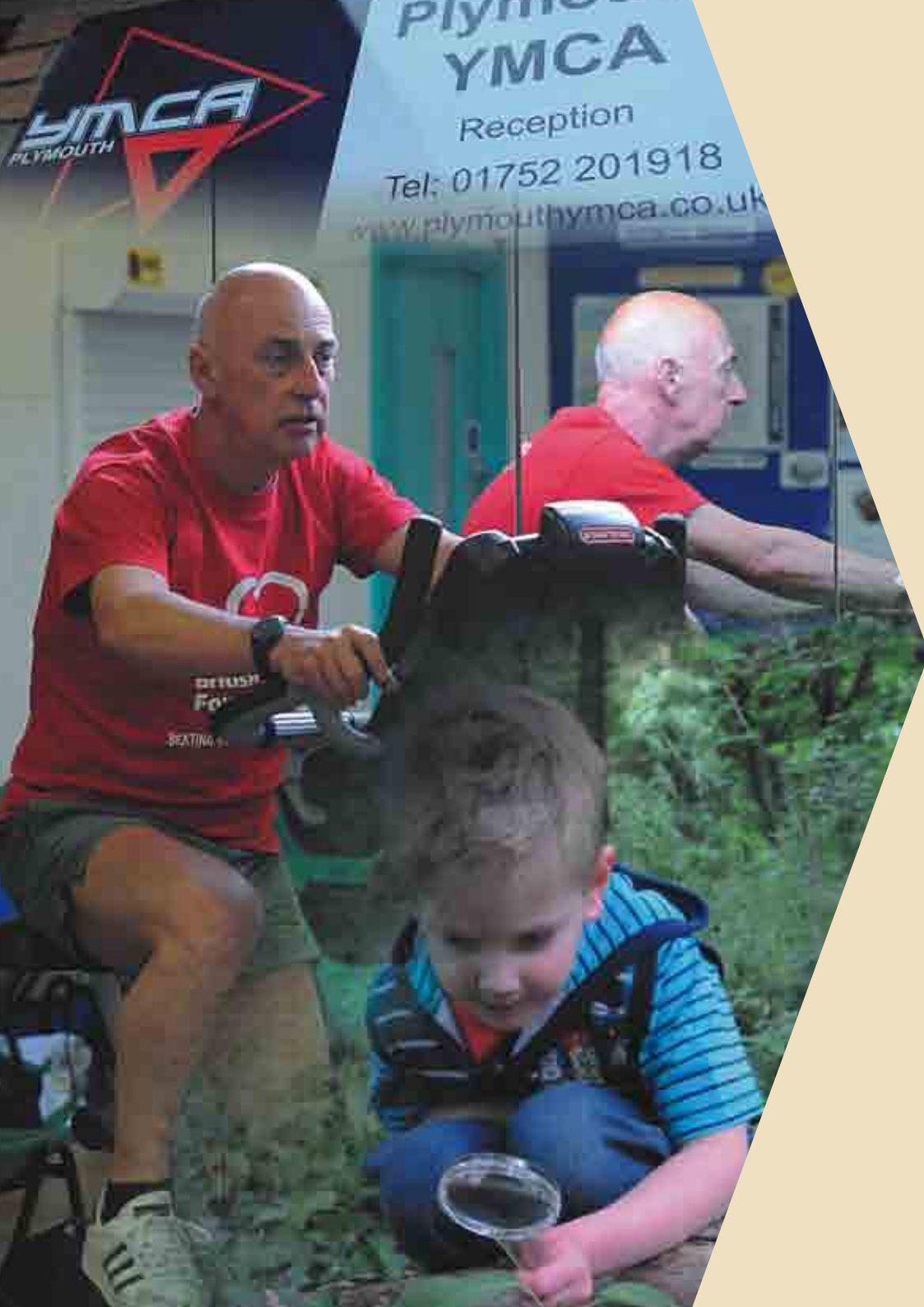
Projects

YMCA
PLYMOUTH





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Letter from the Editor

Although the main focus of Plymouth YMCA is youth and sport we offer a broad range of services and programmes for people of almost any age. Because our rich diversity of provision it is extremely difficult to paint a fair portrait of the organisation. The true character of Plymouth YMCA is perhaps best portrayed in our interactions with our members, stakeholders and the community. The real value of our work is borne on the smiles of those young people touched by our efforts, is demonstrated in the achievements of those people we have supported, and expressed in the testimonials from those who have been embraced in some way by our services.

Each year I am always amazed by how difficult our managers find the task of highlighting their departments' recent achievements. Though they report endlessly to local authorities and other funding agencies, those number crunching exercises often do not capture their departments' "softer" outcomes, the personal struggles that have been overcome, or each department's rise to the challenges presented by the sheer nature of its work.

I hope the content of this Review provides you with an accurate impression of our dedication, resourcefulness, care and ability to deliver high quality services for our community; and that it goes some way to paying tribute to the work of my colleagues, our Board of Directors, and the many volunteers, partners and supporters of the Association.

Tony Fuqua

Senior Editor, Head of Marketing Services

Mission Statement:

To provide a welcome to our members in a meeting place that is theirs to share and encourage them through care, challenge and stimulation to grow, develop and thrive. To work with, and for, others in our community to enable them to achieve a balanced life in body, mind and spirit. To reflect and authenticate the YMCA's Christian ethos and values through our policies, standards and practices with transparency and integrity.



Welcome from the Acting Chairman of the Board of Directors

Having taken over as caretaker Chairman for the Association in February 2011, my address to you reflects only the time since my appointment. I found myself taking over fairly quickly from Marc Nash and the CEO, who is away on long term sick leave. I have taken over at a crucial time in the YMCA's history. We find ourselves grappling with a financial deficit along with major changes to our funding streams. Since the end of February we have restructured the organisation, reduced our direct involvement with some of our nursery and pre-school activities, and developed new partnerships with Dr. Barnardos and K & S Childcare. We will remain a Children's Centre working with Plymouth City Council until at least the end of December; and I am greatly encouraged by the very strong and robust relationship we have with the City authority.

I am deeply encouraged by our relationship with All Saints Academy; and Cornwall County Council; together with all our partners whose contribution to the organisation is greatly appreciated. We continue to grow our business opportunities in spite of a difficult economic climate. We are focused on reducing our cost base in all areas and sadly this has resulted in some staff redundancies; however, we are also sweating our assets and winning new contracts and training opportunities. Though our financial position remains challenging I am optimistic about the way forward. Our staff are supporting the organisation magnificently. They continue to be very positive and a great encouragement to me and my fellow directors. Much of our success is due to the team spirit and hard work put in by the managers of the YMCA and their colleagues. On your behalf I am deeply grateful to them and we owe them an enormous debt of gratitude.

Thank you for your support and prayers. Please continue to pray for our staff, their wellbeing and our ongoing success.

Yours sincerely,

Bob Mills, Acting Chairman



Mark Rowles
Acting Chief Executive Officer

In 1974, a ten year old boy attended the opening of the YMCA Kitto Centre. He then used it to its full potential, regarding the new facility as a great place to hang out and meet new friends. Thirty seven years later, that little boy (me!) is proud to be able to write a small piece for our Annual Review as Deputy Chief Executive of the Association.

Since Plymouth YMCA was founded in 1848, its staff and volunteers have sought to empower young people by providing them with the support, advice, guidance and life skills to “grow, contribute and thrive”. Young People have always been at the heart of our business and they must always remain so. From the following feedback it seems our provision for local youth is hitting the mark:

“Can't believe all these trips we can go on, this is class” **Kyle**

“I don't want to go home yet” **Shannon**

“I didn't think I could do this, but it looks great” **Chelsea**

However, there is no room for complacency. We must stay ahead of the pace of life and the changing world we all live in without changing what we stand for and believe in. Our offering must constantly evolve with the needs of our young people and the pressures forced upon them. They need exciting activities and programmes to participate in, a stimulating environment to train in and structured support to develop within. To succeed we need to deliver all this and more whilst remaining true to our ethos and core principles: The YMCA is a Christian organisation open to people of all faiths and none. We strive to provide programmes that will inspire, challenge and motivate our members to become more active within their communities.

I hope when reading this Review you will feel inspired, see how deep the Association has embedded itself within the local community and recognise how vital its role has become for Plymouth's young people.

Finally, I would like to thank our Board of Directors, staff and volunteers for their considerable efforts over the last year that I hope are clearly demonstrated in this Annual Review.



Children and Families

(YMCA Children's Centre)

Plymouth YMCA Sure Start Children's Centre continues to offer support and information to parents with children under five through a range of activities from a Chatterbox group at Crownhill to Baby Babble at St Pancras Church. During the year outreach home-visiting has developed into a very important part of the Children's Centre services. This offers family support to parents in their own homes, where it can be a real lifesaver to some who feel completely isolated by their problems.

“The Outreach Team really helped me in every way, from adjusting to becoming a single mum to helping me with my child's colic, teething and illness. They have been friendly, supportive and calm. They have given me excellent advice and support. They helped me through court proceedings and to complete my NVQ.”

The Children's Centre works extremely hard in partnership with other agencies who may be working with families with young children, in particular with the local Health Visitor. Together we make sure that vulnerable families are not left in a muddle of advice. They need to know where to turn and who to listen to.

“As a sufferer of post-natal depression I was completely overwhelmed by a feeling of isolation and helplessness. I met one of the Outreach Workers at a playgroup session. From there, they helped me find nurseries for when I return to work, contacted appropriate health authorities when I had concerns and liaised with health visitors on my behalf. It's a fantastic service that I can't praise highly enough.”

(Post-natal sufferer with two children)

Throughout the year the Children's Centre runs antenatal parenting courses called Great Expectations, giving expectant parents the chance to meet and hear from professionals who will be involved with their own, or their baby's care, over the first few months. They are given preparation for the actual birth, advice on healthy eating as well as covering lighter topics such as early communication preparation by talking to their 'Bump'!

The aim of all of the Children's Centre's services and activities is to help each parent in the local area provide the best care for their young children. We feel very fortunate to be a part of these incredibly important early years and want to continue to feel we have had some positive impact during that time.



Childrens and Families

(Childcare)

Karen Sweet and Sue Kowalska have been thoroughly enjoying their lifelong vocations in childcare by establishing three Cabin Childcare Centres in Plymouth and Devon. Their most recent development has been The Cabin's transition from Chaucer Way into the former Footsteps nursery and preschool facility at Plymouth YMCA; transferring the former Footsteps nursery and preschool into their management. The professional staff team believe in offering a valuable, caring and quality environment to enable children to develop skills such as communicating, respecting each other and learning through play and experiences. The small, friendly centre means that every child is known and cared for individually.

A testimonial from Richard Lipinski, the parent of Charlie, aged three who attends The Cabin at the Plymouth YMCA, supports this:

“Enrolling Charlie at The Cabin Childcare Centre was the best thing we ever did. The staff quickly identified that he has some additional needs. They have supported him wholly. Charlie's communication and social skills have come on in leaps and bounds. I wish we had started him at The Cabin earlier. His little sister now attends too.”

The Cabin Childcare Centre at Plymouth YMCA offers free, flexible funding for eligible three and four year olds, as well as sessions for two year olds; and also provides care for babies, and runs after school and holiday clubs for children up to seven years old, with school collections. Karen and Sue are thrilled to be working in partnership with Plymouth YMCA to support the childcare needs of the community.

For further information, please contact **01752 761015**

or email thecabinchildcarecentre@live.com



Youth Work

Extended Services Department

Our youth activities continue to attract more and more young people to Plymouth YMCA. The Friday Night Youth Club has had a steady start and is growing in momentum. It works hard to create the right atmosphere for local, young people so they can relax and have fun. The recent refurbishment of our cafe, 'Serves Up', included a new pool table, TV entertainment system, and a separate lounge area. This has all helped immensely alongside the readily available professional advice and guidance from our staff.

The holiday clubs saw 120 young people register. This ensured that throughout the year each Holiday Club had an average of 55 young people attend. Additionally 12 young people were provided with one-to-one support from Plymouth City Council's Inclusion Works Team.

After very positive feedback from parents and children we received confirmation from the City Council that we are able to replicate this again for future clubs.

The ALLSORTZ programme was another success this year. Funded by All Saints Academy, the programme attracted 70 young people who took part in after school activities that included graffiti art, music-making, trampolining, jewellery-making, football, climbing, street surfing, street dancing, beauty therapy and girls' fitness.

“My son can't get out of bed for anything but when it comes to the holiday club he is up and ready to leave before me. He just can't wait to get here.”
Mrs Carter

“Can't believe these trips are free of charge. This is class”
Kyle

“Go-Karting was awesome. When are we going again?”
Jack

“I have seen a massive difference in confidence with the girls over the last 6 weeks”
Josh (Street Dance Instructor)



An Emerging Focus

by Jimmy Hargreaves - Member of the Board of Directors

Sport has played an important role in my life ever since I was a young boy. I was delighted when our Acting Chairman asked me to accept a position on the Board of Directors to help Plymouth YMCA broaden its Youth and Sport offer. This means I can bring my experience in sport to bear on our work.

We've started discussions on how to sharpen the focus on Youth and Sport; and are laying the foundations that will support programmes and initiatives to enable sport to flourish as a main driver of growth for all involved.

Through our Discovery College we have re-engineered a community sport programme with Plymouth Argyle Football Club. Talks are underway with Plymouth Albion Rugby Football Club to see if a partnership can be formed to replicate the community education programme. The College's sport education provision will continue to be pivotal to sport development at Plymouth YMCA.

Our team focused on several sport initiatives this year to progress our fundraising ambitions. Four charity sea angling trips are organised for this summer. On August 21, 2011, in partnership with the British Heart Foundation and the National Trust we will host a fundraising Healthy Heart Day at Saltram House Estate. On September 9, 2011, Plymouth YMCA and China Fleet Country Club will host our Inaugural Charity Golf Day, which already has teams registered and sponsorship from the private sector. Later in the year we will also host a fundraising Sports Dinner.

During the 2010-2011 season YMCA Kitto Parkway Football Club's group of 15 teams (one of the biggest clubs in the South West) entered the Wrigley's Devon Junior and Minor League. Over 300 young people were registered including a girls under 16 team.

Yes, these may be tough economic times; but they are exciting times for sport and the young people of Plymouth. My goals are to draw attention to our game plan, attract new sponsors, and broaden the sports opportunities for local young people. I hope you will help me champion our youth and sport programmes and help Plymouth YMCA become the leading third sector provider of youth and sport services in Plymouth.



Summary of Accounts

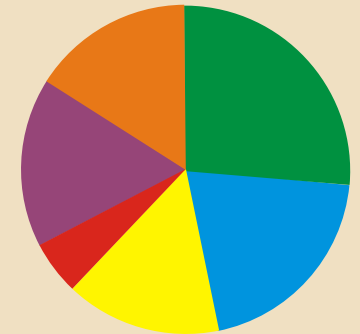
Income - £1,917,000

■ Operations, Estates, Catering, Bachelors Hall, Outward Bound	6%
■ Footsteps, Youth and other Community Programmes	10%
■ Children's Centres	19%
■ Donations and Sponsorships	5%
■ Health & Fitness, Sports Hall and JKCC	28%
■ Training and Education	33%



Expenditure - £1,972,000

■ Training and Education	26%
■ Health & Fitness, Sports Hall and JKCC	20%
■ Footsteps, Youth and other Community Programmes	15%
■ Bachelors Hall, Wiggle Hut, Outward Bound	5%
■ Operating Costs, Estates, Salaries, Catering	18%
■ Children's Centres	16%



Summary of Accounts data is a projection of year end accounts and may not reflect actual accounts submitted to the Charity Commission.



Discovery College



2011 has been a milestone for the college. This year Plymouth YMCA heralds a new college brand - Discovery College. The drive towards a new identity has been a catalyst for modernising all aspects of the educational offer and the student experience. The new Discovery College will be officially launched in September 2011. Discovery College provides students with a more independent learning opportunity set within an adult learning environment. The College produces students who are well suited to enter the workplace as practitioners. We also strive to provide our students with a realistic understanding of the demands of university study.

Our vision for Discovery College over the next few years is to further develop our outdoor educational opportunities. We will continue to foster additional relationships with professional sports associations and strengthen our links with other colleges and universities. To further enrich the lives of our current, past and future students we want to develop a student alumni association under the umbrella of the Friends of Plymouth YMCA.

Discovery College passed its first ever independent training provider CRD quality review and inspection with flying colours. The visit was carried out by the educational awarding body EDEXCEL, who praised the College in many ways.

Here are samples of EDEXCEL's comments on the Discovery College:

- **Maintaining Quality**

"The centre's management are very positive and proactive, they have invested a great deal of time in setting up the policies and are working very closely with the staff to ensure that the policies are used."

- **Managing Assessment**

"The new centre's management and lead I.V. have taken very positive steps forward in the implementation of the centre quality process and are to be congratulated for the way the systems have been set up".



Discovery College (continued)

● Overall Judgement

“Learner support is an example of very good practice at this centre”.

● Good Practice

“Both staff and student support are examples of very good practice in this centre. The centre almost gives the feeling of a family run business where all the staff work as a ‘tight knit’ team regardless of status within the organisation. All of the students are known on a first name basis and their identified learning needs are known by all”.

● Roles and Team Working

“The team working aspect of running the centre is a very positive aspect of this centre’s operation. All of the staff work very closely together and all are focused on the success of the students”.

● Learner Support and Review

“Learners are very well supported and the ‘close knit’ of the course team means that individual strengths and weaknesses of students are well known and catered for”.

Enrollment and Student Success

“The staff are extremely knowledgeable in each field of sport. They aren’t like school teachers where you have to call them Miss or Sir. My tutor, Jon Harris, helped me with any problem I had and helped with my work when necessary. Each tutor will give you the support that you need if it’s for your work or for problems outside of the college. The staff are a big reason why these courses are so fun, relevant and easy to learn. The tutors are all very easy to get along with and make the college fun whilst achieving the grades.”

Naomi White Level 3 Sport Student, Graduating Class 2011

Enrolment for the class of 2010 - 2011 was 180 students and enrolment figures are already overtaking that for the class of 2012.

Student success here at Discovery College is best demonstrated by the achievements of this year’s class. All 23 of the students on the BTEC National Certificate in Sport passed the course. Additionally, 70% of the group have applied and have been accepted into university (conditional offers) and are seeking to continue their studies



Discovery College (continued)

at institutions around the country including, Plymouth University, UCP Marjon, Cardiff University, and Bangor University. Undergraduate degree programmes that past Discovery College students have enrolled on include:

- BSc (Hons) Sports Science and Coaching
- BA (Hons) Coaching and Physical Education
- Fd Sports Development and Coaching
- BSc (Hons) Sports Therapy
- BEd in Secondary School Education

New Discovery College Partnerships

We are delighted that Hoppy's Sport has chosen to help us celebrate the new Discovery College brand, by awarding us £1,500 sponsorship towards kit and uniforms.

Our links with UCP Marjon have continued to develop. The relationship with UCP Marjon provides us with the opportunity to use their new multi-million pound Sports Science Centre and equipment. UCP Marjon has also arranged university open days specifically for our students, giving them a "look at college life" and the opportunities at university. We look forward to more interaction with UCP Marjon.

We have renewed our relationship with Plymouth Argyle Football Club via the Community Education Programme. This exciting programme has 25 students enrolled for the class of 2012.

New Discovery College Developments

This year hailed in the first Student Council, which has been well received by students and staff. The forum is a great opportunity to raise student issues and highlight opportunities. Some of the outcomes already generated through the Student Council include changes to the student uniform, improvements to the canteen, youth based projects and fundraising ideas. This has been a superb and empowering experience for all those involved.

2011 also ushered in the creation of our first ever College football team. Although a trial year we competed in several friendlies against other colleges and 6th forms. The team has proved so popular we have entered next year's Devon Wednesday League.



Community Learning

Our Community Learning Department aims to provide quality community learning opportunities to individuals, voluntary groups and companies. Training courses offered include First Aid, Fitness Instructor Training qualifications, Mental Health First Aid courses and NVQ's in Childcare. In addition the department has a team of specialised tutors that offer Basic Skills accredited training in literacy, numeracy and IT. The team is recognised within Plymouth as a specialist provider of training for young people Not In Employment, Education and Training. This work would not be possible without the financial support provided by Plymouth Adult and Community Learning Service.

The success of this department can also be attributed to the partnerships it has established.

UCP Marjon

Plymouth YMCA is delighted to be in partnership with UCP Marjon to deliver high quality sports' governing body awards and sport apprenticeship programmes (thanks to funding through Achievement Training). This partnership has gained National Skills Academy status and as a result is recognised throughout the leisure sector as a quality provider of sport and recreation vocational qualifications. We are in the process of developing Institute of Leisure Management courses in leadership at Levels 1 - 7 as well as looking at opportunities to deliver youth work modules. This is a really exciting partnership between two organisations that share similar values.

All Saints Academy

In partnership with All Saints Academy we are developing learning opportunities that will enable adults within our local community to develop their skills and confidence to progress on their lifelong learning journey. Whether these courses are accredited (GCSE's, NVQ's and BTEC courses) or leisure based (sewing, floristry, climbing) our aim is to meet the needs of the learner whether they be personal, professional or a combination of both.



Bachelors Hall

“Bachelors Hall provides a lovely peaceful & safe environment where our children can roam free in the grounds and enjoy themselves,” says Carol Lucas, leader of the group of 10 to 11 year olds from Berrynarbor Primary School in North Devon who stay each year at Bachelors Hall.

Bachelors Hall, our activity centre located on Dartmoor near Princetown, has had one of its busiest years and is becoming a popular choice for young people, adults and families.

The centre, a converted old granite farmhouse, is set on the edge of the open moor with a small stream running through its half-acre grounds. Its location is excellent as a base for exploring the moor and other places of local interest.

There are many walks which may be started from Bachelors Hall, both easy and those more demanding, with the heads of the Rivers Plym and Erme, Ducks Pool and Nuns Cross within reasonable walking distance.

Bachelors Hall can accommodate 28 with three dormitories, a Leader's bedroom, large common room with log fire, a quiet room, kitchen, showers and toilets. The centre is available for use throughout the year; even during the severest weather of last winter! Groups using the Centre include Prince's Trust, schools, colleges, youth clubs, Scouts, churches and outdoor activity organisations.

Thanks again to our Booking Secretary, Beryl Buckingham; Warden, Nigel Hawk; and Maintenance Specialist, Edgar Barnes.





Facilities

Throughout last year the Centre in Honicknowle provided facilities and amenities for a variety of clubs. Those that hired our sports halls or studios include: Plymouth Phoenix Trampoline Club; Salle Lawrence Fencing; Plymouth Roller Hockey Club; Tamar Gymnastics; Plymouth Women's Volleyball Club; Yelverton Bowmen; SMF Tae Kwon Do; Bujinkai Karate; Caradon Gig Club; Viva Dance and Plymouth and District Basketball League.

This year the Centre on Honicknowle Lane was also host to a number of new groups: Plymouth City Roller Girls; Plymouth Pilgrims Junior Netball Club; Torquay United Elite Development Centre; Plymouth School of Aikido; Elite Cheerleading Academy; Raven Martial Arts and Faith in Football.

Plymouth YMCA also runs Badminton, Judo and Climbing clubs, as well as a Football Coaching Academy.

The Centre boasts a number of training rooms and these have been used regularly by Devon FA to run coaching courses and workshops. Other groups, like Devon and Cornwall Healers who recently began booking a training room on a weekly basis, hire them as a venue for meetings.

Events

Events held in the last 12 months include:

- South West Volleyball Championships
- Plymouth Judo Open
- Viva Dance Competitions
- South West Independent Majorettes Association
- Sports Leaders UK training day
- South West Fencing Club
- Community Day
- Service Fair.



Estate Development

Perhaps the biggest IT project this year was the implementation of a new membership and booking system. Thanks must be given to our members and staff for their patience with the introduction of the new system.

We also streamlined part of the accounting system which has facilitated better reporting.

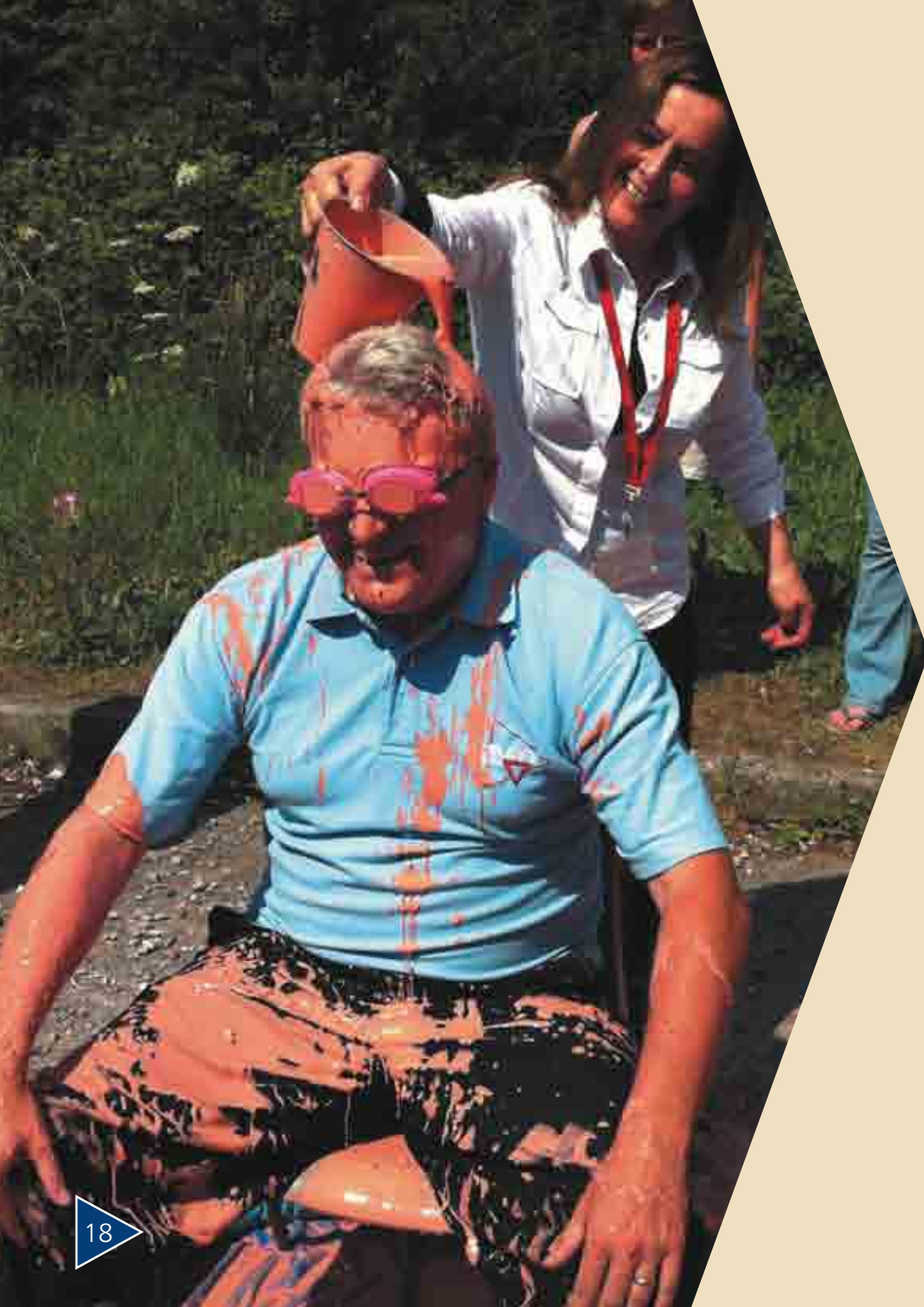
Other achievements include:

- Migration of email to a cloud based solution
- Additional cabling to improve existing network connectivity
- Development of a staff internet
- Re-development of the website
- Setup and development of Social Media Profiles: Twitter, Facebook and YouTube
- The addition of PayPal, enabling online payments and donations.

Human Resources Department

Plymouth YMCA recognises that the most valuable resource it possesses are its staff and in 2010 we appointed a Human Resources Manager to oversee learning development and staff welfare. New appraisal processes have been implemented that in turn have led to the development of learning plans to provide our staff with the necessary skills to deliver the ever changing programme required by our community.

The Department is also leading on the quality assurance standards award known as In Sync that will again help us to focus on our staff development and programme direction. This accreditation scheme will also enable us to prioritise and enhance our volunteering programme. Volunteers are the lifeblood of our organisation and we need to ensure that we recognise and reward their efforts.



Projects

Although the economy slowed in 2010-2011, Plymouth YMCA staff remained focused and determined to attract new funding and develop cutting edge programmes. Their perseverance produced impressive results.

Plymouth YMCA actively supports the YMCA National Physical Activity Strategy 2010-2015, and is represented by Tony Fuqua on the Programme Development Group (PDG). PDG is tasked with devising national YMCA Signature and Innovation Programmes. The first success is a £500,000 Department of Health grant to implement a Young Health Champion Volunteer Project across five YMCAs in England. Plymouth YMCA will receive £99,000 to train young people to work alongside Plymouth NHS to extend the city's health services into hard to reach groups and provide a feedback loop to promote health service development.

New partnerships were forged with the National Trust (NT) and the British Heart Foundation (BHF). The National Trust and Plymouth YMCA organised a fundraising American Breakfast at Saltram House in October 2010 that generated over £400.

Saltram House also provided us with a superb venue for the first ever gathering of the Friends of Plymouth YMCA held in November 2010, with just under 100 in attendance.

The partnership with NT grew stronger when Plymouth YMCA and the BHF teamed up to stage a major fundraising event at Saltram House. The event has grown into a Healthy Heart Festival to be held on August 21, 2011, at Saltram House. Proceeds from the event will be divided between the partners.

Complementing the new partnership with the British Heart Foundation is an additional commission from the Plymouth Public Health Development Unit to provide a series of physical activity programmes around Plymouth as part of a grant awarded by the British Heart Foundation's Healthy Lives programme.

A Southwest Wellbeing award from Big Lottery enabled us to re-develop our youth café. We are delighted to see it being used by more young people and members.



Health and Fitness

Plymouth YMCA Fitness Suite

The fitness team has worked tirelessly attracting new customers, retaining existing members, and developing new programmes. Their dedication, skills and attitudes have ensured that our fitness suite remains a non-intimidating and welcoming environment within which to exercise. Our personalised approach to customer care is reflected by the varied clientele who use our facility, including children, parents, students, sportsmen and women, staff and members of the Association.

The Fitness Suite holds much potential as a growth area for the organisation; but investment must be realised. For this we need your help.

Satellite Community Gyms

The Department's essential community work at Ernesettle Medical Centre and at Stonehouse Community Gym continues to impact on the lives of local residents.

David Greene, a member at Ernesettle Gym since its conception, states,

"The Ernesettle Gym Exercise on Referral scheme is a lifeline to my wellbeing. Since joining in 2008 my poor physical condition and health has been nurtured by the skilled and empathetic staff. My weekly visits to the gym are an essential part of my life for continued good health."

Philip King, also a member of Ernesettle Gym writes,

"On April 1st ,2006, I came off my mountain bike and broke my neck (c4 incomplete). As a consequence I am a tetraplegic and am wheelchair bound. In five years I have put on nearly four stone in weight. I suffer pain, spasms and stiffness in my limbs. Ideally, I must keep moving all the time in order to retain some degree of flexibility. Exercising is one way of keeping myself flexible."



Health and Fitness (continued)

Philip has been working on a one-to-one basis with Fitness Instructor Suzanne Sanderson for nearly two years. Philip has been advised functional exercises to improve and maintain his strength, balance, flexibility and overall health. Philip continues by saying,

“Suzanne is shorter and much lighter than me so assisting me through these exercises has been difficult at times but Suzanne has persevered and now I am much more confident in my walking ability. I am able to stand from sitting without aid and I am able to walk with the support of Suzanne or my ‘Zima-frame’ for longer periods. It is my intention to continue working with Suzanne at Ernesettle with a long term goal of walking short distances unaided, possibly achieving this in 2012. I am very grateful to Suzanne for her continued efforts and can only praise her for what I am achieving.”

Cardiac Rehab

Our cardiac rehabilitation programmes remain a fundamental element of our services. We continue to work with the local NHS cardiac care services to provide Primary Care Phase III community-based rehabilitation programmes at our Centre. Over 400 heart patients accessed the service this year. Many of these patients went on to join one of our Phase IV cardiac rehabilitation programmes. Complimenting the Phase IV programming is new grant funding from the British Heart Foundation’s Healthy Lives Programme, which will enable us to develop additional rehabilitation programmes based on the Integrated Community Exercise model developed by Tony Fuqua, Exercise Specialist for Plymouth YMCA. These new exercise programmes will be developed in partnership with Plymouth’s NHS Public Health Unit.

Group Fitness

October saw the launch of the hottest group exercise session to hit England in recent years - Zumba. A cross between aerobics and Latin dancing it’s now attracting everyone from exercise fanatics to complete novices. The addition to the aerobics timetable was launched with a special master session that attracted nearly 100 eager participants who danced the calories away.



Health and Fitness (continued)

Torpoint and Rame Community Sports Centre

Torpoint has been busy the past 12 months developing new areas of work, such as the Phase IV Cardiac Rehabilitation programme. This specialised service has up to six clients attending twice a week. We have also been growing our G.P. Referral scheme which now boasts over 20 participants on this year's programme.

Our Junior Football Coaching and Junior Activity Programme have increased junior memberships to the extent that we have added an extra 'Little Dribblers' football coaching session per week for 4 to 7 year olds.

A new fun and friendly street five-a-side league for Under 11's has proved to be very popular with not only the footballers but also with the parents. The game has introduced new variety and enabled the 'Junior Kickers' (8-11 yr olds) to continue to develop their knowledge and skills of the game.

Our trampolining recreation sessions have increased from six to eight sessions per week due to high demand. The coaches identified a number of talented youngsters in some of these sessions; and thanks to their hard work we have established the Torpoint Twisters development squad. The squad consists of talented young people coming through our recreation sessions. They are now competing in major national level competitions.

The Centre's Outreach Programme successfully completed a six week cricket coaching course that was delivered in four primary schools in the Saltash area; while P.E. sessions also continue to be delivered in four local primary schools in the Torpoint & Rame area.

We would like to thank the following sponsors for their invaluable financial support enabling us to continue to develop our Youth and Sport programmes.

- Caradon District Council; £10,000
- Torpoint Community College: £2,500
- Sport England: £10,000 towards new trampolines for our development squad
- Antony Estates: £250
- Local Councillor, Brian Hobbs: £400 towards trampolining squad
- Torpoint Community Church: £50.

Thanks must also be given to our members who continue to support the work we do at the Torpoint and Rame Community Sports Centre.

Board of Directors

Susan Bahman	Sarah Nicholson
David Buckingham	Michael Reburn
Graham Foale	Les Roper
Robert Mills (Acting Chairman)	Judith Wallace
Jimmy Hargreaves	Patricia Wass
Patrick Nicholson	David Watson

Plymouth YMCA Contacts

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Torpoint & Rame Community Sports Centre
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The Cabin Childcare Centre
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Discovery College
 Tom Lavis 01752 761012 tom.l@plymouthymca.co.uk

Bachelors Hall enquiries and bookings
 Beryl Buckingham 01752 338163 bachelors@plymouthymca.co.uk

Extended Services
 Nigel Hawk 01752 761010 nigel.h@plymouthymca.co.uk

Fitness Department
 Neil Talbot 01752 761002 neil.t@plymouthymca.co.uk

YMCA Children's Centre
 Katie Thompson 01752 761007 katie.t@plymouthymca.co.uk

www.plymouthymca.co.uk

Partners



20 primary and secondary schools	Four Woods Children's Centre	Public Health Development Unit
Achievement Training	Guild of Voluntary Services	Sea Angler II
Business Health Network	Local Education Authority	South West War Games
Development Trust Ltd.	Parent Support Advisers across Plymouth	Stonehouse Creek Community Development Trust
Devon LEA	Plymouth Adult and Community Learning	The Scorpion
Early Years providers	Plymouth Youth Service Team	West Bank Trust
Efford Regeneration Project	Police Force Tactical Aid Group TAG	



friends of Plymouth YMCA

What is it?

Friends of Plymouth YMCA includes all the people that make up the Plymouth YMCA community. This includes past and current: staff, Board of Directors, members, students, service users, sponsors, donors, volunteers, honorary members, contractors, distributors and funding agencies. Friends of Plymouth YMCA meets annually.

Its purpose?

The purpose of Friends of Plymouth YMCA is to extend and deepen the spiritual, intellectual and social relationships of its members.

Friends of Plymouth YMCA Steering Group

The Steering Group Aims:

- To promote a lifelong relationship of mutual benefits that nourish the growth and enhance the reputation of its members and Plymouth YMCA
- To oversee all Association programmes and activities
- To foster loyalty and financial support for Plymouth YMCA
- To represent Association interest before the Plymouth YMCA administration and Board of Directors
- To provide services to the association.

The Steering Group is comprised of:

- Non- Plymouth YMCA Chair - 1 year appointment
- Secretary - 1 year appointment
- Membership of the Group is open to past and current: staff, Board of Directors members, students, service users, membership holders, sponsors, donors, volunteers, honorary members, contractors and distributors, and funding agencies.

Steering Group Objectives

Support Plymouth YMCA Fundraising Campaigns

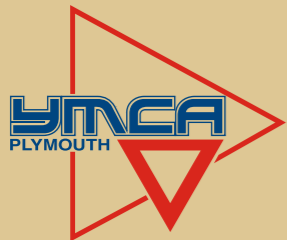
- Gather testimonials, articles, photos and stories for the Friends of Plymouth YMCA Newsletter
- Plan and stage the Annual Reunion Weekend
- Develop added value for its membership
- Increase volunteer base
- Expand attendance at the Plymouth YMCA's AGM and other functions
- Improve public awareness of Plymouth YMCA
- Contribute to the development of Plymouth YMCA programmes.

To join or find out more about the Friends of Plymouth YMCA contact:

Tony Fuqua, Marketing Services, Plymouth YMCA; email tony.f@plymouthymca.co.uk



Please donate to



Your donation can help Plymouth YMCA provide educational, sport and youth programmes for the community, helping them **grow, contribute** and **thrive**.

Fill out the form below and post in an envelope with payment, to:
Tony Fuqua, Plymouth YMCA,
Honicknowle Lane, Plymouth PL5 3NG

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Full Name:

Address:

Postcode:

Telephone Number:

Signature:

Date: / /

I would like to **Gift Aid** the enclosed donation of £

Payment method:

Cheque: (Please make cheques payable to Plymouth YMCA and enclose with this form.)

Card: (Tick one) Visa Mastercard Switch/Maestro

Name on card:

Card number:

Expiry Date: Issue No. (Switch only)



Plymouth YMCA Triangle Appeal

The Triangle Appeal is Plymouth YMCA's annual fundraising campaign. The theme of this year's appeal is Youth & Sport. Throughout our history sport has played an important role in the development of young people here at YMCA. Sport can obviously provide enjoyable recreation that contributes to health and fitness, and helps form part of a healthy lifestyle. But much more than this sport provides young people an opportunity to develop a broad range of skills, knowledge and attitudes that are transferable away from the game.

Plymouth YMCA is sharpening its focus on it's provision of sport programmes and services, and the sporting opportunities our facilities are able to create for young people. Additionally, sport is now a major part of our fundraising activity. Throughout the year we hold sea fishing, golf and running events with many of these events open to families and people of most ages.

Over the past decade our rapid growth encompassed programmes that embraced the national health and early year's agendas. Many of the services developed under these umbrellas are still with us. But we are drawn back to our mission and core values. And we recognise the growing inequalities that still exist in our society. We know from direct work with young people and families in our community that young people are often the ones most affected. We aim to ensure that we are able to provide young people with the right encouragement and support to meet their needs so that they can reach their full potential.

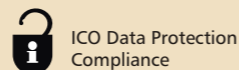
To achieve the aims of continuing the development of programmes, services and opportunities around Youth and Sport we need your help.

Please help us sustain our work by making a donation to the Plymouth YMCA Triangle Appeal.

Donation and Gift Aid details

Ways you can help

- **Make a donation** - complete the form on this leaflet
- **Become an official sponsor**
- **Get involved in fundraising activities**
- **Become a member of Plymouth YMCA**
- **Join Friends of Plymouth YMCA**
- **Hold your own fundraising event**
- **Become a volunteer**



Plymouth YMCA is a registered charity: Charity number 1066919



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If you pay income tax at the higher rate, you must include all your Gift Aid donations on your Self Assessment tax return if you want to receive the additional tax relief due to you.

You must pay an amount of Income Tax and/or Capital Gains Tax at least equal to the tax that the charity reclaims on your donations in the appropriate tax year. (currently 25p for each £1 you give).

NOTES: You can cancel this Declaration at any time by notifying the charity. If your circumstances change and you no longer pay tax on your income and capital gains equal to the tax that the charity reclaims, you can cancel your declaration. If you pay tax at the higher rate you can claim further tax relief in your Self Assessment tax return. If you are unsure whether your donations qualify for Gift Aid tax relief, refer to help sheet IR342 on the HMRC website. (www.hmrc.gov.uk) Please notify the charity if you change your name or address.



Plymouth YMCA

Honicknowle Lane PL5 3NG

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Plymouth Young Men's Christian Association is a registered charity No. 1066919.

