



YMCA OF BRISBANE  
Y-CARE (SOUTH EAST QUEENSLAND) INC  
**2017/18 COMMUNITY  
IMPACT REPORT**

# YMCA BRISBANE GROUP

## YMCA OF BRISBANE Y-CARE (SOUTH EAST QUEENSLAND) INC.

### CAMPING

Camp Leslie Dam, Warwick  
Camp North Pine, Kurwongbah  
Camp Warrawee, Joyner

### CHILD CARE

#### Early Education Centre

- Acacia Ridge, Birtinya, Strathpine

#### Family Day Care and In Home Care

- Brisbane, Gold Coast

#### Limited Hours Care

- Jamboree Heights

### YOUTH AND COMMUNITY CENTRES

#### Community Centre

- Springfield Lakes

#### Youth Spaces

- Acacia Ridge, North Lakes

### EDUCATION

#### Accredited Education and Training

- Bowen Hills, Kingston

#### Vocational Schools

- Acacia Ridge, Ipswich, Kingston and North Lakes

### FITNESS AND RECREATION

#### Aquatic Leisure Centre

- Acacia Ridge

#### Fitness, Recreation and Aquatics Centres

- Victoria Point, Warwick

#### Fitness and Recreation Centres

- Bowen Hills, Jamboree Heights

#### Gymnastics Centres

- Acacia Ridge, Bowen Hills, Caloundra, Jamboree Heights and Stafford

### HOSPITALITY

George Williams Hotel, Brisbane  
Heritage Hotel, Whiteside  
North Pine Country Park, Whiteside

### HOUSING

Melville Place, Nerang  
Nowell B. Taylor House, Nerang  
Residential Units, Southport

### OUTSIDE SCHOOL HOURS CARE (OSHC)

Albany Creek, Ashgrove, Berrinba East, Boondall, Bray Park, Brighton, Camira, Dakabin, Darling Heights, Dutton Park, Edens Landing, Enoggera, Flagstone, Grovely, Gumdale, Helensvale, Kedron, Mitchelton, Musgrave Hill, Norris Road, Rainworth, Rochedale South, Seven Hills, Springfield Lakes, St Paul's, Strathpine, Upper Mt Gravatt, The Gap, Virginia, Warrigal Road, Westside.

A further four stand-alone vacation care services offered programs at Bowen Hills, Jamboree Heights, Joyner and Victoria Point

### SOCIAL IMPACT

#### Meals for the Homeless

#### Op Shop

- Upper Mt. Gravatt

#### School-based Mentoring

- Acacia Ridge, Ipswich, Kingston and North Lakes

#### Schools Breakfast Program

- 101 locations across South East Queensland

#### Specialist Outside School Hours Care

- Aspley and Mitchelton

### YOUTH PROGRAMS

Australian Skate Park League  
Inspired Leaders  
mYnd pump  
Queensland Youth Parliament  
Young CEO for the Day



## Our Mission...

The YMCA works, from a base of Christian values, to provide opportunities for all people to grow in body, mind and spirit.

.....



## Our Vision...

We are making a positive difference by providing each and every person with the opportunity to be healthy, happy and connected.

.....



## Our Belief...

We believe in the power of inspired young people.



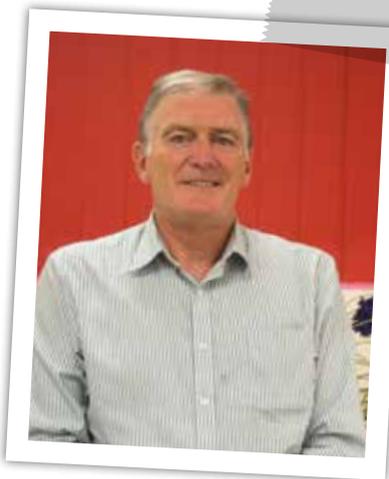
## Our Approach...

The YMCA understands that lasting meaningful change results from the development of the whole person, the body, mind and spirit.

When an overweight person joins our gym, the first priority is not exercise, it is connection. Connection to self and the community in the club. Once the person understands why they may be overweight, and is comfortable in their surroundings, they will achieve a healthier version of themselves.

When a child comes to school hungry, the first priority is not classroom performance. Providing a nutritious breakfast and, more importantly, educating the child and their parents on the importance of nutrition, will help provide long-lasting impact.

# MESSAGE FROM THE PRESIDENT



**This year saw the YMCA returned to its roots with an increased focus on the empowerment of youth. The YMCAs in Australia all united behind the belief in ‘the power of inspired young people.’**

A National YMCA movement campaign, ‘Why Not?’ provided a platform for young people to have their say. Research shows us that only 20% of young Australians aged 18 to 24 years feel able to speak up within their community about important issues that affect them. Through campaigns such as ‘Why Not?’ and YMCA programs such as Youth Parliament, Youth Mentoring and Youth Spaces, our YMCA provides opportunities for young people to speak up and for us to listen to what they have to say.

It was extremely rewarding for our YMCA to be recognised by our peers, winning the 2017 YMCA Australia award for the Program of Excellence for our youth focused YMCA Vocational Schools. The award is recognition for the dedication and expertise of our staff and volunteers that support the young people across our five school campuses to thrive emotionally, socially and physically.

On 31 May this year the YMCAs of Australia announced their intention to join the Federal Government’s National Redress Scheme. As stated by Melinda Crole, CEO YMCA Australia, “we all share the responsibility for responding to survivors of child abuse, just as we all share the responsibility to make sure every child in Australia is safe and protected.” Our YMCA continues to develop new and improved practices and to drive a child safe culture across all aspects of the organisation.

Our YMCA is fortunate to enjoy the long-term support of a number of corporate partners and other not-for-profits who share our passion for supporting the less fortunate in our communities. We are very appreciative of their ongoing assistance, which ensures that we have a lasting impact in a wide range of communities.

Thank you to my fellow volunteer board members, CEO Alan Bray and all of our staff and volunteers for your loyalty, hard work and commitment which allows us to achieve the impact demonstrated and be a genuine and compassionate voice within the community.

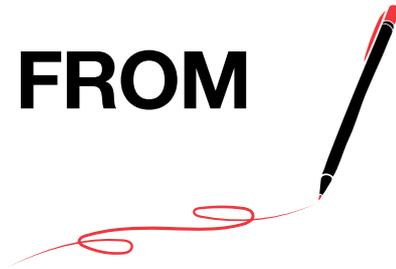
**Ian Smyllie**  
President

## CONTENTS

Message from the President .....	2
Message from the CEO .....	3
Snapshot of the YMCA .....	4
Strengthening our Impact.....	8
Board of Directors .....	20
Thank You.....	21



# MESSAGE FROM THE CEO



**Our YMCA believes, that in order to have meaningful social impact, we must be present in the community for the long term. With this in mind, our YMCA continues to strengthen its potential impact through a focus on program growth, financial sustainability and securing our long-term future.**

A focus on growth has seen our YMCA expand into two new Outside School Hours Care (OSHC) programs at Brighton and Norris Road (Bracken Ridge). Our YMCA OSHC creates a sense of community amongst children, facilitates leadership skill development and allows children to develop broad social skills, thereby providing an excellent foundation for life. OSHC is now our largest single operating sector, with services in over 33 South-East Queensland communities.

The opening of our fifth Vocational School campus in Acacia Ridge again provided our YMCA with an excellent opportunity to positively impact the lives of disengaged young people. Our student-centred approach to education provides regular engagement opportunities that helps young people create a new sense of purpose and more positive outlook for their future.

At the YMCA, we're also committed to supporting our friends, families and neighbours in their fight against cancer. That's why this year we expanded our Cancer Survivor Program to each of our four fitness clubs. This program's focus is on helping cancer survivors refocus, rebuild and live well through and beyond cancer.

A cornerstone for our long-term impact is continued financial sustainability. For years we have been reliant on income produced at our Brisbane CBD property, the George Williams Hotel. To help ensure it remains competitive and attractive in a crowded market, this year saw the commencement of a facility upgrade to bring the hotel from a 3.5 to 4-star rating. The upgraded rooms are already receiving great feedback and will provide quality accommodation at a reasonable price for years to come.

The opening of the Stafford Gymnastics Club was also a significant milestone in our YMCA this year, moving us out of leased premises in Enoggera to a YMCA-owned facility in Stafford. Our preferred model of facility ownership provides control over costs and tenure, again helping to ensure we can provide lasting impact for the Stafford and surrounding community.

Our long-term plans also include strategic acquisition of property in areas of future population growth and need. Recent mission-aligned acquisitions include the purchase of new sites in Fortitude Valley, Mango Hill and Ipswich. 'Villa Maria,' in the Ipswich CBD was previously an Aged Care home that we will convert to a school campus and community centre. Our 101 Brunswick Street purchase in Fortitude Valley was also purchased with an eye for the future and property at Mango Hill will house multi-purpose programs.

My sincere thanks again to all of our dedicated staff and volunteers, each of whom plays a vital role in meeting our YMCA's Mission. The stories in this report only offers a small glimpse into what our YMCA is accomplishing. We should all be very proud of what is currently being achieved and what we are planning to achieve in the years to come. Thank you.

**Alan Bray**  
Chief Executive Officer



# SNAPSHOT OF YOUR YMCA

**In over 150 locations the YMCA offers a range of programs and services that promote the development of body, mind and spirit.**





### CHILD CARE SERVICES

**IN-HOME CARE**  
**1,500**  
CHILDREN RECEIVED  
MORE THAN  
**528,000**  
HOURS

**CHILD CARE CENTRES**  
**781**  
DAYS OF CARE PROVIDED TO  
**4,067**  
CHILDREN

**OSHC PROGRAMS**  
**204,000**  
PLUS VISITS BY MORE THAN  
**21,500**  
CHILDREN

**EVENTS**  
**2,490**  
EVENTS AT  
SPRINGFIELD LAKES  
COMMUNITY CENTRE  
ATTRACTING OVER  
**25,000**  
VISITORS



### HEALTH AND WELLBEING

**4 FITNESS CLUBS**  
SERVICING  
**7,269**  
MEMBERS ACROSS  
**331,099**  
VISITS

**GROUP EXERCISE CLASSES**  
**8,986**  
DELIVERED



### SPORT AND RECREATION

**LEARNING TO SWIM**  
**2,161**  
CHILDREN AND ADULTS  
CLASSES CONDUCTED

**GYMNASTICS CLASSES**  
**4,468**  
GYMNASTS PARTICIPATED IN OVER  
**900**  
CLASSES EACH WEEK

**JUDO CLASSES**  
OVER  
**3,100**  
PARTICIPANT IN  
**120**  
CLASSES

**DANCE CLASSES**  
**2,952**  
PARTICIPATIONS ACROSS  
**972**  
CLASSES





## HOSPITALITY

**45,601**  
GUESTS STAYED  
IN OUR HOTEL

**135**  
CATERED  
FUNCTIONS

**2,350**  
STALL HOLDERS

OVER  
**200,000**  
VISITORS TO  
OLD PETRIE TOWN



## CAMPING

3 CAMP SITES HOSTING  
**13,568**  
CAMPERS

COOKED  
**59,141**  
CAMP MEALS

FACILITATED  
**53,408**  
PARTICIPATIONS IN  
CHALLENGE ACTIVITIES



## TRAINING

YMCA IS A REGISTERED  
TRAINING ORGANISATION  
DELIVERING  
**9 DIFFERENT  
QUALIFICATIONS**  
AND 2 SHORT COURSES TO  
**1,687**  
STUDENTS ACROSS  
QUEENSLAND



**“** I would like to say thank you to the Alana for her support and encouragement throughout my course. I am a back to work mum with a career change and I found the work immediately after my Certificate III in Early Childhood Education and Care studying with YMCA **”**





## YOUTH PROGRAMS

### YMCA VOCATIONAL SCHOOLS

**395**

STUDENT'S ENROLLED  
72 STUDENTS  
GRADUATED IN 2017

### MENTORING

89 MENTORS PROVIDED

**17,175**

HOURS OF MENTORING

### QUEENSLAND YOUTH PARLIAMENT MEMBERS

**93**

YOUTH MEMBERS  
DEBATED 8 YOUTH BILLS  
OVER 5 DAYS IN  
QUEENSLAND PARLIAMENT  
HOUSE,  
ALL SUPPORTED BY

**15**

YOUNG VOLUNTEERS



## SOCIAL IMPACT

### SCHOOLS BREAKFAST PROGRAM

**598,015**

FREE BREAKFAST MEALS  
ACROSS 101 SCHOOLS  
SUPPORTING

**8,500**

STUDENTS

### 'MEALS ON ICE'

DONATED OVER

**1,900 MEALS**

TO PEOPLE IN NEED  
ACROSS BRISBANE



## OUR PEOPLE

### OUR STAFF

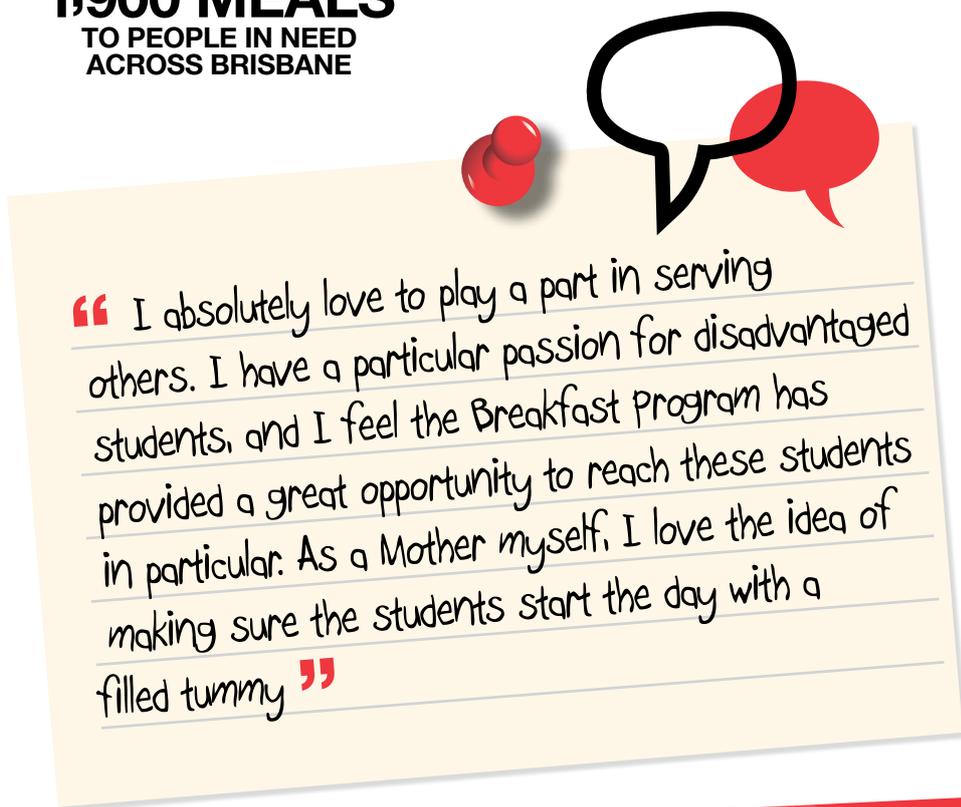
**914**

PASSIONATE AND  
DEDICATED STAFF  
MEMBERS

### OUR VOLUNTEERS

**175**

OUTSTANDING GENEROUS  
VOLUNTEERS



“ I absolutely love to play a part in serving others. I have a particular passion for disadvantaged students, and I feel the Breakfast program has provided a great opportunity to reach these students in particular. As a Mother myself, I love the idea of making sure the students start the day with a filled tummy ”

# STRENGTHENING OUR IMPACT

**Making a difference through  
providing opportunities to be happy,  
healthy and connected.**





## TOOLS FOR THE FUTURE

Hannah Nielson (Youth Worker)

**This year, the students at YMCA Kingston Vocational School started an incredible initiative where they took recycled, discarded, or inexpensive materials and used them to create household and outdoor furniture, like the recycled coffee table above.**

Through this project the students have learnt a variety of skills from carpentry and woodwork, to marketing and accounting. The students have sold their completed creations in order to give back to families in need (with a portion of profits going towards a reward for their hard work too!)

14 year old project Chief Financial Officer and student, Phoebe, says, "The coffee table is hand-crafted from recycled pallets in a walnut stain. It is set on train-grey Victorian legs to give a modern juxtaposition of the new and the old."

Programs like 'Upcycled Furniture' give students the opportunity to learn both practical and leadership skills, reduce waste, encourage creativity AND give back to the community in the process!



## RETURN OF THE RATS

Jane Barr-Thomson  
(Marketing and Fundraising Manager)

**The YMCA Rat Race is an annual obstacle course event designed and developed by YMCA's marketing and fundraising team.**

The success of the first Rat Race in 2016 saw the 2017 Rat Race return bigger and better than ever. The event boasted 14 cheesy obstacles including 12 of the original favourites and two exciting new additions, Slip'n'slice and Cheese Puffs.

Once again the 8km course was located in the heart of Brisbane, taking place around the river at Kangaroo Point and the City Botanical Gardens. Contestants of 16 years and over came from all sides of Brisbane to participate in teams of two, three or four. Their ultimate goal, to protect and carry a large novelty inflatable cheese throughout the course and over the obstacles.

The 2017 event, which took place on the 15 October saw the number of competitors double from the previous year, bringing the total number of participants to 1,037 competitors and 250+ volunteers. With the growing interest in this event, we look forward to seeing its evolution in the upcoming years.

The funds raised from Rat Race go towards the YMCA Schools' Breakfast Program.



# YOUNG CEO FOR THE DAY



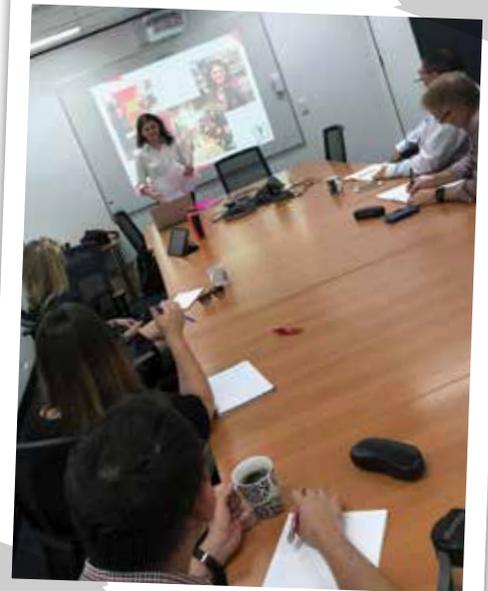
Ali Ainslie (Young Ceo)

**Young CEO for the Day is a national YMCA initiative that empowers our young employees and volunteers to amplify their voice.**

Our 2018 Young CEO for the Day Ali Ainslie is studying social work whilst holding two positions with the YMCA in our school-based mentoring program and Bowen Hills Fitness Club.

“I started with the Y over a year ago as a receptionist at Bowen Hills. And I just fell in love. Here I was, welcomed into this special little community, where I was made to feel empowered and valued. Never have I experienced a workplace with a strong family vibe and passion to ensure that all members of the community felt belonged, respected and accepted; despite their situation, demographic or background. And here I am, a front-line officer, with the power and responsibility to influence and make an impact daily, on the lives of so many people that walk through the door. It was more than just a job or a gym. It was the outlet of my passion for empowering young people.”

A meeting with the YMCA's Youth Development Coordinator helped Ali to find out more about what the



YMCA has to offer. “I was just blown away by all we have to offer and the awesome programs we have installed. I wanted part in everything as it is my dream and goal to become a successful and empowering social worker!”

Ali spent her day as Young CEO visiting a number of YMCA sites with CEO, Alan Bray, and also found the time to pitch her idea for a new youth program to ensure the youth of the YMCA are being heard! The program aims to “empower, celebrate and inspire young people of the YMCA to be part of the solution, and not feel disconnected or unheard,” she said.

## SCHOOL TRACTION PROGRAM

Chris Grainger (School Chaplain – Clem Jones Campus)

**Traction is in its second year and has had many success stories. Students are provided with an array of skills, right from the start.**

The students are required to undergo an interview and answer relevant questions, this reflects job interview skills. Once a student enters the program, they are given a bike which is in pretty bad shape and donated by the community (recycled bikes). The students then rebuild and customise the bikes.

The students are supported by staff, volunteers and student mentors. A student mentor, is a student who is selected upon completing the program and demonstrated leadership throughout the term. These mentors are given the opportunity to return the following term, where they are given responsibilities in leadership. This has had a significant part in not only teaching kids hands on skills, but allowing them to identify their strengths through leadership. The student mentors, role model behaviours and become accountable with tasks they carry out. This influences others around them, building stronger communities whilst at Traction.

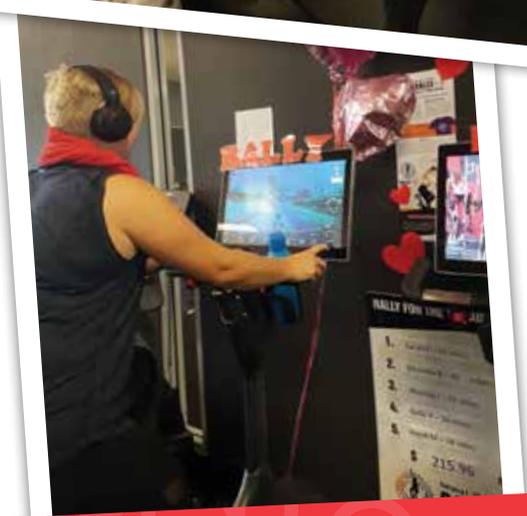
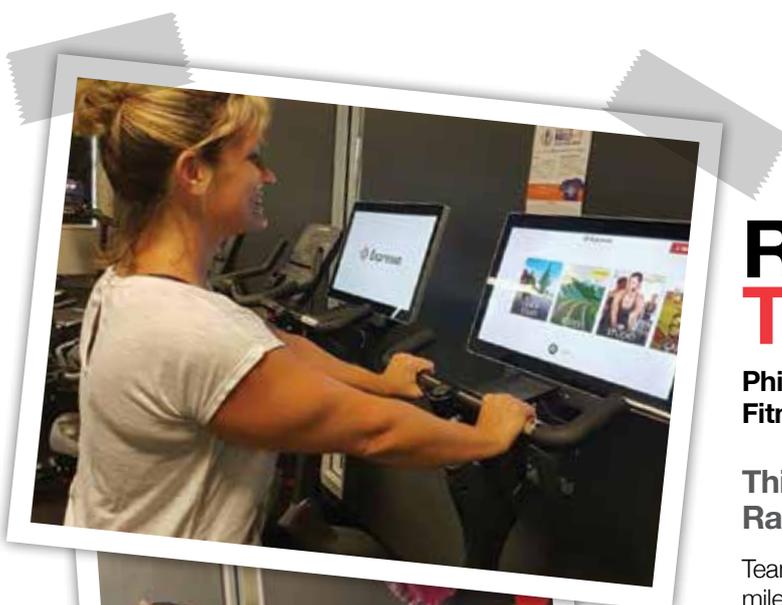
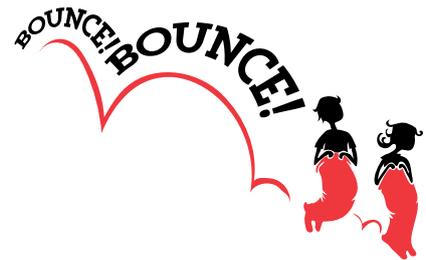


# INSPIRING CHILDREN THROUGH NATURE PLAY

**Chris Nolan (Senior Coordinator – Gold Coast Family Day Care)**

**Nature Play is a program that supports early childhood services to inspire children to engage in unstructured outdoor play and learning.**

Research has shown us that 'time to explore' is one of four protective factors (Levine, 2012) that support young people to grow and build resilience. Unfortunately the time for exploration is diminishing as children gravitate to technology. It is for this exact reason that educators from our Gold Coast Family Day service, along with our resource coordinator, took children on an excursion to Tambourine National Park to engage with the outdoor environment for an enjoyable exploring experience.



## RALLY FOR THE Y

**Philip Lynem (Manager – Bowen Hills Fitness & Recreation Centre)**

**This year, we participated in our first Rally for the Y.**

Teams all across the world set out to ride as many miles as they could throughout February. They gathered sponsorships and then Espresso Bikes donated 10 cents per mile ridden. On February 1st, 21 riders (we ended the month with 43 amazing riders) set off to ride 1,000 miles and raise money for our Cancer Survivor program.

Team Bowen Hills rode 1,035 miles in 28 days and came 104th out of 307 teams. Not bad for our first Rally! We also raised \$485.10 for our Cancer Survivor Program.

Next year, we are aiming for 1,500 miles, 60 riders and to crack into the top 100 teams.

# CANCER SURVIVOR PROGRAM

Jacqui Parker (Manager – Jamboree Heights Fitness & Recreation Centre)

The focus of the Cancer Survivor program is undoubtedly exercise, with a large amount of research supporting the belief that exercise helps with cancer treatment, while also improving fitness, strength and flexibility.

Participants of our program have experienced all of these advantages and more.

Many of our participants, having been through the cancer journey, have undergone some challenging times. Some have also lost family members, partners and friends as a result of cancer. This can leave people isolated and feeling alone. While all of our participants mention the physical and emotional benefits of our Cancer Survivor program, so many of them have said that it is the social interaction and friendships they have made that have been the most surprising benefit of the program. This has helped our participants through challenging times emotionally, tough periods of treatment and has kept many coming back to the gym to see new friends and continuing relationships away from the gym. This unexpected positive impact has helped build our program which now operates across our four fitness clubs.

**“Our staff are constantly encouraged by our survivor’s can-do attitudes, resilience and the community which our Cancer Survivors have formed together.”**



**306**  
**CANCER SURVIVORS**  
**HAVE BEEN**  
**SUPPORTED**  
IN THEIR FIGHT AGAINST CANCER  
THROUGH OUR FREE 12 WEEK GROUP  
PERSONAL TRAINING PROGRAMS

## JULES’ STORY

A mother of three daughters, Jules was diagnosed with a rare aggressive cancer in 2017. The cancer and associated treatment had a devastating effect on Jules’ health leaving her so weak that it was a struggle simply to walk to the front door.

A person who has exercised all her life, this deterioration in health had a significant psychological impact on her. Through the Cancer Survivor program, Jules has regained her health, improving not just her fitness and strength, but also her mental health.

The emotional and psychological support from the trainers and the other program participants has proved vital in Jules’ recovery. “It is very rare to be in such a positive group of people who are dealing with cancer,” she said.



# CREATING THE RIGHT ENVIRONMENT FOR CHILDREN TO GROW

**Melissa Troncoso (Coordinator – Gumdale OSHC)**  
**Rochelle Ragless (Coordinator – Grovely OSHC)**



**Our approach to Outside School Hours Care (OSHC) is to provide a high quality environment that is safe and gives children the opportunity to learn, play and to grow in body, mind and spirit.**

Our Services offer a wide range of enjoyable, stimulating and age-appropriate programs that encourage a sense of community amongst the children. Some examples of our work in action are below.

On the National Day of Thanks our students at YMCA Gumdale OSHC took part in various activities to express their thanks. These activities gave our kids a chance to show appreciation to others so they can develop their appreciation for the everyday blessings in their own lives for things such as health, home, family and the friendships they develop.

At YMCA Grovely we have been so busy making our new room look amazing and full of colour! The children wanted to create a mural which represented all the things we love about Grovely. Both staff and children worked so hard to draw and paint our amazing mural over 3 days. The best part was all the children working together to create such an exciting piece of art and the feeling of belonging in the room was fantastic. The mural now proudly hangs over our doorway so everyone can see it when they enter our room!

The children at YMCA OSHC really love to garden and learn about the environment. Over a couple of weeks the children planted seedlings and grew grass heads which they can trim! The children also learnt that you can regrow some vegetables by simply putting the roots in water. After doing this with our leftover shallots, they were amazed by how fast they grew back! This was just after two weeks!





## INCLUSIVE EXPERIENCES

**Adrien Fitzpatrick (Manager – Victoria Point Fitness & Aquatic Centre)**

**Kylie Tierney (Assist. Manager – Jamboree Heights Fitness & Recreation Centre)**

**At the YMCA we offer access and inclusion classes to the community to allow everyone the opportunity to be safe in and around the water.**

At our Victoria Point facility we provide fifteen, one-on-one high needs lessons every week. This commitment to inclusion is further supported by our subsidisation of these lessons through our internal benevolence program.

Through the sporting schools program, two coaches from our Jamboree Heights facility loaded up their cars with gymnastics equipment and headed over to the Mount Ommaney Special School. Over four weeks our coaches taught children with a range of special needs the basics of gymnastics. The coaches had the children rolling, jumping, climbing, and balancing their way through each activity circuit. As well as bringing joy to participants, parents and the coaches, this program allowed the participants to enjoy the fundamentals of gymnastics while learning vital gross and fine motor skills.

These programs are just a couple of the ways our YMCA provides opportunities for all people to grow in body, mind and spirit.



## A LIFE CHANGING JOURNEY

**Graeme Ferguson (Manager – Camp Warrawee)**

**Camp Warrawee hosted a special group of students and staff from a small school called M'Bunghara which is located four hours West of Alice Springs.**

Thirteen Indigenous students aged 3 - 12 years and their school Principal made the life changing journey to Brisbane, enjoying seven days at Camp Warrawee. For all of the children it was their first time on a plane, the first time they had seen city lights and the first time they had seen the ocean.

Things that most of us take for granted were a novelty and a point of fascination for the children, who quickly adapted to camp life and thoroughly enjoyed the plentiful supply of food and the feeling of soft green grass under their feet. The children also enjoyed a range of activities and quickly



developed some new skills, developed their team work and communication skills, but more importantly had the time of their lives.

It was a privilege to host M'Bunghara School and play a small part in positively impacting the lives of the thirteen Indigenous students by expanding their view of the world.

# BREAKFAST PROGRAM

**Catherine Hannell (Manager - Schools' Breakfast Program)**

**The YMCA Schools' Breakfast Program currently supports over 100 schools within SEQ enabling them to provide healthy breakfasts and emergency meals to students in need.**

At the end of 2017 all participating schools were surveyed in a study conducted by Queensland University of Technology's School of Psychology and Counselling.

The YMCA Schools' Breakfast Program has a positive far-reaching impact on individual student outcomes and the school community as a whole. There are two key areas where we see this impact. The first is on academic performance and classroom behaviours, which noticeably improve once hunger is alleviated. The second, and perhaps less anticipated area of impact, is student engagement and school connectedness. As a result, the Schools' Breakfast Program is helping to create stronger and more successful school communities.

Participating schools report there is significant and growing demand for our program in their local communities. Many students come to school on an empty stomach, which reduces their capacity for learning. Research has shown that by providing breakfast at school, a student's attention and memory improves, leading to less classroom disruption and higher academic performance.

The YMCA Schools' Breakfast program does not only impact individual student's mental performance, but also a number of important social benefits for our participating schools. These benefits contributed to increased school connectedness (feelings of belonging to the school as a community), another incredibly important ingredient in the development of positive academic, psychological, and behavioural outcomes for students.

One participating school teacher stated "students are missing out on breakfast at home, can come and eat breakfast at school before classes started for the day, this way they're behaviour and focus is better in the classroom and they concentrate and be involved more in learning than those that missed out on breakfast at home and coming late and missed breakfast at school.

Parents are coming in interact with not only their children but talking and helping other students as well, they sit there and it's great to see the community coming together."



**MEALS PROVIDED  
IN 2017/18  
598,015**



**MEALS PROVIDED  
SINCE THE PROGRAM'S  
INCEPTION IN 2006  
3,641,948**



# MENTORING

**Aidan Lamb (Mentoring Program Coordinator)**

**Alan started at the YMCA Ipswich Vocational School at the beginning of this year.**

Alan is a respectful and intelligent young man though he experiences significant difficulty with verbal communication. It is a challenge to get much more than one or two softly spoken words at a time. His social anxiety affects his ability to engage in class, socialise during lunch and our THRIVE program. Despite Alan's sound academic level, his social and emotional wellbeing is a significant barrier to his overall school engagement.

Alan joined the mentoring program late in Term two with encouragement from the school wellbeing counsellor and mentoring coordinator. Alan had previously declined other wellbeing programs within the school (group and individual counselling) though he regularly and voluntarily attends mentoring.

Since this time his confidence has dramatically improved, evidenced by his engagement in casual group conversations and more involvement in class discussions. Further to this, against all expectations, Alan projected his voice and performed a skit in front of the entire mentoring group. We are hopeful that the support and confidence he gains from his involvement in the mentoring program will act as a catalyst for flourishing social and emotional wellbeing.



“ Mentoring was a big family and every week was a positive time. I really valued the relationship with my mentor and have learnt to look at the brighter side of life ”

# CHILD PROTECTION

Courtney Rohan, Child Protection Advisor

## Strengthening our work in the area of child protection is an ongoing commitment for our YMCA.

Our vision at the YMCA is for everyone to have the opportunity to be healthy, happy and fulfil their potential. Our YMCA has a unique opportunity to achieve this as we are entrusted to care for thousands of children and young people every day in our recreation centres, outside school hours care, family day care, long day care services and vocational schools.

Our YMCA has developed strong processes and procedures to help keep children and young people safe. We have clear policies, stringent employment procedures including Working with Children Checks, as well as regular staff training.

At the YMCA we will:

- Act in accordance with our values of honesty, respect, caring and responsibility
- Respect the rights of children and young people
- Take all complaints and allegations seriously
- Respond to and report any concerns we have about the safety of children and young people
- Ensure all staff and volunteers comply with our Safeguarding Children and Young People policy and code of conduct

The YMCA is very proud to have achieved accreditation as a child safe organisation through the Australian Childhood Foundation, following an independent and comprehensive review of our organisational policies and procedures. The program is a unique voluntary accreditation scheme for organisations who have a duty of care to children and young people whilst delivering a service or activity to them and/or their families. The program systematically builds the capacity of organisations to keep children and young people safe from abuse.

The more that child protection is discussed in the community, the greater awareness levels are developed. As a responsible adult, please join us in speaking out and taking action to keep our community safe.



# MINI COMMONWEALTH GAMES

Renata Holec (Director – Acacia Ridge Child Care Centre)

In recognition of the 2018 Gold Coast Commonwealth Games our Acacia Ridge Child Care Centre held a mini games of their own.

An open ceremony where children made torches and welcomed everybody to the arena was followed by five activity disciplines in which the children participated. A medal presentation ceremony complete with dais recognised the achievements of the children. The event was a great hit with the children and spectators made up of families and friends.



# MYND PUMP

Jayden Parsons (Youth Development Coordinator)



mYnd-pump is a free 12-week group fitness program aimed at improving both the mental and physical well-being of young people aged 16 to 25 years.

mYnd-pump was developed in conjunction with the University of Queensland who undertook a research project on the benefits of exercise for young people suffering from mental health concerns. This approach to program development helps ensure our practice is evidence-based and aligns with our do no harm philosophy.

The initial mYnd-pump pilot program ran in the second quarter of 2018 and engaged twelve young people. Quantitative results suffered due to the small sample size, however overall the data demonstrated a general positive trend of improved mental health alongside increased fitness. The qualitative data from participants was overwhelmingly positive, with reports of a high degree of enjoyment, satisfaction and positive impact.



“ My body positivity is a lot higher than when I first started with mind pump. Feeling better inside and out ”

# PROJECT DEVELOPMENTS

## ACACIA RIDGE VOCATIONAL SCHOOL AND YOUTH CENTRE

Over its 174 year history, the YMCA has demonstrated an ability to adapt and change its programming in order to remain relevant to the communities it serves. A good example of this is the repurposing of the Acacia Ridge site as a youth space and the fifth campus of the YMCA's vocational school.

The site continues to house our Family Day Care program coordination unit, but now reflects the changing need of the community through providing a positive outlet for a growing youth population and a genuine alternative to mainstream education.

## SECURING OUR FUTURE

As custodians of our YMCA, we seek to ensure that those who follow are provided with the tools and resources to ensure the YMCA's longevity and relevance. One approach to achieve this is through the strategic acquisition of property in areas of future population growth and need.

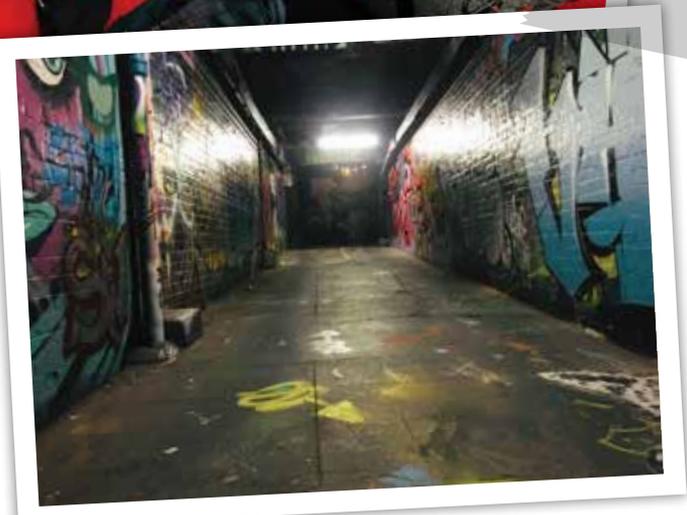
Previously the Jugglers Art Gallery, 101 Brunswick Street Fortitude Valley provided a short-term expansion opportunity for a number of existing support service staff, a youth-focussed event space, and lettable office space to help offset the building's holding costs. Long-term, the property provides our successors with an asset for which they can determine the best use, in order to meet the changing needs of the community.

Villa Maria was previously an aged care home. Situated in a prime CBD location in the growing city of Ipswich, Villa Maria will be re-invented as a youth space and vocational school. A proven model in Ipswich, this combination of programming provides good facility occupation year round, and a safe supportive environment in which young people can thrive.

## GEORGE WILLIAMS HOTEL UPGRADE

With a focus on the guest experience, the hotel this year undertook an upgrade of its in room services to help raise its star rating from 3.5 to 4. One of the upgrades included the installation of Smart TVs, allowing guests to stream on-demand TV shows in the comfort of their hotel room.

A cornerstone of our YMCA's sustainability over the last 22 years, the investment helps the hotel remain competitive in an increasingly saturated market.



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Y-CARE (SOUTH EAST QLD) MANAGEMENT COMMITTEE

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# THANK YOU

The YMCA wishes to acknowledge and thank all of our supporters and donors who have contributed to the community impact achieved by our YMCA over the last twelve months.

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The YMCA wishes to thank the many staff who support the Strong Kids Campaign by regular donations through payroll.



**Stay connected and learn more about your YMCA**

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