



About the **YMCA**



YMCA
We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**

Who we are:

The YMCA is one of the Nation's oldest and most respected not for profit organisations with a history extending over 155 years in Australia. The Brisbane Association has been operating since 1864.

Mission: The YMCA works from a base of Christian values to provide opportunities for all people to grow in body, mind and spirit.

Vision: To be Brisbane's most recognised and respected charitable organisation in creating a healthy, connected and vibrant Brisbane

Values: Honesty, Caring, Respect, Responsibility.

What we do:

In everything that we do we aim to build strong people, strong families and strong communities. This is achieved through our 15 Key Program Areas.

✓ Quality programs that meet community needs and that are uniquely 'YMCA' in their design and delivery underpin our operations. We have identified and focus on our 15 Key Program Areas (KPA's) including:

Aquatics | Camping, Outdoor Education | Accommodation | Childcare | Community Services | Sport & Recreation | Gymnastics | Health & Fitness | Youth Leadership | Education and Training | Hospitality | Mentoring | Vocational Training for Marginalised Youth | Affordable Housing | School Breakfast Programs

Why we are needed:

Our people, families and communities need the YMCA. The western world has largely conquered infectious disease, but we are now faced with social diseases and social issues not being adequately addressed:

- ✓ Sedentary lifestyles are contributing to epidemics including obesity, extremely prevalent in our children plus cardiovascular disease, stroke, and type II diabetes.
- ✓ Mental health disorders in many forms from chronic depression to low self esteem and feelings of insecurity in our children affect all of our families.
- ✓ Disconnectedness in our communities. We are seeking places to connect, contribute and feel part of the community. A connected community contributes to physical and mental health.
- ✓ Social issues such as Affordable Housing, Homelessness and Barriers to Education.

The YMCA is one of few not for profit organisations delivering proactive programs to tackle these social diseases.

Why we are different:

YMCA programs will be of best practice standard. From this foundation it is our Community Strengthening Promises that will build strong people, strong families and strong communities and that will differentiate the Y in its service provision. These promises are key deliverables across all KPA's:

Membership Fee Assistance: Our goal is that no person will be denied access on the basis that they are unable, (not unwilling) to pay.

Youth Leadership: Through both specific programs and structures within all programs, opportunities, support and experiences will create positive and enriching environments for youth development.

Voluntary Involvement: In all programs the Y will provide opportunities for greater community involvement through volunteering.

Family Programming and Engagement: Programming that strengthens the family unit, in its many forms, will be a focus.

Connecting and Belonging: The Y will provide opportunities for people, families and communities to connect at a deeper level.

Our mission in motion

We build strong people, strong families and strong communities through our programs, services and through community support and strengthening initiatives.

Schools Breakfast Program *Developing Young People*

The school breakfast program was developed to provide children from low income families, a nutritious breakfast with the desired levels of most key nutrients and the food energy required by developing children. The YMCA today provides **16,000** free breakfast per month to school children across 26 schools in the Logan and South Brisbane Region.



The program is largely serviced by volunteers, and reports from schools and teachers show a considerable improvement in the behaviour, attention span and learning of many of the young people involved.

Food for the Homeless *Helping those in Need*

The YMCA has committed to alleviate hunger for the homeless and disadvantaged youth of South East Queensland by preparing and distributing nutritional pre-packed meals. Over 14,000 Meals per year are prepared at YMCA War Memorial - Camp Warrawee and are snap frozen ready for distribution. Most meals are delivered to Youth Emergency Services and Northgate Lodge for distribution to the homeless and disadvantaged youth in Brisbane who would otherwise go hungry.



YMCA Queensland Youth Parliament *Developing Young Leaders*

YMCA Youth Parliament offers young leaders from across Queensland the opportunity to develop and debate bills in the Parliament. Bills are developed around local issues concerning young people and the debate is chaired in the parliamentary chambers by the MPs from across the state. Over 80 young people from electorates across the state participate annually.



"YP opened my eyes to issues faced by youth from different parts of the state. I developed lifelong friendships but also lifelong skills. I know I will look back on YP as a pivotal experience in my education". Program Participant.

Vocational School - Clem Jones Campus *Helping Marginalised and at Risk Youth*

The YMCA Vocational School - Clem Jones Campus will enable the expansion of programs for marginalised and at-risk youth and establish the YMCA's permanency in the Logan region.



The new facility will deliver vocational and educational programs, middle and senior school curriculum. Apart from class rooms the school will comprise a mechanical workshop, metal fabrication and welding facilities, warehouse, sports field and basketball court.

Services will begin in July 2010

Affordable Housing *Safe Accommodation for All*

Housing affordability is one of the biggest challenges amongst low-income earning Australians, with many people relying on a government pension as their only source of income. The average low-income earner receives less than \$240 per week. Currently there are over 10,000 people on assisted accommodation waiting lists across Queensland, and the number is increasing. The YMCA and the Queensland Government have come together to build a 55 bed affordable housing complex in Nerang which provides safe, clean and affordable long-term housing.



Did You Know? Interesting Ys Facts:

- ✓ The Y invented the sports of basketball, volleyball, softball, racquetball and indoor soccer.
- ✓ The Y opened the first public gym, pioneered aerobics, swimming lessons & pool filtration.
- ✓ The Y is the world's largest provider of childcare.
- ✓ The Y won the Nobel Peace Prize for inspiring the Geneva Convention.



We build strong **PEOPLE**
strong **FAMILIES**
strong **COMMUNITIES**