



A brighter future for young people

Welcome...

We would like to take this opportunity to thank all those who have contributed to our success over the past year by providing funding, giving time as a volunteer or supporting our work in other ways. We appreciate the support given by our major funders, in particular Brighton & Hove City Council, but also recognise the value of contributions from other funders, individual donors and those who give so generously to our charity shops.

We are fortunate indeed to have a highly committed staff team and Board of Directors who have worked together over the past year to improve and develop our services for young people across the city and beyond. We are delighted to see that many young people have been able to overcome their personal problems and to grow in confidence and develop a sense of well-being.

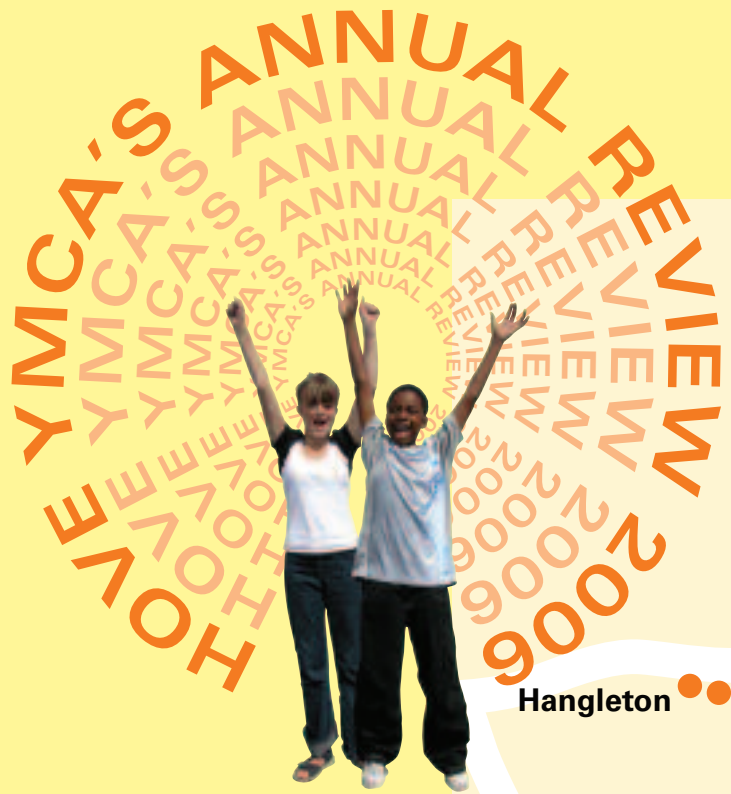
Hove YMCA recognises that little can be achieved by working alone and we look forward over the coming year to new partnership possibilities with other voluntary sector organisations, businesses and statutory agencies.

The main purpose of all we do is to help young people achieve their potential – this aspiration is at the core of the YMCA's Christian ethos and the extent to which we achieve this is ultimately the measure of our success.

It is with sadness that we report the death of Gareth Stacey, our President. Gareth had been our Chair for over 25 years. Much of our achievement is a tribute to Gareth's vision.

Ian Chisnall,
Chair

David Standing,
Chief Executive



**HOVE
YMCA**

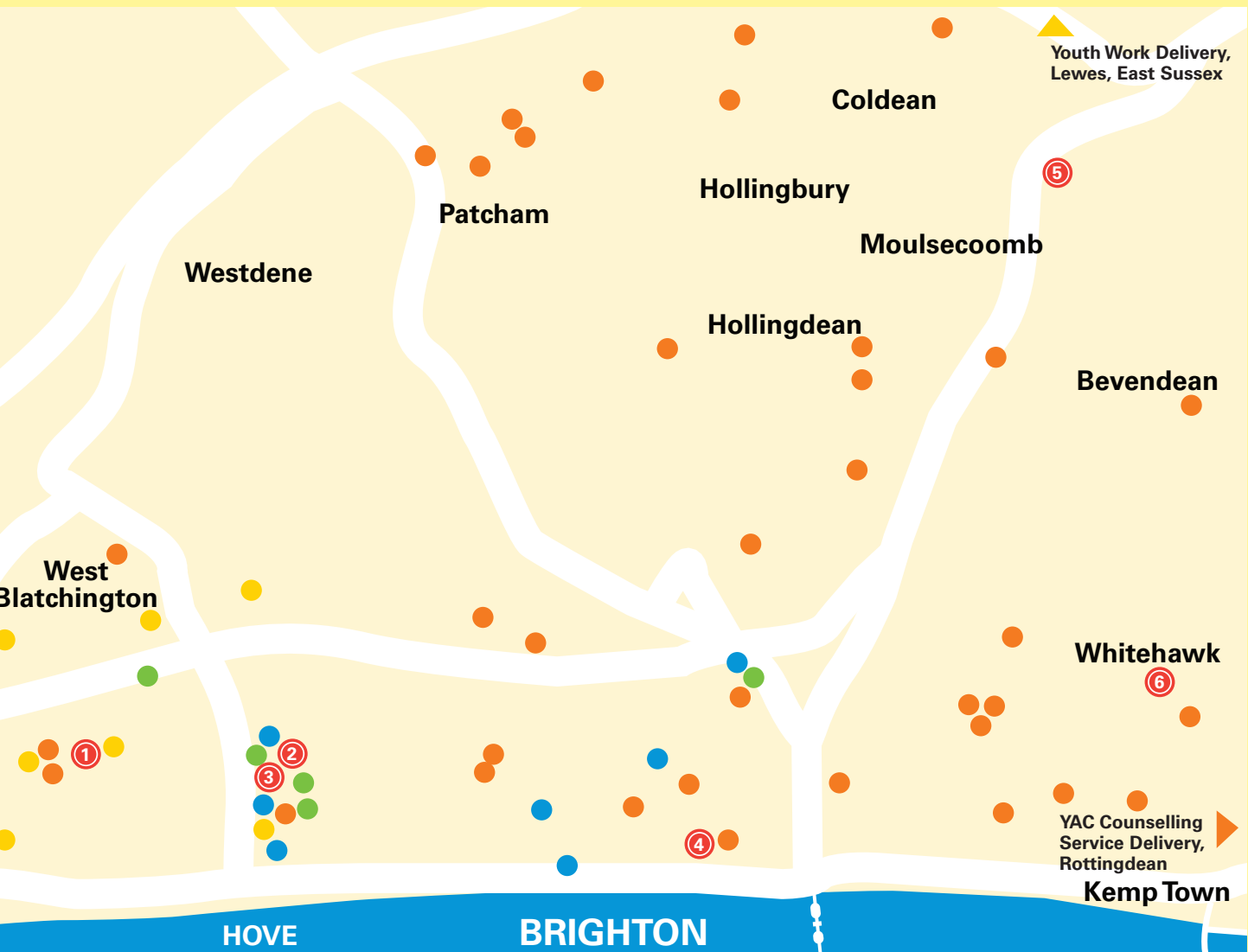
Our locations across Brighton & Hove

◀ YAC Counselling
Service Delivery,
Arun, Worthing, Steyning
& Adur, West Sussex

Portslade

- ① HQ offices inc Trading Co & Centre for Youth Work/Community & Sports programme
- ② YAC Services Project Office
- ③ YAC Counselling Project Office
- ④ YAC Housing Project Office
- ⑤ Safe & Sorted Project Office
- ⑥ East Brighton YIP Project Office
- ⑦ LINX Project Office, Portslade
- Housing Project
- Charity Shop
- YAC Counselling Service Delivery
- Sport Activities

ACROSS THE CITY



Hove YMCA provides services for young people in Brighton and Hove, and increasingly in other towns across Sussex, that are aligned to the Government's 'Every Child Matters' outcomes framework.

Our work includes:

- Advice and information drop-in services and intensive one-to-one support
- Specialist housing advice and tenancy support
- Residential accommodation
- Counselling for young people, families and parents
- Sports and community activities for young people
- An older people's lunch club and a toddlers' gym
- Training in youth work for volunteers, young people and professionals
- Charity shops raising funds and providing training and work placements for young people and volunteers

Services we provide focus on family relationships, emotional and mental health, sexual health, homelessness, substance misuse, education, training and employment. Our specialist staff are highly trained, and work in partnership with other organisations to help young people overcome their difficulties and realise their full potential.

Our aim is to provide opportunities for young people to learn and achieve through enjoyable, positive and rewarding activities. We work with young people from a range of backgrounds but particularly seek to work with those who are at risk of exclusion from school, offending and anti-social behaviour. We also provide proactive outreach in deprived communities across the city that seeks to engage with young people and their families who may be excluded from mainstream services.

YOUTH, SPORT & COMMUNITY

Youth work programme

A £70,000 refurbishment at Marmion Road last year modernised the centre and provided a new DJ and digital music studio and dance studio. Improved catering and changing facilities have also made it possible to accommodate visiting national and international youth and sports groups.

In addition to weekly youth club sessions, young people can take part in sport, drama, dance, DJ'ing, cooking and other activities and seek support and advice on a range of issues. Young people contribute to the success of the programme by volunteering as assistants and as representatives on our youth participation forum – Voice to be Heard.

The centre has seen an increase in work over the past year with young people who are at risk. The work included: outreach in the local community to engage with young people from deprived and problem areas; Positive Activities, a school holiday programme for a small group of vulnerable young people; and a well-established Duke of Edinburgh programme.

Sports programmes

An expanded sports team has increased the number of sports sessions provided and extended provision



into local schools. There are now six weekly football coaching sessions plus weekly Saturday morning and Friday night Y football leagues.

The team also provide cricket, basketball and athletic coaching programmes and are a key part of the city's Active for Life programme.

Youth and sports leader programme

Many young people took part in our accredited community, sports leader and junior sports leader programmes last year. The programmes provide valuable personal development opportunities, boosting confidence and enhancing feelings of self worth, especially for disadvantaged and disengaged young people.

TASHA'S STORY

Over the past year:

- 18 young people gained Community Sports Leaders Awards and the Football Association level 1 coaching qualification and delivered 16 sports sessions in local primary schools.
- 6 young people gained their Junior Sports Leader Award, Junior Football Leader Award and First Aid Certificate and delivered 8 sports sessions.
- 18 young people took part in a fast track summer course to gain their Junior Sports Leaders' Award.

Odyssey project

The Odyssey substance misuse project, based with ru-ok?, provided substance misuse information and support to young people across the city. The work has been delivered in partnership with youth centres, youth projects and the Brighton & Hove Youth Support Service mobile youth information bus. The project also delivered substance misuse training and support to youth workers and other professionals.



Community programme

The community programme based at the Marmion Road Centre offers an older people's lunch club and fitness sessions and a toddlers' gym, and also supports numerous other community activities. The use of the centre has increased and helped create a more cohesive and integrated community.



Tasha (centre) and friends

I'm 16 and I've been coming to Hove YMCA youth clubs for several years. However the biggest changes have been over the past year.

Life at school and home was not easy and I was often rude and difficult with teachers and not turning up to school. But through the help and support of Steve and the youth clubs I've changed how I think and the way I treat people.

Last year I passed my Duke of Edinburgh Award and helped at the youth club sessions. This summer I did a three-week sports leader course and passed my Community Sports Leaders Award and FA Level One coach – the course was brilliant and gave me so much more confidence. This summer I was assistant tutor on the Duke of Edinburgh programme.

I'm now looking forward to going to college with a better attitude, which surprised me as a year ago that would have never happened.

Thanks guys for all the help

Tasha

Last year...

- **300 young people attended the youth club.**
- **Over 600 young people joined in sports activities.**
- **60 older people used the lunch club.**



HEALTH

&

WELL-BEING

Emotional health

The Youth Advice Centre (YAC) is a major provider of advice and information for young people across the city. The popular Blatchington Road drop-in helps young people aged 13-25 with issues around sexual health and relationships, family problems, housing, education, training and employment. The centre also provides a gateway to counselling services and one-to-one support from Connexions Personal Advisors (PAs) for those with complex needs.

Sexual health

Many young people who visit YAC have concerns about relationships and sexual health. Workers help young people make informed choices and provide access to contraception, pregnancy testing and testing for sexually transmitted infections, as well as support to young parents and groups for young fathers. YAC also provided sexual health outreach across the city supporting workers from over 20 different organisations and services over the year.

Education and employment

Two Equal (European Social Fund) Connexions PAs joined the team this year to work with young people



who need extra support around employment or training. A new Job Club also opened last year providing practical help with looking for work or training.

Counselling research

In partnership with Brighton University, we undertook research into the specific issues of homeless lesbian, gay, bisexual and transgender (LGBT) young people. The research showed that many LGBT young people had experienced bullying and prejudice which had contributed to their becoming homeless. Many had bad experiences in schools and had experienced depression and self-harm with several attempting suicide. The research has attracted national attention and will hopefully lead to better services for LGBT young people at risk of homelessness.

Experience in MIND

YAC has piloted a unique project in partnership with Brighton and Hove MIND to involve young people in training professionals to better understand young people's experience of mental health problems. Young people are designing and developing a multi-media training pack to be used by other young people across the country and taking an OCN level 2 accredited course to prepare them to deliver the training.

“I see the project as important because we have the chance to change the way that people look at mental health issues – and also the chance to get out there and help people like us and change the way services are run. If we were to train 100 people and only one person was to listen to us I would be happy to know that one person has made a difference. I've been stuck in a cage of mental health breakdown for the last nine years and now I have the chance to break the walls down and make a difference and help others.”

Jordon, 20 years old

SARAH'S STORY

Sarah telephoned YAC because she was worried she might be pregnant. She came to the drop-in on the same day for a pregnancy test and a chlamydia test. As she hadn't planned a pregnancy she was relieved that the test was negative. Sarah asked the worker a lot of questions about how to look after herself in future. The worker made her an appointment at her doctor's surgery, referred her to a specialist worker for information about infections, sexual health and relationships, and accompanied her to the city's GUM clinic for a full sexual health screening.

Last year...

- Over 1,500 contacts were made during the afternoon drop-ins.
- 300 new contacts were made during the year.
- Sexual health issues made up 55% of enquiries.



PREVENTING HOMELESSNESS

Since moving from Hove to a city centre location the YAC Housing Advice service has seen a 16% increase in activity.

The team provides support and targeted interventions to help prevent young people becoming homeless, as well as tenancy support to help young people sustain their tenancies and cope with the practicalities of daily living.

This year the team worked with eight schools and colleges in the city to raise awareness of homelessness. These messages were also taken to young people through joint working with Connexions, the Prince's Trust and NACRO.

Four life skills courses to help young people achieve independence were also delivered in partnership with other youth agencies.

Tenancy support

The service supported young people in B&B, temporary or permanent accommodation, to help them achieve the transition to independent living.

Staff worked with young care leavers, typically from foster homes, moving through supported housing to independent living, and successfully helped other young people gain access to education, training and employment.



Complex needs

Parental eviction is the biggest cause of homelessness amongst young people. Some young people present with complex issues. During the year the team has worked with people who have become homeless due to domestic abuse and other forms of violence, those experiencing prejudice because of their sexuality, and asylum seekers and refugees. They have supported young people who had been held prisoner in their own country, forced into being child soldiers, and abused and persecuted due to their ethnicity. We have helped these young people find new accommodation, provided counselling and enrolled them onto English language and other education courses.



Residential accommodation

Hove YMCA's supported housing ranges from high support hostels through to one-bed flats offering semi-independence. Staff provide practical support with day to day living to help young people achieve the transition from dependence to independence. Workers also help young people address problems with substance misuse, offending and family relationships, and help them participate in education, training and employment.



The new St Aubyn's housing scheme, run in partnership with Brighton & Hove City Council, supported 15 young people during the year, many of whom were young asylum seekers with complex support needs.



Y Dig It?

Young people in residential accommodation learnt teamwork skills and developed improved confidence and self-esteem through working on a new gardening project. The project aims to be a positive learning experience for young people to encourage them to be more receptive to the idea of training or work.

Last year...

- YAC Housing Advice worked with 626 young people.
- 130 people received Tenancy Support and 90% successfully maintained their accommodation.
- 127 young people were accommodated in supported housing.

MELISSA'S STORY

Melissa was estranged from her parents. Her parents did not respond to mediation and she was denied access to her belongings. The YAC Housing team referred her to supported accommodation, provided financial support for essentials, and helped her set up a bank account and obtain benefits. The team also provided emotional support during her period of homelessness and time in B&B and hostel accommodation, until she was able to live with another family member.

GOING LOCAL IN EAST BRIGHTON

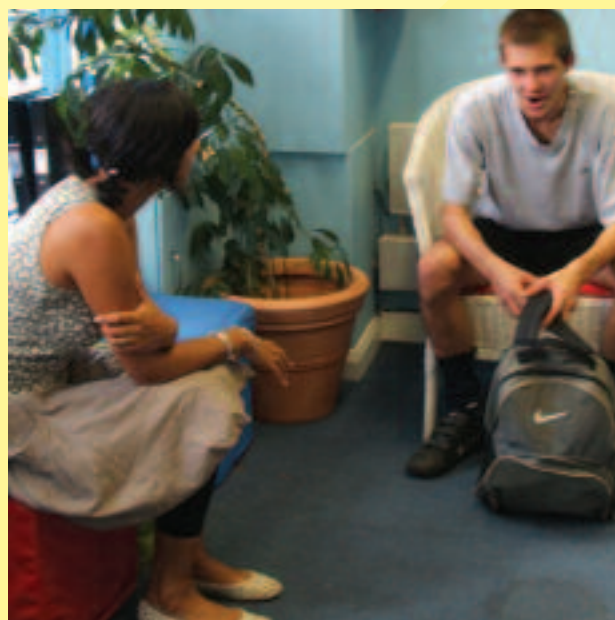
Safe + Sorted is a one-stop shop providing information, advice, guidance and support to young people in East Brighton, including a drop-in service, intensive one-to-one support and outreach.

Young people in East Brighton have complex needs arising from economic deprivation, low self-esteem, low educational attainment, lack of employment opportunities, an absence of positive role models, and difficulties with communication.

Safe + Sorted provide a mix of prevention and crisis intervention focused around key themes from Every Child Matters, including support around sexual health, employment, education and training, physical and mental health, housing and substance misuse needs. Over the past year the project also piloted a new scheme for distributing condoms (the C card) to ensure young people receive information and advice to support their sexual choices.

Specialist needs

Safe + Sorted provides a welcoming environment, free from prejudice, where all young people are accepted. Staff specialise in working with young people from minority groups, including those from black and minority ethnic communities, young people who are lesbian, gay, bisexual or transsexual,



young people with physical disabilities and learning difficulties, lone parents, those not in education, training and employment, and young people from travelling families.

Peer and community education

Workers from Safe + Sorted are also working in partnership with the Council-led scheme Youth for the Future to train young people aged 16-25 in peer and community education and basic youth work skills. The accredited training programme includes modules in reflective working, working with groups and in community sexual health, substance misuse and equalities issues.

MARK'S STORY

Tackling offending

The Youth Inclusion Project (YIP) works with the 50 young people, aged 13-17 years, in the east of the city who are identified as being most at risk of offending, anti social behaviour and exclusion. The YIP+ project provides earlier interventions with a wider group of youngsters, some as young as 8 years old.

YIP and YIP+ workers are skilled at engaging with these young people and supporting them to adopt more positive life styles. Both projects provide diversionary activities chosen by young people – such as swimming, boating and drama – to help develop confidence and self-esteem. Young people learn to achieve and have fun without offending.

LIFE project

Last year, eight young people from YIP took part in a personal development programme run in partnership with Hove Fire Service. Participants learnt about team building, first aid skills, hose, pump and ladder drills and the dangers of fire setting on this very demanding course.

Mark was a non-attender at risk of exclusion. He had multiple issues including risk of homelessness. The LEA arranged specialist residential education for him at a projected cost of £40,000 a year. However, through intensive work with a YIP+ caseworker he was re-integrated back into local education provision with a 90% attendance rate. He recently completed an intensive LIFE project course with Hove Fire Service.

Last year...

- Safe + Sorted provided 500 drop-in sessions (1,248 hours).
- Safe + Sorted had 1,200 contacts with over 200 young people.
- 8 young people were trained as youth workers.
- 114 young people took part in YIP+.
- 20 young people have successfully completed Acceptable Behaviour Contracts or Action Plans.



Activities organised by YIP



EMOTIONAL

&

MENTAL HEALTH

Counselling services

Hove YMCA is the largest provider of expert counselling for young people in the city. The service is delivered in primary and secondary schools, colleges and community locations and over the past year has been extended to schools and community youth services in West Sussex with plans to develop further services in East Sussex.

There are areas of deprivation in the city where young people grow up experiencing economic hardship and emotional and social problems. The major issues for young people seeking counselling include sexual and other forms of abuse, depression, family relationships and poor self-esteem. The team also provide support for young people experiencing the potentially traumatic transition from primary to secondary school and therapeutic support for young people who have been excluded from school in East Brighton.

The rigorous monitoring systems have demonstrated the effectiveness of the service over the past year, resulting in further investment from the Children & Young People's Trust and PCTs.

Over the past year, counsellors have also piloted



The YAC Counselling team (LtoR) Kim Crewe, Lorraine Gillingham and Jennifer Ivey

Photo courtesy of The Argus newspaper

supervision support for teachers and trainee teachers at local schools to help them cope with the stress and pressure of the teaching environment and provide space for reflection and personal development.

Working with parents

Parent counselling recognises the impact that social and personal difficulties of parents have on young people. Over the past year, counselling for parents was provided at schools and community venues, and funding from YMCA England was used to pilot parent counselling at a school for children with special education needs.

Working with families

Hove YMCA also provides mediation and counselling for families. Last year, a family support worker, working exclusively with parents, joined three existing staff working with families with children aged 5-14 years from Hangleton & Knoll and Portslade. By dealing with conflict in the family, the risk of family breakdown and homelessness is reduced.

Staff work with parents in their own homes which helps them to feel more in control of their situation. They can also refer parents and young people to the schools counselling service. The service achieved an 83% take-up rate last year, which is indicative of how much the service is valued.



Family Solutions

YAC also provides a new service called Family Solutions, which offers family counselling and mediation support in the west area of Brighton & Hove to 8-19 year olds and their families. This service aims to improve family relationships by providing a safe space for family members to talk about issues within the family, and for families to find their own solutions to family problems.

This service is primarily preventative, and offers solution-focused, time-limited sessions to local families. Family members can have individual sessions, in addition, or alternatively, individuals may have joint sessions with other family members or as a family group, depending on which approach is most appropriate to that family.

What young people said...

“Counselling has helped me deal with the traumas of my past and I now feel more able to cope.”

“I feel more positive and more confident. I feel I can change things in my life that I don't like.”

“I have fewer panic attacks – I feel more assertive and more positive.”

“It's good to talk to someone other than families and friends.”

What parents said...

“...the group allowed us all to open up and explore issues of crisis/stress between parents and their teenagers.”

“It really helped speaking to other parents and not feeling alone with your problems.”

“I don't react so much to things at home – so there is less tension.”

“I have been able to voice my fears and problems and this has helped me to be more patient and calmer.”

Last year...

- YAC counselling worked with over 1,000 children and young people.
- 25 counsellors and 25 volunteers worked in 44 local schools and 5 community venues.
- The Counselling Service offered support to over 300 parents of children and young people.

OUR

VOLUNTEERS



Volunteers play an important role in the delivery of services, enabling us to work with more young people. Our volunteers are from a range of backgrounds. Some want a career in youth work, whilst others simply wish to contribute to the life of their local community.

A 12-week training programme covers topics including confidentiality and boundaries, substance misuse, child safety and protection issues and listening skills. This training, along with practical experience, enables volunteers to find paid employment either with Hove YMCA or other youth services, helping to address the local shortage of experienced staff.

Volunteers get involved in many different ways:

- organising sports, leisure and community activities
- providing counselling sessions
- giving advice and support at drop-ins
- working in Hove YMCA shops

Personal development for young people

Young people are also encouraged to get involved as volunteers, running sports and leisure activities. Acting as a role model for younger children and taking responsibility in a structured setting has

many positive benefits for them and sets a good example to younger children. Young volunteers can gain accreditation for their work through the Duke of Edinburgh Award, Millennium Volunteers and the Brighton and Hove Youth Award.

NATALIE'S STORY

Natalie, 25, has recently secured paid employment as a youth worker with another voluntary sector provider after volunteering with the East Brighton Youth Inclusion Project (YIP).

"I always wanted to work with young people. There's a real satisfaction in helping young people, talking to them and believing in them. Volunteering at YIP gave me the confidence and experience I needed to pursue a career in youth work."

FINANCIAL REVIEW 2005-6

SUMMARY OF ACCOUNTS

	2006 £	2005 £
Total Income	3,405,435	2,912,167
Total Expenditure	3,319,807	2,969,719
Movement of Funds	85,628	-57,552
Funds brought forward	476,852	534,404
Funds Carried Forward	<u>562,480</u>	<u>476,852</u>

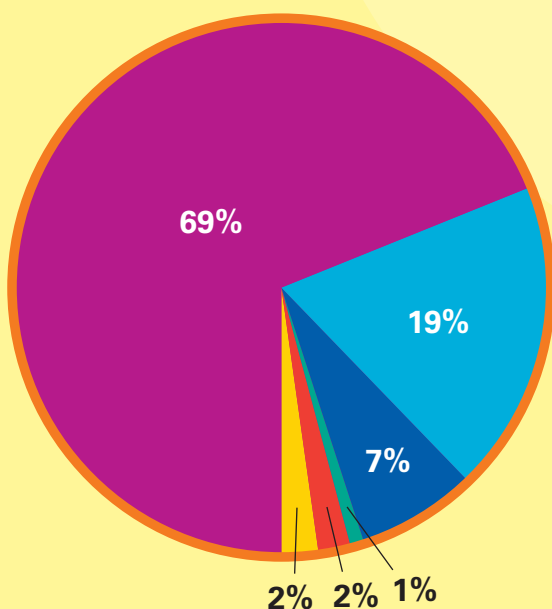
The Funds Carried Forward are made up of:

Restricted Funds	206,548	176,926
Designated Funds	23,133	35,625
General Funds	332,799	264,301

RESERVES

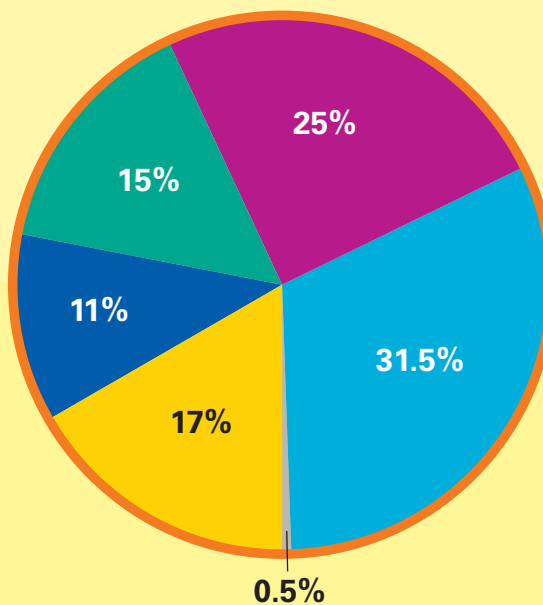
	2006 £	2005 £
General Funds	332,799	264,301
Less:		
Value of freehold premises less outstanding mortgage	-61,403	-54,180
Other tangible fixed assets	-147,481	-160,035
Total free reserves	<u>123,915</u>	<u>50,086</u>

SOURCES OF INCOME



- Grants/Contracts
- Charity shops income
- Rent and service charges
- Other Housing and project income
- Donations
- Other income

EXPENDITURE ANALYSIS



- Charity Shops Operating Costs
- Sports Youth and Community
- Counselling Services
- Housing
- Youth Advice Centre
- Central Governance cost



A brighter future for young people

We would like to thank everyone who has supported us over the past year, details of those who have provided funding can be found in our annual accounts.

Members of the Board:

Ian Chisnall (Chair), John Puttock (Vice Chair), Colin Adams (Treasurer), James Dudley-Smith, Caroline Fry, Liz Gilpin, David Goldin, Pat Jones, Ruth Lewis, Alan Pratt, Gareth Stacey, Nabil Tadrous
Non-Voting Member: Geoff Cooper

Hove YMCA is an incorporated Registered Charity, number 1079570 and the Registered Offices are at:
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