



YMCA VICTORIA **ANNUAL**  
**REPORT**  
2015-2016

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# WELCOME TO YMCA VICTORIA



FOR 163 YEARS, YMCA VICTORIA HAS BEEN CREATING HEALTHIER, HAPPIER COMMUNITIES.

Working in camping, children's programs, health and wellness, aquatics (including swimming lessons), gymnastics, disability, community and youth services, and recreation management, YMCA Victoria has a positive impact in 70 of Victoria's 79 municipalities. We provide thousands of opportunities for people to connect with our services and programs.

Active in so many areas and sectors, we narrow our focus on providing opportunities for healthy living, creating social impact, and empowering young people.

As a community not-for-profit, we raise funds to support our benevolent work and help those in need. Many of our programs and services could not exist if not for the generous contributions from the public, partners, and government.

In 2015-16, we have continued to reach for our Vision 2020 goals:

- Inspire people to live healthier lives and enjoy the powerful benefits of physical activity;
- Strengthen communities by bringing people together to connect and experience belonging;
- Improve the health and happiness of Victorians in need;
- And build a thriving, prosperous, safe, and sustainable YMCA.

We also recognise the role we play as part of a global YMCA movement – operating in 120 countries and reaching 58 million people!

To effectively meet our organisational objectives, YMCA Victoria is formed by a number of entities each tailored for their own purpose. Each are registered charities with the Australian Charities and Not-for-Profits Commission. Victorian YMCA Youth & Community Services Inc. is also a Public Benevolent Institution holding DGR1 status.

## YMCA VICTORIA GROUP

### Incorporated associations

The Young Men's Christian Association of Victoria Inc.  
(ABN 81 174 456 784/A0026728G)

Victorian YMCA Youth & Community Services Inc.  
(ABN 42 858 439 742/A0046043N)

### Included entities

Victorian YMCA Community Programming Pty Ltd  
(ABN 75 092 818 445/ACN 092 818 445)

YMCA Aquatic Education Ltd  
(ABN 88 151 552 322/ACN 151 552 322)

YMCA Aquatic & Event Services Ltd  
(ABN 16 148 092 148/ACN 148 092 148)

Victorian YMCA Accommodation Services Pty Ltd  
(ABN 94 081 270 706/ACN 081 270 706)

### Partner entities

YMCA Learning Communities Ltd  
(ABN 20 608 745 295/ACN 608 745 295)  
*Proudly partnered with YMCA Geelong and  
YMCA Whittlesea*

YMCA Aquatic Education (QLD) Ltd  
(ABN 28 607 591 006/ACN 607 591 006)  
*Proudly partnered with YMCA Brisbane*

# VISION



WITH THE Y, EVERYONE CAN BE HEALTHIER, HAPPIER AND CONNECTED TO THEIR COMMUNITY; AND HELP THOSE WHO ARE NOT.



# MESSAGE FROM OUR CHAIR



Every day has been a great discovery since I became YMCA Victoria Chair three years ago. I continue to be delighted hearing new stories that demonstrate the breadth of work we do and the impact this has in local communities.

You'll find a few of these amazing stories in this report. As a not-for-profit organisation our focus is to support those in need. However, it's important we recognise the hard work which provides the foundation for us to enact our vision.

We operate in sectors with many competitors. Whether that's managing health and fitness facilities, or operating child care and camping programs, there's more on offer for the Victorian public than ever before. In these marketplaces, our ability to adapt and change has been crucial to our success. With the dedicated leadership of our Chief Executive Peter Burns, his executive team, and the organisation's management, we can not only operate as industry leaders, but use all our activities as the basis for our community outreach initiatives.

For example, each February I spend a sunny Sunday morning visiting our pools running the annual YMCA Swimathon event. I meet with some extraordinary members, staff and volunteers committed to a cause – to provide even more people with disabilities the opportunity to learn to swim and enjoy the water safely. With 57,562 swimming lesson enrolments in Victoria each year, we are the largest and most trusted provider of this service in the state.

It's this foundation that enables our outreach work and fundraising to happen.

Our commitment to growth has continued, investing in our newly established Victorian Learning Communities Public Private Partnership. Expanding the YMCA's presence in Children's Programs, this joint venture with YMCA Whittlesea and YMCA Geelong will see us operate six new early learning centres, along with community hubs and learn to swim sites – creating thousands of opportunities for people to interact and become part of the YMCA.

In June 2016, YMCA became a registered National Disability Insurance Scheme provider. This is an incredibly exciting opportunity to enable us to build a healthier and happier Victoria and ensure our programs, services and facilities are accessible for all members of the community. I'm more than confident the YMCA will be a provider of choice in the years to come.

I am very proud of our commitment to harness the strengths and knowledge of our young people who make up an extraordinary 60% of our staff, and even more of our 1,200 volunteers. I believe it's our ability to collaborate with our young people and to maximise their enthusiasm, creativity and ideas for positive change that enables us to do so much of the work you will read about in this report.

Our vision is simple yet diverse – and our continued challenge is to ensure we help more Victorians feel healthier, happier and more connected.

**Anthea Hancocks**  
YMCA Victoria Board Chair



# MESSAGE FROM OUR CHIEF EXECUTIVE



A typical YMCA person – staff, volunteer, or participant, is remarkable. They are youthful, genuine, friendly, trustworthy, and create a positive, inclusive environment for everyone they interact with.

Over the last year our dedicated teams have changed tens of thousands of lives by giving themselves, in the spirit of the Y, for the benefit of others.

Together we activate communities. We know if a community is active, welcoming and a place where people feel empowered to contribute – the community is healthier and happier. That's what we're all about!

As we approach the horizon for our Vision 2020 and prepare our renewed vision for 2030, our investment in delivering on measurable impact targets materialises. In this report wonderful stories of our work come to life.

This year we collaborated even more closely with YMCA Associations around Australia and the world. We influenced and contributed to deepening our impact. Our amazing young people led the way.

- Internship and exchange programs rapidly expanded. Almost 20 young people travelled to partner YMCAs in Osaka and Hong Kong, to both learn and share their expertise.
- Dozens of staff and volunteers visited YMCAs around the nation to build capacity and leverage our collective power for good.
- Global Change Agents accepted leadership responsibilities, and travelled abroad to collaborate with other young leaders.

Whether it is at home or abroad, there is no question we believe in the power of inspired young people. As an employer of choice, YMCA Victoria offers pathways for our people, and in particular our young people, to embrace the challenge of change and achieve extraordinary outcomes for themselves and the communities we serve.

As Chief Executive, I know countless stories of individuals who started their YMCA journeys in volunteer or casual positions. Initiative and passion have seen dozens capitalise on opportunities and develop an enduring career with the Y. Hundreds of others can point to their time with the Y as playing a foundational part of their success in a myriad of professions.

One particular highlight this year was the amplification of our commitment to creating and operating child safe facilities and programs. In late 2015, I was so proud that the Australian Childhood Foundation accredited YMCA Victoria as a child safe organisation. Thanks to the commitment of our 6,000 staff and 1,200 volunteers, we are the largest organisation to receive this accreditation.

Finally, thank you to our Chair Anthea Hancocks. Anthea is completing her three-year term as Chair of YMCA Victoria and stepping down in late 2016. She has served with extraordinary commitment, vision, drive, and warmth. On behalf of us all, thank you, Anthea. It has been a pleasure working with you in the Chair.

**Peter Burns**  
Chief Executive



# SNAPSHOT OF THE



## LEADING HEALTHIER LIVES

17,115,274

times YMCA Victoria programs, services, and facilities were visited in 2015-16.

57,581

members got active, with **48,962 health and wellness** members, and **8,619 aquatic** members.



57,562

children are enrolled in YMCA Swimming Lessons.

3,910

children are enrolled in YMCA Gymnastics programs.



97%

of our recreation facilities **removed soft drinks** for the summer of 2015-16!



## HELPING YOUNG PEOPLE THRIVE



Our commitment to youth has never been stronger, with **8,187** participants taking part in youth events and leadership programs managed by YMCA Victoria.



Our seven camp locations had **77,612** attendances of predominately school aged young people.



**71%** of fundraising dollars spent in 2015-16 were accessed by people 25 or younger.

## FAMILIES AND CHILDREN GROWING TOGETHER

Children's Programs has thrived, with:

- **1,345** families enrolled in our early learning programs, with **97,543** total attendances;
- **3,355** families registered for our out of school hours care;
- This resulted in **55,434** before school care attendances, and **114,517** after school care; attendances;
- And **27,949** attendances from school aged children had a ball on our school holiday programs.



In October 2015, YMCA Victoria became the largest organisation in Australia to receive the Australian Childhood Foundation child safe accreditation.

## OUR AMAZING PEOPLE



Our **6,000** staff continue to bring their passion and enthusiasm, 60% of whom are aged 25 or younger.

**1,200** volunteers gave up an incredible **95,815** hours in the last year. That's **23,951** hours more than 2014-15, and equates to 60 people working full time all year!

And over **250** promotions and permanent positions went to existing YMCA Victoria staff and volunteers.



## AWARDS

### AQUATICS & RECREATION AWARDS 2015

**YMCA Victoria** – recipient of Swim School of the Year

**Ashburton Pool and Recreation Centre** – recipient of Sustainability Award

**Carnegie Swim Centre** – recipient of Facility Management Award (seasonal)

**Kylie Zelle (Horsham Aquatic Centre)** – recipient of Swim Teacher of Babies, Toddlers and Pre-schooler

### NATIONAL AUSTSWIM AWARDS 2015

**Jacqui Taylor (Casey ARC)** – recipient of AUSTSWIM Teacher of Swimming and Water Safety Award

**Roslyn Laurie (Eltham Leisure Centre)** – recipient of AUSTSWIM Teacher of Access and Inclusion Award

### SPIRIT OF MOONEE VALLEY AWARDS 2015

**YMCA Victoria Disability Services** – recipient of the Family Award

### GYMNASTICS VICTORIA AWARDS 2015

**Balwyn Leisure Centre** – finalist for New Club of the Year

### NORTH AMERICA YMCA DEVELOPMENT ORGANISATION AWARDS 2015

**YMCA Kidstarter (YMCA Victoria)** – recipient of Digital Media and Communication Award

**YMCA League of Extraordinary Grandparents (YMCA Statewide Services)** – recipient of Strategic Communications Campaign Award



## FUNDRAISING

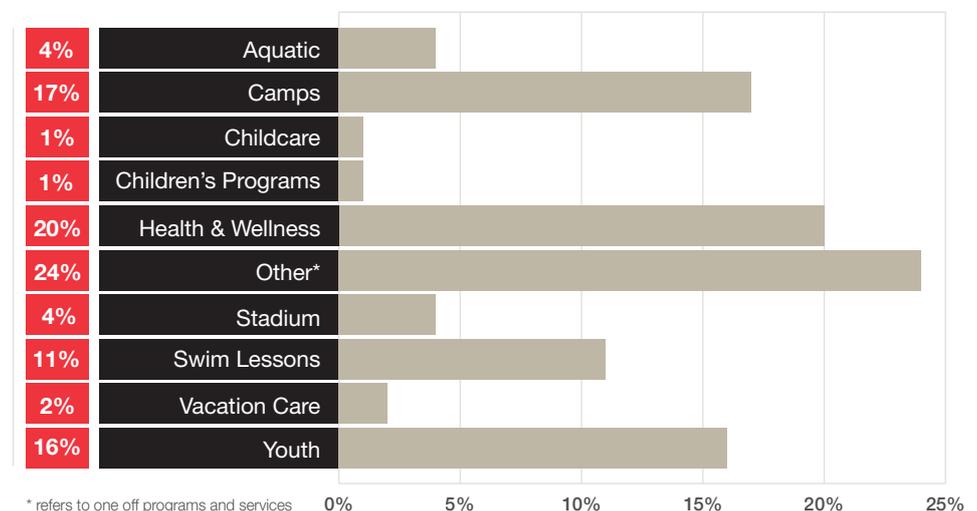
Thanks to major and local fundraising, as well as donations and grants, YMCA Victoria raised **\$895,388** in 2015-16.

Combined with additional funding, a total of **\$956,312 was spent to support 5,140 people** – with 71% of this group aged 25 or younger.

### WHO WE'VE HELPED



### WHAT PROGRAMS AND SERVICES THEY ACCESSED



Inspiring Victorians to get active and live healthier, happier lives



# TOGETHER ANYTHING IS POSSIBLE

For any great father, being a positive role model for their children is the most important part of their lives.

Terry Mitropoulos is no different. He has always encouraged his sons Jonah (12), and Christos (10), to live healthy lives, and strive to do their best.

But in 2010, Terry's family life took a terrifying, dramatic turn.

After visiting a doctor he discovered his frequent headaches were being caused by a large brain tumour – and was told to fear the worst. Wife Belinda and the boys were faced with the unthinkable prospect of losing him.

Over the following months and years, Terry would undergo 13 major operations to his brain and spine. Many complications along the way caused him to contract a superbug, then have a subsequent stroke.

Medical experts believed he would never walk again. Defiant, he started his rehabilitation at a clinic and started making progress. But just six months later he was told he had to leave.

"They said they had exhausted their time with me," Terry said.

"I was so close to reaching the finish line, to becoming better, and they gave up on me."

Luckily that's when he had an offer from the YMCA at Eltham Leisure Centre. Through YMCA Open Doors, which provides people experiencing disadvantage subsidised and free access to health and wellness facilities, Terry was given the opportunity to continue his rehabilitation.

With help from YMCA staff, he went from a wheelchair, to walking frame, and now walking completely unassisted.

"I cannot thank my personal trainer, Mark Lucente, and Pilate's instructor Amanda Uniacke enough," said Terry.

"Together we have achieved the unthinkable. The training I have done has had such incredible functional applications in everyday life, and the supportive environment in the gym has been overwhelming."

Together we are crossing the finish line."

Terry is quick to acknowledge his journey hasn't been his own – but one shared with so many other amazing people.

"Without each other, nothing would be possible," says Terry.

**"In times of need we need each other, and I know my boys and future generations who see our journey will go on to help others in their communities."**

It has already made an impact on Jonah and Christos – who both admire and love their dad very much.

"My dad is an inspiration because he never gives up," says Jonah. "He teaches me to believe in myself and that anything is possible."

In September 2016, Terry went on to win the 2016 Victorian Father of the Year, and completed the 5km YMCA Father's Day Fun Run with his two boys on Sunday 4 September.



## FITNESS ANGELS MOVING FOR A CAUSE

Ashburton Pool and Recreation Centre's Fitness Angels are an enthusiastic group of members aged 50-90 years old who get healthier and happier together.



Participating in group fitness and aqua classes, the group has been inspiring more seniors in the area to participate and stay active – growing in numbers each week. Fitness Angel Vera, 90, said “I’m moving better now than I did when I was 75!”

Not only are they feeling the benefits of staying fit and healthy, the group also donate \$1 after each of their classes – raising \$1,000 last year.



## YMCA VICTORIA AND NIKE TAKE ACTION SPORTS TO NEW HEIGHTS

Whilst sports like AFL, soccer, and netball have clear pathways for development and competition, opportunities within the skating community are limited.

With 362,300 young people heading to skate parks each week in Victoria alone, skating lacked a trajectory for young people wishing to turn their hobby into their sport.

In 2015, YMCA Victoria decided it was time this changed.

The vision was simple – provide a clear pathway for young skaters in Australia to go from local, to state and national level competition through the Skate Park Leagues (SPL) and subsequent Australian Skate Leagues (ASL).

Partnering up to put on 63 interconnected Skate Park League competitions in Tasmania, South Australia, New South Wales, and Victoria –YMCA Victoria, with the support of Nike Pacific, delivered the largest skateboarding series in the world with 2,859 young people participating.

Participants would then progress to the state and national finals as part of the Australian Skateboarding League.

In 2014-15, the YMCA ran 44 local league events, but could not facilitate the state and national level competitions.

Now with the help of Nike Pacific, there are more opportunities for young people to turn their love of skateboarding into their sport of choice – inspiring them to live healthier lives.

## BRINGING THE LOVE OF BASKETBALL TO ALL

The YMCA Disability Services Basketball League has grown in 2015-16 thanks to a community grant from the City of Moonee Valley, providing opportunities for young adults aged 18-30 with intellectual disabilities to play.



Whilst all YMCA programs are inclusive, participants in the Basketball League love playing with each other and have developed friendships on and off the court. Now with a qualified coach and nutrition planning, the league is providing more opportunities than ever before for these young superstars.



### DID YOU KNOW? YMCA Victoria operates and manages:

33	62	55	10	7	6
Health Clubs	Pools	Stadiums	Tennis courts	Skate parks	Gymnastics facilities

## YMCA YOUTH PARLIAMENT CELEBRATES 30 YEARS

The passion of young people to make positive change has been the driving force behind YMCA Youth Parliament – which celebrated its 30th anniversary in June 2016.

Since 1987, the program has given over 3,000 young Victorians the chance to be heard at the highest levels – with all bills passed moving onto the State Government for consideration.

From marriage equality, euthanasia and rights for asylum seekers, participants aged 16-25 passionately debate in the Victorian Parliamentary chambers and provide a valuable contribution on behalf of young people.

Twenty-five bills which originated in Youth Parliament have gone onto become legislation, including the mandatory wearing of a bike helmet, roadside drug testing, over the counter availability of the morning after pill, and mandatory wearing of protective motorcycle clothing.

Youth Governor for 2016 Caitlin Meyer believes the program has been a significant platform for young people to be heard over 30 years.



“All too often young people in our state are told that they’re apathetic, self-righteous and ‘too young’ to be taken seriously,” she says.

“I feel as though Youth Parliament is helping to bridge the severe disconnect between the Government and those under 25.”

Past members of the program have gone onto achieve incredible things, including one of YMCA Victoria’s newest board members Ollly Tripodi – who started his journey with the YMCA through the program.

## ETHEL RECEIVES LIFETIME MEMBERSHIP

Ethel Fullerton, member at the YMCA managed Brunswick Baths, walks two kilometres from her Princes Hill home every day to train in the gym and attend Aqua classes.



What’s even more impressive – she does all of this at the age of 95. After seven years of inspiring staff and members, and her undeniable dedication to health, Ethel was awarded a lifetime membership. She credits the centre for being a lifesaver after her husband passed.

“Every time I walk into Brunswick Baths everyone is so kind they smile and make me feel very welcome,” said Ethel.

## BRINGING THE PADDLING COMMUNITY TOGETHER ON THE MURRAY



From 25-28 November 2015, 250 paddlers descended on the Murray River as a part of the last YMCA Massive Murray Paddle.

Formerly known as the Murray Marathon, YMCA Victoria took over management of the event seven years ago to ensure the tradition and community wasn’t lost. Focused on creating a memorable experience for all paddlers, over 200 volunteers and several YMCA staff created a lively atmosphere for all in 2015. With large groups and paddlers

coming back year after year, participants acknowledged the tremendous efforts of YMCA Victoria for saving the event from disappearing. YMCA Victoria would like to thank all volunteers and paddlers for their support over the years, and wish Mirage Kayaks the best as they take over running the event from 2016 onwards.

### DID YOU KNOW?

OUT OF VICTORIA’S 79 MUNICIPALITIES, YMCA Victoria delivers programs and services in 70 of them!



70  
Municipalities



17 million visits in the 2015-16 financial year

Throughout metropolitan and rural Victoria



Bringing people together and strengthening communities

# MOHAMED AND OMER WITH THE GREAT OUTDOORS CONNECT



**With so much entertainment available at children's fingertips, today's younger generation don't often get the chance to connect with communities outside their usual environment.**

For 12 year old cousins Mohamed Al-Khalidi and Omer Hussein, getting out and experiencing new activities had become a thing of the past.

"Even though we used to go on bike rides together, nowadays we don't often experience the outdoors together as a family," said Mohamed's father, Hassan Al-Khalidi.

In April 2016, YMCA Lady Northcote Recreation Camp set out to change this for Muslim families in Melbourne's northern and western suburbs.

Partnering with the Islamic outreach and support organisation, Tooba Projects, Lady Northcote YMCA ran an affordable and easily accessible camp designed to bring Muslim families together to experience the great outdoors. The event was funded by YMCA Open Doors and supported by Sport and Recreation Victoria.

Over thirty families attended the camp, many of which had never experienced the Australian bush.

**"Everyone deserves to enjoy an active lifestyle," said Rob Cummins, Manager at Lady Northcote YMCA.**

For Hassan, he not only saw his son and nephew fall in love with camp activities, but discovered a community they never knew existed.

"The boys play soccer on weekends, and funnily enough, they ended up playing against some of the friends they made on the camp," said Hassan.

"The social element of our experience was fantastic... getting the opportunity to meet other families and create friendships made the day even more special."

Often Muslim families feel judged or excluded. Tooba Projects Director, Sumayyah Tiris, said the camp was a great way to engage and bring together the community.

"We had families who had never toasted a marshmallow on a campfire. It is amazing to give them the opportunity to try new things in a supportive environment," she said.

"A day outdoors as a community can do a world of good for any family."

After watching Mohamed and Omer get involved on the Tooba Family Day, Hassan knows just how powerful this experience was for his family.

"The boys absolute loved it. It was the first time they took on a high ropes course and giant swing," he said.

"It was such a supportive environment, which was thanks to the YMCA staff, they gave the boys the confidence to take on the new challenges. They cannot wait for the next camp!"

## YMCA BRIDGE PROJECT CELEBRATES 10 YEARS OF CHANGING LIVES



For the past 10 years, the YMCA Bridge Project has been at the forefront of helping young offenders integrate back into Victorian society.

Just over a decade ago, YMCA Victoria recognised how young people were at risk of reoffending and becoming stuck in a cycle of crime and imprisonment. There were no clear paths for them to break away and develop – both personally and professionally.

Providing support, training, and employment opportunities for these young people, the YMCA Bridge Project today is one of the most successful pathways to reintegration in Victorian society.

The program works. Victoria's reoffending rate for young people who leave custody is over 50% - but this drops to just 3% when they are a YMCA Bridge Project participant. This saves the Victorian Government \$2.5 million a year.

Since 2006, 381 young people have found employment, and 2,584 have completed Skills for Work and Vocational

Pathways. Another 95 have been employed by YMCA ReBuild, a facility maintenance social enterprise business.

Whilst the stats and figures are remarkable, the participants show the real impact the YMCA Bridge Project has.

"There was part of me that wanted to change, but I didn't know how," says James, participant with the YMCA Bridge Project.

"I ended up back in custody, but this time I met a case worker from the YMCA Bridge Project... It was at this point I started to believe more in my future."

To date, the YMCA Bridge Project has raised \$295,000, and with continued support from businesses such as Far East Consortium as well as Victorian Government, there will be even more second chances available for young people over the next decade.

### HELPING DAIRY FARMERS IN TIME OF NEED

When Australia's major milk processers suddenly and retrospectively cut the prices they pay farmers in early 2016, crisis struck.

Many farming families were faced with losing their incomes and livelihoods. In this time of great need, YMCA staff member Jacquie Martin at Numurkah Aquatic and Fitness Centre took action. Thanks to funds from YMCA Open Doors, Jacquie organised free swimming lessons for seven farming families – ensuring their 18 children could continue learning this vital life skill when they could no longer afford the usual costs.



### YMCA SWIMATHON REACHES MAJOR MILESTONE

Since its inception in 2012, the YMCA Swimathon has become one of the national YMCA movement's most important events – celebrating a total of \$1.1 million funds raised over the past five years.

In 2016, almost 1,000 participants splashed out and raised funds to provide people with disabilities the opportunity to learn to swim and enjoy the water safely.

This has been thanks to people like 11 year old Flynn Mackay, who swam 88 laps and fundraised \$4,193.45 for the YMCA Victoria managed Ashburton Pool and Recreation Centre. These funds have been used to upskill swim teachers with new qualifications, purchase specialised equipment, and ensure that YMCA Swimming Lessons are all inclusive – providing thousands more opportunities for people with disabilities to get in the pool.



#### DID YOU KNOW? YMCA Victoria provides:

5,140

Victorians in need heavily subsidised or free access to health promoting services and programs through YMCA Open Doors.

96

YMCA managed facilities where these programs and services were accessed.



## Helping Victorians in need



# JAKE FINDS A SAFE PLACE

**It's hard to believe that 1 in 4 young people are dealing with mental health issues in Australia.**

They need safe places to turn or risk falling into a downward spiral. A few years ago, Jake was at this crossroad.

Jake had suffered a lot growing up. His home life had fallen apart, growing distant from his father and sister.

School was no relief. He was constantly picked on and found it difficult to control his emotions. He had no friends or community he could turn to. He said he felt "depressed and not really happy."

Referred to a YMCA health and fitness program by his school, Jake began to discover a new world. He saw there was a community he could and needed to be around.

After the program ended, Jake was invited to start attending a weekly youth support group run by YMCA staff member Jeanette Horsley. At first it wasn't easy – he struggled to get involved and at times almost gave up. But with access to mentors and a new community, Jake continued to venture on his new path.

"Every Tuesday Jake would attend, and slowly we started to make progress," said Jeanette.

"He struggled with trusting others, but overtime he started to open up and become a leader. He began to set goals for himself and was motivated to see them through."

Thanks to his commitment and determination, Jake became a role model for other young people in the group. He attended every session, knowing that if he stuck to it great things would happen.

Today, Jake has completely transformed and is thriving.

**He has a job, and in 2016 was promoted to a supervisor role. With the help of YMCA support programs and mentoring groups, he was able to gain confidence, develop his social skills, and most importantly, be part of something that gave him purpose.**

"When I'm here I actually have a family," said Jake. "I feel safe... not just physically safe but emotionally safe."

When he started his journey with the Y, Jake had no drive or ambition. But being part of this family has given Jake a path to a very bright future.



## Shaping and building a prosperous YMCA

# A SOFT DRINK FREE SUMMER

It's no secret that sugar filled soft drinks are terrible for our health. Linked directly to obesity and type 2 diabetes, children are more at risk than ever before – with the average Australian child consuming one can of soft drink per day.

YMCA Victoria's Healthy Food and Beverage Policy has been recognised by the Government and experts as a game changer, removing all sugar sweetened beverages from YMCA managed cafes and kiosks by 2017.

Over the summer of 2015-16, YMCA Victoria took a giant leap forward to reaching this goal by removing all soft drink products from 97% of YMCA managed facilities.

Not only did we remove soft drinks, but fridge layouts changed to heavily promote the healthiest beverage choice – water – over juices and sports drinks. With supporting posters and marketing materials, members and the public were encouraged to make the right choice to rehydrate over the summer.

"We worked with staff and our suppliers to come up with the best solution possible," explains Ari Kurzeme, YMCA Victoria Advocacy Manager.

"YMCA Victoria would sell approximately 347,000 units of soft drink each year which equates to close to 14 tonnes of sugar."

"Being the largest provider of community recreation services in the state, and with attendance jumping in the summer months, we saw an opportunity to make a real impact."

The results were outstanding when compared to the 2014-15 drink sales. Partnering with Deakin University for the evaluation of the soft drink free summer, YMCA Victoria was able to:

- Increase healthy drink sales from 34% to 49%
- Reduce sugary drink (sports drinks and some juices) sales from 63% to 43%
- Remove an estimated 234kg of sugar from sales by YMCA Victoria
- Increase overall drink sales by 2%

**This remarkable achievement hasn't gone unnoticed. In a VicHealth newsletter published in early 2016, Minister for Health and Ambulance Services the Hon. Jill Hennessy said YMCA Victoria was leading a group of 50 organisations to focus attention on sugary drinks.**

"Sugary drinks are the largest source of sugar in the Australian diet," she said.

"Tackling obesity is not something we can do alone. We all need to work together – across government, business, and industry – to create change that will benefit our whole population."



## CONTRIBUTING TO THE YMCA GLOBAL MOVEMENT

Being one of the largest YMCA Associations in the world, YMCA Victoria is committed to creating opportunities to contribute to global issues.

This includes harnessing the talents and skills of our young people, who in 2015-16 made significant impact working and sharing their expertise in Japan, Hong Kong, Cambodia and North America – just to name a few countries.

In February 2016, YMCA Victoria and Osaka YMCA signed a Memorandum of Understanding (MOU) to provide internship and exchange opportunities to young staff and volunteers.

From July 2015 to June 2016, 14 YMCA Victoria staff and volunteers travelled to Osaka, Japan, working in camping, swim teaching, youth leadership, child care, and communications.

“We have been blown away with the professionalism and expertise of the YMCA Victoria contingent,” said Dominic Pangrazio, Associate Director of the Osaka YMCA Global Department.

“They have shared their skills and staff here have learnt a great deal. They’ll continue to make an impact well after they return home.”

Two young people ventured to Hong Kong as part of a pilot internship program, scoping the potential for expansion in 2016-17.

YMCA Victoria has five YMCA Global Change Agents who have made enormous contributions to the global movement.

Alexandra Ash, Emily Greco, Lachie McLean, Lachie Headlam, and James Churchill have met with young leaders from YMCAs around the world – moving forward on projects which empower young people and help create a more sustainable Y.

As a key influencer in the Asia Pacific Alliance of YMCAs, YMCA Victoria will be able to provide more opportunities for staff and volunteers to grow and experience life abroad well into 2016-17.

## CREATING PATHWAYS FOR THE CULTURALLY AND LINGUISTICALLY DIVERSE (CALD) COMMUNITY

With newly arrived and culturally diverse Australian populations growing in Melbourne’s outer suburbs, YMCA Victoria at Dandenong Oasis recently identified this group as underrepresented in the aquatic industry.

Partnering with Lifesaving Victoria and AFL Sportsready, the team at Dandenong Oasis began creating programs to provide various training and employment pathways for young people in the CALD community. In September 2015, 2,257 people had participated in the programs on offer.

Highlights include:

- 101 young people were trained
- 1,211 young people enrolled in swimming lessons at Dandenong Oasis

- 21 young people achieved Pool Lifeguard, Swim Teacher, Senior First Aid or Surf Life Saving accreditation and training
- 18 young people were involved in the Afghan Aquatics Training/Preparation Course
- 63 young people in the City of Greater Dandenong achieved the Lifesaving Victoria First Aid for Students Certificate under the Training component of the project.



## MAKING PROGRESS AT THE HEART OF OUR CULTURE



This past year, YMCA Victoria established a Reconciliation Action Plan – recognising Aboriginal and Torres Strait Islanders as the traditional owners of this country and ensuring we address the issues of political and social exclusion, economic disadvantage, and health inequality.

Our newly established Diversity, Equality, and Inclusion Group has championed this initiative, whilst also working to ensure the concerns and voices of groups such as the LGBTIQ community are at the forefront when developing practices and policies. There has also been progress in the development of our strategic direction of environmental practices, with the first ever YMCA Victoria Environmental Forum being held in June 2016.



### DID YOU KNOW?

YMCA Victoria is the largest organisation in Australia

to receive the child safe accreditation from the Australian Childhood Foundation.

# FINANCIAL SUMMARY



The financial year ending 30 June 2016 returned a combined net surplus of \$2.9m.

## CONSOLIDATED NET PROFIT

	2015/16	2014/15
Total Revenue	\$ 187,750,876	\$ 190,730,736
Total Expenses	\$ 184,894,983	\$ 186,848,006
<b>Total Surplus</b>	<b>\$ 2,855,893</b>	<b>\$ 3,882,730</b>

## 2015-16 HIGHLIGHTS

In the last financial year, YMCA Victoria invested over \$1 million in new ventures, consolidating in \$2.9 million net profit. It was an exciting time for investment, as we moved out of non-strategic sectors and focused on system improvement and growth.

- The Kingswim brand expanded into Queensland, a joint venture with YMCA Brisbane. We also added two new Kingswim sites in Canberra.
- We began our long term investment into the National Disability Insurance Scheme – setting up systems and resourcing for future growth.
- We also began our investment in the Victorian Learning Communities Public Private Partnership, where we will operate six early learning centres, community hubs, and learn to swim sites. This is a joint venture with YMCA Whittlesea and YMCA Geelong.
- There was divestment of non-strategic sectors as we moved out of Student Accommodation.
- We also exited from our wholly owned recreation facilities – YMCA Derrimut and YMCA Docklands.
- Configuration and pilot programs for our new Rostering, Time and Attendance system were delivered – an organisational wide approach to improving how we manage shifts and worked hours.

## WHERE THE MONEY COMES FROM

Recreation & Local Government	63%
Childcare	12%
Learn to swim	10%
Camping	7%
Wholly-owned health club facilities	2%
Youth & Family Services	2%
Shared Services & Governance	2%
Benevolent	1%
Student Accommodation	1%
Disability	1%
<b>TOTAL REVENUE &gt; \$187.7m</b>	<b>100%</b>

## WHERE THE MONEY WAS SPENT

Employee Benefits	65%
Other Expenses	10%
Utilities	6%
Repairs, Maintenance, Equipment Lease	4%
Rent, Rates and Taxes	3%
Contract Partner Expense	3%
Consumables, Program Costs	3%
Stock Purchases	2%
Depreciation and Amortisation	1%
Licensing	1%
Insurances	1%
<b>TOTAL EXPENSES &gt; \$184.9m</b>	<b>100%</b>

## BALANCE SHEET

	Current year to 30 June 2016	Previous year to 30 June 2015
Current assets	27,843	28,098
Non current assets	34,834	30,631
<b>Total assets</b>	<b>62,677</b>	<b>58,728</b>
Current liabilities	30,748	33,608
Non current liabilities	8,404	4,452
<b>Total Liabilities</b>	<b>39,153</b>	<b>38,060</b>
<b>NET ASSETS</b>	<b>23,524</b>	<b>20,668</b>

## BENEVOLENT ACTIVITIES

YMCA Victoria receives benevolent income from fundraising events, philanthropic grants, government funding and donations. In 2015/16 our benevolent income was received and spent in the following sectors.

### Sector activities and definitions

<b>Health</b>	Recreation and Local Government
<b>Children</b>	Children's Programs
<b>Young People</b>	Riverside Skate Park, Southern Peninsula Youth Services, North Melbourne Community Centre, Brimbank, Community Development, Youth Leadership & Development, YMCA Bridge Project, YMCA ReBuild
<b>Disability</b>	Macey Heights, Western Leisure Care
<b>Camping</b>	Camps and Accommodation Services
<b>Benevolence</b>	Youth & Community Services Inc.

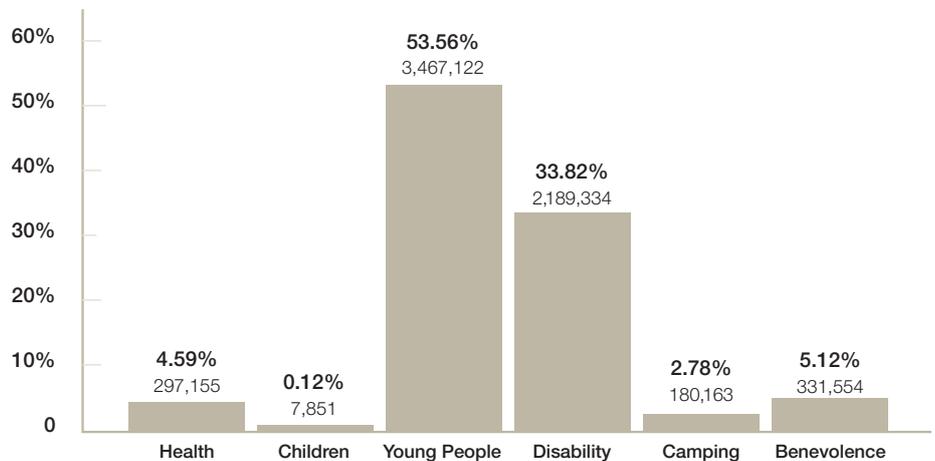


### BENEVOLENT INCOME BY SECTOR

2015/2016

Total: \$6,473,182.99

(100%)

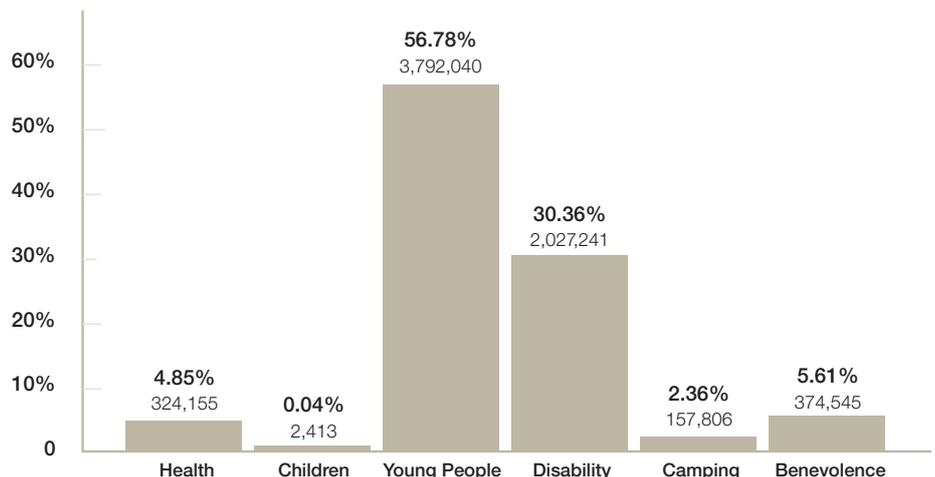


### BENEVOLENT EXPENSE BY SECTOR

2015/2016

Total: \$6,678,203.11

(100%)





# MEET OUR BOARD OF DIRECTORS

ANTHEA HANCOCKS CHAIR



BEN HUBBARD



STEPHEN ELLICH DEPUTY CHAIR



SUE O'CONNOR



PAUL BROWN



MARIA LUI



## YMCA VICTORIA BOARD OF DIRECTORS

We are fortunate to be guided by a talented and diverse Board of Directors. They bring a wide array of expertise and experience, and are committed to achieving our strategic direction.

We would also like to acknowledge and thank our retired Directors:

Dr Gael Jennings

Dean Barton-Smith AM

ADAM McSWAIN



MEREDITH CARTER



OLLY TRIPODI



REBECCA ARIAS-GALEA



KATE BELL



MICHELLE ROWSE



# THANK YOU



YMCA Victoria would like to thank the following organisations for their support over the last year.

## DONORS

Bell Charitable Fund  
Foundation 59  
George Hicks Foundation  
Igniting Change  
Life Fitness Australia  
MAI Foundation  
Mannabank Foundation  
National Australia Bank – Employee Volunteering Program  
New Balance Australia  
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Rotary Club of Tallangatta  
Rye & District Financial Services Ltd – Bendigo Bank  
Rye Returned Services League  
Scanlon Foundation  
The Shine On Foundation  
Southern Dance Festival  
Southern Cross Culture  
The Russell Foundation  
Warren Management Pty Ltd

## BEQUESTS

Equity Trustees  
Grigor Bequest  
J R G & E McKenzie Trust

## GRANTS

Benalla Rural City Council  
Brimbank City Council  
Boroondara City Council  
Darebin City Council  
Department of Social Services  
Department of Human and Health Services  
Gandel Philanthropy  
Microsoft  
Mornington Peninsula Shire  
Pip Wisdom – Department of Community Corrections  
The Yulgilbar Foundation  
VicHealth

## PARTNERS

Australia and New Zealand Banking Group Limited  
AFL SportsReady  
Deakin University  
Enterprising Partnerships  
Falls Creek Resort Management  
Far East Consortium  
Foundation for Young Australians  
Geelong Lawn Tennis Club  
Life Saving Victoria  
New Balance Australia  
Nike Pacific  
Ramjan Nominees Pty Ltd  
Resilient Youth Australia  
Richmond Football Club / Korin Gamadji Institute  
Rye and District Community Financial Services Ltd  
Sport and Recreation Camps Committee of Management Incorporated  
Young Christian Workers (YCW) committee

## LOCAL GOVERNMENT PARTNERS

Banyule City Council

Bass Coast Shire Council

Baw Baw Shire Council

Benalla Rural City Council

Boroondara City Council

Brimbank City Council

Casey City Council

City of Port Phillip

Darebin City Council

Frankston City Council

Glen Eira City Council

Greater Dandenong City Council

Horsham Rural City Council

Knox City Council

Mansfield Shire Council

Maribyrnong City Council

Melbourne City Council

Moira Shire Council

Moonee Valley City Council

Moreland City Council

Nillumbik Shire Council

South Gippsland Shire Council

Wangaratta Rural City Council

Wodonga City Council

Yarra City Council





**YMCA**

2015-2016 YMCA Victoria  
Annual Report

**Stay connected** and learn more about the Y.



Level 5, 990 Whitehorse Rd,  
Box Hill, VIC 3128



1300 883 994 (toll free)



[vicoffice@ymca.org.au](mailto:vicoffice@ymca.org.au)



[victoria.ymca.org.au](http://victoria.ymca.org.au)



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**National Relay Service**

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CALD Groups

Translator and interpreter service: 131 450

YMCA Victoria is committed to environmental sustainability.  
Please think before you print.

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