

BODY MINDS



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# Message from the President and CEO

The YMCA Movement in Australia is a federation of 37 independent incorporated Associations, each governed by a voluntary Board of Directors. Each Board represents the needs of their local community and sets the strategic direction of the Member Association. Together our Member Associations form the National Council of the YMCAs of Australia. At the 2004 AGM the Movement agreed that the National Council of the YMCAs of Australia would operate as 'YMCA Australia'. This report, prepared by YMCA Australia, provides an overview of the Movement in Australia for the period 1 July 2004 to 30 June 2005.



**PETER MALONE** PRESIDENT



**BOB NICHOLSON** CEO

#### YMCA AUSTRALIA DIRECTORS (L-R)

FRAN KILGARIFF, STUART SLADE, IAN MARTIN, ASHLEY PEREZ, GERALDINE MACDONALD, BRUCE HARRIS, GREG HEBBLE, RICHARD EDWARDS, JOE GOODALL, CAZ BOSCH.

The YMCA Movement in Australia continues to grow and develop. Total participation in YMCA programs across Australia now exceeds 400,000 each week. Programs and services are delivered by more than 6,800 staff and 2,500 volunteers, in more than 400 locations across Australia.

The YMCA is an open and inclusive Movement committed to ensuring that all people are able to access our activities. Participants in YMCA programs are as diverse as their communities and include people of all ages from pre-school to older adults. Each YMCA Association is locally governed and responds to the specific needs of its community.

Delegates to the National YMCA Convention held in Sydney in November 2004 celebrated this diversity, and made a very strong commitment to key elements that unite our Movement. Member Associations endorsed the YMCA Values Statement and unanimously adopted a challenging three year Vision Document.

The Vision 2004-2007 Document commits the Australian YMCA Movement to;

- Provide services to those in greatest need
- Contribute to the quality of family and community life
- Encourage and value community volunteers
- Engage young people in leadership roles
- Respond to areas of social concern
- Care for the natural environment



YMCA Australia is part of a World YMCA Movement which created some wonderful opportunities to share and celebrate with people from across the world;

- The World Alliance 150th Anniversary Celebrations in Paris and Mumbai
- An International Youth Work Camp in Vietnam
- Meetings of the Asia Pacific Alliance
- Senior staff visits to New Zealand, USA and Canada

The international YMCA also linked our Member Associations to the extreme poverty and natural disasters that have impacted on the lives of so many people in the world. Our Movement acted quickly to provide financial assistance to YMCAs in the front line of response to natural disasters in Bangladesh, India, Philippines and Sri Lanka.

Thank you to all YMCA Board members, volunteers and staff who helped us to make a difference to the lives of people, families and communities.

Peter Malone, President

Bob Nicholson, CEO

**Directors** Peter Malone President  
 Fran Kilgariff Deputy President  
 Caz Bosch  
 Richard Edwards  
 Joseph Goodall  
 Bruce Harris  
 Greg Hebble  
 Geraldine Macdonald  
 Ian Martin  
 Ashley Perez  
 Stuart Slade

**Staff** Bob Nicholson Chief Executive Officer  
 Mez Oldham PA to the Chief Executive Officer  
 Joe Brugliera Finance Manager  
 Sandra Burnett Communications Manager  
 Nicholas Cox Operations Manager  
 Nicole Erdodi Accounts Clerk  
 Peter Newling Youth and Community Development Manager  
 Melinda Paulin Risk and Compliance Manager

#### Strategic Management Group

#### Advisory group to the YMCA Australia Board

Bob Nicholson, YMCA Australia  
 Nicholas Cox, YMCA Australia  
 Peter Burns, Victoria  
 Neil McWhannell, Sydney  
 Jenny McCoombe, Canberra  
 Ron Mell, Perth  
 Ross Melville, Brisbane  
 Peter Schwarz, South Australia  
 Peter Krenz, Bendigo

**Patron** Her Majesty The Queen

#### Honorary Life Governors

AHR Abbey, AM, DCM  
 IC Howard  
 Rt Rev. K Mason, AM  
 JE Stafford  
 GF Wheeler, AM

#### Honorary Governors

E Boyson, MBE  
 DJ Davis, OAM  
 HV Jenner, OAM  
 TJ Tweed, MBE

#### Australian YMCA Volunteer of the Year Award 2004

Rennie Sundram  
 YMCA Brimbank Youth Services, VIC

#### IC Howard Y's Men Staff Scholarship 2004

Melissa Morgan  
 YMCA of Great Lakes, NSW

# The **YMCAs of Australia** work together, from a base of Christian values, to provide opportunities for all people to grow in body, mind and spirit.

During 2004-5 the YMCAs of Australia recorded 21.3 million visits; making the Y one of Australia's largest not-for-profit community service organisations. The Y's 6,867 staff and 2,484 volunteers delivered programs and services from 417 locations across Australia.

## The YMCAs of Australia

Taught 30,878 children to swim

Helped 7.3 million adults improve their health and well being

Cared for 456,824 children

Worked with 2,258 schools to assist in the development of their students

Assisted 89,212 people with special needs programs

Nurtured 820,489 young people at an Outside School Hours Care /vacation Care program

Inspired 143,454 young people to learn about respect for self, others and the environment at camp

- YMCA of Ararat
- YMCA of Armidale
- YMCA of Ballarat
- YMCA of Bendigo
- YMCA of Brisbane
- YMCA of Broken Hill
- YMCA of Bundaberg
- YMCA of Cairns
- YMCA of Camira/ Springfield
- YMCA of Canberra
- YMCA of Central Australia
- YMCA of Darwin
- YMCA of East Gippsland
- YMCA of Eastern Goldfields
- YMCA of Echuca
- YMCA of Gayndah
- YMCA of Geelong
- YMCA of Great Lakes
- YMCA of Hobart
- YMCA of Inner North East Adelaide
- YMCA of Katherine
- YMCA of Lake Macquarie
- YMCA of Launceston
- YMCA of Moorabool
- YMCA of Newcastle

- YMCA of Newman
- YMCA of Palmerston
- YMCA of Perth
- YMCA of Port Augusta
- YMCA of Port Pirie
- YMCA of Portland
- YMCA of Queanbeyan
- YMCA of South Australia
- YMCA of Stanthorpe
- YMCA of Sydney
- YMCA of Victoria
- YMCA of Wangaratta



Every 30 seconds, somewhere in Australia, a person enters a YMCA facility.

# The YMCAs of Australia **work together**, from a base of Christian values, to provide opportunities for all people to grow in body, mind and spirit.

YMCAs work together to deliver quality services across a broad range of programs.

**Tsunami Response**

The tsunami disaster that hit twelve countries of Asia and Africa bordering the Indian Ocean on Sunday 26 December 2004 sparked one of the greatest relief efforts and outpourings of compassion in history.

Many YMCAs were seriously affected. These same YMCAs, and indeed many YMCAs around the world, were quick to respond effectively to the needs of communities affected. Within a few weeks of the disaster YMCAs across Australia made a significant contribution to the worldwide YMCA fundraising effort which raised over US\$6 million. Funds were used for emergency relief and to rebuild effected YMCAs, so they could continue to help their local communities. YMCA Australia will continue to be involved in long term redevelopment strategies.

**Movement Development Forum**

State/Territory Movement Development Forums (MDFs) are an opportunity for Ys to share information, discuss industry best practice, network with peers, explore initiatives and identify ways that Member Associations can support one another. Following the 2004 National Convention YMCA Australia facilitated five MDFs across Australia.

**YMCA Workers With Youth Network**

Working with young people can be an emotional and sometimes isolating experience. The YMCA Workers With Youth Network is a team of 45 committed professionals who provide peer support for fellow Y Youth Workers across Australia. It's an opportunity to share ideas, innovations, joys and frustrations. The YMCA is committed to increasing communication between its professionals in all core service areas.



Lead Associations with specialist expertise provide dedicated leadership in the core areas of Children's Services, Aquatics, Health and Well Being to ensure that our communities enjoy the highest quality programs and services.



# The YMCAs of Australia work together, **from a base of Christian values**, to provide opportunities for all people to grow in body, mind and spirit.

The YMCAs of Australia are guided to achieve their Mission by the following Christian values;

*We value the whole person, consisting of a body, a mind and a spirit each of which is of equal importance.*

*We value the dignity and intrinsic worth of all people regardless of age, gender, ethnicity, belief or other difference.*

*We value diversity of people, communities and nations.*

*We value equality of opportunity and justice for all people.*

*We value healthy communities based on relationships between people which are characterised by love, understanding and mutual respect.*

*We value acceptance of personal responsibility.*

These core values translate into four key operation values:

**Honesty Respect Caring Responsibility**

November 2004, 150 YMCA Board Members and Staff gathered in Sydney for the 46th National YMCA Convention. At the Convention Member Associations unanimously adopted this values statement.

The YMCA is open to everyone regardless of age, gender, ethnicity, race or ability.



# The YMCAs of Australia work together, from a base of Christian values, **to provide opportunities for all people** to grow in body, mind and spirit.

The Y offers programs and services for everyone – from Child Care to Older Adult Health & Well Being programs.

The Y creates opportunities for all people to be involved and offers programs and services in eight core program areas; Health and Fitness, Camping, Recreation, Aquatics, Accommodation, International Projects, Youth Services and Child Care.

"...forty eight years ago I joined the Y. And throughout that time, one thing has remained constant - that it's about a generous staff, displaying a caring response to the changing needs of its members. My life continues to be much more fulfilled because of the 'Y'."

**Mal Waterhouse, YMCA Member.**

"Recreation Link-up is a free service that provides recreation planning, information, education and introductory assistance for people with a disability."

**Penny Herbert, Recreation link-up Co-ordinator.**

"We went sight seeing at Wangi Falls, Buley rockholes. We had lunch at the picnic area and then we went to Florence Falls...we used the snorkeling gear and saw a lot of fish. The camp was really good" ...

Extract from YMCA Youth News Article 'YMCA kids explore Litchfield National Park, NT', written by YMCA camp participants **Corey, Brandon and Dale.**

"During Ramadaan there's not much for us to do, it gets pretty boring at night. The soccer program is awesome, we get to catch up with mates, hang out and play good soccer."

**Abdi, 16 years.**

"I visit a young guy in JJ who has no family support. I know that I make a positive impact on his life. That's what inspires me to volunteer for the Y."

**Juvenile Justice Mentor.**

"Our group of over 60s are a lively bunch of 'youngsters' who have fun, share friendship and keep fit."

**Dennis Strand, Participant, Over 60s Weights Class.**

"I went to Mt Evelyn Camp with Mum and my brother. We played games and sang songs around the campfire. I played tennis with my Mum and we went to the pool, it was fun. I hope we can go again."

**Dylan, 6 yrs, Active Families participant.**

"I love using the Y's Occasional Child Care because they offer a variety of programs in a stimulating environment. Jackson, my son, also loves the interaction with other children."

**Jenny, Mum.**



# The YMCAs of Australia work together, from a base of Christian values, to provide opportunities for all people **to grow in body, mind and spirit.**



Every YMCA program is created to develop the individual in body, mind and spirit. Each YMCA program clearly meets each of these three essential elements of the YMCA Mission.

**Youth Parliament**

The YMCA Youth Parliament (YP) is a non party political program. It has been delivered at state and national levels for nearly 20 years. The young people spend the first 6 months developing and researching their Bills. During the week of Parliament, they are encouraged to speak openly, and to respect the opinions of others. A full recreation program balances the cerebral nature of the program. Youth Parliament is a life changing experience. Participants develop leadership skills, public speaking experience, mix with people from all backgrounds and cultures and achieve greater self confidence.

**Pryme Movers**

Embracing three elements: Fitness, Fun and Friendship, the Pryme Movers program provides an opportunity for older adults to keep fit, broaden their social network and achieve a better understanding of how to look after their own Well Being. Participation in Pryme Movers goes a long way to reducing some of the dangers associated with ageing – such as sedentary lifestyle, isolation and loneliness. Whatever age we are, we can still grow in body, mind and spirit!



**Outside School Hours Care**

At the YMCA each child is cared for in a safe and nurturing environment where each individual child can feel welcome and secure. The Y aims to develop each child in body, mind and spirit through play experiences, social interactions and age appropriate Y programs. Y activities cater to each child's individual needs and abilities in an environment that promotes respect and consideration and supports involvement by the whole family.

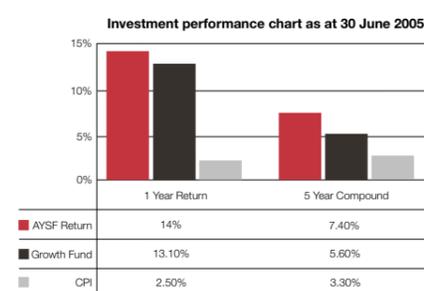


In 1891 Dr. Luther Halsey Gulick designed a red equilateral triangle logo to symbolise the YMCA. The equal sides of the triangle, according to Gulick, stood for “man’s essential unity; body, mind and spirit....together they form an inseparable whole”

## Australian YMCA Superannuation Fund

Since 1949 the YMCA has assisted employees to develop a strong financial future. Australian YMCA Superannuation Fund (AYSF) is managed by a volunteer board of Directors and administered by YMCA Australia. AYSF is open to all YMCA staff and their partners.

During the reporting period the Fund performed very well and at 30 June 2005 held over \$37 million in assets. The carefully planned growth strategy, to secure members real returns in the medium to long term, proved effective in providing strong returns. The credit rate for the year ended 30 June 2005 is 14%, the 5 year average compound rate for the Fund is 7.4%.



### YMCA Superannuation Fund

#### Directors

Richard Edwards (Chair)  
Bob Anderson  
Ed Ferguson  
Adrian Lombardo  
Ross Melville  
Sathy Sappany  
John Simkiss  
John Stafford

#### Staff

Carolyn Todhunter Strategy and Compliance  
Glen Cosham Administrative Assistant  
Sabina Hamidovich Fund Administrator  
Natassia Kaufman Administrative Assistant

AYSF is made up of 10,590 members each receiving 14% return for their Superannuation investment for the period 1 July 2004 to 30 June 2005.

## Australian YMCA Institute of Education and Training

The Australia YMCA Institute of Education and Training (YMCA Institute) is a registered training organisation that delivers accredited training through a YMCA campus structure. Campuses are located in Brisbane, Melbourne and the Perth Campus commenced April 2005.

Over 3,000 students participated in a YMCA Institute training program. Some of the courses offered by the YMCA Institute include qualifications in;

- Sports Coaching
- Recreation Management
- Business Administration and Management
- Fitness
- Assessment and Workplace Training
- Aquatics
- First Aid/CPR

Recently new courses have been added to the YMCAs scope of registration in the areas of Children's Services and Out of School Hours Care, both are areas where the YMCA has seen extensive growth opportunities throughout 2005.

#### Director

Nick Cox

#### Campus Managers

Andrew Ballam, WA  
Will Sambrook, QLD  
Meredith King, VIC



The Institute offers a range of qualifications and short courses and last year 3,000 students participated in a YMCA Institute training program.

## YMCA E-Store

YMCA E-Store is a YMCA owned company that develops and produces YMCA branded goods and services for the YMCA Movement. Moving into a second year of operations, YMCA E-Store has become an integral part of the YMCA Movement. During the reporting period the YMCA E-Store staff base expanded to include a sales team providing national coverage. In a year where product and service development dominated, YMCA E-Store turned over \$1.2 million and expanded the range to include;

Swim wear  
Aquatic merchandise  
Aerobic and Active wear  
Print  
Corporate uniforms and casual attire

Thanks to the YMCA Movement for supporting YMCA E-Store.

#### Directors

Richard Edwards (Chair)  
Peter Burns  
Bob Nicholson  
Ross Melville

#### Staff

Mark Sargent CEO  
Jess O'Shea Administration Assistant



YMCA E-Store launched three Body Mind Spirit stores and doubled turnover during the reporting period.

## Finance

The Australian YMCA Movement continued to achieve significant growth in all areas of service delivery. The combined income of the YMCA Movement was \$157 million, an increase of 18 percent from last financial year.

The major income areas for the YMCA are summarised below:

Service Area	Income
Community Recreation	\$58m
Health and Fitness	\$55m
Children's Services	\$24m
Camping and Outdoor Education	\$ 7m
Youth and Community Services	\$ 4m
Accommodation	\$ 6m
Government grants / subsidies	\$ 2m
Donations	\$ 1m

While strong financial performance has enabled the YMCA to deliver a broader scope of services to local communities, many of our benevolent programs could not have been realised without the support of numerous funding bodies and benefactors.

Audited financial reports for YMCA Australia are available on request.

Income generated by the YMCA is returned to the community via benevolent services.

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