



# 2018/19 Annual Report



**YMCA**  
South  
Australia





## CEO / President's Report ▲

It has been an exciting and rewarding year at the Y as we continue to have a deep impact on people and communities within South Australia. Whether it's a youth development program, a session in outside school hours care (OSHC) or a fitness class for seniors, our influence is vast to the extent that, during the past year, we reached people almost 2 million times.



**HAYDN ROBINS**  
CEO  
YMCA South Australia



**TREVOR THIELE**  
President  
YMCA South Australia

We continue to deliver on our vision and mission for the communities we serve.

We have continued to collaborate with key partners and stakeholders to expand and strengthen our services and programs throughout South Australia. We have also strengthened our relationships with YMCA Associations around Australia as we unite towards becoming one Y.

This year's highlights included the establishment of a new partnership with the City of Charles Sturt Council for the management and operation of the new, \$26 million St Clair Recreation Centre. We successfully negotiated contract extensions with the City of Playford for the John McVeity Centre and continue our work to serve the community at the Fleurieu Aquatic Centre. We celebrated 60 years of community service at Glengowrie YMCA – a wonderful example of the Y's commitment and values.

It was a year of significant growth for our children's services team as we more than doubled the number of OSHC services we provide. We now service schools and families in Unley, Reynella, Mount Gambier and beyond. Our commitment to our belief in the power of inspired young people is woven into all aspects of our organisation. We remain passionate about making a positive difference in children's early years and are committed to growing this reach across the broader community.

Our suite of NDIS and inclusion programs for people living with a disability, their families and carers, continues to grow. We continue to strive to engage people with disabilities in meaningful activity and recreation for a positive future. Above all else, at the Y we are committed to inclusion and equality for all people.

This year, together, we achieved a significant financial result for the organisation, creating a more sustainable Y and providing the opportunity to further invest in building the capacity of our communities.

We are proud of the impact the Y has had in the past year.

Many stories emerge from our programs, services and people each year, and this report provides you with an insight into some of these. We sincerely thank our staff, volunteer Board of Directors and all volunteers for their incredible dedication and contribution to the Y and the people we serve.

Each one of you is an integral player in our movement and you play a pivotal role in changing lives, one person at a time.

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# Vision 21

## MISSION

YMCA South Australia's Mission describes YMCA South Australia's intent, purpose and reason for existence. YMCA South Australia's Mission is the starting point of and informs YMCA South Australia's Strategic Plan. YMCA South Australia's Mission is;

*We work together from a base of Christian values to provide opportunities for all people to grow in body, mind and spirit*

## VISION

YMCA South Australia's Vision describes what success looks and sounds like once YMCA South Australia's Mission has been achieved. YMCA South Australia's Vision is;

*Creating opportunities for people and communities to connect with a better life*

## BOARD MEMBERS



**TREVOR THIELE**  
President



**SHAWN KENNEDY**  
Vice President



**ROBERT PRIME**  
Treasurer



**LIZ COHEN**  
Director



**MARIE SKRODZKI**  
Director



**WARREN HALL**  
Director



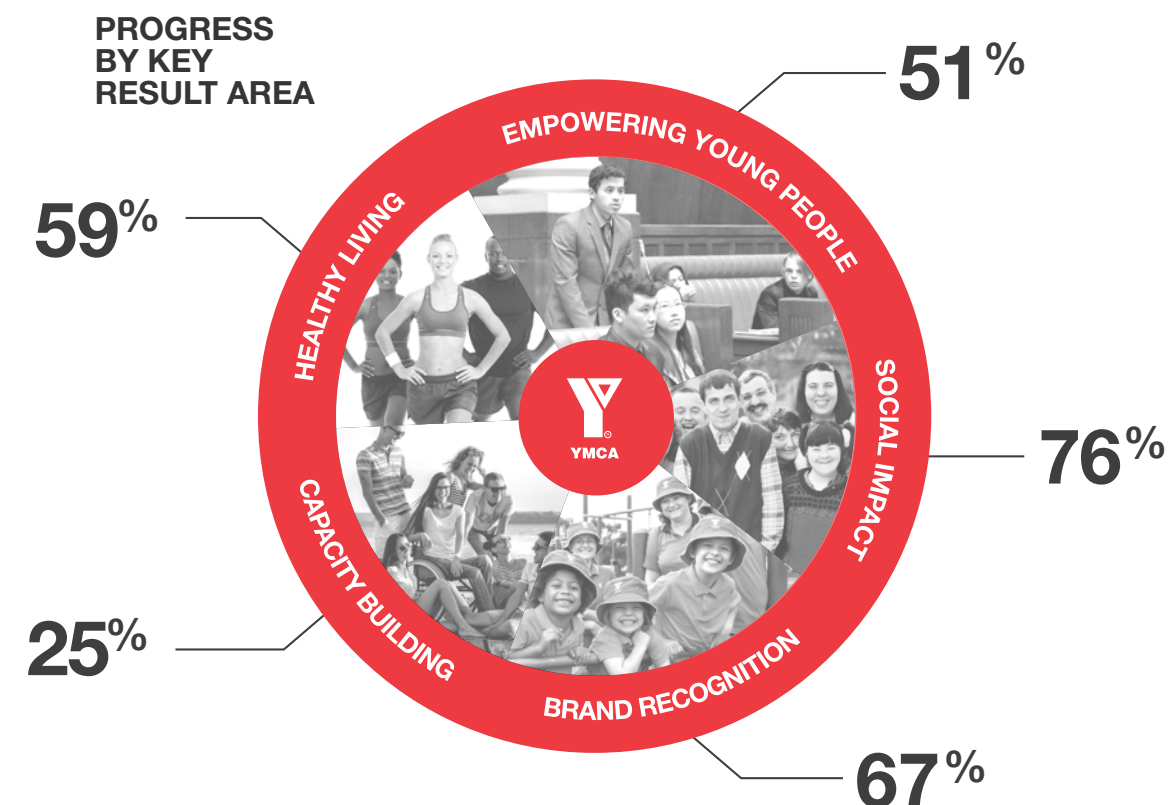
**VIVIENNE ST. JOHN ROBB**  
Director



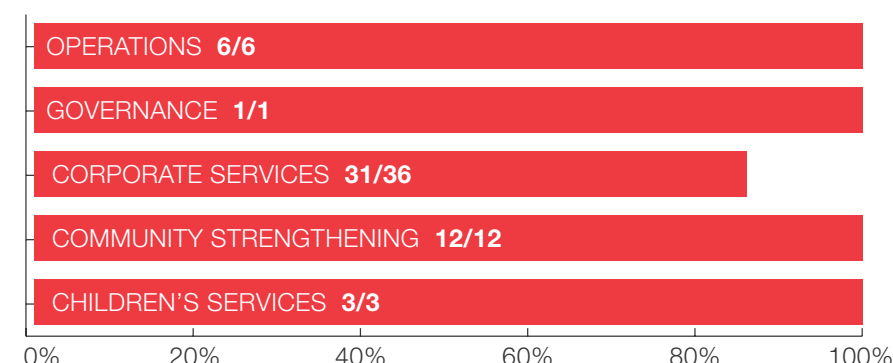
**DUNCAN MCFETRIDGE**  
Director



**TIM LOOKER** OAM  
Director



## PROGRESS BY OPERATIONAL SECTOR



## OVERALL ACTION ITEM STATUS





## Community Strengthening ▲

With a focus on empowering young people and engaging people with disadvantage or disability in meaningful activity, the Community Strengthening team had a positive and successful year delivering on the vision of YMCA South Australia.

We have expanded our reach across all program areas, increasing the number of participants and geographic spread for young people, older adults and those living with a disability.

In addition to our core programs, we were successful in obtaining new funding from all levels of government. This has allowed us to build stronger community connections and increase our community impact.

We have worked collaboratively with YMCA associations nationally to develop social impact measures that ensure we remain true to our goals and identify areas for growth. The power of inspired young people remains a key focus to everything we do.

The hub of YMCA Community Strengthening is the Holdfast Bay Community Centre and 2018-19 has seen programs and services offerings continue to expand in depth and breadth.

### Highlights include:

- Men's and Women's Health Week events
- Eleven Strength for Life classes at 90% capacity each week
- Science for Seniors Week events showcasing young researchers
- Performances by the Adelaide Symphony Orchestra and Police Band
- Eco-dying and sustainable craft group
- Social Fridays
- User groups including Tutti Ensemble, Trinity Bay, Adelaide seniors ballroom dancing, karate, war gamers, play group and others

Commonwealth Home Support Program funding also enables social support groups to provide weekly programs that prevent isolation and associated health issues in older adults. Our participant numbers continue to grow and programming evolves in response to user choice and need.



# 9,069

Members at the YMCA



# 147,767

Older South Australians participated at the YMCA



## Recreation

The recreation landscape has become increasingly more competitive. The YMCA in South Australia must adapt, move quickly and continue to have the customer at the forefront of our decision making.

As part of this thinking, and in an aggressive move against the rise in childhood obesity, designated YMCA members now receive free membership for their children aged under 10. The initiative has been launched with the aim of encouraging parents and guardians to be active with their children in a bid to combat the current trend towards a sedentary lifestyle. Key initiatives like this will keep the Y relevant and position us as a partner of choice for local government.

Our industry standing was further acknowledged with The Parks Recreation & Sports Centre a finalist in the Fitness Australia national awards, and The Valleys Lifestyle Centre winning the South Australia Parks and Leisure Association award for best region/rural contribution. The award recognised the significant contribution made by the YMCA to the local and regional community. We rounded out our success with Port Lincoln Leisure Centre winning the Recreation SA Watch Around Water award, demonstrating our commitment to aquatic safety.

Our dedication to industry excellence continued with the Playford Aquadome becoming the first South Australian fitness business to achieve quality accreditation

through Fitness Australia. The YMCA has since committed to have 100 per cent of our of health club business quality accredited by the end of 2019.

On behalf of the City of Charles Sturt, we were proud to be entrusted to open the newly built St Clair Recreation Centre in Woodville. The Centre is the largest indoor sports stadium in South Australia with six indoor multi-purpose sports courts. The five-year partnership commenced strongly with more than 600 members joining the facility and 120,000 stadium sports visitations in less than eight months of operation.

Sadly, we ended our 10-year association with the Playford Aquadome as we were unsuccessful in our tender bid. We can be proud of our achievements over that journey and, importantly, the Y will continue to impact the Playford community through the ongoing management of the John McVeity Centre in Smithfield Plains.

The YMCA will continue to strive to extend our reach across the state, creating partnerships in new communities and increasing our impact by providing thousands of opportunities for people to connect with our programs and services.



123,609

Children in a YMCA Swimming Lesson



27,140

Children in a YMCA Gymnastics Class



1,762,281

Visits to YMCA's in South Australia



344,704

Participants in YMCA sporting competitions



# Children's Services

The YMCA Out of School Hours Care program continues to go from strength to strength, providing high quality and accessible services in a growing number of communities across South Australia.

We believe that all parents should have access to high quality, reasonably priced childcare. We achieve this by proactively working with each community we engage with to ensure the OSHC service meets and then exceeds their expectations.

This financial year we have increased the number of OSHC services to 13 with the addition of Unley Primary School, Reynella Primary School, Flaxmill Primary School, One Tree Hill Primary School, Reidy Park Primary School and Blair Athol North B-7 School.

The growth will continue into the new financial year with the YMCA to commence management of services at Woodville Gardens B-7 School and Tyndale Christian School in July 2019. The rapid growth has seen us implement a revised supporting staff structure with the services divided into two regions, the southern region and northern region.

These new contracts increase the span of our OSHC services and allows us to work within a number of new school communities in metropolitan and regional South Australia.

The quality of our OSHC services was reviewed at Adelaide North Special School by the Education Standards Board against the National Quality Framework this year. The service received an 'Exceeding' rating during the assessment which is the highest rating that can be achieved.

Customer service offerings for our families were increased this year with the introduction of a new online tablet sign in system (Qikkids Kiosk) and an online enrolment and booking system (Qikkids Enrol). These systems have allowed more efficient processes and practices for our staff and ensured families have quick and easy access to care for their children.

Feedback and comments from our community of parents and school leaders remain overwhelmingly positive, affirming the work of our staff in the care of children.

**“ I can recommend YMCA as an effective and reliable OSHC provider. They deliver an excellent service to our families and school. ”**

MIKE WALSH, Principal, Craigmores South Primary School



98,647

Attendances in a YMCA OSHC Program



1,509

Families supported in YMCA OSHC Programs



12,965

Vacation Care attendances



“

The YMCA OSHC at Craigmores have been brilliant. My son loves attending and the staff are always very friendly.

– Parent, Craigmores South OSHC

“

My children have both really enjoyed going to OSHC and love the staff. Thank you for all your support.

– Parent, One Tree Hill OSHC

“

My son loves coming to OSHC after school and during the holidays. He says it's the funnest place to play.

– Parent, Craigmores South OSHC





111

Youth and Junior  
Parliament  
participants



897

Children had a  
camping experience  
with the YMCA

## Youth Empowerment

The YMCA is focussed on empowering and supporting young people to reach their potential. YMCA South Australia advocates for young people, provides safe spaces and works to ensure all of our services are accessible to young people. Our impact over 2018-2019 has been significant.

The 24th year of Youth Parliament in South Australia saw 74 participants and 18 volunteers complete the program over six months, culminating in sitting week from 15 July.

The state Minister for Human Services, Michelle Lensink MLC attended and was presented with a Bill Book representing broad ranging topics from the merging of Northern Territory and South Australia into one state to the introduction of a universal basic income. Youth Parliamentarians represented their peers through radio interviews, letterbox drops, forums and a press gallery promoting interest in issues across the South Australian context.

Junior Parliament ran for the third year, with 37 participants aged from 12-15 years introduced to the parliamentary process and developing skills in debating, public speaking and fact checking. The provision of a strong introduction to the democratic process saw these young people learn to voice their opinions in a logical and respectful manner.

Skate Park League operated across 10 local Councils, building on the success of the past two seasons. Attendances were strong and the partnership with YMCA Victoria underpins our commitment to national YMCA consistency in programming.

Camping programs continued to strengthen in delivery and diversity. This year saw the delivery of the first LEAP

camp with 8 young people from our LEAP Taker program in Whyalla visiting Adelaide for three days of activity.

Our vacation camps remained popular with participant numbers growing against previous years. Three young people funded by the NDIS attended vacation camps, providing an opportunity to participate in a truly inclusive experience.

Trauma-informed practice for camping resources were developed and implemented in partnership with the Flinders University Social Work Department. This toolkit is important for children living in out-of-care and their inclusion in vacation camp programs.

Body Mind Spirit camps for young carers, which provide respite, fun and time to be themselves, have continued to have a positive impact. We are working in collaboration with carer support agencies to continue this valuable program after recent changes to funding following NDIS activation.

Our successful partnership with Defence Families continued, resulting in an extension of funding into 2020. Activity days, youth camps, children's sleepover and a family camp were highlights of this program, aimed at building resilience and strengthening family relationships.

The YMCA in South Australia continues to work to connect young people to their communities.



## LEAP Inclusion Services ▲

Our vision is that all South Australian's living with a disability will have access to opportunities for health and wellness, recreation and community inclusion at all YMCA centres. Significant progress has been made over the 2018-19 year.

South Australia continues to lead a national approach for YMCA in the NDIS and inclusion programs.

The establishment of a new Intake Officer position has been instrumental in providing advice to families and individuals, resulting in growth in LEAP participation across all YMCA centres. Support coordination has been added to our service, ensuring that individuals get the best results from their NDIS plans with a focus on independence and community inclusion.

LEAP Aquatics continues to grow in all recreation centres that have swimming facilities. The Valleys Lifestyle Centre and Fleurieu Aquatic Centre have expanded their participant numbers, while The Parks had a significant increase as a result of the transfer of families from the Aquadome. Fleurieu and Marion Leisure and Fitness Centre also have gym member participants funded through NDIS.

These programs now meet all NDIS requirements, with a number of clients activating their plans for funding. A new day of programming for LEAP Takers commenced at Holdfast Bay Community Centre and has grown in numbers after the delivery of strong program outcomes.

YMCA South Australia is delivering on the milestones for the Information Linkages and Community (ILC) jurisdictional grants allocated for South Australia, secured in 2018. We have another 12 months of funding for this project which will strengthen YMCA's profile as the leading provider of recreation services for people living with a disability.

Based on the success of the first year in this project, YMCA South Australia applied for and was awarded a new ILC grant for Economic Participation. This project will commence in the next financial year, employing 12 young people living with disability and developing Human Resource processes aimed at removing the barriers to open employment.



# 352

Leap participants



# 48%

Increase in Leap participation hours



“The trip to Adelaide was a great example of how the group is now interacting with the community and gaining more confidence and independence thanks to being in a positive environment.”

– MARION MODRA, Community Strengthening Area Manager

### YMCA group Leap's to the big smoke

A group of Whyalla YMCA Leap taker clients made a three-day trip to Adelaide, visiting many of the city's attractions and enjoying an exciting break away from home during May this year.

The NDIS funded trip took in the markets, museum and much of the big city sights and sounds that are taken for granted by most but that were new to many of the participants.

The trip ended with a breakfast in the Central Market attended by senior manager Andrew Mundy, who made a special connection with some of the group during a visit to the rural city earlier in the year.

The Whyalla Leap Takers moved to a dedicated space at the Whyalla Recreation Centre from an external venue this year and Community Strengthening Area Manager, Marion Modra, said the group was thriving.

“We are proud of our program and aim to grow it both at Whyalla and across other local and regional communities that have a need,” she said.



YMCA South Australia Area Manager Craig Hortin and Port Lincoln Leisure Centre Manager Anna Ryan accept the Watch Around Water award from Recreation South Australia Executive Officer Stu Ferenci (left) and Denis Kildare from Clubs SA (right).



The Valleys Lifestyle Centre's YMCA staff team Sonia Goss, manager Ben Whalan and Hannah Salter accept the PLA state award for best region/Rural contribution.



Aquadome staff and management Fitness Australia Quality Accreditation.

## Industry Recognition

### Playford Aquadome

YMCA South Australia managed Playford Aquadome was the first fitness business in the state to achieve Fitness Australia Quality Accreditation. Accreditation of all eight YMCA managed fitness in South Australia is scheduled to be in place by the end of 2019.

The recently launched Quality Accreditation Program by Fitness Australia, the peak fitness industry association, is designed to continuously build on the quality of a fitness business, with customer care and value being the ultimate goals.

### Port Lincoln Leisure Centre

Port Lincoln Leisure Centre's commitment to the promotion of the Watch Around Water initiative was rewarded when it won the Recreation South Australia award for water safety. Recreation South Australia Executive Officer Stu Ferenci praised the centre for its focus on safety and the principles of Watch Around Water.

The critical near drowning of four year-old Peyton Gray at the Centre in May 2018, resulted in heavy publicity and saw YMCA management use this public focus to harness and actively promote the Watch around Water message across the broader South Australian community.

### The Valleys Lifestyle Centre

YMCA South Australia was recognised as a leader in community recreation excellence when it won the South Australia Parks and Leisure Association (PLA) award for Best Region/Rural Contribution at The Valleys Lifestyle Centre.

The YMCA's management of the Centre for the Clare and Gilbert Valleys Council, was recognised as having created a positive social, environmental and economic impact from a range of community based programs

and initiatives. The PLA award acknowledged the significant contribution made by the YMCA to the local and regional community.

### YMCA Staff Awards

The best of the best for 2018-19 were acknowledged at the YMCA South Australia staff awards evening. Highlights included The Parks Recreation and Sports Centre taking out the YMCA of the Year award, along with an emotion-filled tribute to JMC Leap Takers coordinator Judith Jamieson, who was posthumously awarded the George Williams Employee of the Year.

Other highlights included Whyalla Recreation Centre stalwart Rae Watson named as Volunteer of the Year, and a double for The Valleys Lifestyle Centre with Hannah Salter named as Emerging Leader of the Year and Deb Noble taking out the Community Connections Award.

YMCA South Australia Volunteer of the Year Rae Watson from the Whyalla Recreation Centre.





# Financial Report

The financial year ending 30 June 2019 returned a combined surplus of **\$546,497**

Our Entities	Net Income
The Young Men's Christian Association of South Australia Inc.	\$472,601
YMCA South Australia Youth and Family Services Inc.	\$73,896

Consolidated Results	2018 / 2019
Total Revenue	\$19,627,521
Total Expense	\$19,081,024
Total Surplus	\$546,497

Balance Sheet	Combined 2018 / 2019
Current Assets	\$3,518,667
Non-Current Assets	\$654,140
Total Assets	\$4,172,807
Current Liabilities	\$3,378,640
Non-Current Liabilities	\$155,513
Total Liabilities	\$3,534,153
Net Assets	\$638,654

## 2018 / 2019 Highlights

- Expansion of service offering in Children's Services through additional Outside School Hours Care (OSHC) services
- Expansion of service offerings in recreation with additional Local Government partnerships and extension of current contracts
- Continued growth and investment in our National Disability Insurance Scheme (NDIS) product offering
- Continued focus on the realisation of economies of scale and expense control



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SOUTH AUSTRALIA

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