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### **OUR IMPACT**



**Recreation Centres** 



**Outdoor Pools** 



Gymnastics



Out of School Hours Care



Early Learning Centres





# **CEO / President's Report**

It has been another outstanding year of growth, indeed, our best yet. 2022/23 YMCA South Australia revenues reached A\$29 million, an increase of 30% on the prior year.

Total staff numbers grew to 955, with more than 150 new jobs created. More importantly, the Association continues to enhance its reputation for sector leadership, service quality, social impact, and as a preferred employer.

This year we welcomed our INEA (Walkerville) colleagues who officially merged into our entity, thereby consolidating the YMCA's operations in South Australia.

The new Purruna aquatic and recreation centre at Scotch College opened in 2023 and is performing well. With the INEA merger, we now also have an additional fitness centre at Kensington (Pembroke College).

Six new OSHC services commenced at Rostrevor College, St Marks (Port Pirie), St Joseph's (Port Lincoln), Investigator College (Victor Harbor), Munno Para Primary, and Modbury Special School. The number of sites through which the Y delivers services across South Australia now stands at 50.

Our longstanding history with the defence force has been re-established with the securing of a grant to manage the Defence Families Support Program for a two-year period.

The deepening of our wellbeing expertise has continued with the appointment of Kym Siddons as Head of Health Services. She is the former head physio for several national sports teams and the Queensland Academy of Sport. We now have new allied health consulting suites at three locations: The Parks, Marion Fitness & Leisure Centre and Scotch College.

Our efforts to strengthen the Association also includes consolidation in some niche areas where other partners are better placed. To this end we have retired our small disability services program and the Commonwealth Home Support Program (CHSP). We have also transferred the community centre at Holdfast Bay back to Council management.

Our management capabilities in head office have been expanded with new specialist appointments in the fields of Child Safeguarding, Work Health & Safety and Governance. Our information technology infrastructure is being continually upgraded with new advances in governance administration, device and document management, and cyber security being implemented over the course of the year.

The ongoing development of staff remains a priority. To this end we have launched a new Learning & Development portal (YLearn).

The Association continues to enhance its reputation for sector leadership, service quality, social impact, and as a preferred employer



**DAVID PATERSON**CEO, YMCA South Australia



**VADIS RODATO**President, YMCA South Australia

The second cohort of the year-long YMCA Leadership Development Program was completed, bringing to 40 the number of emerging new leaders who've been upskilled in this manner. Three of our senior managers were able to develop their skills and international Movement connections with trips to the World Council meetings in Denmark, the World Urban Network conference (USA), and an IC Howard Scholarship-funded study tour to YMCA Scotland. One of our rising young leaders, Elysse McCabe, was selected to be part of the World YMCA Change Agents program.

Vadis Rodato was appointed to the role of Board President, taking over from Rob Prime whose outstanding service was recognised by directors and staff. Sophie Christian, a lawyer by profession, was appointed as a new director.

Once again, we would like to thank our staff and volunteers for their amazing efforts. Our community, and our partnerships, are all the stronger for it.

Vadis Rodato (President)

David Paterson (Chief Executive Officer)

### **Board Members**



**SIMON CAMPBELL** *Treasurer* 



**SOPHIE CHRISTIAN** *Director* 



**PAUL MADDEN AM**Director



JESS MARTIN
Director



**DYLAN NOACK**Director



**MATTHEW PEARS**Director



ROBERT PRIME
Director



MARIE SKRODZKI
Director



MEL WATSON
Director



# A Snapshot of 2022/23

Connected, Engaged, Supported Community

1,956,860

Visits to YMCAs in South Australia

6,825

**Members** at the YMCA

89,4/1

Attendances in a **YMCA Swimming Lesson** 

122,915

**Older South Australians** participated at the YMCA

1,013

**Staff and Volunteers** at the YMCA

327,229 18,053

Attendances in a **YMCA OSHC Program** 

648,654 44,588

Attendances in YMCA sporting competitions

5,132

Families supported in YMCA OSHC Programs Attendances in a **YMCA ELC Program** 

Attendances in a **YMCA Gymnastics Class** 

Families supported in YMCA **ELC Programs** 

16,276

**Volunteer hours** at the YMCA



# **Recreation Management**

YMCA South Australia recreation services and programs are run by and for our communities.

A great recreation hub is more than just the quality of the facility or the sum of its processes and programs. It needs a beating heart – intimately attuned to the needs and aspirations of its residents. One that ensures the benefits flow into the entire community, both inside and outside the four walls of the centre.

In January 2023 we opened the Purruna Spencer Newton Centre. Located at Scotch College, the aquatic, recreation and wellbeing centre has already captured the hearts of the school and broader community with more than 1,000 children enrolled in the swimming lessons program. The Purruna Centre is about a bigger concept of developing young people, one that inclusively builds the whole-person and seamlessly connects education with the physical, mental and social wellbeing of students. A concept that blends seamlessly with the YMCA's mission and a key reason the College chose the Y as a partner of choice.

The Y was successful in retaining key recreation management contracts at the Whyalla Recreation Centre (10 years) and Strathalbyn Swimming Pool (12 years), while also extending contracts at The Parks (5 years), The Valleys Lifestyle Centre (6 years) and Riverton Outdoor Pool (6 years).

Retaining contracts across communities the Y has served for many years means that we can

continue the investment and impact we are making for people of all ages and stages in their health and wellness journey.

At Holdfast Bay, the Y transitioned from full centre management rights. We will continue to provide valuable health and wellbeing services to the community via the dedicated Pilates studio and older adults fitness studio.

We were recognised for the outstanding quality of our swimming lessons program, winning in three major categories at the annual AUSTSWIM South Australia awards, with Whyalla Recreation Centre recognised in the Small Swim Centre category. Our gymnastics program and staff were also recognised with awards at the Gymnastics South Australia Annual Awards.

This year saw the Y join the Sports Environment Alliance (SEA). The SEA provides an important vehicle for like-minded organisations to share ideas and resources and to encourage environmental responsibility. It is important that the sport industry has collective leadership in this space and, as part of this commitment, we made a substantial contribution to harnessing cleaner and more sustainable power with the installation of 270 solar panels at the Marion Leisure & Fitness Centre.

YMCA South Australia remains the state leader in facility management for aquatics and leisure. We work with our partners to stay focused on the reason recreation community assets are built in the first place – to improve the health of the community.



## **Children's Services**

YMCA Children's Services maintained a sustained period of growth over the past 12 months. This included opening new sites, increased diversity of programs offered to children within our care and strengthened partnerships with our school communities.

This year we have welcomed Investigator OSHC (in Victor Harbor), Modbury Special School OSHC, St Mark's OSHC (Port Pirie), St. Joseph's OSHC (Port Lincoln), Rostrevor OSHC and Munno Para OSHC to our OSHC team. We were also pleased to confirm the continuation of services at Adelaide North Special School and Our Saviour Lutheran School, after successful retention of these contracts. Unfortunately, we were unable to retain our OSHC service at Woodville Primary School.

The quality of our services was assessed against the National Quality Framework by the Educations Standards Board at Aldinga Payinthi OSHC, Riverbanks B-12 College OSHC, Aldinga Payinthi ELC, Riverbanks B-12 College ELC, Port Elliot OSHC and St Anthony's OSHC (Millicent). All six services demonstrated a high quality of work and met all the National Quality Standards. This is an outstanding effort given five of these sites went through the process for the first time. All sites received positive feedback from the authorised officers.



A key highlight for our Children's Services team this year was our advocacy work through the Royal Commission into Early Childhood Education and Care. Having representation through roundtable events, surveys, a witness at the hearings, site visit to Adelaide North Special School and individual consultations around our most vulnerable communities, our voice as the Y was clearly heard and documented. We look forward to the recommendations coming to fruition.

## Over 2022/23 our impact included:

325,156 91,683

Attendances in a **YMCA OSHC program** 

Visits for **Before School Care**  172,775

Visits for **After School Care** 

59,742

visits across **Vacation Care** 

Families supported in YMCA OSHC programs 18,053

Attendances in a YMCA ELC program

143

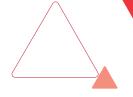
Families supported in a **YMCA ELC program** 

Participants in five Defence Family camp activities

Staff working in our Children's Services team

### Among other highlights, YMCA **Children's Services:**

- 2 launched our inaugural traineeships with nine staff commencing studies while working with our OSHC and ELC teams
- → held the first Expo for staff on Embedding Meaningful Practices
- participated in the South Australia Careers Expo
- strengthened our partnership with the Department of Defence via our Defence Family Camps program



## Safeguarding

Safeguarding is a major priority for all associated with YMCA South Australia. Over the past 12 months this focus has been enhanced by significant growth in scope, and development of policy and processes, together with education of staff, volunteers and stakeholders.

Children and young people represent a huge cohort of the people we support in South Australia and keeping them safe is one of our highest priorities. We do this in every way we can and safeguarding reaches into every aspect of our operations.

Training has been a large focus, with over 4,000 safeguarding related courses completed by YMCA SA staff including:

- Stay Safe Tell Someone a community education campaign all Y people need to be aware of
- RRHAN-EC education sector specific training for all child facing roles through the Education Department, responding to risks of harm
- Feel Safe Be Safe YMCA designed training focusing on responding to disclosures
- Safe Behaviours how and why we create a safe culture

At the Y, we believe in the empowerment of young people. For children and young people to be inspired and reach their potential, they need to feel and be safe. A key aim is to empower all participating in our programs to have a voice, feel heard and be engaged.

This is being addressed by advocating children and young people engaged with the Y to:

- Have a say in their care
- → Have a say in their recreation activities
- Have a say in their state through our Youth Parliament programs
- ≥ Be encouraged to speak about their safety

YMCA South Australia works to support the needs of our diverse communities. Our programs reach far and wide with over 1,000 kilometres between our furthest sites in the state. That area covers many different communities and includes all socio-economic groups, many cultures and diverse and vulnerable groups.

Recreation programs and facilities run by the Y have been developed and operate with a significant focus on creating accessibility and acceptance of all who wish to participate.

Facilities (depending on site restrictions) are wheelchair accessible, have ramps into pools, pool hoists, elevators, have braille signage on facilities such as toilets and are Companion Card friendly.

Programming includes Gym Ability (inclusive gymnastics), Strength for Life (activity and connection for people aged 50+), All Abilities exercise program, Sensory Hydrotherapy and Parnggi Yarluwar Porlar (swimming lessons for First Nations children). The Y also works with a range of like-minded organisations to provide programs for disengaged youth, Aboriginal and Torres Straight Island groups, LGBTQI+ and children living with disability.

Children's Services supports diversity via inclusion support with funding for 54 children across 11 services. We provide services for 804 children who identify as culturally and linguistically diverse and support for expression of gender for all young people.

## **Allied Health**

YMCA Allied Health established a strong foothold as an impactful and growing business over the past year, adding to the extensive range of services offered at the Y.

In particular, the Allied Health team is bridging the gap between healthcare clinics and recreation centres, meaning those typically unable to attend mainstream fitness services can find a welcoming space at the Y. This is resulting in tangible improvements in the quality of life of those accessing our services, together with a reduced burden on the health system.

YMCA Allied Health clinicians are committed to equipping and empowering their clients to feel and function their best in body, mind and spirit. Our team consists of compassionate healthcare professionals who are dedicated to promoting health and wellbeing and creating a significant impact on both our organisation and the community it serves.

The team has responded to increased need for client care by adding physiotherapy services to their existing exercise physiology services this year. The Allied Health team grew from three Exercise Physiologists and one casual administrator, to include four Exercise Physiologists, a Physiotherapist and two casual administrators, across two sites by the 2023 financial year's end.

This dynamic team delivered 4,055 health services combined through the 2023 financial year, almost doubling the impact and visits to YMCA centres on the previous year.

The Allied Health team has collaborated with external stakeholders to establish partnerships with local GPs, nurses, hospitals and residential care facilities to establish solid referral bases.

Our clinicians also collaborated with local community groups (eg: Probus clubs) to deliver health education workshops for their members. These workshops empower individuals and support self-management by improving health literacy around conditions such as osteoarthritis, osteoporosis, cardiac rehabilitation and diabetes management.

The Allied Health team partnered with Scotch College to deliver a 'first of its kind' service for South Australian school students and community members. A particular focus was on provision of an innovative solution for boarding students to access physiotherapy services on-site in the new Purruna Centre.

Allied Health team members also partnered with NDIS service providers to offer innovative exercise options for NDIS clients. One example is the integration of NDIS clients into clinical exercise groups, which has had a profound, positive impact on clients living with a disability.

The Allied Health team has also had a significant in-house focus this year. The team:

- designed and delivered manual handling training workshops for ELC and recreation centre staff
- contributed to the development of policies regarding safe work from home procedures
- initiated the inaugural employee influenza vaccination program in 2023
- provided expertise for occupational health issues to optimise the wellbeing of Y employees

The team also collaborated closely with Recreation Centre staff to establish exercise program cross-referrals, ensuring every member is offered the most appropriate care.





The Youth Empowerment team remained committed to delivering high quality and innovative programs to young people located throughout South Australia. The team has worked closely with like-minded organisations and stakeholders to create accessible programs, opportunities and meaningful engagements with their communities.

December, receiving positive feedback from participants at its conclusion. Working in collaboration with Relationships Australia and White Lion, the aim of the program was to build connections between at-risk young people in the City of Marion area, while providing a fun, accessible and enriching space. The team enjoyed greater engagement from a

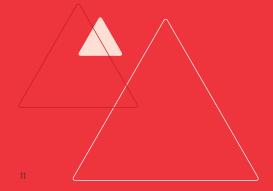
This year the Youth Zone at the Marion Leisure and Fitness Centre wrapped up a number of

City of Marion Council grant-funded projects.

In particular 'Youth Fridays at the Y' ended in

total of 40 volunteers over the past 12 months. Youth Empowerment volunteers assisted with the development, facilitation and delivery of the Y's key youth programs including Youth and Junior Parliament, Y-Activity Days and Youth Fridays at the Y. Our teams dedicated over 500 hours each to these programs, receiving training in how to engage with young people, leadership and community advocacy.

A highlight of the year was an invitation for participants and volunteers involved in the 2022 Youth Parliament program to a luncheon with Minister for Human Services, Nat Cook MP. to discuss the Youth Bills presented and other issues affecting young people.





During October 2022, Junior Parliament delivered its 8th sitting to 38 young people aged 12 to 15. The Junior Parliament program is the sister program to Youth Parliament and aims to empower young people through leadership and confidence building workshops within the context of Parliament.

In March 2023, SA Youth Week was launched and 2023 Youth Governor, Samoda Silva, was invited to deliver a speech on youth engagement with politics. In April, the Youth Empowerment team was also invited to run a stall at the Walk to D-Feet MND fundraising event.

The Youth Empowerment team, working closely with 18 young volunteer taskforce, successfully delivered the 28th sitting of the YMCA South Australia Youth Parliament program. From across South Australia, 82 young people participated, debating youth bills that they researched, developed and delivered within their 'Committees' between April and July. The successful Committee Advisor Initiative continued this year and assisted the Youth Parliament program to increase its community engagement and impact.

In keeping with national collaboration, our volunteers also engaged with other Youth Parliament programs around the country to develop the YMCA Youth Parliament National Motion of Public Importance. The final proposed motion was 'This House endorses the Implementation of a Federal Human Rights Bill.'

The Youth Empowerment team increased engagement with the University of Adelaide and the University of South Australia, strengthening the capacity for the universities to engage with young people. This included cross-promotion of research into young women's engagement in the political system, scholarship opportunities for low socio-economic youth and promotion of activities for university aged youth.



# YMCA South Australia 2022/23 Highlights

#### **Arthritis SA Partnership**

The Y partnered with Arthritis SA on the Reeboot Your Life: Living Well with Arthritis program, which was delivered at Port Lincoln Leisure Centre, The Valleys Lifestyle Centre and Fleurieu Aquatic Centre.

Reeboot Your Life is a free 10-week online program for those over 50 residing in regional SA and living with arthritis. It is aimed at improving wellness and providing the knowledge and skills to live well with arthritis.

The program runs on a weekly basis across the 10 weeks with some parts self-directed and others led by an instructor.



#### Clean, green solar at Marion

The Y, in partnership with the City of Marion, made a substantial contribution to harnessing cleaner and more sustainable power with the installation of 270 solar panels at Marion Leisure and Fitness Centre.

The 100KW system, aimed at reducing reliance on non-renewable energy sources, was installed on the centre's roof in December 2022.

The project is part of the Y's commitment to minimising its environmental footprint by using natural resources more efficiently and operating more sustainably, both ecologically and economically. The average generation of electricity will result in approximately \$20,000 of savings annually.



#### **Purruna staff swim to worlds**

Two Y staff team members from the Purruna Spencer Newton Centre are on their way to representing Australia in world Para Swimming competitions after outstanding results at the Australian Swimming Championships in April 2023.

Commonwealth Games representative, Ella Jones, was selected onto her second Para World Championship team for the relay, while Ella's training partner and longstanding Australian Dolphins team member Taylor Corry, is on track to qualify for the 2024 Paris Paralympics after swimming her fastest times in four years in the S14 butterfly events. Ella is a Swim Teacher, Teacher in charge and Customer Service Officer and Taylor is a Swim Teacher – Squad coach and Lifeguard at the Purruna Spencer Newton Centre at Scotch College.



#### **Whyalla AUSTSWIM awards**

Whyalla Recreation Centre was announced as the state winners of three AUSTSWIM awards this year.

The centre took out the 2023 South Australia Small Swim Centre of the Year award in a great coup for the YMCA-managed regional leisure facility. Individual awards were won by the centre's Aquatic Programs Coordinator, Bec Gumm who was announced as the 2023 South Australia Teacher of Aqua, and swim teacher Jenna-May Jackson, who won the 2023 South Australia Best New Teacher award.

AUSTSWIM Awards acknowledge individuals, swim centres, and organisations for their contribution to aquatic education and water safety through leadership, innovation, and community spirit.



### **Elysse our Global Change Agent**

Fleurieu Aquatic Centre Frontline and Programs Director, Elysse McCabe, was nominated as one of six YMCA Australia Change Agents in 2023.

YMCA's Change Agent program is a global leadership development program aimed at empowering young leaders as change makers in their own communities. Change Agents are young volunteers or staff members from YMCAs across the world, who meet and share their experiences and ideas with a view to facilitating positive worldwide community change.

Elysse is a Fleurieu local and has been working with the Y at Strathalbyn and Fleurieu for 10 years. She will spend 18 months in the Change Agent role.



## Groundbreaking partnership with Scotch College

YMCA South Australia launched its partnership with Scotch College to provide the highest quality services and programming at the new, state-of-the-art Purruna Spencer Newton Centre.

With their brands authentically aligned, the Y is committed to tailoring programs and services to the needs of the school and the local community with the aim of growing participation within, and beyond, the Scotch College community.

In addition to hosting student and staff programming, the state-of-art facilities offer community access to the aquatics space for swimming lessons, lap swimming, or recreational swimming outside of school hours.

The Y also offers a suite of boutique style fitness classes including reformer Pilates, mat Pilates, yoga and aquafit, while overseeing the two basketball courts outside of school hours.





# YMCA South Australia 2022/23 Highlights

### First Nations swimming program

The Y at Fleurieu Aquatic Centre partnered with Surf Lifesaving SA and the Tjindu Foundation to deliver the Parnggi Yarluwar Porlar program – a water safety and swimming program for First Nations children.

The initiative extends assistance to up to 25 First Nations children aged between 7 and 12, offering them the opportunity to participate in free swimming lessons at the centre during Terms 2 and 3. The funding for the Parnggi Yarluwar Porlar program is by means of an Office of Recreation Sport and Racing Grant.

The program is aimed at addressing evidence that Aboriginal and Torres Strait Islander peoples make up a disproportionate number of fatal and non-fatal drownings in childhood.



#### **YMCA Award winners**

The Y's 2023 annual awards for excellence were crowned by the presentation of the Jack Massey Award for Team of the Year to the Allied Health Team.

Other highlights over nine categories presented included Georgia Warner from Fleurieu Aquatic Centre and Susan Britza our Youth Parliament Programs Manager, tying for the George Williams Employee of the Year Award. St Clair Recreation Centre won Program of the Year with the SCRC School Sport Programs.

Special mentions were also made to Elysse McCabe who reached 10 years of service and Samantha Wise for 15 years of service with the Y.



### **Sensory Hydrotherapy launch**

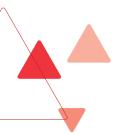
After two years of research and development, a ground-breaking Sensory Hydrotherapy program was launched at Fleurieu Aquatic Centre.

The unique program aimed at providing a tranquil and soothing environment in which to undertake a warm-water hydrotherapy session, was developed by YMCA South Australia in conjunction with aquatic therapy experts.

Sensory Hydrotherapy aims to provide a suitable exercise setting for people with sensory overload such as autism or other neurological conditions.

The pool space is kept dark with coloured lighting and projections, creating a sense of serenity for those who will benefit from a quiet or sensory-friendly environment.





## South Sudanese community basketball tournament a success

The successful hosting of a major South Sudanese Australian National Basketball Association tournament at St Clair Recreation Centre was hailed as a new high by organisers. The three-day event held in January 2023, showcased 14 teams from Melbourne, Sydney, Canberra and South Australia, and saw approximately 3,000 people attend the centre over its duration. Teams ranged in age from Under 16s and Under 18s and up to seniors.

The ground-breaking event was sponsored by the YMCA which contributed around \$5,000 towards its running costs and ensuring the safety and wellbeing of all.



### **Gymnastics leaping ahead**

YMCA Gymnastics had an outstanding 12 months.

The ongoing growth of the gymnastics area reflected the work and dedication of the gymnastics staff teams, with Glengowrie Gymnastics membership growing by 12% and Seaford Gymnastics faring even better, up by 25%.

Head gymnastics coach, Toni Hayles, underlined her expertise and leadership by winning the Gymnastics South Australia award for Kindergym Leader of the Year, while both gymnastics centres were also represented as finalists in separate award categories.

On the floor, Glengowrie Gymnastics awards included:

- 2 State Champions in Women's Artistic Gymnastics
- ∠ Level 4 under 10s All Around State
   Champion Lilly Limberis
- Level 4 Open All Around State Champion Mahlia Polvere





#### **Youth Parliament grounds Felix**

Former YMCA SA Youth Parliament participant and Taskforce coordinator, Felix Eldridge, was selected as an Australian representative in Trinidad & Tobago as a member of the 2022 Commonwealth Youth Parliament program.

Felix sat in SA Youth Parliament in 2018 before serving a three-year stint on the Taskforce starting in 2020. This was crowned with his nomination as a CYP candidate, and his experiences included meeting the President and Vice President of the Senate (the former who is now Trinidad & Tobago's President) and the Speaker of the House of Representatives.

In his final year of a Law/International Studies degree at Adelaide University, Felix's passion for politics and leadership looks certain to set him on a path towards public life.

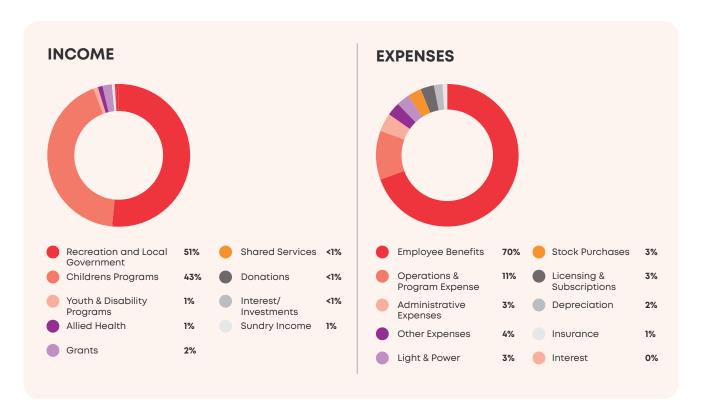
# **Financial Report**

The financial year ending 30 June 2023 returned a combined surplus of \$743,522

Our Entities	Net Income
The Young Men's Christian Association of South Australia Inc.	\$920,762
YMCA South Australia Youth and Family Services Inc.	-\$177,240

Consolidated Results	2022 / 2023
Total Revenue	\$30,291,404
Total Expense	\$29,547,882
Total Surplus	\$743,522

Balance Sheet	Combined
Current Assets	\$5,279,841
Non-Current Assets	\$3,119,315
Total Assets	\$8,399,156
Current Liabilities	\$4,387,857
Non-Current Liabilities	\$1,106,206
Total Liabilities	\$5,494,063
Net Assets	\$2,905,093



## **Thank You**

YMCA South Australia could not do the work it does without support from generous contributors in the community. We would like to recognise and thank all those listed here for their support this year.

### **GRANTS**

- Law Foundation of South Australia
- ≥ Electoral Commission of South Australia
- State Government Dept of Human Services
- State Government − Office of Recreation, Sport and Racing
- Australian Government Dept of Health
- → Australian Government Dept of Social Services
- → YMI Service Club of Adelaide
- City of Marion
- Australian Government Dept of Defence
- Australian Government Dept of Education, Skills and Employment
- Commissioner for Children and Young People

### **GOVERNMENT & INDUSTRY**









### **PARTNERS**











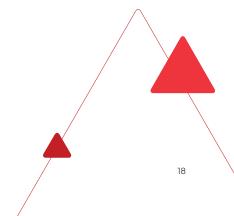












### YMCA SOUTH AUSTRALIA

Level 10, 44 Waymouth Street Adelaide SA 5000

- **p** 08 8200 2500
- e contact@ymcasa.org.au

sa.ymca.org.au