

YMCA Australia

COMMUNITY IMPACT REPORT 2012

*People
Families
Communities*



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

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.

Values

At YMCA...

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 the 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

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Leadership Report from the President & CEO OF YMCA AUSTRALIA



This Community Impact Report reflects a strong YMCA Movement making an enormous impact on the physical, social and emotional health and wellbeing of Australians of all ages, abilities and backgrounds.

YMCA Australia represents the National Council of YMCAs of Australia and is charged with leading the Movement and with providing the support and environment necessary for YMCAs across Australia to increase their impact on people, families and communities. This year, with the appointment of Ron Mell as the new Chief Executive Officer from August 2011, much of our efforts have been in focusing the role of the national office as an enabler and facilitator for the Movement and in building a foundation to represent the Movement nationally.

With a presence in over 625 locations, YMCA experienced another year of exciting growth. We continued to diversify and grow our programs and services, welcoming new facilities in our key areas of early learning and childcare, sport and recreation, community development, youth services, education and training, health and wellness and accommodation.

During this year, YMCAs across Australia partnered Local Government Authorities, every State and Territory Government and with Federal Government Departments, especially FACSHIA and DEEWR. Corporate partnerships expanded, particularly in capital city YMCAs and new Public Private Partnership projects commenced in Perth, Brisbane and Melbourne. BHP Billiton Iron Ore, Host Plus, Commonwealth Bank of Australia, Telstra, and Schweppes were some of the major national corporates engaged during the year.

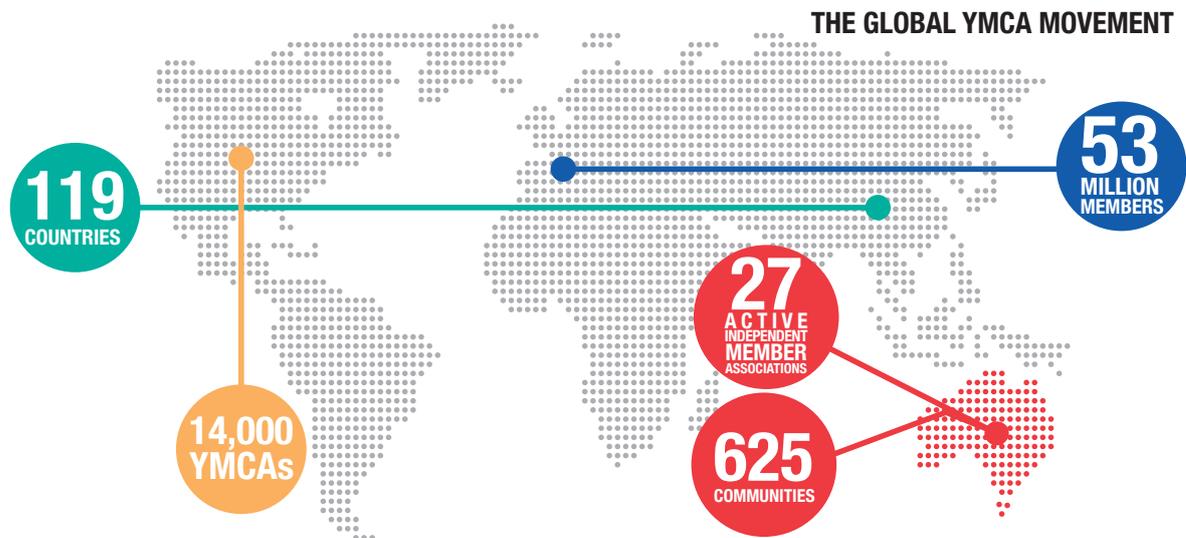
YMCAs across Australia continue to strengthen our connection with the global YMCA movement through participating in international programs, sharing resources and attending professional development conference opportunities. Peter Burns, CEO, YMCA Victoria ended his term as Chair of the YMCA World Urban Network on a high, chairing the most recent World Urban Network Forum in Spain, where the digital sharing opportunities for the YMCA movement were highlighted. The YMCA Movement is collaboratively developing an International Engagement Strategy that will see Australia be an even stronger and more active global partner into the future.

We are excited about the future. "Future Focus 2015" was developed and outlines six strategic priorities for the Movement in the areas of stewardship, governance, movement growth and development, leadership, branding, communications and partnerships. All are initiatives designed to leverage the substantial resources of the Movement and the amazing work conducted at a local level, into a stronger and higher profile national Movement, which continues to serve communities at a local level.

Alan Morton
President

Ron Mell
Chief Executive Officer

The YMCA Movement in Australia AT A GLANCE



The YMCA in Australia is part of a global movement which has a presence in *119 countries* with *14,000 YMCAs* and *53 million members*. The YMCA in Australia is over 160 years young!

In Australia, the YMCA is made up of *27 independent Member Associations*, covering over *625 communities*, each governed by its own voluntary Board of Directors elected by its members. The National Council of the YMCAs of Australia (YMCA Australia) is the federation of these independent Member Associations whose purpose is to create an environment in which the YMCA Movement has

the greatest potential to impact more people, more families and more communities.

YMCA standards

Consistency of standards across all YMCAs is ensured via our strong Governance systems and Member Licensing Agreements and Standards.

Financial stability and sustainability

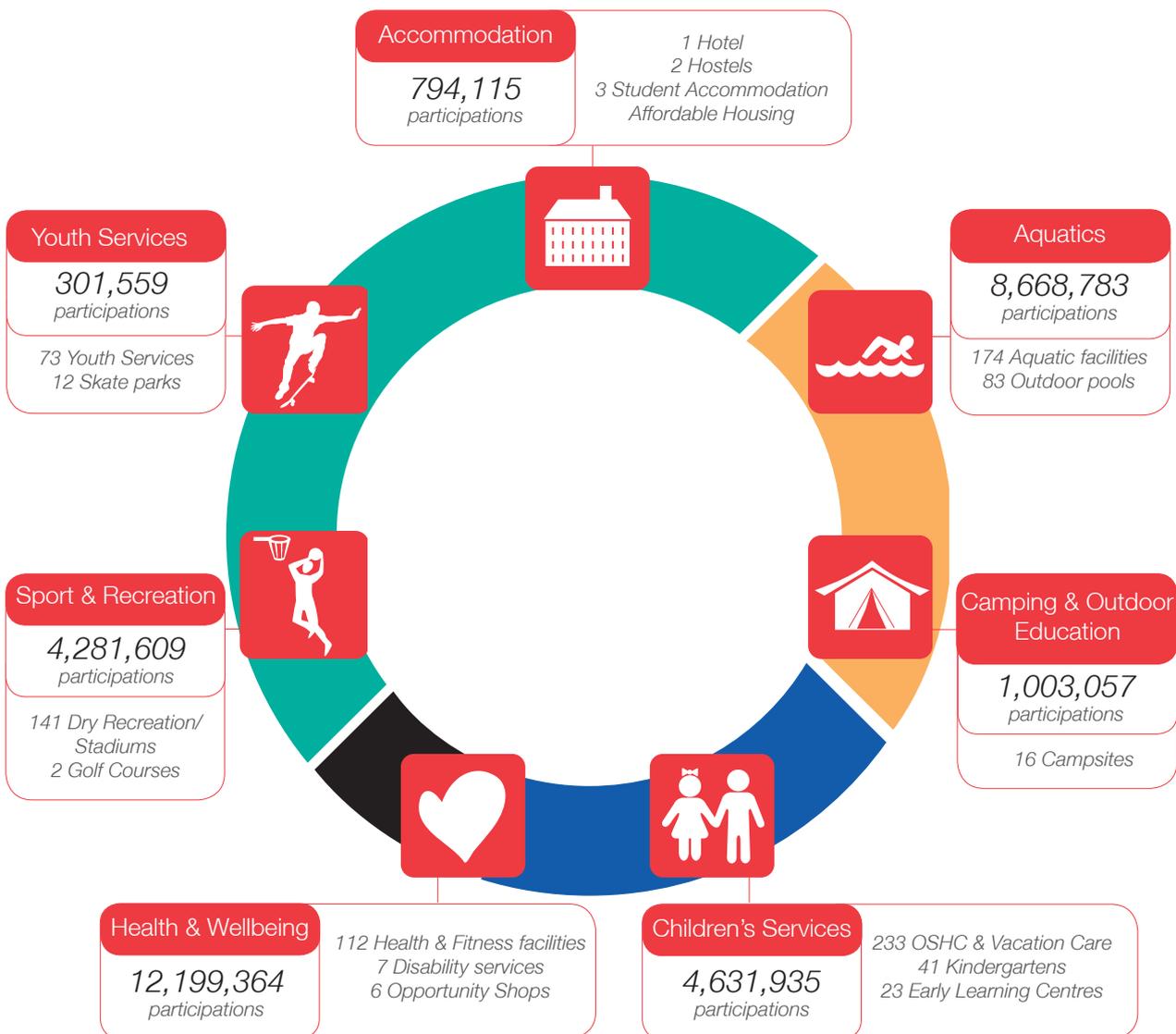
Turnover in 2011-12 was \$330,655,986 million, a growth of 15% from 2010-11, assets management of over \$207 million and a surplus of \$16.5 million.

OUR GREAT PEOPLE



Programs, Services and PARTICIPATION

In over 625 locations, the YMCA offers a range of programs and services that contribute to healthier and happier communities. In 2011-12, the YMCA experienced over 31 million participations to their programs, services or events, an **increase of 23%** from 2010-11.



Training

YMCA is a Registered Training Organisation and delivers training across Australia to over 6000 staff and members of the public in over 40 qualifications.

Community Impact

PEOPLE

Great people have always been central to the YMCA's success and impact. Guided by our Mission and Values we believe in empowering individuals to be their best, in *body, mind and spirit*. That philosophy embraces our staff, volunteers and participants in our programs and services - everyone who comes into contact with the Y!

The YMCA across the nation runs a wide range of **health & wellbeing** programs.

The YMCA across the nation runs a wide range of health and wellbeing programs. Whether these operate in our gyms, our pools, our camps, our early childhood or outside school hours care programs or our youth services – *optimal health is always our aim*.

Local examples of YMCA innovation addressing rising levels of obesity in our community include the “Men with Guts” program in Brisbane and Canberra and the “Transforming Lives” program at Victoria’s Macleod Recreation and Fitness Centre. Both have had incredible outcomes for participants including an average of **9.1kg weight loss** for the 105 participants in the Canberra Program and an average of **11.4kgs** for the Transforming Lives participants.

Another local example of a partnership approach to better health outcomes is the National Heart Foundation’s Heartmoves program, operating in several YMCA facilities including Alice Springs. Several local YMCA health instructors undertook training to become accredited instructors for the program designed to be safe for people with stable long term health conditions.

PrYme Movers Active Ageing programs

With a rapidly ageing population and “50 the new 40”, the YMCA is well aware of the need to cater for this growing demographic, and is well equipped to do so.

The first wave of ‘Baby Boomers’ is beginning to retire and many are wanting fun ways to stay active, healthy and connected to their local community.

YMCA Associations have been delivering defined exercise programs for seniors for **over 20 years**. We’re looking to extend this program – most commonly called PrYme Movers - into new areas to meet growing demands for programs that genuinely cater for the health and fitness, recreational and social needs of older adults.

Nationally, YMCA has the capacity to provide up to **400,000 participants** per week in a progressive resistance training program proven to be beneficial for older adults.

It’s well known that regular exercise and connection with others is the best preventative action for health conditions including heart disease, diabetes, depression and anxiety.

In a nutshell, PrYme Movers is all about providing fun, friendship and fitness opportunities – mixed up with social outings and opportunities – tailored to meet the specific health needs and capabilities of participants. Fun for those young at heart!



2012 saw the first ever

National Indigenous

Youth Parliament, held in Canberra.



Developing Future Leaders - YMCA Youth Parliament

There is no greater example of a YMCA program that actively develops leadership qualities in our young people than the YMCA Youth Parliament program.

Operating annually in all states and territories as of next year with the reintroduction of the Northern Territory program. This program has incredible community impact by developing participants who go on to leadership roles in business, community and Government.

Victoria's recent local government elections saw a former Youth Parliamentarian Eric Kerr become the state's youngest local council representative for the Rural City of Wodonga at the age of 18.

2012 also saw the first ever National Indigenous Youth Parliament held in Canberra, auspiced by the Australian Electoral Commission and supported by the YMCA and several former youth parliament participants. Pictured above with the Prime Minister of Australia, Julia Gillard.

* Photo courtesy of the AEC and Penny Bradfield

Community Impact

FAMILIES

Families of all kinds are important to the YMCA. Strong people make their families stronger and in turn, strong families help make their communities stronger.

Across the nation we manage early learning centres, outside school hours services (OSHC) and offer family memberships in our gyms and recreation centres. Family friendly group fitness classes, as well as a number of programs that families want for their children – swimming lessons, youth leadership and development, and camps to mention a few.

The program today provides on average
16,000 free breakfasts each month
to school students in need.

YMCA of Brisbane delivers, school, breakfast and housing to families in need

The YMCA of Brisbane has a long and strong history in supporting family and community needs. This includes operating the only [YMCA school](#) in the nation for disengaged young people, and a breakfast club due next year to serve its one millionth breakfast to children from disadvantaged communities, and the opening of its second affordable housing complex.

It's a well known fact that breakfast is the most important meal of the day, yet for a number of reasons a significant number of children attend school without breakfast. Y-Care (South East Qld) Inc. the benevolent arm of the YMCA of Brisbane, in partnership with Education Queensland, Foodbank Queensland and the Clem Jones Group commenced the YMCA Schools' Breakfast Program in the Logan district in September 2006.

The breakfast program [feeds more than 3,000 local kids every day](#), at 26 state schools, including at its very own vocational non-state school. The school is housed at the Clem Jones Campus which also is home to the breakfast program and the Logan YMCA. Students commence the school day after a healthy breakfast, contributing to their emotional wellbeing, health and learning.

Brisbane YMCA also provides more than [10,000 frozen meals](#) for homeless young people, prepared, packaged and snap frozen at YMCA Camp Warrawee.

Providing a home for families

[Affordable housing](#) is an issue affecting many low income Australian families, with many people relying on a government pension as their only source of income. There are currently over 10,000 people on assisted accommodation waiting lists across Queensland, and the demand is increasing.

To meet this significant community need, Y-Care Inc. purchased over 2,990 square metres of land in Nerang and developed - with the Queensland Government's Department of Housing - a 57 unit affordable housing facility providing quality, affordable accommodation to people in need. It will cater for up to 114 residents. The [Nowell B Taylor House in Nerang](#) accompanies a four-storey YMCA community office building, and is named in honour of Mr Nowell B Taylor, OAM, who joined the YMCA in 1934. This year, Nowell celebrates 78 years as a YMCA member, and 58 years as a Board Director.





“I love that the entire family can be there together. It’s really difficult to find time to stay fit and active as an adult while also spending time with your kids. My family life has never been better.” Steve Mortakis.

Exercising together is good for the whole family

Many YMCAs offer family memberships and family friendly facilities and programs specifically for families.

The Mortakis Family of Mount Annan knows all too well the benefits of **active family time** and the importance of overcoming physical health barriers to spend quality time together.

In 2010, Steve Mortakis walked through the doors of Mount Annan Leisure Centre, managed by the Sydney YMCA, on a mission to lose weight and feel fit – and today is **35 kilograms lighter!**

Steve’s eldest son, Leo, joined for support and each day they would jump on the treadmill and sweat out the kilometres.

“I really appreciated the quality time Leo and I were spending together. However I was conscious of missing out on time with my youngest children, too”, Steve continued.

So Steve started to bring his children to the centre after his work-out, spending quality time with them in the pool, and eventually enrolling them in the Y’s Learn to Swim program. Inspired, Steve’s wife, Maria, next decided to overcome her fear of the water and signed up to the Y’s Adult Learn to Swim program.

Above: The Mortakis family is getting healthier and happier at their local Y. Photo courtesy The MacArthur Chronicle.

Supporting newly arrived families

Many local YMCAs provide support for newly arrived members of our community, and entire families, in a myriad of ways.

The Ballarat YMCA is one that has supported many families in their community to achieve their full potential. Rebecca, her husband and their five children moved to Ballarat as refugees from Sudan. Through affiliation with Centacare, Ballarat YMCA was able to provide support to the family through funds raised locally by the YMCA to provide free swimming lessons at the Ballarat Aquatic and Lifestyle Centre.

“Our older children have overcome their initial fear of the water and they have learnt so much more than how to swim. Their time at Ballarat Aquatic Centre has taught them valuable social skills and they’ve all made friends through their lessons. Our younger children are keen to get started on their lessons now too,” says Rebecca.



Our Impact on COMMUNITIES

Enabling healthy communities is of utmost importance to the YMCA, right across the world. Indeed, being able to respond locally to meet community needs remains perhaps the greatest strength of the YMCA movement.

We are also privileged and honoured that so many local, state and Federal Government, business and not for profits, entrust us to manage their local community assets including recreation centres, gyms, pools, accommodation and camps on their behalf.

We believe every community deserves a Y and in the year ahead we will focus on being able to more accurately measure the impact of our community strengthening work. We are also seeking to expand into more communities, through the leadership of our local YMCA Associations.

National Water Safety Campaign with SBS

In early November, the YMCA was excited to launch a national TV campaign, in partnership with the SBS Foundation, to urge all Australians to learn to swim.

The campaign highlights the fact that swimming is a skill for all ages, genders and ethnicities and is vital in order to enjoy and stay safe in the water. This is vital in light of the fact that **284 people drowned** in Australia in the year to June 2012 and 50,000 children will leave primary school this year unable to swim 50 metres.

The YMCA was one of 20 charities successful in winning the support of the SBS Foundation to run a national, 30-second TV campaign with a message important to our cause. The Community Service Announcement (CSA) will air on SBS TV and online from November 1 to March 2013.

Its aim is to raise awareness of the importance of learning to swim and, given SBS's reach to culturally-diverse communities, connect with especially "at risk" communities including Indigenous Australians

and new migrants, many of whom have not grown up around open water.

Our campaign has been endorsed by Royal Life Saving Society Australia, with CEO Rob Bradley saying: "We applaud the efforts of the YMCA to ensure that all Australians realise the importance of learning to swim to stay safe in the water. As an industry we are working towards a reduction in drowning deaths by 50% by the year 2020 and this campaign will help to achieve this by reaching communities in need and encouraging people to enrol in swimming lessons."



In 2011-12, YMCAs across the country had over 157,950 infants, children and adults enrolled in Aquatic Education programs.

The service now attracts between

80 and 100

individual participants - carers & children.

Newman Community Hub

The success of the YMCA's Community Hub in Newman is the result of strong collaboration and consultation involving more than 30 non-Government organisations.

In early 2010 the first Intensive Support Playgroup (ISP) program was launched with the Australian Government Department of Families Housing Community Services and Indigenous Affairs.

The ISP aims to improve outcomes for Aboriginal children from birth to five years of age and their families through provision of high quality educational experiences and the development of social skills in preparation for further education.

The service now attracts between 80 and 100 individual participants - parents/carers and children. Within the safety and trust of the playgroup, families have been connected to a range of health professionals including remote area clinic nurses speech occupational and physiotherapists along with other support services.

Through partnerships with World Vision Australia and the YMCA Perth Training department many of the women in the playgroup are now enrolled in Certificate II training in Childrens and Community Services. This is providing Aboriginal women with training and potential employment within the playgroup and also allowing them to take control of the delivery of playgroups in their own community.

YMCA has been able to better understand the needs of families and children identify gaps in service delivery and collaborate effectively with a range of partners to improve community health and wellbeing.



YMCA EVENTS

The YMCA across the nation runs events to encourage community participation. The YMCA is a national charity, dedicated to raising funds for those less fortunate.

VicSuper Murray Marathon

The VicSuper Murray Marathon run by YMCA Victoria is the longest canoe race in the southern hemisphere, covering a distance of 404km from Yarrowonga to Swan Hill in just five days.

Today more than 3000 paddlers, support crew, volunteers, families and friends head to the Murray to participate in the Marathon.

The key to the Marathon's success is its focus on providing support to the social, environmental and economic sustainability of the region. The Marathon is a fundraising event, in which each paddler is

supported through donations. Funds raised by the paddlers are used to support local programs and initiatives in the region.

Since 2009 more than \$210,000 has been reinvested back into the local community. It also contributes over \$1.5 million dollars to the local economy each year. All this is done with the support of the event's primary sponsor, VicSuper and other YMCA associations in the region, like the YMCA Great Murray.

The Marathon has become a truly iconic event for the region. It promotes health, happiness and a closer connection for all those involved.

www.murraymarathon.ymca.org.au



YMCA Swimathon

On Sunday 11th March 2012, YMCA hosted its first YMCA Swimathon - a national fundraising event which saw over 1500 participants raise over \$100,000 for their local communities.

Next year's YMCA Swimathon will be held on Sunday 3 March 2013 in many YMCA managed pools across the nation, raising funds to ensure accessibility for all to YMCA aquatics based programs. www.swimathon.ymca.org.au

"Seven-year-old Jacob Suthern raised more than \$1,300 to help fund swimming lessons for children with special needs when he took part in the YMCA Australian Swimathon at Cooma Festival Swimming Pool on Sunday. Jacob had set out to raise \$100 and swim 100 metres, but on the day once he had completed four laps of the 25 metre pool in three minutes and 14 seconds, he just kept swimming. With friends and family cheering him on, Jacob swam 24 laps of the pool, or 600 metres- six times his goal."
Cooma-Monaro Express, 13/3/2012



Governance of the YMCA

As a national organisation, YMCA is unique in that its services are delivered locally, through autonomous Associations, led by local Boards of Directors. Across the nation we are privileged to have the leadership of over 350 committed voluntary directors overseeing the Governance of our 27 individual member YMCA Associations, bringing high level skills to ensure YMCA programs and services meet YMCA standards and are welcoming, accessible and safe to all.

The National Board of Directors

The Board of the National Council of the YMCAs of Australia sets the strategic direction for the YMCA nationally, and oversees the operations of the National Office. This Board is responsible for ensuring YMCAs across Australia are meeting the standards expected of its Member Associations.

Board Members: (from left to right)

Back: Peter Malone, Daniel Law, Amber Grayson, Matt Janssen, Renee Saibi, Karen Carriero, Bruce Harris, Richard Edwards

Front: Ron Mell (Chief Executive Officer), Alan Morton – President, Graham Kent – Vice President.

Life Governors

There are currently nine Life Governors of the Australian YMCA Movement. These are individuals who have made significant long-term and lasting contributions to the development of the YMCA movement in Australia. They're magnificent and we thank them for their long-time service and contributions.

Royce Abbey AM, Ian Howard, Rt Rev Ken Mason AM, Grahame Wheeler AM, Eric Boyson MBE, Dave Davis OAM, Caz Bosch, Ross Melville, and Robert Romanes OAM.



"For me, volunteering with the YMCA is all about strengthening body, mind and spirit. Starting with my own. The growth, development and satisfaction I find in volunteering to help build stronger people, families and communities, is like a gift that the YMCA keeps giving. It is awesome". Graham Kent, Vice President, National Board, YMCA Australia.

Recognising our PEOPLE

YMCA's impact on community is directly related to the staff and volunteers who deliver our services. Each year associations across the nation recognise their people for their contributions to the YMCA's community impact.

At a national level, the YMCA also recognises exceptional work carried out by individuals and Associations across the Movement in areas of benevolent and volunteer work. These awards act as a means of identifying, encouraging and often funding the inspirational work being carried out across the national Movement.

The IC Howard Staff Scholarship

This scholarship is a grant of \$5000 to support the professional development of a YMCA staff member who has been with the Y for more than two years.

Winner: Chris Bishop, YMCA South Australia

Chris is the Chief Financial Officer for the YMCA of South Australia. Chris was awarded the scholarship to participate in a study tour to the USA and UK to review Community Hub programs. The Chicago, New York & London YMCAs are operating Community Hubs that deliver a range of community strengthening programs, which could be adapted for the needs of the people of Adelaide.

Exemplary Volunteer Service Award

The YMCA Exemplary Volunteer Service Award seeks to highlight the work of a YMCA Volunteer who has gone 'above and beyond the call of duty' for their Association during the previous 12 months.

Winner: Brett Phillips, YMCA Victoria

In addition to working full-time as Boroondara's Youth Resource Officer for Victoria Police, Leading Senior Constable Brett Phillips has been a volunteer for three years at Hawthorn Leisure Centre facilitating a program called "On The Right Track", taking young people at risk to experience the Kokoda Track.

Volunteer Program Award

The YMCA Volunteer Program Award is a national Volunteering Working Group initiative, and aims to reward an Association for the development and implementation of a program that demonstrates best practice in volunteer engagement.

Winner: RAID Basketball Program, Canberra YMCA

The YMCA of Canberra's RAID program is a basketball competition designed for teenagers and adults who have a moderate to severe intellectual disability. Supported by two YMCA staff members, the program could not function without the contribution of the volunteers who willingly participate each week.



Above: Happy mentor and participant from the award winning RAID Basketball program from the Canberra YMCA.

Partnerships

Partnering is integral to the way we work, both at a local and national level. Working in partnership is our preferred way to collaboratively address community needs and issues and achieve positive outcomes – whether that’s a health issue such as addressing obesity in children, a social issue where the YMCA addresses accommodation instability through providing affordable housing, youth recidivism, or a community issue – such as ensuring every child learning to swim. Wherever we can, YMCA Australia and its Member Associations work in partnership with government, not-for-profit and corporate partners to deliver preventative health programs and services to improve the health and wellbeing of all Australians.

National Peak bodies

The YMCA continues to be a key contributor to industry peak bodies, working with organisations including:

Families Australia, Diabetes Australia, Community Council for Australia, National Roundtable of Not-For-Profit Organisations, the Australian Youth Affairs Coalition, Physical Activity Australia, SkillsHub, Service Skills Australia, Austswim, Parks & Leisure Australia, Royal Lifesaving Society Australia, Surf Lifesaving Australia, Australian Childhood Foundation, Australian Community Childcare, Australian Conservation Foundation, and the Coalition of Organisations Committed to the Safety and Wellbeing of Australia’s Children.

Federal Government

YMCA Australia has also been a significant contributor to enquiries relating to the establishment of the new federal registrar for the NFP sector – the Australian Charities and Not-for-profits Commission (ACNC). Over the year, YMCA Australia responded to nine calls for submissions to Government enquiries. These submissions can be found on our website.



“At HOSTPLUS we have a strong focus on supporting community initiatives. Working with quality organisations is also extremely important to us. Our partnership with the YMCA obviously connects to both of these aspirations and we feel enormous synergies between our groups on a corporate, social and human level. We are proud to partner with YMCA.”

David Elia, CEO HOSTPLUS.

National Corporate Partnerships

YMCA Australia is developing partnerships with national corporations and this year developed a strong business and social impact partnership with HostPlus. HostPlus recently took over the Australian YMCA Superannuation Fund. The partnership will not only provide excellent benefits for YMCA Fund Members, it also has allowed the two organisations to explore ways in which they can leverage their combined resources for the benefit of Australian communities. This is an exciting partnership with long term benefits to the YMCA and local communities across Australia.

YMCA

ASSOCIATION AWARDS

YMCAs strive for excellence at every level. Government and peak not-for-profit bodies have acknowledged these YMCAs over the past year.

Ballarat YMCA

Minister's Special Commendation Award 2012 - Early Years Awards

Bendigo YMCA

Bendigo Business Excellence Awards – Not for Profit/Community Sector Business of the Year.

Manningham YMCA

Best Health Club at the Victorian Aquatics & Recreation Awards - Aquarena Centre.

Perth YMCA

West Australian Council of Social Services Community Service Excellence Awards - "Swim for Life" program. .

Queanbeyan YMCA

Queanbeyan YMCA "Rhythmic Gymnastics Club" was named 2011 and 2012 NSW Country Rhythmic Club and 2012 NSW Country Club of the Year.

Top End Darwin YMCA

Alexia Hohipa, CEO, YMCA Top End "Manager of the Year" in the Not For Profit category at the Northern Territory Management Excellence Awards.

YMCA Sydney

Ian Thorpe Aquatic and Fitness Centre and Cook & Phillip Park Aquatic and Fitness Centre received Silver awards for Medium Business Category in the inaugural Fitness Australia Health and Fitness Centre in the Industry Quality Awards Prize for Excellence.

YMCA of Canberra

The YMCA of Canberra Runners Club Committee was awarded the 2012 ACT Volunteer Team of the Year in the category of Sport & Recreation.

YMCA Victoria

National Safety Council of Australia Award for effectively and innovatively communicating a health and safety message to the workforce.

Industry Quality Awards Prize for Excellence

Macleod Recreation and Fitness Centre

Recipient of the Inaugural Fitness Australia Health and Fitness Centre (YMCA Victoria)

Fitness Australia Chief Executive Laretta Stace congratulated the facility, stating "Macleod Recreation and Fitness Centre should be extremely proud of its achievement, the Quality Awards are the highest accolade that our industry can award to a fitness provider and something it can use to demonstrate to its consumers that it is among the very best fitness providers in the country."

YMCA Victoria

Excellence in Communications Award at the 2020 North American YMCA Development Organisation philanthropy (NAYDO) conference.

"VicSuper Murray Marathon" won the Parks and Leisure Australia Award of Excellence in the events category for the Victoria/Tasmania region.

*There are over **2,619** volunteers who support the YMCA across the country every year in a variety of roles, programs and services. "Our volunteers are the backbone of the Y and we rely on their time, energy and passion to help us build strong people, families and communities."*
Ron Mell, CEO, YMCA Australia.

Donate today

THE YMCA IS A NATIONAL CHARITY

The YMCA actively raises funds to ensure access for all to the YMCA's programs. In 2011-12, the YMCA movement raised over **\$22 million** in grants, donations and fundraising that helped fellow Australians in our community live a better life and access programs and services that they would not otherwise have been able to participate in.

Swimathon Fundraising

15 year old Olivia Storer of Wangaratta, was shattered when on the cusp of selection for a State Basketball team she suffered a serious injury. As part of her rehabilitation she trained for the 2012 YMCA Swimathon and raised \$220, motivated in realising that there were others much worse off than herself, who couldn't even swim. Today she's back on the basketball court, and still swimming!



GIVE TO YOUR Y

And support local people in need in your community.





*People
Families
Communities*

YMCA Australia

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Find us on Facebook and
follow us on Twitter @YMCA_Australia



YMCA

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

YMCA World Challenge (from front cover)

On 13 October 2012, more than 30 YMCA managed centres around Australia joined 80 countries in a global celebration facilitated by the worldwide YMCA movement - the YMCA World Challenge. Invented by the YMCA in 1890, basketball is one of the most popular sports in the world and has been used as a tool to empower people and promote a healthy life style; still very much a part of the Y's DNA.

Front cover image: YMCA World Challenge basketball participants Daniel, Bianca & Sampson, in Melbourne, where the challenge even took part inside Victoria's Youth Justice facilities where the Y works to support young people.

