

YMCA Australia Annual Report 2007

Cover photo - see story page 12



YMCA

We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**

Message from the President and CEO

Helping Australia to build strong people, families and communities.

The need for YMCA programs has perhaps never been greater. Long term drought has threatened the fabric of many rural communities, indigenous Australians remain severely disadvantaged, and many young people are struggling with the transition from school to work. Despite continued economic growth, significant areas of poverty remain in Australia. Many people are living alone and disconnected from their community, and the health and well being of many families is under pressure.

The YMCA has responded by expanding its services into new communities and delivering innovative programs and services that target specific areas of need or disadvantage. For example:

- The Newman YMCA Mobile Playgroup Project delivers early learning experiences to children in remote indigenous communities.
- YMCAs in Victoria have combined to provide school holiday camping opportunities for families from drought affected farms.
- Broken Hill YMCA has developed an After School Program (including exercise classes) in partnership with the School of the Air for children on isolated rural properties.
- The YMCA in South Australia has developed a camping and outdoor adventure program specifically designed to meet the needs of the growing number of people with a mental illness and their families.
- Canberra YMCA is working with a range of other organisations to establish a 'one-stop-shop' for the health and wellbeing of its older adults.

The YMCA also provides broadly based services accessible to all people, that help individuals and families to connect to their communities. The YMCA now operates in 520 communities from remote rural areas to our largest cities, and each week 525,000 people, ranging in age from babies to older adults, participate in YMCA programs.

YMCA youth and children's programs focus on assisting young people to develop their capacity to respond positively to future opportunities and challenges, and to achieve their full potential. A positive future for our children requires a sustainable natural environment and a peaceful world. YMCA Australia commenced a partnership with the Australian Conservation Foundation (ACF) aimed at implementing sustainable environmental practices within the YMCA, and assisting the ACF to communicate its vital environmental message to our communities.

The YMCA believes there can be no long term peace in the world without justice and a fairer distribution of resources. YMCA Australia is working towards a fairer more peaceful world, through active participation in the International YMCA Movement, bilateral relationships between Australian YMCA Associations and those in the Asia Pacific region, and the funding of development projects that build the capacity of poorer communities.

YMCA Australia will launch its new four year Vision at the 2008 YMCA National Convention in Canberra. During 2007 there has been extensive consultation with YMCA volunteers and staff leaders from across Australia. YMCA Vision 2008-2012 will reflect their input, and thereby ensure that our Movement continues to meet the ongoing and emerging needs of our communities.

We wish to thank our partner organisations, funding bodies and private donors, and all YMCA staff and volunteers for their contribution to the YMCA during the year.



Peter Malone President



Bob Nicholson CEO



Our Mission:

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.

Our Values:

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 values can be summarised by four key words:- **Honesty – Respect – Caring – Responsibility**

Directors

Back row - (left to right) -

Ian Martin
Richard Edwards
Joe Goodall
Bruce Harris (Treasurer)
Alan Morton

Front row - (left to right) -

Dionne Devlin
Greg Hebble (Vice President)
Peter Malone (President)
Bob Nicholson (CEO)
Jane Mugford

Not pictured -

Lorna Long

Directors until November 2006

Fran Kilgariff
Caz Bosch
Geraldine MacDonald.

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



YMCA Australia Staff

Bob Nicholson, Chief Executive Officer
Nicholas Cox, Operations Manager
Melinda Paulin,
Risk & Compliance Manager
Peter Newling,
Communications Manager
Joe Brugliera, Finance Manager
Matt Walton, Project Manager
Alli Carr, Risk and Projects Specialist
Mez Oldham, Executive Assistant
Frances Bevacqua,
Institute Administrator
Jenny Rex, Assistant Accountant
Mandy Wong, Accounts Clerk

2006 YMCA Exemplary Volunteer of the Year Award

Dionne Devlin, Broken Hill YMCA

2006 YMCA Young Volunteer of the Year Award

Jarred Foster, Ararat YMCA

2006 IC Howard Staff Scholarship Recipient

Rosheen Nikakis, YMCA Victoria



It is easier to build strong children than to repair broken people. *Frederick Douglass – Civil rights activist (1881)*

Over 525,000 Australians every week participate in YMCA programs and services designed to help build stronger people.



The Bridge Project has a big impact on troubled youth

YMCA Victoria's Bridge Project continues to make significant inroads into securing employment for young people on their release from youth justice facilities. At year's end, 14 young men had begun or completed 16-week work placements with committed employers in a variety of industries including engineering, motor mechanics, health and fitness, logistics and retail. More than 60 placements are anticipated in the year ahead as part of the Workplace Participation Project, funded by the Department of Human Services and the (former) Department of Victorian Communities. Led by a dynamic council of community and business leaders and patron - Collingwood Football Club Coach Mick Malthouse (pictured above) - The Bridge Project continues to pave the way for a smoother and more productive transition back into community life for some of the state's most disadvantaged youth.

Volunteering: Making a difference

Daniel (pictured right) is 24 years old and suffers from cerebral palsy. He has been a regular participant at Sydney Y's Hawkesbury Oasis for over 7 years. But it was 3 years ago, when a YMCA staff member invited Daniel to be a volunteer for the Y that Daniel's life changed for the better. As a volunteer, Daniel comes to the centre Monday to Friday in uniform and helps Les (pictured right) with odd jobs. According to Daniel, Les is his "2IC". Daniel is a perfect example of what a great volunteer is made of, and what volunteering with the YMCA can do for the person!



Giving Vietnamese students Hope

Trong was 9 when his father passed away. He had to abandon his schooling at the age of 12 to help his mother. He travelled to earn his living in Ho Chi Minh City. Trong was accepted to study at the YMCA Hope Vocational School. He is now a resident at the school and has benefited from a full scholarship through donations from YMCAs in Australia. Trong's is a typical story. Pictured is YMCA Australia President Peter Malone presenting certificates of completion to Hope School graduates - Class of 2007, on a recent trip to Vietnam.

Indigenous Youth drop-in to the Y

The YMCA Youth Drop-In Centre in Palmerston NT provides a safe and friendly environment for over 1000 young indigenous people every month. Working in partnership with schools and other local service providers, the YMCA acts as a community hub for the young indigenous people of Palmerston. YMCA staff have a positive impact on the lives of the young people, through informal mentoring, role modeling and interaction through a range of activities and services including sports and recreation, computer skills and education.



There can be a lot of pressure on families, but they can become stronger if they share time together, doing things that are good for family life.

Brian Babbington, Families Australia CEO (2007)

YMCAs design innovative and diverse programs specifically aimed at helping to build strong families.

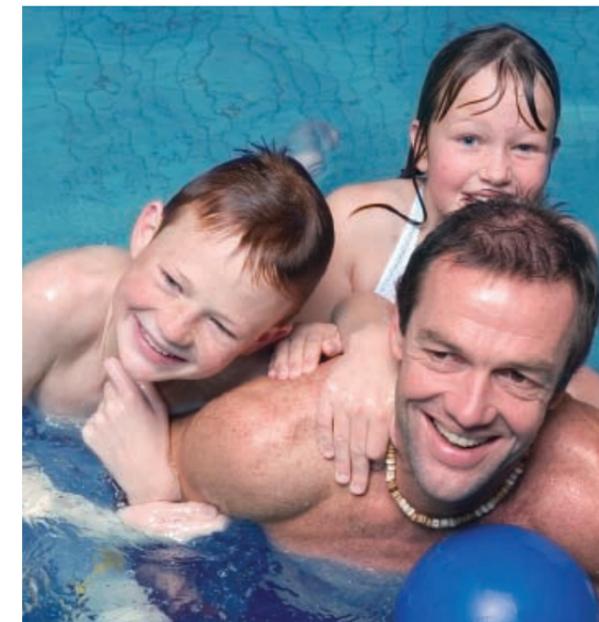


Bringing Siblings Together

Camp Yarramundi (Sydney YMCA) provides many foster children the opportunity to have fun, and create some great experiences, memories and lifelong friends. One of the most fulfilling aspects of the camps are that they often reunite siblings that come from broken homes who are split apart and placed in different foster care homes. The staff take comfort in knowing they bring siblings a little closer together, and make their limited time together a happy experience.

Families Go Green

The Australian YMCA Movement has a stated commitment to being an environmentally responsible organisation. Local Ys are encouraged to explore ways of promoting environmental responsibility within their communities. The Ballarat YMCA in partnership with Environment Victoria and Sustainability Victoria are providing free Families Go Green workshops in the Ballarat region. The aim is to increase environmental awareness and assist local families, particularly those from low income, multicultural and indigenous backgrounds, with tips for saving energy, water and money around their homes.



Dads link

“We know that fathers have an enormously important role to play in their children’s lives, but we also know that many fathers are wanting to learn about how they can be a better dad, whatever their circumstances” says YMCA Victoria Chief Executive Peter Burns. Run in conjunction with Relationships Australia, Mensline and the Life Is Foundation, DadsLink is a new activity-based network for fathers and their children, offering counselling, dads and kids camps, workshops on issues like conflict resolution and cooperation, and regular ‘Dads Day Out’ events - valuable time for dads to “hang out” with their kids in the company of others “doing stuff” that dads and kids enjoy.

Supporting new families

The Y is always on the look out for innovative ways to help build strong families. The Perth Y realized that baby massage offers a positive way to enhance and strengthen relationships and communication between the new parents and their child. In partnership with the Great Foundations for Communities for Children, the Y facilitates workshops that allow a relaxing and supportive environment, and for new mums and dads to share experiences and learn from each other. Both mothers and fathers engage in the classes and further develop their skills as a parent.



Without the human community one single human being cannot survive. *Dalai Lama (2006)*

Not many other organisations can claim to play a significant role in strengthening 520 geographic communities across Australia.



Community chips in to help drought affected families.

YMCA Greater Murray in partnership with the Echuca Salvation Army conducted a Drought Relief Appeal, encouraging donations from both industry and the community. The response to the appeal was overwhelming, allowing for the distribution of thousands of non-perishable food items to families directly affected by what is now the worst drought in history. "It gave everyone involved in the project a real sense of community spirit. The strength the families display in such tough times is inspiring" said YMCA Greater Murray CEO Nicole Dunn.

Photo courtesy of The Herald and Weekly Times Photographic Collection.

YMCA College Square community expands

With the opening of a second student accommodation facility in February 2007, the YMCA is now 'home' to more than 2,000 international students living in the heart of Melbourne. YMCA College Square on Lygon and the new YMCA College Square on Swanston provide unique support and a community environment for the young students, many of whom are living away from home for the first time. Services include 24-hour, seven days per week counselling and pastoral care support. A recreational officer works to create opportunities for the young students to socialise together and forge friendships and networks.



Never too old

More than three hundred Aged Care residents, relatives and volunteers embraced the YMCA Canberra Seniors Sports Carnival during National Heart Week. Following 6 weeks of training with University of Canberra Sports Science Students, teams made up of participants in their 70s, 80s and 90s competed in modified sporting events including shot put, volleyball, javelin, hot potato, bocce, skittles and cannonball. YMCA Canberra CEO Jenny McCombe said "The pleasure on participant's faces as they compete and excel beyond their expectations makes the year-long commitment from staff and volunteers worth every second."

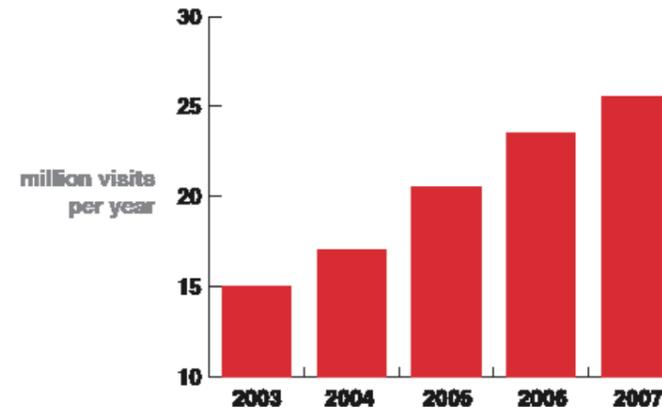
Healthy Community = Strong Community.

The Port Pirie Y is bringing its community together to help drive the Aboriginal Well Women's Group. The program, run in partnership with the Port Pirie Regional Health Service brings ladies and their children to the Y to participate in a primary health care focused program. Staff and local guest speakers teach the practicalities of healthy eating, including "shopping on a budget", the importance of reading food labels, healthy food options and cooking skills. It also promotes activities such as handicrafts, walking, swimming and chair based exercises for the more senior participants. Pictured is Kaye, developing new skills in handicrafts.



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 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 Manningham
 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

Our 37 Member Associations operate in over 520 Australian communities



Growth in YMCA participation.

8426 staff and 3180 volunteers work together across Australia to deliver the YMCA mission.

This year the YMCA in Australia:

- Helped 8.8 million adults improve their health and well being.
- Assisted 100,000 people with special needs.
- Nurtured 1.9 million kids in YMCA Children's Services.
- Was a home away from home for 2000 students.
- Worked with 370,000 young people through dedicated YMCA youth services.
- Taught 1.8 million people how to be safe in the water.
- Inspired 160,000 young people to care for the outdoors and the environment at a YMCA camp.

If we are together nothing is impossible. *Winston Churchill (1943)*

Every YMCA engages in partnerships with other organisations to help them achieve the mission.



Breakfast – the most important meal of the day.

It's a well documented fact that breakfast is the most important meal of the day. The YMCA of Brisbane, in partnership with Education Queensland, Foodbank Qld and several local companies are working together to provide breakfast for over 1200 young people a week, in 19 selected schools in the lower socio economic area of South East Queensland. For some time it had been identified by schools and the local community that there was a disproportionate number of children attending school in the Logan and surrounding areas without an adequate breakfast. The long-term effects of this on learning, development and behaviour are significant. But through the YMCA's breakfast program, students commence the school day with the energy to play, be alert, concentrate in class, and feel good about themselves.

The act of coming together for a meal is one of the great connectors of people. The identification of this need in the community, and then doing something about it has connected the Y to the kids and families of the area, the schools, volunteers and government. And it has rallied a community around its most vulnerable.

Circus training for kids with cerebral palsy

A collaborative approach with Murdoch Children's Research Institute, the Brain Research Institute and Circus Oz, saw YMCA Victoria test a creative sports and circus skills, activity-based rehabilitation program known as Constraint Induced Movement Therapy (CIMT). Held at Boroondara Sports Complex, YMCA Victoria's Community Development Unit provided staff, volunteers and facilities for the program. Tailor-made activities helped to develop and strengthen movement in the children, aged between 5 and 11, affected by cerebral palsy, one of the most common forms of hemiplegia. The program had profound results in improving hand skills and mobility.



Photo courtesy The Herald Sun Photographic Collection.



Keeping workers awake, healthy and safe

The resources boom in Western Australia and the need for staff to work longer hours has uncovered some potentially dangerous side-effects. The Fatigue Management Program is an initiative in partnership with the Chamber of Mines in Kalgoorlie to reduce accidents, injuries and fatalities on the road and in the workplace. The Eastern Goldfields YMCA has a partnership with the mines to provide a Wellness Program to improve mine worker's personal health and well being; and to take the lead in the battle with occupational risk and driver fatigue.

Partnering to keep kids safe

The YMCA, through its partnership with ACCYO, is leading the way in safeguarding children and young people in all its facilities. The YMCA is on the way to becoming the first fully accredited national organisation. The accreditation process reviews all aspects of each YMCA's policies, practices, staff, facilities and processes. Pictured is ACCYO Chairman Andrew Blode presenting accreditation to Whittlesea YMCA CEO Frances Duncan and President Esther Cathie, with Nick Cox from YMCA Australia and a couple of younger patrons of the Whittlesea YMCA.

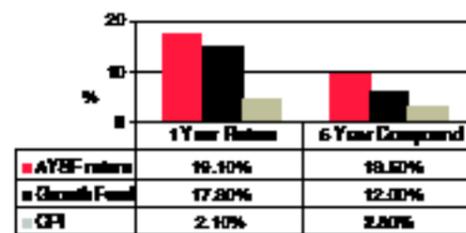


Australian YMCA Superannuation Fund

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 2007 held over \$60 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 ending 30 June 2007 is 19.1%, the 5 year average compound rate for the Fund is 13.5%.

Investment Performance chart as at 30 June 2007



Directors; Richard Edwards (Chair)
Bob Anderson
Ed Ferguson
Adrian Lombardo
Ross Melville
Sathy Sappany
John Simkiss
Ian Heraud

Staff Carolyn Todhunter Strategy and Compliance
Glen Cosham Administrative Assistant
Sabina Hamidovich Fund Administrator
Kim Campbell Administrative Assistant

John Stafford retired as a Director of AustYMCA nominees at the May board meeting. Mr Stafford was a long serving volunteer board member. We are grateful for his dedication and commitment to AYSF.

AYSF is made up of 12,147 members, each receiving 19.1% for their Superannuation investment for the period 1 July 2006 to 30 June 2007.

Australian YMCA Institute of Education and Training

The YMCA movement in Australia has always valued training as an integral part of its services. Since the 1940s we have been delivering training, in various capacities, throughout the nation.

The Australia YMCA Institute of Education and Training (YMCA Institute) is a Registered Training Organisation (RTO), giving us the opportunity to provide recognized or accredited vocational courses in the Vocational Education and Training (VET) sector.

As one of the largest fitness, aquatic and child care employers in Australia the YMCA has been able to successfully respond to the changing demands of these dynamic professional fields and provide accredited training in:

- Fitness
- Aquatics
- Children's Services
- Aquatics
- Out of School Hours Care
- Sport (Coaching)
- Sport & Recreation
- Community Recreation

Throughout 2006-2007 the Australia YMCA Institute of Education and Training (YMCA Institute) delivered a range of accredited courses to over 3,000 people at a Certificate II, III, and IV as well as Diploma level.

Another successful event held in 2007 was the YMCA CEO Institute. This 4 day intensive program provided new YMCA professionals with a better understanding of the skills, knowledge and competencies necessary to be an effective Executive Officer or Senior Manager.

YMCA Institute Director Nick Cox
YMCA Institute Administrator Frances Bevacqua
Campus Managers WA - Andrew Ballam
QLD - Will Sambrook
VIC - Jill Willoughby

"Self directed learning is too critical to the future of the YMCA to be left to happenstance."

James M "Bo" Hardy



YMCA E-Store

YMCA E-Store continues its successful record at being the one stop shop for developing and distributing all internal supply of YMCA products and apparel. During the past twelve months YMCA E-Store has built a strong foundation with internal supply, whilst positioning itself to face the next two challenges:

- YMCA E-Store is poised to commence external retail sales.
- YMCA E-Store will commence global mail order web based sales distributing YMCA products and apparel all over the world.

YMCA E-Store has grown to be an integral entity within the YMCA community, this year recording an annual turnover in excess of 2 million dollars, as well as net profits and rebates that are returned to YMCA shareholders, providing an additional stream of income.

Directors; Richard Edwards (Chair)
Caz Bosch
Ross Melville
Ed Ferguson
Bob Nicholson

Staff Mark Sargent (CEO)
Tina Ferguson (Business Manager)
Dale Doyle (Administration)
Michelle Balissonie (Administration)
Chelsea Thomson (Sales and Marketing)
Michelle Crump (Sales)

YMCA E-Store board, staff and management would like to acknowledge the support of all YMCA operations throughout Australia and New Zealand.

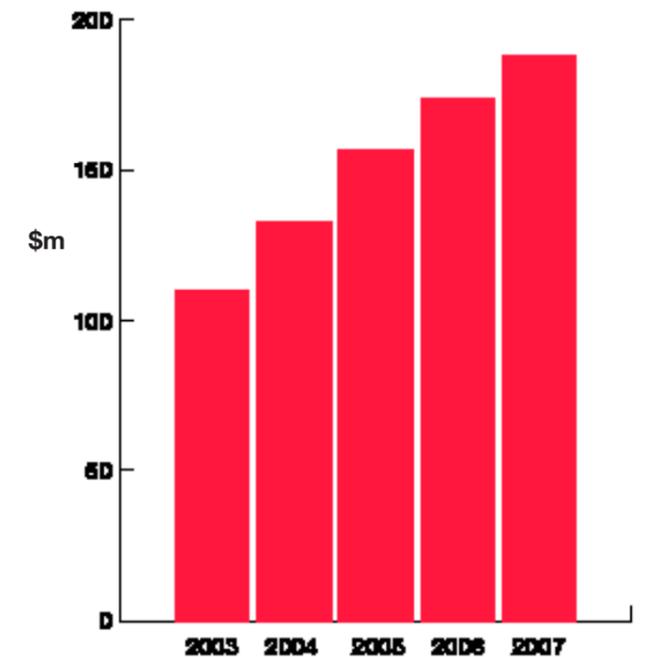


Shelley the Shrimp and Jet the Shark in the Body Mind Spirit Store at Sydney YMCA's Ian Thorpe Aquatic Centre.

Finance

The financial turnover of YMCA Australia and its Member Associations grew by approximately 7% p.a. to \$188m during the 2006-2007 Financial year. This reflects a corresponding growth in program and service participation.

Revenue Growth



As the financial performance of the YMCA movement continues to grow, the challenge remains to ensure that all Member Associations have the capacity to plan for their long term growth.

Any operating surpluses derived from YMCA operations are either reinvested in to the future growth of the local Association or directly reinvested in to their local community through the YMCAs charitable work. In some cases YMCAs also have a benevolent arm, in which funds can be accessed to provide direct services to those in greatest need.

Audited statements of YMCA Australia and all Member Associations are available upon request.





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 strong **FAMILIES**
 strong **COMMUNITIES**