

Family &
Youthwork

Health &
Wellbeing

Housing

Training &
Education

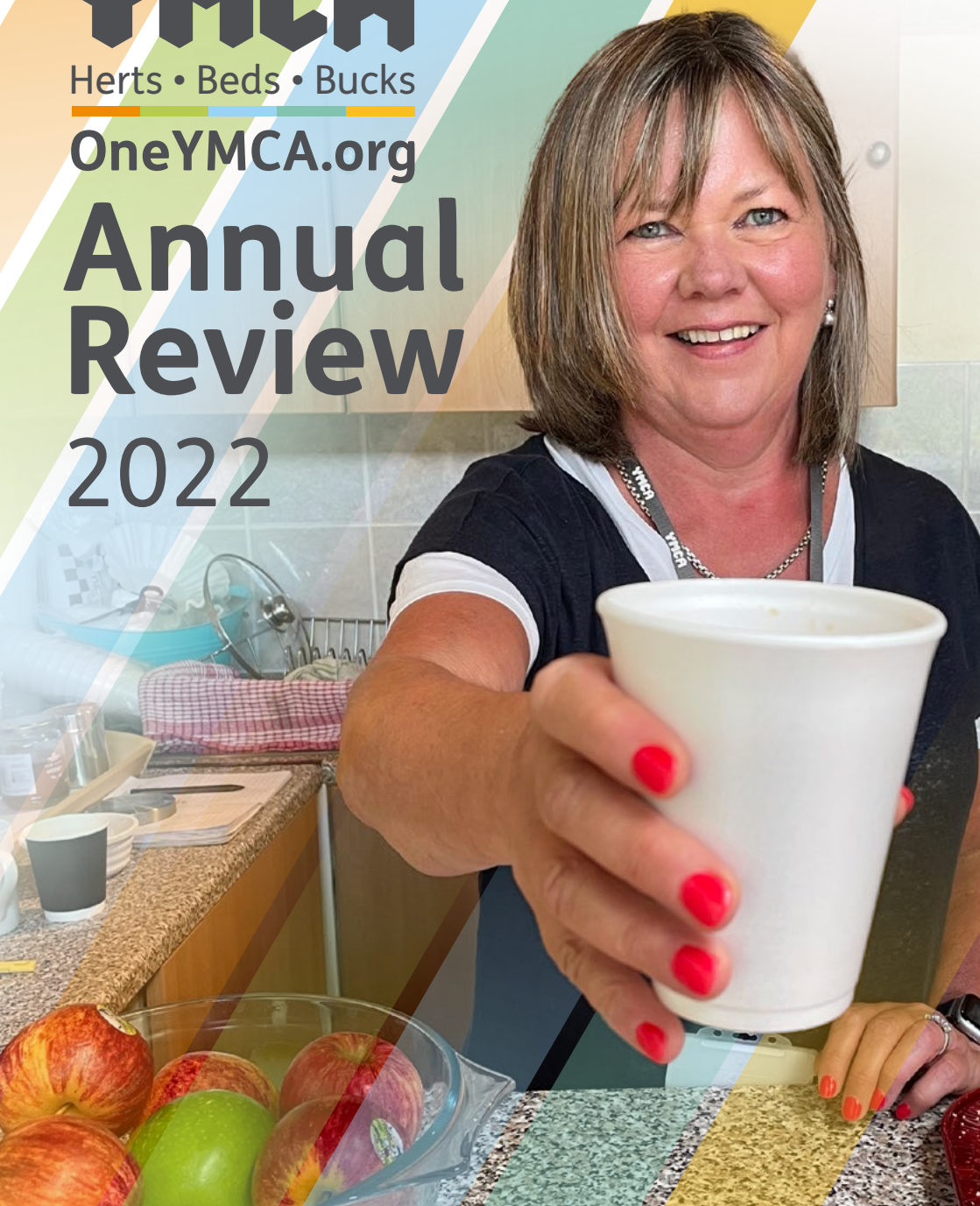
Support &
Advice

YMCA

Herts • Beds • Bucks

OneYMCA.org

Annual Review 2022



Contents

► Our Mission.....	3
► A word from Guy	3
► Who we have helped	4-5
► Our Locations.....	6-7
► Accommodation - Akram's Story	8-9
► Accommodation - Kerrie's Story	10-11
► Support & Advice - Christian Mission	12-13
► Family & Youthwork - Kaitlin's Story	14
► Family & Youthwork - The Austins' Story	15
► Airplay	16
► Airplay - Sophia's Story	17
► Family & Youthwork - Mitchell's Story	18
► Health & Wellbeing - Anna's Story.....	19
► Therapeutic & Specialist Services - Ellie's Story ..	20-21
► Volunteering	22-23
► Training & Education - Lottie's Story.....	24-25
► Our Finances	26
► Thanks	27

Our Mission

YMCA enables people to develop their full potential in **body, mind and spirit**. Inspired by, and faithful to, our Christian values, we create supportive and energising communities that are open to all, where young people can truly **belong, contribute and thrive**.

We deliver a range of programmes and services that tackle the issues facing local people and ensure that

there are opportunities for young people throughout our work, from apprenticeships to work experience and childcare to youth work.

We work with all ages, faiths and backgrounds, as part of an International Movement rooted in more than 120,000 communities around the world.

We have served local communities for over 130 years and we reach thousands of people every day.

A word from Guy

I'm delighted to introduce our Annual Review, which is full of stories of how the people we work with have overcome major challenges, to find life in all its fullness.

Whilst still emerging from the grip of the pandemic, our communities are being hit by major cost of living increases and the need for our services is sadly increasing at a significant rate. However, I'm so proud that we've been able to respond to this crisis by creating major growth in the number of projects we run, the number of fantastic staff we employ and the number of high-quality interventions we make in the lives of those who need it most.

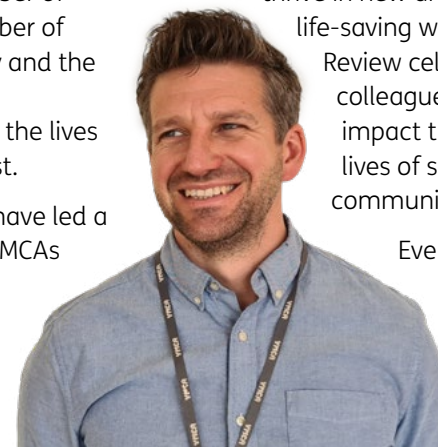
I'm also thrilled that we have led a powerful partnership of YMCAs across England, Scotland and Wales to start

delivering "Airplay" youth and children's activities in all 24 RAF bases on behalf of the RAF Benevolent Fund. Another highlight has been welcoming Signpost to our family of charities and I look forward to seeing how we can boost their 5,000 therapy sessions each year.

My huge respect and gratitude go to all the teams (including our dedicated Trustees) who have gone the extra mile during this last year, allowing YMCA to help people belong, contribute and thrive in new and sometimes life-saving ways! This Annual Review celebrates my colleagues and the incredible impact they have on the lives of so many in our communities...

Every blessing

Guy Foxell
CEO

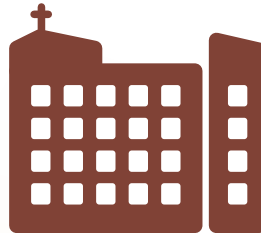


We have helped over **119,590** local people **Belong, Contribute and Thrive** in 2021/22

£11.7m
cost saving to the
public purse



£4.7m
added social value



169,664
nights of safe and
secure sleep



377
volunteer led
sessions boosting
wellbeing in body
mind and spirit



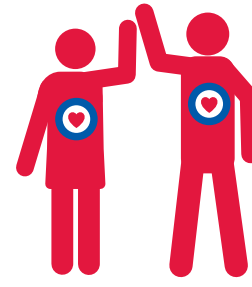
265
nursery children
supported to learn
and develop



1,733
young people
connected with
through our universal
youthwork offer



1,730
people developed
their health and
wellbeing with us



446
Airplay members
attended activities
led by our Youth Team



13,369
children under five
registered with us



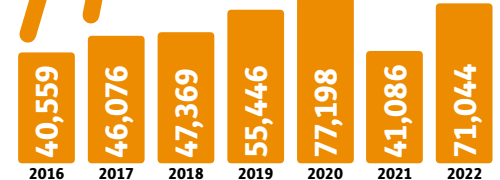
650
young people
supported with their
mental health and
wellbeing



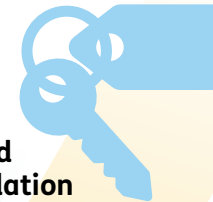
1,200
families supported
with activity
sessions



71,044
children & young
people engaged with



529
residents
moved on
into settled
accommodation



70,493
support sessions
with residents
provided
independence



3,649
volunteer hours
delivered



514
victims of sexual
violence supported
by our Onyx team

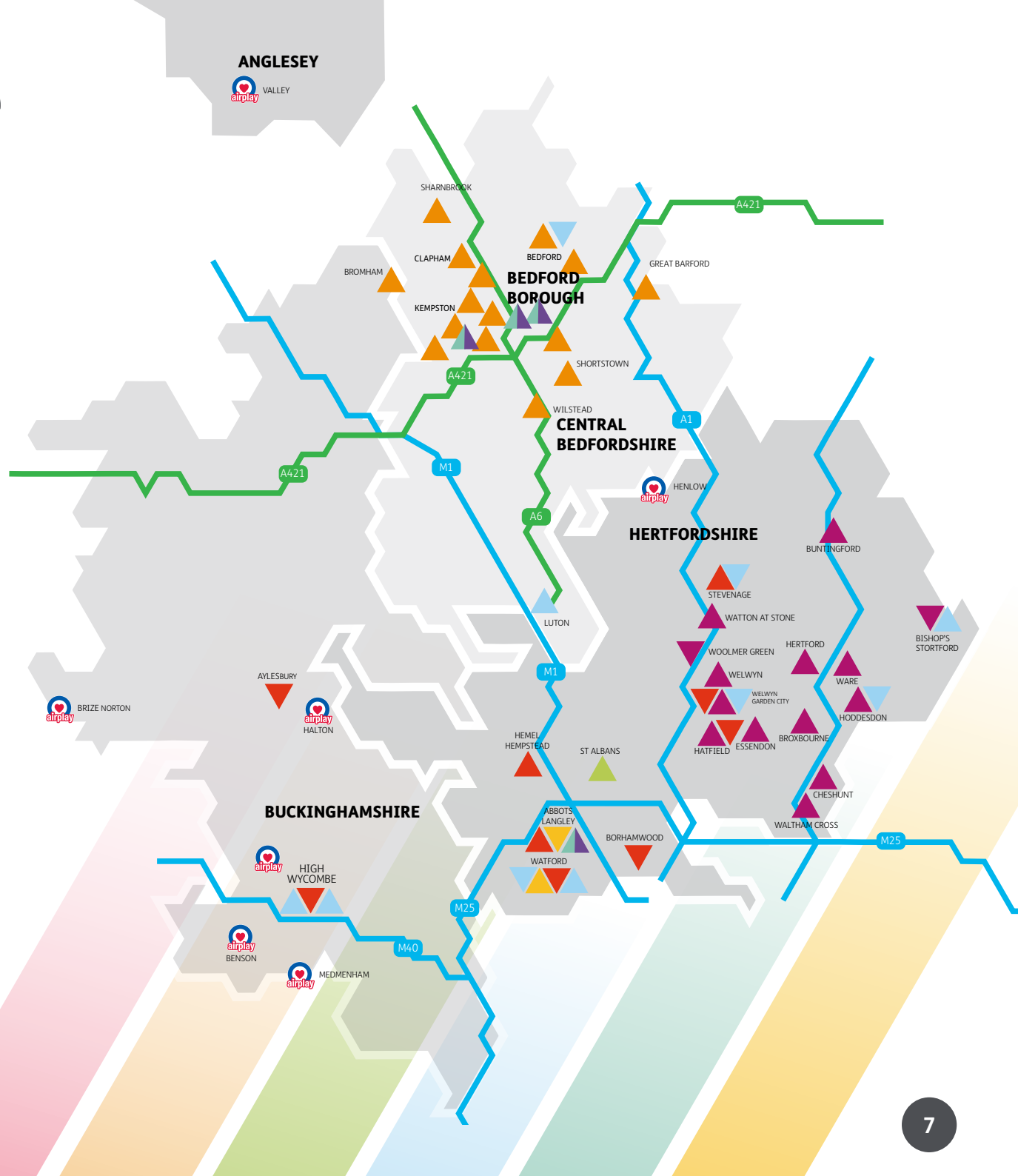


1,004
vulnerable individuals
supported to escape
rough-sleeping and
avoid homelessness

Our Place in the Community

-  Housing
-  Nursery
-  Health & Wellbeing
-  Young People
-  One YMCA Family Support Centres
-  ECP Children Centres
-  Community Centre
-  Airplay

For up-to-date contact details for our different services and locations, please visit onelymca.org/contact-us



Akram's Story

“ I fled Afghanistan last year when I was just 16 years old. After the Taliban took over the government, they were rounding up healthy males and torturing them if they did not support the Taliban. My father had been a police officer under the previous government and he is still in hiding, unable to leave home for fear of his life. My father was worried for my safety and so paid for me to flee Afghanistan and journey to the UK.

I travelled for over 3 months, suffering mental and physical torture at the hands of smugglers. During this time, I often had no idea which country I was in as I travelled on small boats and inside large containers. My journey came to an end when I was found by UK police in the back of a lorry with nothing but the T-shirt, jogging bottoms and sandals I was wearing. I was placed in the care of Hertfordshire's Social Services.

The Children Services Team contacted One YMCA and I was offered a place at one of their Asylum Projects. Staff at the project gave me a warm welcome with tea and biscuits and a tour of the house.

It was reassuring to find other residents who also spoke Farsi there. I was made to feel at home with my own room, and new bedding and toiletries. I was given dried and tinned food and a voucher for things like fresh fruit and vegetables. A staff member then took me on a shopping trip to the local town.

My worker contacted a long-term Afghan resident from another Asylum Project house on FaceTime, he told me about his positive experience with One YMCA and what to expect from my time at the project. It was good to feel safe and settled. Within weeks, I was supported to make and attend health appointments and I started

receiving a weekly allowance to help me budget for myself.

I have a social worker and was introduced to the Refugee

Council. I also began weekly counselling sessions for my PTSD and have started my asylum claim application. I now have a photo ID card from the Home Office helping me to feel accepted in the UK.

After about three months, I was enrolled at Harlow College on an ESOL course to learn entry level English, Maths and IT. I've made lots of Afghan friends at college, at mosques and at other One YMCA Asylum Projects.

I like talking to staff and enjoy cooking evening meals for myself and the other residents. I am able to continue following Islam by praying five times a day and fasting during Ramadan, and I have regular phone contact with my family in Afghanistan.

I love watching and playing cricket and have been very fortunate to have been welcomed at the local cricket club. I go

to the weekly training sessions and now even play in matches. The club has kindly given me free membership and uniform.

My main concern is my parents and siblings left behind in Afghanistan, I'm worried about their safety.

I have been with One YMCA for almost seven months and I am very happy here. They help and provide me with everything. They care for me so much and I am very grateful for this.”



“ I love watching and playing cricket and have been very fortunate to have been welcomed at the local cricket club. ”

Kerrie's Story

“I’m 37 but I left home at 16 after a difficult upbringing. I have 2 kids from my first real relationship but my children’s dad was very abusive. After 3 or 4 years of ongoing abuse, I left my boyfriend as social services had warned me that my kids would get taken away if the police continued to be called out. We were given a place in a home but because I didn’t provide enough stimulation for my children, I lost custody.

I ended up turning to drugs, crack and heroin. I was about 22 then and would shoplift to support myself. I’ve never really forgiven myself for losing the kids. I had letter contact with them twice a year but then, about 5 years ago, I was in a car accident. The hospital had given me morphine for the pain from my injuries but my boyfriend at the time took the morphine from me to sell. I turned to drugs again for the pain. I received compensation from the accident, £65,000. I used £30,000 on rehab, paid off my debts, and gave my mum and family money. I attended rehab in Plymouth for 4-5 months and

“I stayed in dirty crack houses and other horrible places; it made me feel worthless... People would come out of pubs and kick you, spit on you or rough you about.”

I stayed down there for about a year, managing to stay clean.

But I had no ties in Plymouth and so I couldn’t get help from the council and I ended up coming back to Hertfordshire, and turning to drugs again. I was living on the streets in Welwyn, Hatfield, London and other places.

I stayed in dirty crack houses and other horrible places; it made me feel worthless. I didn’t know how to escape my situation. People would come out of pubs and kick me, spit on me, or ‘rough me’ about. Dealers would rape me and try to pimp me out.

Finally, I went to the council and they sent me to Harlow where again I’ve got no ties. I explained that I wasn’t on a script, and needed help for my addiction. I had lost everything! My mum didn’t like what the drugs had done to me. I didn’t know what she really meant by that until recently. I want my mum to see me sorting myself out and know that I will be alright.

My kids are 18 now and I keep in

“I can definitely see the light at the end of the tunnel now, but without YMCA it would have been a lot worse.”

contact with social services to find out how they are. They’re actually asking to see me at the moment but, because of my lifestyle, I don’t think it’s fair for me to start having that contact. I know I will end up letting them down. I’m not stable enough yet but I’m working towards it. I can definitely see the light at the end of the tunnel now, but without YMCA it would have been a lot worse. I’d probably be selling drugs for someone or still on the street. I feel more content, more supported and cared for. Staff here make you feel like you are worth something every day. Having a dedicated support worker has been the best thing because he’s so down to earth. I wanted to change worker when I found out he was an ex-copper but he has been amazing and he gave me a chance, and his support has been life-changing. I don’t know where I’d be without YMCA to be quite honest. I really appreciate One YMCA, I owe my life to it, I really do.”



Hear Kerrie tell her story here:

Christian Mission

One YMCA has a strong heartbeat, true to the vision that inspired George Williams in 1844: The transforming life, example, and teaching of Jesus Christ. It is Jesus' loving acceptance of all people, his invitation to grow and live a fuller life, and his ability to bring very different people together in community, that shapes all we do in the Christian Mission team.

Central to our mission here at One YMCA is the indiscriminate personal, pastoral, and spiritual care we offer to colleagues and service users alike. Our growing team of paid staff chaplains have supported and equipped 21 volunteers to offer 3,393 hours of invaluable support. We continue to develop further opportunities to help people thrive in body, mind and spirit.

"I currently assist with facilitating a couple of weekly groups for One YMCA residents: firstly, there is "Church on Thursdays", which is a fresh expression of church, run in partnership with a local church called



the Ark; and secondly the 'Journey' course, which enables residents to explore their personal and spiritual identity in a group setting. I also visit the hostel and have the opportunity to chat with lots of different residents over dinner, which is fantastic. For me, the best thing about volunteering is seeing YMCA residents being sustained and transformed by the love of Christ. Hostel environments can often be very challenging and yet it is so amazing to see people allowing God's love to enter their hearts and minds to bring renewal in their lives."
Matthew, Volunteer Chaplain

Throughout the year, our Christian Mission team have led and supported a unifying series of events called 'We are One', helping colleagues across the charity to reconnect post-pandemic. This has renewed our sense of shared vision and allowed us to find strength in renewed common values.

Our Connect work, as part of One YMCA's Mission 25, has seen us develop an accredited learning journey, Authentic Human Connection training. Launched in September 2021,



successive cohorts have undertaken this innovative growth process, helping us grow our skills at connecting and enjoying a better quality of work, collaboration, wellbeing and community impact. We have received very positive feedback from the 46 staff and volunteers that have attended the course so far; new relationships have been formed across departments, people are feeling better equipped to lead their teams, and new initiatives are emerging. The newly formed groups bring together colleagues and service users and encourage a greater culture of respect, compassion, and growth across One YMCA.

Internal Connect Groups have attracted over 50 staff and volunteers from across the organisation to join regular socials, fitness sessions, prayer, and singing. Our new One YMCA choir, also

involving hostel residents, recorded an incredibly moving song 'Spark', written by Gwen Taylor and inspired by the work that we do. 'Spark' was performed in front of hundreds of people at both Heart FM Hertfordshire Hero Awards and the Mayor of Watford's Audentior awards ceremony.



Our Community Connect Groups also launched, enriching existing group work and helping to innovate new groups to reach our communities. This included the walking group, initiated and led by three fantastic volunteers, which has already had a significant impact in the lives of 20 hostel residents:

"I have been going out on the walking trips with Suzanne, Renate, and Emily for about a year since I came to the YMCA hostel. They are all amazing listeners and have helped keep myself and other people feel supported. It's just so beneficial for my mental health to physically get out of the hostel & town centre for a couple of hours, get into nature and have someone to talk to. I can't emphasise this enough!"

Danny, Charter House Resident



Kaitlin's Story

“Lauren, my family services support worker, was a god-send to me and my family. I made the decision earlier this year to leave an abusive relationship which was impacting me and my children and I can say with assurance this was one of the most terrifying experiences of my life. Systematic abuse left me feeling incapable of surviving without my abusive partner.

The crucial step for me came when I had Lauren's support. For the first time in years, I had a safe guiding hand lead me out of the darkness and nightmare of abuse into a world with real tangible help and support.

“Thank you for your help. You've made a real, lasting difference to me and my children.”

Lauren struck me as someone who understood where I'd been, where I was now along with my children and gave me a real sense of hope about my future. This help was essential in the steps to healing and finding a way out of the abuse.”

I can't imagine how I would have managed without her support. She's amazing at what she does. I feel privileged to have known her.”



The Austins' Story

The Austin family were originally referred to the Children's Centre in 2018 by their social worker. Mum had recently given birth to their baby son and there were concerns regarding the parents' mental health, substance abuse and their ability to parent.

Our Family Support Practitioner supported the family on a one to one basis to complete a Parents as First Teachers (PAFT) course for babies. The course helps to develop family resilience and promote positive parenting behaviours with the practitioner facilitating parent and child interaction through age-appropriate talk, play and reading activities. Further support was provided with a baby massage course and through attending our group sessions. The family's case was closed in 2019 but they remained on a child protection plan with supportive professionals around them.

The Austin's were referred back to us in 2021, this time to provide further help with parenting and to

support the father as a victim of domestic abuse. The son was living with his father and having regular supervised contact with his mother. Our Family Support Practitioner completed PAFT 3-5 years with the father and supported the family with a housing referral. She also attended regular meetings with other social care professionals to ensure the family were well supported.

Dad is now more confident in caring for his son and is looking forward to the future. Although he is no longer being supported, he knows we are here for him if he needs us.





Airplay

One YMCA led a national level bid, successfully securing the prestigious RAF Benevolent Fund's Airplay contract. This sees 11 YMCAs working in partnership to deliver universal play and youth work at 24 RAF Stations across England, Scotland and Wales. A collaborative approach demonstrating how harnessing the combined expertise and strength of a consortium, YMCAs can further expand our reach enabling them to support more young people to thrive in body, mind and spirit.

Airplay only joined One YMCA in January 2022, but we have seen significant impact already!

- ▶ 1,500 young people have registered as members, and continues to grow
- ▶ 12,000 attendances have already been registered
- ▶ Over 2,000 hours of high-quality youth and play work sessions offered
- ▶ Young people are shaping the programme, with the Airplay Youth Forums recently allocating over £7,000 to young people's applications, for initiatives and social action projects in their communities, through our Special Project Fund.

One YMCA have also been consulting with stakeholders to design and develop a fully digital youth support portal 'Airplay Connect'. Due to go live in September 2022, 'Airplay Connect' is

born out of a growing requirement for an accessible and secure digital space to meet the need of a highly mobile and dispersed group of young people. Airplay Connect will sit alongside the fantastic portfolio of face to face activities to provide all Airplay members with information, signposting and virtual activities regardless of where their parent's service takes them in the world.

One YMCA's Youth Team deliver the Airplay service at 6 of the RAF Stations covering projects in Buckinghamshire, Bedfordshire, Oxfordshire and Anglesey in North Wales. This year, 520 hours of positive activities have been delivered to over 430 members. Youth Voice has been a big part of the work as the teams look to develop a youth led service delivery model with 125 attendances to date at bespoke youth forums within One YMCA's projects. With a real focus on supporting young people's emotional wellbeing as well as significant interest from members on projects related to environmentalism.

Sophia's Story

"I have been coming to Airplay for a number of years as my family have been stationed here for a while but are due to move in the next 12 months. I recently found out that I have a fainting illness and was worried about fainting at the youth club. I also found it difficult talking to other people about my condition and started avoiding going to Airplay. Before, I had always enjoyed being part of the youth club and would tell my friends how great it was.

I started receiving counselling at school and the youth team at Airplay were told about my condition. The workers helped me to open up and feel safe at the youth club again.

They reassured me and told me that I was a valuable member of the group. Staff gave me space to talk and I was able to tell them about how my illness was impacting me. At first, I was embarrassed to be receiving counselling but now I can see the difference it has made and I would like to help others. Now I will often chat to Airplay staff about how I am getting on.

I am regularly attending Airplay again, and I invite my friends along too. I'm also involved with the youth forum again and I'm helping with plans for a relaxation and chill out room for everyone.

I love that we can come to Airplay and just talk to any of the staff and that they listen to us."



Mitchell's Story

“ I had heard about the youth club from friends at school. I had been struggling with depression brought on by the stress of a gang member taking an interest in me.

Although I was anxious about attending the youth club at first, I was made to feel welcome by the friendliness of Youth Workers and the other young people. With the support of the Youth Workers and the mentoring programme, I have been able to improve my mental health and break free from gang involvement.

My confidence has also grown and I began volunteering for The Hive at the Jim McDonald Centre in Hatfield. I helped to create a community garden for the Jimmy Mac's Charity.



Earlier this year, I was nominated for The Young Volunteer Award for the Welwyn Hatfield Youth Council's Youth Awards for my work on the project. I still volunteer in The Hive's garden and I am now the project's Young Leader.

“ I feel a sense of purpose in who I am now and I want to help more people. ”



Anna's Story

“ Anna, a St Albans Community Gym member, was keen to share the great experience she has had since joining a One YMCA gym. Our fitness instructor, Daniel, was delighted to hear that Anna has gained so much from her membership and has been impressed by her progress, and the improvement it has made to her health and wellbeing, in a short space of time.

I joined One YMCA when my daughter suggested that we join together and I jumped at the chance to spend more time with my teen.

I hadn't been to a gym in years. I was a self-confessed middle-aged couch potato, you would have to bribe me with tea and cake at the end just to get me to agree to a walk, so this was a big step.

I decided to go for it and commit to going 3-4 times a week. I thought it would be a chore so I was very surprised to find that I absolutely loved it.

Very quickly, within 5-6 weeks, I started noticing real changes. I would usually go for a lie down straight after work but

suddenly I had more energy. I swapped afternoon naps for afternoon gym sessions.

After years of high blood pressure, my blood pressure readings were in the normal range. My cardiovascular health improved, I was able to run without getting too out of breath. My resting heartbeat, which was mid 80s prior to joining, had reduced to mid 60s. All this in a matter of weeks. To top it off I lost 10lbs in the first 6 weeks but when I looked at all the other health benefits, the weight loss was just a bonus.

I continue to come 3-4 times a week, I follow a training programme that Dan kindly put together for me. Going to the gym regularly has changed my mindset. It's made me think about my health and I've found that I'm not eating as much cake!

The staff are super friendly and always happy to help, answer any questions about equipment, give tips on exercises or just pass the time of day.

I'm so happy I joined One YMCA. It's never too late to invest in your future health. ”



Therapeutic and Specialist Services

One YMCA provide a range of tailored, specialist support to victims and survivors of sexual violence and domestic abuse, and to perpetrators of domestic abuse. It is our mission to help anyone affected by unwanted sexual contact be it man, woman or child and regardless of police involvement.



Horizons



Ellie's Story

Ellie has emotionally unstable personality disorder. A person with this disorder tends to have disturbed ways of thinking, impulsive behaviour and problems controlling their emotions. They may have intense but unstable relationships and worry about people abandoning them. Ellie had experienced Domestic Abuse in two relationships and has two daughters.



During her initial assessment, Ellie was invited to discuss her situation in as much detail as she felt comfortable. As well as access to our Liberty Programme (a group for women who have children under the age of 18 who have experienced or may still be experiencing domestic abuse), it was established that Ellie and her children also required one to one support, counselling, play therapy for both of her children, referral to the Independent Domestic Violence

Advisors (IDVA) service and legal advice regarding protective orders and children's matters.

Ellie finds it difficult to trust professionals, over analysing any conversation that she has with them. To help build trust, we invited her Health Visitor, the only professional she trusted at that time, to attend meetings with her.

Ellie was originally referred to Horizons by Children's Services requesting a place on our Liberty Programme, she completed this and her case had been closed. However, she later referred herself back into the service expressing the wish to end her relationship with her husband. She disclosed that her inability to build trust and bond in a group had affected what she had taken away from Liberty the first time she attended and wanted to complete the course again.

The trust the Horizons team had built with Ellie was validated

when she felt reassured enough to meet with our worker and the hospital IDVA after her ex-husband assaulted her, enabling her and her children to be safeguarded and referred to the appropriate agencies swiftly.

Ellie was then assisted through the court process by the IDVA service whilst maintaining the support of Horizons. This included the case being heard at a Multi-Agency Risk Assessment Conference (MARAC), a meeting where information is shared on the highest risk domestic abuse cases between all key agencies, again the Horizons team were central to the process.

Completion of our Liberty Programme allowed Ellie the time and space to gain a full understanding of the domestic abuse she and her children had been subjected to. Gaining the confidence and knowledge to make the necessary changes to her family situation to keep herself and her children safe, reduce social isolation and access counselling to help them all with their mental health recovery.



Volunteering

One YMCA achieves Investors In Volunteers status!

It has been a long journey to reach Investing in Volunteers (IiV) status having embarked on the process in December 2019. Investing in Volunteers is the UK quality standard, aiming to improve the quality of the volunteering experience for all volunteers and demonstrates that organisations value the enormous contribution made by their volunteers. Denise Hayward, Chair of UKVF (the Awarding Body) said “UKVF is delighted to announce One YMCA’s successful achievement of this Award, they have demonstrated a real commitment to volunteering, proving that their volunteer management policies and procedures meet nationally recognised standards.

One YMCA were assessed against the six Investing in Volunteers quality areas:

1. Vision for Volunteering
2. Planning for Volunteers
3. Volunteer inclusion
4. Recruiting and welcoming volunteers
5. Supporting volunteers
6. Valuing and developing volunteers

The process has included us developing a volunteer policy, updates to the volunteer handbook and the appointment of Sanna Ahsan as volunteer lead, working across all service areas.



Sanna Ahsan
Volunteer Lead

A number of interviews were held as part of the assessment including volunteers and a selection of staff with varying volunteer contact.

The Investor in Volunteers’ report said:

“There is a range of roles set out on the website, and volunteers described how they had been able to create opportunities that suited them, for example offering to run art classes which staff agreed to enthusiastically. Another volunteer identified how her wish to develop her experience to eventually work as a breastfeeding counsellor was accommodated.”

“Mission 25, our 5-year strategy, has centred the role of volunteering in meeting the organisation’s goals, having clearly defined objectives and a group that includes volunteers to drive forward activities. One of the successes already is that the group made the case for a volunteer lead post who can coordinate volunteering across different services. A trustee said, “It has given volunteers a bigger voice so that they feel valued”. This is a strength because of the way that it has embedded volunteering into the wider organisation’s strategy and highlighted its importance to meeting the overall goal to maximise services.”

“Many interviewees praised the induction training, this includes the comprehensive online induction as well as a local induction to their particular service”



“

Volunteers described in interviews what made them feel valued by One YMCA:

“They are always listening.”

“Everyone’s approachable.”

“We get regular ‘thank you’s, Christmas cards and annual get togethers.”

“I don’t feel like a volunteer, I feel like a member of the team.”

“I’m spoken to, considered and valued in the same way as staff.”

“I feel valued and confident and was welcomed into the team.”

”

Lottie's Story

Our four nurseries, Charters Day Nursery in Abbots Langley and Wootton, Queens Park and Goldington Community Nurseries in Bedford provide fabulous settings for children to develop and thrive in their early years. Passionate, determined and highly qualified nursery staff are key to the success of our nurseries.

Lottie began attending our Queens Park Community Nursery at 23 months old. Queens Park Community Nursery was recommended to Lottie's parents by family friends who had used the nursery for their own children. Lottie seemed to settle in well and enjoyed the nursery environment and activities.

When it came to carrying out Lottie's statutory 2-year development check we identified that she was not meeting her developmental milestones as expected. Areas of concern included the

development of her speech and language skills. We quickly adapted activities to meet Lottie's needs and the nursery's Special Educational Needs and Disabilities (SEND) Lead discussed the findings with her parents who understood the concerns, but didn't

acknowledge a need for further support.

Our SEND Lead contacted the Local Authority SEND team to identify extra support for Lottie during her time at the nursery and

funding was secured for one to one adult support. An Individual Education Plan (IEP) was drawn up for Lottie and she received one to one support for 15 hours each week. Actions from the plan were implemented and nursery staff began to notice that Lottie was now able to communicate with two-word

sentences, after previously only responding with single words. The parents could also now see how the extra support was benefitting their daughter and they appreciated how the nursery had gone the extra mile.

Examples of the measures put in place to adapt provision to meet Lottie's needs include visual timetables, sensory equipment and promoting communication through specially trained staff. Although Lottie continues to work below age-related expectations, the one to one support and adapted activities help her to work closer to expected milestones.

Our SEND Lead has been working in partnership with Bedford Borough's SEND team, a Speech and Language Therapist and an Early Years Advisory Teacher to provide the best possible support for Lottie throughout this time. She also ensures that Lottie receives all available funding to support her at nursery and is working with her parents to complete assessments for a SEND diagnosis.

Lottie's parents have been delighted with her progress, saying, "We have seen significant changes in our daughter since starting at Queens Park Nursery. We have noticed her coming home with more words each day. Thank you"

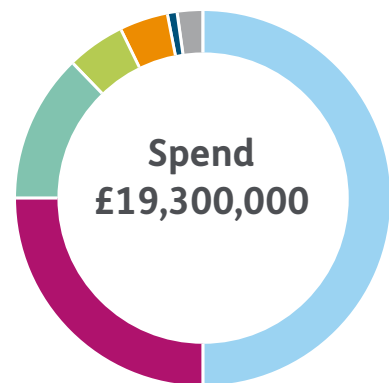
“We have seen significant changes in our daughter since starting at Queens Park Nursery.”



Our Finances

Where we have invested in the community

YMCA is committed to using its resources to maximise our positive impact on the community. All our spending is scrutinised by our Trustees at Board level, as well as the Audit & Risk and Resource Committees.



50%	Accommodation & Support
25%	Children & Family Support
13%	Daycare Nurseries
5%	Health & Wellbeing
4%	Youth
1%	Community HUBs
2%	Other

With thanks to our funders, commissioners, partners and volunteers:





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WD17 2RT

ONE YMCA

Reg Office: Charter House, Charter Place, Watford, Hertfordshire, WD17 2RT

Reg Charity: 1102301 Reg. Company: 4430743

Reg. Social Housing Provider: H4418 VAT number: 190 3566 03



Here for young people
Here for communities
Here for you

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE