

TRANSFORMING YOUNG LIVES
THROUGH HOUSING, SKILLS, ARTS,
HEALTH, ADVICE AND CARE



**ANNUAL
REPORT**
2018/19

WELCOME

We exist to make a difference to the lives and aspirations of disadvantaged young people and to tackle homelessness.

We are incredibly adaptable to need and this year we faced a steep learning curve as we transformed one of our houses into a children's home. Through our work with marginalised 16 to 25 year olds we have observed the detrimental impact that life in care can have. We wanted to use our skills to make a difference to younger children and this has given us the energy to achieve the compliance standards.

For other new projects The Y is forging exciting partnerships that will have a wider impact in the city, county and region, empowering more young people to shape their own future.

Thanks to all of our young people and the community who have shared in our journey this year.

Paul Brown, Chief Executive

CEO'S HIGHLIGHTS

- Y Heritage has begun awarding grants to local heritage projects and supporting residents through training and placements with funding from The National Lottery Heritage Fund.
- The Y Theatre's phase 1 feasibility study mapped out options for a major capital investment and modernisation strategy.
- Leicester City Council extended our supported housing framework agreement by 18 months and we have been instrumental in the development of Leicester's homelessness charter.
- We attracted further funding from BBC Children in Need for our work with SEND young people in Flat 108.
- Shine, funded by The National Lottery Community Fund, will train and embed new complex needs workers within six regional YMCAs.
- Our first Residential Children's Home launches in April 2019.

SHINE

The Y is leading on a three year, regional complex needs project in partnership with six YMCAs, with £443,000 funding from The National Lottery Community Fund. Launched in January, Shine will replicate The Y's Complex Needs Worker role across the partnership, offering intensive support and a therapeutic approach to young people who have multiple needs that significantly impact their wellbeing. They will also champion an organisational shift to improve access to their services for the most marginalised, homeless 16 to 25 year olds.

Our partners are YMCA: Lincolnshire, Birmingham, Burton Upon Trent & District, Wellington & District, North Staffordshire and Sutton Coldfield. To increase impact we will all be working towards the Enabling Environment Award, accredited by the Royal College of Psychiatrists. The ten standards will help us to create the best environments for staff and residents to thrive.



CHILDREN'S HOME

After a period of research, planning and development we are ready to open our first residential children's home, giving three children a safe, stable and nurturing environment.

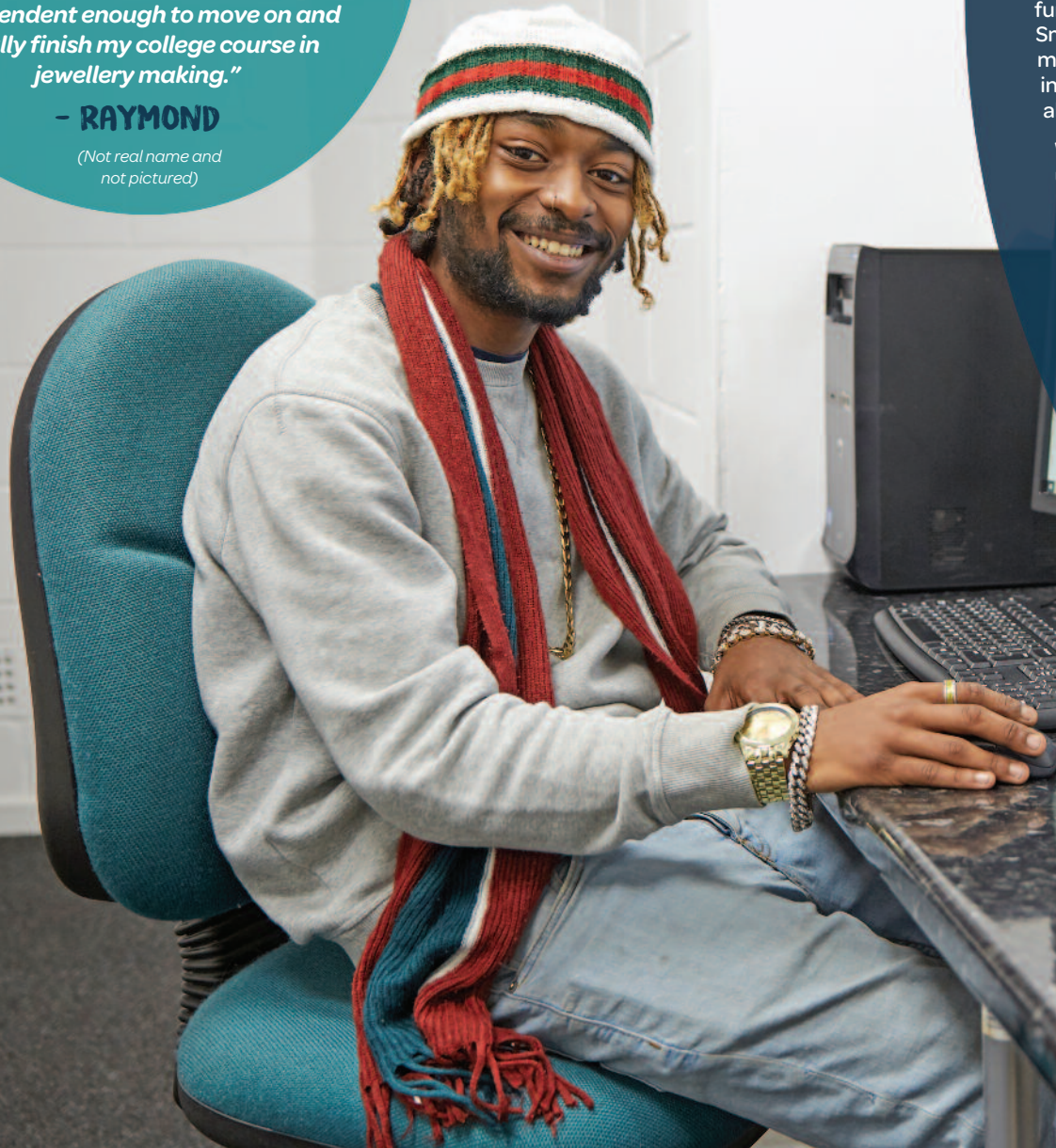
It will provide a much needed resource for both the city and county who have a commitment to place children as close to their placing authority as possible. We have learned from the invaluable experiences of Nottinghamshire YMCA and T Junction Children's Services and aim to extend our initiative in the long term as we develop our expertise.

PROVIDING A NURTURING, SAFE HOME FOR CHILDREN TO STABILISE AND REBUILD, ENABLING THEIR ROOTS TO GROW

"The last year has been awful for me, I went through several jobs and as a result, my parents kicked me out. I see this as a new start because The Y is helping me find my independence. I've managed to become more social and I have learned to manage my money and my time much better thanks to their support which has really helped. I can now see a time where I will be independent enough to move on and finally finish my college course in jewellery making."

- RAYMOND

(Not real name and not pictured)



HOUSING



More young people have moved on positively this year, despite an increase in support needs. Staff tailor their approach to each resident with an understanding of how life trauma can manifest as challenging behaviour and mental ill health.

Our complex needs programme and specialist worker are funded over 3 years with a grant of £105,000 by The Henry Smith Charity. This has increased engagement and prevented more young people from losing their accommodation. We introduced a new suicide and self-harm protocol which has already had a positive impact for five young people in crisis.

We have witnessed a rise in debt with the introduction of universal credit and also when young people start working, as benefits reduce or stop immediately before their first pay. Moneywise Plus supports residents to manage their finances and we plan to pilot a bursary scheme to give young people a smoother transition into work.

102
rooms are available in clusters, flats and houses

80%
moved on positively

31
new referrals to the complex needs worker

SUPPORT NEEDS

- Support needs include mental ill health, substance misuse, childhood in poverty or care, offending behaviour, learning disability, exploitation or abuse.
- 81% of new residents had at least two support needs in addition to homelessness and 30% had at least three.
- 60% of new residents were not in employment, education or training.

232
young people aged 16-25 were housed and supported at The Y



"After being in care for ten years, I came to The Y because I was having a difficult time with my foster placement and my social worker referred me here. The Y Heritage project makes my time at The Y enjoyable and has helped develop my skills. We have learned to understand the history of different places, visited historical sites, museums and other activities. I loved getting to be a decision maker and can't wait to start my placement."

- SHARLEEN



Y HERITAGE

The Y was awarded £707,500 from the National Lottery Heritage Fund's pioneering "Kick the Dust" programme in 2018. Y Heritage is a collaboration between The Y, key civic partners such as Leicester City Council, Museums Development East Midlands and the brilliant variety of heritage, cultural and creative organisations in the city and county. The project encourages disengaged young people to take an interest in and understand heritage. The heritage sector benefits from training and support throughout the project to better engage young people.

Y Heritage ran the first "Dragon's Den" style pitch with three projects being awarded funding by the youth panel in October 2018. Local organisations can bid for project funding of up to £30,000, which must include a meaningful placement for one of our young people. Both parties will develop relevant skills and learn from each other. Our aim is that our young people and the heritage sector progress and thrive together – it really is a win win opportunity!



3

projects funded

£61,649

awarded

3

young people attended
specialist placements

50+

of The Y's young
people have
engaged with
Y Heritage

"We had some issues with our property leading to a breakdown in relationship with our landlord which ultimately left us homeless and sleeping in our car. We (particularly Nirvana) were under terrible emotional stress and had to overcome many knockbacks trying to access help and support. I was apprehensive about contacting Y Support, I tried a couple of times and hung up. I'm so glad I did actually make the call and ask for help. It's taken a long time but we are now in our own flat and finally getting back on our feet."

- MESHEK & NIRVANA

THE Y SUPPORT PROJECT

Our drop in centre is an anchor point for a large number of homeless adults in crisis who are in need of food and practical help. Through mental health support, one to ones, group activities, Moneywise Plus and volunteering we build relationships that help people to overcome multiple challenges and stabilise their lives. Our clients have reported the biggest improvements in motivation and taking responsibility, emotional and mental health and managing money.

With generous donations we were able to run the Cold Weather Café from December until March, providing lunches to people rough sleeping, in night shelters or vulnerable and socially isolated. The warm meals made a huge difference to people's wellbeing and mental health. We are a key partner in Leicester's Homelessness Charter which was launched by the City Mayor and Bishop of Leicester in October and we are working collaboratively to reduce homelessness in the city.

75

Average daily visits to our day centre for homeless adults

384

New clients in need of help this year

65%

of clients are of no fixed abode eg. rough sleeping, sofa surfing or in squats

1,980

lunches served at the Cold Weather Cafe



"I've been coming to Flat 108 for 10 months. When I first came here I couldn't do anything at home. Coming here has drastically changed things. Now I can do my own lunch, go shopping and pay for my shopping myself and help my parents. One of my goals was going shopping and I've achieved it. In the future I would like to travel on the bus."

- ADAM



FLAT 108

This year the team have continued to support and empower young people with physical and learning disabilities to develop independent living skills including budgeting, cooking and travel. Support needs of the young people range from emotional, behavioural and practical challenges associated with disabilities including autistic spectrum disorder, Downs Syndrome, Cerebral Palsy and Duchene Muscular Dystrophy.

We were successful with an application for three years of continuation funding totalling £126,373 from BBC Children In Need which also enabled us to acquire new specialist kitchen equipment. The project has helped young people to build strong self-belief by making more of their own day to day decisions and identifying future opportunities for themselves. In addition to group sessions we were able to offer holiday trips to the cinema, farm, trampoline park and other activities that all helped to boost confidence, raise self-esteem and support new experiences.



728.5

*hours of support
were given in 1 to 1
and group sessions*

3

*specialist SEND
schools received
group sessions
for pupils*

28

*young people
aged 16-18 with
disabilities were
supported*



“The Y Theatre is a quaint little venue with lovely traditional interior and external architecture. The staff are polite and more than willing to help and they have a wide variety of shows on offer.”

- RYAN

THEATRE

We were delighted to work with Director Sarah Ingram to form The Actors Studio. It offers young aspiring actors an opportunity to work with industry leaders to create brand new work for our stage. We welcomed a new Theatre & Events Manager and Marketing & Programme Officer to the venue who have been working hard to diversify the programme to better reflect our community and improve the customer experience!

THEATRE FEASIBILITY

In October we appointed architects to work with us on a feasibility study giving options to modernise and preserve our venue as one of Leicester's cultural and heritage assets. In the coming year we will be assessing funding options to support this exciting project, alongside the development of a learning programme.

OUR SHOW HIGHLIGHTS

Adam Kay; Grace Petrie; Ardal O'Hanlon; Leicester Mercury's Comedian of the Year; Ed Gamble; Show of Hands Duo and Caboodle Arts presents Cinderella.

OTHER HIGHLIGHTS

We've had another bustling year of touring comedy, music, theatre and dance productions and a host of community work from the likes of WORD!; LU Theatre; Demon Theatre; Addict Dance; Gothla; the Robot Needs Home Collective; 14/48 Leicester.

We also worked with Leicester Comedy Festival; Spark Festival; Everybody's Reading Festival, Black History Month. We wrapped up our 135th birthday year in style with a Christmas Carol Concert featuring the Salvation Army, DMU's EAGA choir and Fly Dance Company.

113

performances

11,337

people saw a show

3

wedding receptions

28

community groups put on a show



FUNDRAISING & THANKS

Thank you to all our donors, fundraisers and business supporters. Because of you, fifteen young people had a home in our move-on houses, support from a key worker and essential home items, providing a stepping stone to independence. Donations to The Y Support Centre also enabled us to provide hot lunches over the winter months and other help for rough sleepers. Residents and clients were invited to a Christmas meal and received gifts from schools, churches and businesses, making a big difference at a time when many are disconnected from their family.

We're pleased to be working towards the Enabling Environments standard in the coming year, which will help us to create the best culture and spaces for young people and staff to thrive. We have also developed a new governance structure to increase the effectiveness of the knowledge and skills of trustees. Thanks to the staff at The Y for all their hard work and commitment. We are grateful to all our volunteers who help us in many ways to have a greater impact.

Kathryn Hamylton, Chair

Other Trustees:

Phil Hawkins - Vice-Chair,
Tom Moore - Treasurer,
Janet Bliss, Ian Pearce,
Chris Bolas, Rob Brannen,
Matt Cooney, Emma Hollis
Ruth Tedstone-Woods
Amie Blockley
Sharon Mitchell-Halliday
(resigned 05/03/19)

CHAIR'S FUTURE HIGHLIGHTS

- Developing specialist provision for young women with complex needs
- Piloting our bursary for young people into work
- Developing specialist support for unaccompanied asylum seekers
- Launching our regular giving campaign
- We look forward to working with Weightmans, Pukka Pies and Stocks Taylor Benson

Our partners and funders:

Leicester City Council
Leicestershire Partnership
NHS Trust
BBC Children In Need
Reaching People
The Henry Smith Charity
The National Lottery Heritage Fund
The National Lottery Community Fund

Special thanks to:

MOD Pizza
Gallagher
Hollingsworths



£51,100

raised and donated by our generous supporters and businesses.

£7,557

cost to run the charity per day

£7,455

the value of gifts in kind donated at Christmas; from pizzas and toothpaste to top notch raffle prizes.



"The building providing warmth and safety, the staff providing hope and counsel. This is why I reach out, offer my time, fundraise and help to raise the profile of The Y."

- AMYE

The Leicester YMCA financial statements for the year ending 31st of March 2019 are available at Companies House, company number 00159933.

Together we can change the script.

Young people in crisis
face rough sleeping,
violence and abuse.

Give them a warm, safe place
when they have nowhere to turn
from as little as £3 a month.



Donate today at
leicesterymca.co.uk/donate

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YOUR WILL**
Help our work live on...

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