

A young man with dark hair, wearing a red t-shirt, is smiling broadly while sitting in a swimming pool. The background is a blurred indoor pool setting with lights and other people. A large, semi-transparent red graphic with geometric shapes is overlaid on the left side of the image.

Randev Sappany, 24

the Y | NSW

Community & Annual Report

2019-20

We believe in the power of inspired young people



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Y WE ARE PROUD OF WHO WE ARE



At the Y NSW we inspire and empower young people. We do this by supporting their physical, mental and social wellbeing, equipping them with life skills, building resilience and providing platforms and avenues for their voices to be heard. This is because we believe in the power of inspired young people.

As a for-purpose organisation, we invest in our local communities, focusing on building community connections to create positive change and social good. The Y NSW is part of the largest and oldest youth organisation in the world. We are a not-for-profit that supports diverse communities through our 22 Recreation Centres, 62 Outside School Hours Care (OSHC) centres, two outdoor education and camping locations and our myriad valuable youth and community services.

BY YOUR SIDE

The Y has been there for communities through the Industrial Revolution, the Spanish Flu, World War I, World War II, the Great Depression, the Global Financial Crisis and now the COVID-19 global pandemic.

We operate in 120 countries and in Australia we are active across metropolitan, regional and remote locations in every state and territory. We are aligned with the Y global mission to provide opportunities for all to grow in body, mind and spirit.

We will continue to support young people by listening to them and providing a safe, inspiring and familiar environment for them to learn and grow throughout this period of change and uncertainty.

The Y has always been and always will be dedicated to strengthening young people, families and communities.

If you would like to help make a difference with the Y NSW - please see page 50.

Rising from the ashes OF A CHALLENGING YEAR

For Y NSW Swim School Coordinator Sharon Bourke, 26 October 2019 is firmly etched into her memory.

It was the day bushfires came within metres of destroying her heritage-listed house near Tuncurry on the NSW Mid-North Coast.

"The house is the original Tuncurry House built in 1887 and the oldest surviving building in the area," Sharon says.

"It is set in littoral rainforest on almost three hectares of land and the fires were coming at us from the north and south, a canopy fire as well as on the ground.

"The Rural Fire Service (RFS) had told me to pack up and get out but, with my husband Murray and son Riley, we made the decision to stay and fight the fire.

"The RFS was there and the fire brigade. They did a fantastic job – they saved my home."

Sharon was rostered to work the next day – she coordinates the Y's swim programs at Great Lakes and Manning Aquatic and Leisure centres – but decided it was best to take a few days off to recuperate from the frightening ordeal.

"I went back to the Centre on Tuesday, but I was so emotionally drained and exhausted I had to go home again," she says. "The impact of how close I came to losing my home and how lucky I was hit me hard.

"The Y was so supportive of me through this time."

The Great Lakes and Manning centres were forced to temporarily close as a result of poor air quality from the

bushfires. Then the Y was hit again by the COVID-19 outbreak and forced to close again.

"It was so sudden, but the Y was fantastic," Sharon says. "They organised JobKeeper for us, kept us engaged with three Zoom meetings a week and gave us the opportunity to do lots of professional development through Swim Australia and AUSTSWIM."

“

*"The Y was so supportive
of me through this time."*

”

Both centres reopened a few months later and Sharon is now happily back working with the community.

"You learn to be very resilient during these difficult times," says Sharon who has been with the Y for 17 years, the past five as the Swim School Coordinator. "It's been a tough year but the Y has been very supportive – a great organisation."



Y Swim School Coordinator Sharon Bourke and student Aylah Ross, 3, enjoying the water



Fighting to save Sharon's heritage-listed home from the bushfires





Chair REVIEW



Richard Hughes

This year has been an extraordinary year for the Y NSW. It has been confronted with unprecedented challenges, from a ransomware cyber attack to bushfires to a global pandemic. What is truly remarkable is that the Y has emerged stronger and more focused than ever before.

Thanks to the leadership of Y NSW CEO Susannah Le Bron and the skill and commitment of her team, these crises have been managed professionally with care, dedication and selflessness. In the face of these challenges, the Y NSW has embraced resilience and taken decisive steps to ensure the Y's future success. This has included an operational review of individual business units and a restructure geared towards maximising outcomes for young people and the communities we serve.

This approach is already delivering results and the Y NSW was on track to deliver a budget surplus before the unforeseen impacts of COVID-19 on the business. While the realisation of a budget surplus has been delayed, the organisation is still in a more financially sound position than the last reporting year.

There were more big changes in late 2019. After almost 170 years of identifying as the YMCA in Australia, the National Council endorsed a name change to simply, but powerfully, be now known as the Y. The change followed a pilot rebrand campaign which was spearheaded by the Y NSW and clearly illustrated that the Y is here for everyone regardless of their age, culture, gender, ability, religion, or sexuality.

The Y NSW continued to reinvent and innovate which resulted in the organisation having the strength and ability to grow in the midst of the pandemic. The Y recognised the need to upgrade online systems for better customer outcomes and better support for staff. Applications were quickly developed to allow members to easily book online, whether at a Recreation or Outside School Hours Care (OSHC) centre. As staff transitioned from the office environment to work-from-home arrangements, the need to keep valued team members engaged and supported resulted in intensive development of internal

communications platforms and new ideas to promote connection, including the internal channel Workplace by Facebook.

Throughout this time of upheaval, the Y secured exciting business opportunities. The organisation continued to build a reputation for excellence in the operation of OSHC and Recreation centres. New contracts were also secured for the Y NSW to operate Oberon Swimming Pool and Fitness Centre, the refurbished CentrePoint Sport and Leisure Centre in Blayney, the \$36 million Stromlo Leisure Centre in Canberra and three Western Sydney University gyms at Penrith, Bankstown and Hawkesbury.

The Youth and Community Services team was extremely active in the grants space, receiving \$370,000 in funding, including a \$49,907 NSW Government grant which was used to connect young people throughout the State via an innovative Online Leadership Program – Forward Thinking. When lockdown became a way of life, this social impact project provided a much-needed way for young people to communicate, connect and collaborate on societal issues that needed attention (See story on page 32).

In addition, the successful Y Streetgym program was recognised with a 2019 National Award for Excellence at the YMCA Australia Awards (See story on page 30).

Although we all continue to operate in an environment of great uncertainty, I am confident about the future of Y NSW – we've been in NSW for 167 years and will be here for 167 more and beyond. The Y is actively seeking new opportunities that would not have been entertained a year ago and continues to be committed to supporting young people and their communities, who now need the Y more than ever.

I think it is an extraordinary achievement to be in a position of strength after the year we have had. I am looking forward with conviction, optimism and enthusiasm, and the Board and I are excited about several new ventures already underway for the Y NSW.

CEO's *Report*



Susannah Le Bron

Exceptional: That is how I would describe the 2019-20 year. The Y has faced many crises this year and each time we have risen to the challenge, taken a moment to reflect and then moved forward. The organisation has proved to be innovative, resilient and agile. It has been remarkable to witness and I am in awe of the way our people, customers, young people and Y supporters have responded.

When our IT network was impacted by the cyber attack last August, we made the strategic and values-aligned decision not to bow to the ransom demands, sought industry help and started to rebuild our systems. Within two weeks we had our Children's Services back online and a week later our recreation programs were up and running.

Then the billowing smoke from the bushfires started to affect our Recreation Centres and we were forced to close many of them from September 2019 through to January 2020 due to poor air quality. During this difficult time, I heard inspiring stories of Y team members who were fighting fires one day and fronting up to work the next. In this report you'll read about Swim School Coordinator Sharon Bourke who was struggling to save her house from burning on Saturday but was back on pool deck the next week (See story page 4). There's the Y Camp Yarramundi Manager Nick Payne who has had to face adversity three times over the past 12 months – bushfires, floods and a pandemic – (page 36) and volunteer firefighter Aaron Venhuizen who juggled firefighting duties, while still being there to carry out his role as a Y childcare educator (page 18).

The arrival of COVID-19 brought more stories of resilience – our Recreation Centres had to close but our teams immediately started organising the necessary infrastructure to reopen. When that time came in June, they were ready. (See stories pages 21 and 23).

There's never been a more important time for young people's voices to be heard than now. While we are all facing daily challenges adjusting to living through a pandemic, the impact on young people is profound.

It's why the Y needs to be there for young people – to ensure their resilience and vision is an inspiration for other young people.

The past 12 months have pushed us to be agile in a rapidly-changing environment and I'm incredibly proud of the dedication and professionalism of all our Y people; my Executive Team, Centre and Service Managers, Lifeguards, Fitness Instructors, Coordinators, Educators, Camp Instructors, Youth Workers – absolutely everyone.

Our Outside School Hours Care (OSHC) educators became overnight heroes during the COVID-19 pandemic. As the government rules and regulations governing their operations changed daily, they kept bouncing, responding, adapting, all the time keeping their centres open for children of essential workers (see pages 17 and 20).

As an employer of young people, the Y has gone to great lengths to support our people through the pandemic, assisting them to apply for JobKeeper, partnering with leading retailers and aged care providers to find alternative jobs and providing access to learning support and counselling when and where needed.

Throughout this year, we've remained relevant and responsive. What our organisation offers young people and communities is unique and this difficult period has reaffirmed decisions we made to invest our time and energy into our core business areas of Recreation and Children's Services. Councils are recognising the outstanding work being undertaken by the Y and they are inviting us into their communities, particularly in regional areas. Their support has been extraordinary.

We will continue to work in partnership with government, councils and communities to create collaborative spaces that inspire young people so they feel valued, empowered and safe. I want the Y to increasingly be an organisation that resonates with young people as they undertake their journey through life, always believing in the power of inspired young people. This is our passion and the reason we exist.

MAKING A *Difference*



OUR BELIEF

We believe in the power of inspired young people.






OUR MISSION

We are influenced by a global mission to provide opportunities for all to grow in body, mind and spirit.

OUR PURPOSE

We offer young people pathways to live their best life by supporting their physical, mental and social wellbeing. As a for-purpose organisation, we focus on community connection to create positive change and social good.

OUR FOCUS AREAS

-  Holistic wellbeing of young people
-  Civic engagement of young people
-  Physical activity
-  Community connection
-  Employment of young people
-  Safeguarding of children, young people and vulnerable adults

OUR VALUES

Caring

I will be considerate and respectful of others. I will listen and help clients and colleagues wherever I can.

Honesty

I will be truthful, open and sincere in all matters. I will act with integrity and demonstrate reliability and trustworthiness.

Respect

I treat people the way I would like to be treated. I will value the worth of every person and support and celebrate their success.

Responsibility

I will be accountable for my behaviour, actions and obligations. In all situations I will do what is right and ought to be done.

Safety

I am committed to ensuring the provision of safe environments for children, youth, vulnerable adults and families. Through a child-safe lens I will always act in their best interests.



At the Y NSW the safety and wellbeing of children, young people and vulnerable adults is our highest priority. We are accredited by the Australian Childhood Foundation as a child-safe organisation.

HIGHLIGHTS



NEW IDENTITY

In November 2019 YMCA NSW piloted a rebrand to Y NSW. We ran a six-week “We’re the Y” advertising awareness campaign to introduce people to the new look of the Y and to encourage them to engage with the Y via the website and social media. On Facebook the campaign resulted in a 68 per cent increase in reach and a 29 per cent growth in followers. On the website there was a 30 per cent increase in unique users and 23 per cent growth in active sessions. The campaign’s success supported the new brand being officially endorsed at the national Annual General Meeting and accepted by all Y associations in Australia. The success of the campaign was recognised with the Y NSW becoming a state finalist in the Australian Marketing Institute’s awards for marketing excellence.



GOING DIGITAL

With the onset of the global pandemic and lockdown, the Y went online to support young people. The result was “Y We Are Here” which gives a voice to 13 to 29-year-olds across NSW. Other online initiatives included Y Call a Youth Worker, Y at Home – for recipes, activities and wellbeing advice – and an Online Leadership Program – Forward Thinking. More than 50 young people from across the state participated in Forward Thinking and produced advocacy letters, a podcast, life skills videos, an art exhibition, as well as a school survival toolkit. (See page 32).



RECREATION CENTRE WINS

Our strength in recreation activities led to Y NSW winning new management contracts at three Western Sydney University gymnasiums, the Oberon Swimming Pool and Fitness Centre, Blayney’s CentrePoint Sport and Leisure Centre and the Stromlo Leisure Centre in the Australian Capital Territory.

HIGHLIGHTS



TAKING PRIDE IN DIVERSITY

The Y's Affinity Network – which creates inclusive, safe and supportive environments for members of the LGBTIQ+ community – and Parramatta Young Leaders held a successful community engagement stall at ACON's Parramatta Pride Picnic in November 2019. (See page 34).



STANDING BY OUR WORKERS

With 43 per cent of our workforce under the age of 25, Y NSW moved swiftly to support them through the pandemic, assisting them to apply for JobKeeper, providing crisis support, organising free access to the Les Mills On Demand fitness program, finding temporary work opportunities with six external partners and offering learning support. (See page 40).



EXCELLENCE AWARD

The Y's free outdoor activities program Streetgym won the 2019 YMCA Australia Program of Excellence Award. Aimed at 12 to 18-year-olds, Streetgym provides a safe and supportive environment for young people to make friends, get active and connect with other services and programs in their area. (See page 30).

OUR OWN HEROES

Our Outside School Hours Care (OSHC) services and Recreation Centres have been remarkable in the way they have adapted to COVID-19-related regulations, doing their best to remain connected with communities and young people during a challenging time. Our OSHC teams became frontline heroes during the pandemic by selflessly providing care and comfort to children and families of essential workers. (See pages 17 and 20).



OUTSIDE SCHOOL HOURS CARE



62
OSHC
CENTRES



6,764
REGISTERED
FAMILIES

ATTENDANCES:



249,287
BEFORE
SCHOOL
CARE



442,591
AFTER
SCHOOL
CARE



43,122
VACATION
CARE

The Y NSW is committed to providing safe, inspiring and inclusive environments for children in more than 60 OSHC centres. The before, after school and vacation care centres provide special spaces where young people are encouraged to be, belong and become.

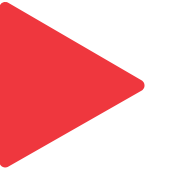
Our experienced educators design and deliver high-quality programs based on the nationally approved learning framework "My Time, Our Place".

The Y is accredited by the Australian Childhood Foundation as a child-safe organisation and we are a benchmark organisation for best practice processes to keep children and young people safe.

Despite the pandemic, our centres remained open for children of essential workers.

At the start of the 2020 school year, Y NSW was excited to commence management of a new OSHC service in Mayfield West. It's wonderful to continue expanding the presence of our children's services in the Newcastle area.

A lifeline IN UNCERTAIN TIMES



OUTSIDE SCHOOL HOURS CARE



As a Western Sydney midwife and essential worker, Fiona Donnelly has come to rely heavily on the Y West Pennant Hills OSHC to look after sons Josh, 9, and Harry, 6.

Prior to the pandemic, the young brothers only attended the centre

before school. Now they are there before and after school, five days a week.

"They used to visit friends in the afternoon but COVID put an end to that," Fiona says.

"It's a bit hard on them but the centre is doing a good job keeping them happy, amused and safe.

"They do miss their swimming and soccer and external activities but that can't be helped."

One of the biggest changes for Josh and Harry is that they are now just two of about 30 children allowed to attend the OSHC centre.

Prior to March, the centre catered for up to 75 children before school and up to 160 after school.

"As soon as the pandemic hit we had to drop our numbers to children of essential workers only," Centre Coordinator Fiona Issa says.

"Life in the centre changed a lot. We have fewer staff. We have to ensure the children social distance, there is

lots of hand sanitiser and Dettol wipes around, and we clean every hour.

"The staff and children are coping well. We're all in a routine now and we still have fun."

Parents are no longer allowed into the centre, delivering their children to a designated "parents' area" which is cleaned between each drop off.

Josh and Harry's dad, Bobby, replaces windscreens and is also deemed an essential worker.

"Allowing the centres to remain open for families like ours has been a lifeline," Fiona Donnelly says. "It's also a lifeline for NSW Health because I couldn't keep working without OSHC."

“

"Allowing the centres to remain open for families like ours has been a lifeline."

”

"Working with pregnant mums-to-be I'm not at great risk of getting the virus but, of course, I do have to see them face-to-face so am very careful, always wearing a mask and gloves and using lots of hand sanitiser.

"It's a different world but we are all adapting."

Protecting COMMUNITIES



OUTSIDE SCHOOL HOURS CARE

At the height of the bushfires, Y NSW childcare educator Aaron Venhuizen was spending countless hours on the frontline as a volunteer firefighter with the Rural Fire Service (RFS).

He would then change uniform and be there for his young charges at the Y Oakhill Drive OSHC.

"It feels really nice when something is happening locally and you're actually able to help fight the fires," Aaron says.

"You're not just sitting idly watching, you're able to get in there and help.

"And then I love it when I get a chance to teach the kids either things I'm passionate about or connect with them on things that they're passionate about."

Working at the Y has given Aaron the flexibility he needs to continue his volunteering with the RFS.

"I've been incredibly blessed that the Y has been very

gracious and they've been a great employer to be working for while doing this," he says.

Children's Services Coordinator Silvia Afriani says Aaron is "our local hero".

"Aaron is the type of person who will go to all lengths just to see you smile," she says.

Of course, Aaron's greatest fans are the children.

"It's been quite humbling," he says. "Some of the kids have written little letters and cards. They've been saying thank you in lots of different ways."

Aaron loves his role so much he would like to see more men working in the childcare sector.

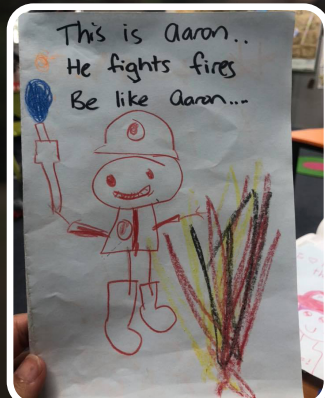
"I think there's a bit of stigma that it's not a manly thing to do but kids need balanced views and perspectives from adults," he says.

“

"I've been incredibly blessed that the Y has been very gracious..."

”

Aaron with his
adoring fans at
Oakhill Drive OSHC



Aaron Venhuizen proudly wears his Y NSW
and Rural Fire Service uniforms



HIGH Praise

OUTSIDE SCHOOL HOURS CARE

If it wasn't for the Y, essential workers Chantel Evans and her husband Aaron would have found it very difficult to continue performing their critical work in aged care.

Thankfully, their son Lachlan, 8, has been able to continue attending the Y Excelsior OSHC at Castle Hill throughout the COVID-19 crisis.

"Without childcare facilities we would not be able to work in our essential roles, which would impact the staff resources for the residents ... which in turn would impact the care they receive," says Chantel, a registered nurse and deputy facility manager.

“

"...he has a lot more enthusiasm for art and sensory activities"

”

Most importantly Lachlan, who has been going to Excelsior since 2018, always returns from the Y with a smile on his face.

"The nurturing care that the Y staff have provided during the pandemic is above exceptional," Chantel says.

"Being one of the few children attending school for the past few months has been difficult for Lachlan, in the sense that he misses his friends and regular class teacher.

"But we are grateful to have the staff on board as they are always willing to help and nothing is too hard. They have all done a fantastic job at keeping the children entertained during this challenging time.

"Lachlan has played tennis, made fishing rods and slime from scratch. We can now see that he has a lot more enthusiasm for art and sensory activities."



Lachlan Evans loves the activities at Excelsior OSHC

Community RECREATION



Keeping their distance: Cordelia Mendiazbal, 7, Courtney Norrie, 6, Evie Buhagiar, 8, and Darcie Baldwin, 8.

This year has seen the Y NSW cement its position as one of the leading aquatic, leisure and recreation facility managers in Australia, signing new agreements with Western Sydney University, Oberon and Blayney councils, and the ACT Government.

This adds to the more than 20 recreation sites already managed by the Y across NSW and the ACT.

The Y's programs – including swimming, gymnastics, indoor sports and fitness – are designed for people of all ages and abilities, with the aim of promoting health and wellbeing in our communities.

Community recreation has faced unique challenges this year. The bushfires forced the temporary closure of many Recreation Centres between October and January due to poor air quality.

Then, on 23 March, the global pandemic triggered the immediate closure of all centres.

Three months later, recreation facilities reopened, operating under strict COVID-19 safe policies and fit-outs based on NSW and Federal government health advice.

Despite these challenges, health club membership rose by 8,223 and participation was up 1,169.

FITNESS:



23,129
MEMBERS



1,051,540
VISITS TO CLASSES

This includes:
13,217 Teen Gym
85,381 visits by PrYme and
senior fitness members

AQUATICS:



734,801
VISITS



303,862
SWIMMING LESSON ATTENDANCES

INDOOR SPORT:



312,846
VISITS

GYMNASTICS:



147,858
ATTENDANCES

Y NSW SAFETY RESPONSE TO COVID-19

- All staff received additional COVID-Safe training
- Protective screens installed
- Social distancing floor markings drawn
- Frequent hand sanitising stations
- Increased cleaning and more hygiene signage
- Access to centres is limited and must conform to a four-square metre rule

Hooked ON WORKING OUT



FITNESS

Kylie Porter is a self-confessed gym junkie.

"I've always been into health and fitness," she says. "It's a bit of an addiction really."

When Kylie moved from Adelaide to Canberra two years ago, she was delighted to discover the Gungahlin Leisure Centre nearby and immediately joined its fitness classes.

"The Y staff at Gungahlin are so friendly, so inclusive and the whole atmosphere is very personal," Kylie says. "I go to the gym five days a week and do everything from aqua aerobics and body pump to HIIT and Zumba. I love it."

“

"The Y staff are so friendly, so inclusive."

”

Kylie's passion for a good workout has flowed through to her daughter Charli, 15.

Charli joined a small group program that provides 12 to 15-year-olds with personalised training routines.

"It was a great way to introduce her to fitness in an easy, supported and safe way.... it's given her a great sense of

confidence," Kylie says. "It's been wonderful for her."

Charli is now working with a Y personal trainer twice a week and joins her mum on the fitness equipment or in the pool at other times.

"We were both a bit devastated when COVID closed the centre," Kylie says. "Then the Y offered us access to the Les Mills On Demand fitness program and I was hooked. This was a fantastic initiative on behalf of the Y."

"We got word that Gungahlin was reopening on a Wednesday morning in late June and Charli and I were both there lining up to get back in that afternoon. We couldn't wait."

"I love the way the Y gives back to the community. It's a wonderful organisation."



Kylie Porter and her daughter Charli love their fitness routine

TAKING THE *Plunge*

AQUATICS



When 24-year-old Hemangi Dharmadhikari arrived in Australia from India all she wanted to do was learn to swim and go to the beach.

"In India I tried to take up swimming lessons, but I had an accident, so I was very scared of the water," Hemangi says.

"Then I found out about the Y International Student Swim Program and I decided to sign up.

"At first I couldn't float or put my face under the water. Now I love to go swimming and I can swim two laps comfortably. I am proud of myself.

"I thought it might be a bit too late for me to learn to swim at 24 but ... it's never too late to learn.

"I have become a mentor and I can help others because I know what they are going through. I see them being nervous and I say: 'That's okay ... I'll help you'."

Y Swimming Instructor Tim Steiner says it is crucial for people coming to Australia to learn to swim.

"Lifesavers say most people they help are foreigners because they don't understand the sea – the rips and waves.

"It's great to see them improve during the eight-week program, to see the smiles on their faces when they realise they can swim."

Muhammed Oureng, 34, learnt to swim growing up in Iran but says he was never taught the correct techniques.

“

"I am proud of myself."

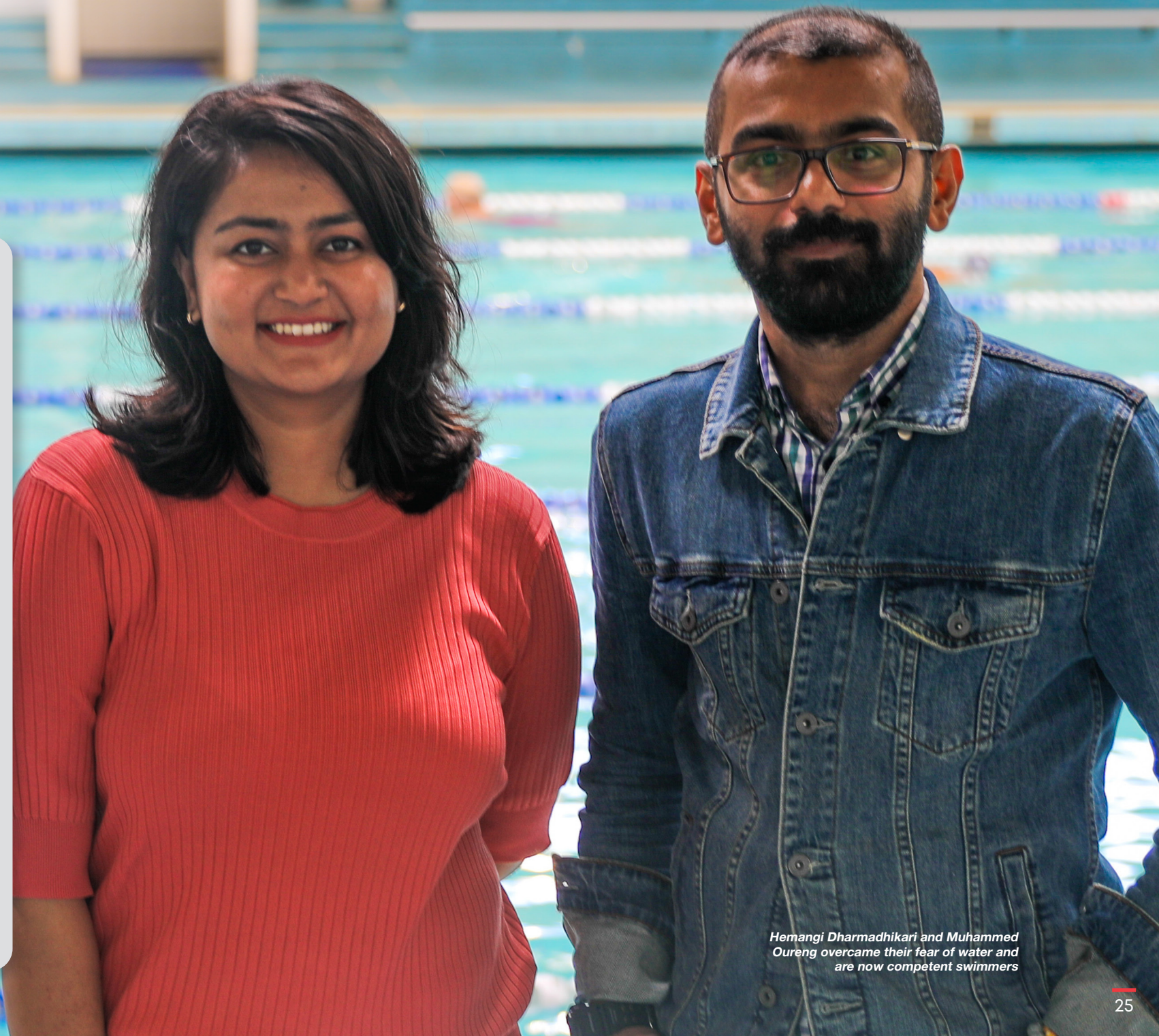
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"I do need to build on my stamina and power but if I keep going it will be better in the future," he says.

The Gungahlin Leisure Centre in the ACT runs a similar Y Learn to Swim (LTS) program for international students from Dickson College.

Gungahlin's LTS Coordinator Jayd Arbalis says the six-week program is aimed at 12 to 16-year-olds.

"Some have never seen water, so we aim to teach them about water safety, how to respond when around water and to be very respectful of it," Jayd says.



Hemangi Dharmadhikari and Muhammed Oureng overcame their fear of water and are now competent swimmers

Upward MOMENTUM

GYMNASTICS

Jessica Mavridis has a special affiliation with Y Bankstown City, beginning 17 years ago as a six-year-old gymnast and continuing today as the Gymnastics Coordinator.

Jess launched her gymnastics career through Colours, a beginner's program for six to 12-year-olds.

Eighteen months later she was scouted and went straight to Level 4.

"I guess I had found my passion," says Jess, 23.

"I love the discipline of gymnastics, learning new skills, the continual progression through levels so that you are always evolving."

Jess was forced to retire because of injury at age 15 after achieving Level 7.

However, she had found her vocation. She applied to become a mentee with the Y Bankstown City mentor program and two years later qualified as a coach.

After completing a Bachelor of Exercise and Sports Science last year, she continued on her upward trajectory, taking on the position of Bankstown's Gymnastics Coordinator.

"It's been a great journey," Jess says.

"This year has been a bit tough with COVID as we had to close the centre for a few months. The young gymnasts training for comps were devastated. But we set programs for them to do safely at home so that when we reopened in July they could pick up their skills again.

"It's been a great journey."

Gymnastics
Coordinator Jessica
Mavridis with young
gymnasts Georgia
Skanavis, 14, Celine
Cassis, 14, and
Sarah Gill, 16, at Y
Bankstown City

ACROMAT

Competitive STREAK

GYMNASTICS

Earlier this year gymnast Ashley Kuhle was looking forward to travelling to Turkey to compete in the Trisome World Games for athletes with Down syndrome.

Then the pandemic hit, the Games were scratched, and the 25-year-old's hopes were dashed.

"I was very excited about going to Turkey," Ashley says.

“

*"Gymnastics keeps me
fit and happy."*

”

"Then the Games got cancelled and I was sad and frustrated."

To add to her disappointment, the Y Bankstown City Recreation Centre where she trains had to close due to the pandemic, so she was unable to access to equipment and contact her friends.

However, Ashley rallied when the centre reopened in late June and she was back performing her favourite routines.

"I love doing beams, bars and floor but the floor is my favourite," Ashley says.

"Gymnastics keeps me fit and happy. I really like competing in other states and overseas. I can't wait for the competitions to start again."

Ashley has already won a silver and two bronze medals at the 2011 Special Olympics in Athens and one silver and two bronze at the inaugural 2016 Trisome Games in Florence.

Ashley was introduced to gymnastics at Y Bankstown City by a friend 13 years ago.

"I was a bit nervous at first but then everyone made me feel comfortable and now I feel really good," she says.

"I may stop doing gymnastics when I'm 36 but I want to do another overseas competition before that, that's for sure."

In the meantime, Ashley is working hard on her routine with that elusive gold medal uppermost in her mind.



Ashley Kuhle gives
the thumbs up after
going through her
favourite routine

Back ON MY FEET

YOUTH AND COMMUNITY

When Douglas McAndrew lost one of his jobs last year he went into a downward spiral.

"I was working two jobs and I got sacked by my morning job," he says.

"I was basically in a position where I was looking at losing my house. I was very worried."

Douglas reached out to a local youth support group who put him in touch with Y NSW's Penrith Uplift program – a free active wellness program for 16 to 24-year-olds who are experiencing mental health or other life challenges.

Over six weeks, young people learn the benefits of physical activity and develop skills in emotional resilience, stress management and goal setting.

Participants build valuable social connections among their peers and community, with a youth worker on hand for additional support and referrals.

"I contacted Platform Youth Services, they put me onto Uplift and it really helped me get back on my feet in terms of both my mental and physical health," Douglas says.

"There's a social aspect to it. Before Uplift I didn't really have much of a social life. I used to be really sporty and fit and now I'm starting to get back to that point.

"Uplift helped me cope during a difficult time."

“

"Uplift helped me cope during a difficult time."

”

UPLIFT BENEFITS GROW

The Y NSW Uplift program was launched in Penrith in 2018 and through 2019-20 expanded to Taree, Ku-ring-gai, Mount Annan and Epping, with plans for further expansion to Hawkesbury and Manning.

Unfortunately, COVID-19-imposed restrictions forced the suspension of the program, but it will be reinstated as soon as possible.

OF THOSE UNDERTAKING THE PROGRAM IN 2019-20:

78.8%
believed their
mental health
had improved



92%
felt their
physical fitness
had improved

90.9%
said they
made positive
connections



Douglas McAndrew, 22, and Violet Wetsteyn, 18, share a laugh at Y NSW Penrith

A passion FOR SPORT

YOUTH AND COMMUNITY

Jack Watson is passionate about rugby league and Streetgym is a vital part of his training schedule.

Starting at the Central Coast Streetgym in October 2019, he has never missed a session.

"I have a pretty busy week with two footie training sessions, one ref training session and Streetgym on Thursdays," says Jack, 14.

"I need to stay fit so the circuit training and sports at Streetgym have really helped me."

Jack plays for the Warnervale Bulls, has completed a National Rugby League (NRL) referee course and can now referee games for under 12-year olds.

"I'm a massive NRL fan and have even taken the other kids at Streetgym through an NRL drill," he says.

"Streetgym has helped my confidence heaps. Being with other kids my age and a bit older ... I've been able to help them and grown in confidence to be a bit of a leader.

"It's also been great because it gives me a break from the real world – the hard footie training and school work.

"My footie coach pushes me physically and being a referee is a lot more complicated and demanding than people believe."

Central Coast Streetgym operates from the Gravity Youth Centre at Lake Haven and is run in partnership with Central Coast Council.



Jack Watson in training at
Central Coast Streetgym

“

*“Streetgym has helped
my confidence heaps.”*

”

STREETGYM

Y NSW's Streetgym is delivered in local spaces (Y Spaces) free of charge for young people aged 12 to 18. These spaces provide a safe and supportive environment where young people can make friends, be active and connect with other services in their area.

Run by qualified youth workers, the program provides structured physical activity, aiming to develop confidence, leadership and social skills.

Streetgym currently operates at Telopea, Constitution Hill, Mount Annan, Central Coast and on site at Hawkesbury Stadium.

In November 2019 Y NSW won the YMCA Australia Program of Excellence Award for Streetgym.

A recent survey of Streetgym participants found 100 per cent believed they were being listened to, they had an increased sense of belonging and they had learned something new about health.

I HAVE A *Voice*



YOUTH AND COMMUNITY

Every day Y NSW Young Leader Maveryn (pronouns they, them, theirs) must make a split-second decision when they meet someone new.

They have to decide whether to have an uncomfortable conversation or pretend they are something they are not.

This is because Mav, 19, identifies as gender non-binary, neither he nor she, instead they.

"It causes a whole ordeal and questioning, and you just never know what sort of reaction you're going to get from someone," Mav says.

"Unless it's someone ... who I'm going to have to deal with continually, I just go with mis-gendering because it's easier."

Mav noticed something felt "off" during high school and, after a few years in denial, realised they would have to confront the issues.

"Coming out as non-binary was scary because a lot of people just don't believe I exist," Mav says.

"Being non-binary to me means I'm not a woman nor a man. I don't feel like binary genders apply to me, no thanks."

Through Y NSW's Parramatta Young Leaders, Mav has found a safe, accepting place and one where they can lend support to other young people struggling with their identities.

"Ever since coming and introducing myself at the Y no one has batted an eyelid," Mav says. "It was great to have a place where I could be myself. Everybody used my name and pronouns and it was just normal for them."

"Being a Parramatta Young Leader means that I have a voice, there are people who want to listen to me and ... I can represent other people as well."

"It was great to have a place where I could be myself. Everybody used my name and pronouns."

Young Leader Maveryn found a safe, accepting place at the Y NSW Parramatta

YOUNG LEADERS

Y NSW's Young Leaders program creates a unique environment for young people to have their voices heard and influence decision making.

It equips young people between the ages of 12 and 25 with leadership skills and confidence to be leaders within their communities.

Before the pandemic forced the closure of the program, there were Young Leaders teams in Broken Hill, Taree, Hawkesbury, Mount Annan, Penrith and Parramatta.

Activities organised by the Young Leaders included the NAIDOC Indigenous Fashion Show and Live n Loud in Taree, the Youth Multicultural Festival in Mount Annan and a community engagement stall at the Parramatta Pride Picnic.

Opening OUR EYES

YOUTH AND COMMUNITY

Earlier this year Jacob Atkins (pronouns: they, them, theirs) was considering leaving school and going to TAFE.

However, they also wanted to become more active in the local community and take a stand on issues that interested them.

“

“The program made me realise that what I have to say is important and valid.”

”

“My parents persuaded me to stay at school to do the HSC and then I saw a message about the Y NSW Youth Parliament (YP) on the school notice board,” says Jacob, 17.

Jacob was accepted into the YP but it was cancelled with the onset of the global pandemic.

When the Y launched its Online Leadership Program several months later, Jacob immediately signed up.

“I was put into the Diversity and Inclusion group and we came up with the idea of promoting the identities of

young people, giving them a voice and educating the broader community,” Jacob says.

Annabelle Shannon, 17, also joined the Diversity and Inclusion group.

“Everyone in the group came from different backgrounds, ethnicities, genders,” she says. “We had a great connection right from the beginning.

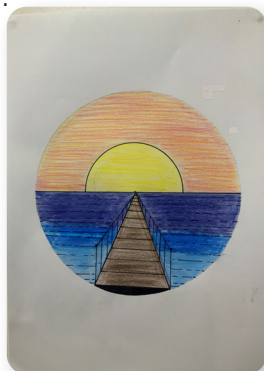
“Talking to the rest of the group – listening to them – changed my perceptions on many things. It really opened my eyes.

“It helped me understand how I can promote diversity and inclusion to make it easier for people.”

The group developed an online art exhibition Through Our Eyes, to reflect the diversity of young people.

Both young people say the program has given them more confidence and built their leadership skills.

Annabelle says: “I have a lot of opinions and ideas which I would like to share. The program made me realise that what I have to say is important and valid.”



YOUTH PARLIAMENT AND ONLINE LEADERSHIP PROGRAM – FORWARD THINKING

Y NSW's Youth Parliament is an important empowerment and advocacy program for young people in Years 10 to 12, providing opportunities for young people to actively engage in public policy debates.

In September 2019 our Youth Parliamentarians came together to present NSW Ministers with Bills on issues including mental health and the environment.

COVID-19 restrictions resulted in the cancellation of the 2020 Youth Parliament, however in May the Y launched the Forward Thinking – Social Impact Project as part of the Online Leadership Program (OLP) supported by a NSW Government Youth Opportunities Grant.

The 12-week program engaged more than 50 young people aged 13 to 20 in leadership and personal development and resulted in advocacy letters, a podcast, life skills videos, an art exhibition and a school survival toolkit.

YOUTH PARLIAMENT STATISTICS

97%
of participants
said they felt more
empowered to
advocate for issues in
their local communities



98%
of volunteers
said they had
enhanced
their personal
leadership skills



ONLINE LEADERSHIP PROGRAM – THINKING FORWARD STATISTICS

100%
believed
they had a
voice and
were heard
in the OLP



85%
claimed
the program
helped
enhance their
leadership skills



85%
said their
ideas
and
aspirations
developed



From fires to floods TO A PANDEMIC

OUTDOOR EDUCATION AND CAMPING

Set on 14 hectares of natural bushland in the Hawkesbury Valley, Y NSW Camp Yarramundi has been providing outdoor adventures and camping since 1937.

Programs include Outdoor Education and Camping and Community Engagement with activities designed for young people and families ranging from abseiling to archery, paddling to orienteering.

However, this year has been like no other with bushfires, floods and the pandemic forcing the closure of the camp at various times.

"First it was the fires in October and November, then the Grose River flooded in February and then, on March 16, the NSW Department of Education banned all overnight excursions," says Camp Yarramundi Operations Manager Nick Payne.

"It's been a tough year. We were able to reschedule the bookings from October and November but then COVID-19 hit and we had to close everything down.

"We should have had our biggest year ever based on our forward bookings. It's been pretty devastating to lose all those bookings.

"We should have had close to 30,000 visitations this year."

Y NSW also operates an urban camp, the Sydney Olympic Park Lodge, which has been similarly affected by the pandemic.

Nick says both camps are ready to reopen as soon as the health restrictions are lifted.



Flood damage to the walkway at Camp Yarramundi

PRAISE FROM SCHOOL STAFF

“

Kinross Wolaroi School has been attending Camp Yarramundi for 20 years.

"Positive aspects were team building confidence, challenging and fun. The kids love the staff who are caring and fun. Food is delicious, fresh and plenty."



Cronulla High School has been attending the camp for more than 10 years.

"Instructors were always fantastic. Highly professional and helpful."



Chifley College Senior Camp.

"Great staff, wonderful facilities, awesome food. Staff were extremely professional and approachable. They were really friendly and made some terrific connections with staff and students. Very supportive."

”

OUR PEOPLE AND *Culture*



David, 36
Erin, 27



1,617
STAFF

698
AGED 25 YEARS AND UNDER
(497 Females under 25, 201 Males under 25)

72.3%
FEMALE STAFF

27.7%
MALE STAFF

73
VOLUNTEERS

445
EMPLOYEES
FULL-TIME AND
PART-TIME

1,172
EMPLOYEES
CASUAL

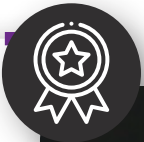
47
AGED 25
YEARS AND
UNDER

CELEBRATING OUR PEOPLE

Every year the Y NSW acknowledges our amazing people through our Celebrate Award Program. The categories include Everyday Hero, Beyond the Call of Duty, Y Star Service and Making a Difference. This year 187 nominations were presented to staff members and teams.

Ashlee Moon
*Fitness Instructor at
the Y Caringbah*

Ashlee was a winner in the 2019 Beyond the Call of Duty category for saving the life of a fitness class member who had a heart attack. As the first responder, Ashlee applied the defibrillator and then performed CPR. NSW Ambulance has confirmed that Ashlee's quick actions saved the member's life.



SUPPORTING OUR PEOPLE DURING THE PANDEMIC



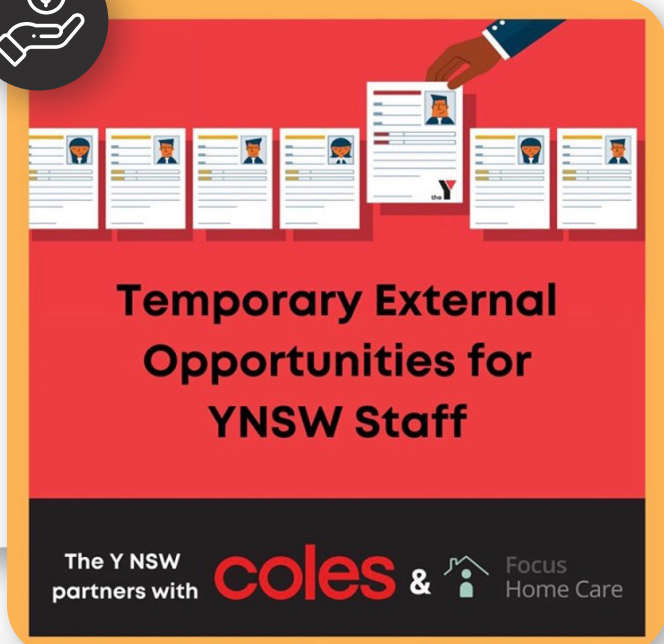
HEALTH AND WELLBEING

- Employee Assistance Program – counselling, articles and online crisis support materials
- Beyond Blue online support materials
- Les Mills On Demand fitness program – 4,682 staff and members signed up
- Free flu vaccine vouchers
- Regular opportunities for people to voice an opinion in relation to support required



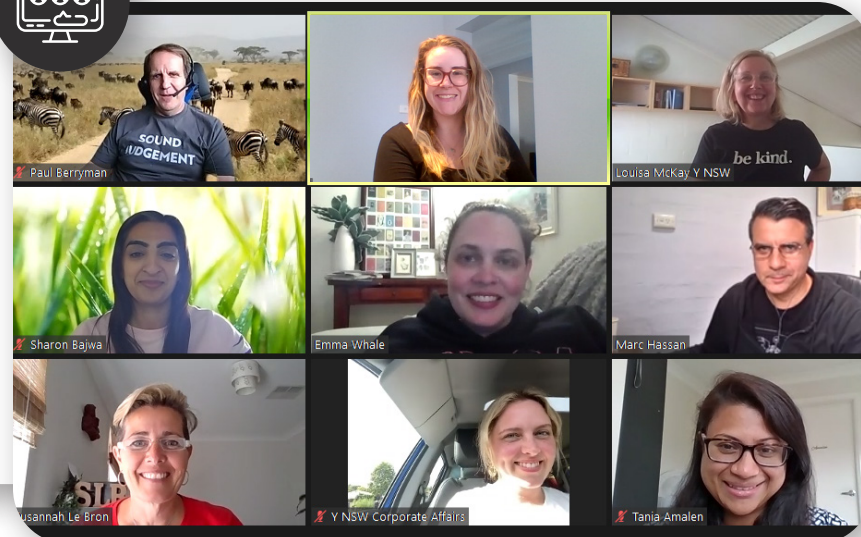
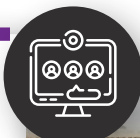
FINANCIAL

- Fact sheets on all government stimulus, superannuation and financial institutions offerings, including JobKeeper
- Temporary work opportunities with six external partnerships: Coles, Woolworths, Sydney Trains, Focus Home Care, BUPA Aged Care and RFBI Aged care
- Access to the Hardship Fund for our international students. \$2,660 was given to two individuals in need



CONNECTION

- Our CEO and Executive Leadership Team held weekly digital catch-ups to provide key business updates and opportunities to ask questions
- We also held numerous digital engagement activities, e.g. Zoom trivia, to create a sense of fun



LEARNING SUPPORT

- Individual support for employees with CVs, cover letters and interview preparation
- Provided free access to GO1 Learning – over 50,000 online learning courses – with more than 70 per cent of our people engaging in the content. To date there have been 3,472 courses completed



AWARDS

The Y NSW has been recognised as a leader in several areas, receiving a number of awards and achievements over 2019-2020, including the following:

2019 Facility Design and Development – The National Sports Convention

- Y NSW Broken Hill Integrated Wellness Centre

Canterbury Bankstown Local Business Awards – Zero Barriers Innovation Award

- Y NSW Bankstown City

YMCA Australia 2019 Program of Excellence Award

- Y NSW Streetgym program

2019 AUSTSWIM NSW and ACT Awards of Excellence

- Access and Inclusion Teacher of the Year – Denise Cain



2019 Gymnastics NSW Awards

- Inclusive Club of the Year Award – Y NSW Bankstown City (third year)
- 1000+ Members Award – Y NSW Bankstown City, Y NSW Caringbah, Y NSW Epping
- 1500+ Members Award – Y NSW Penrith
- National Representation Recognition Award for competing in the Special Olympics World Games – Ellen Maher

Fitness Australia – Community Exercise Program Award

- Finalist – Y NSW Uplift



NOT YOUR AVERAGE *Swimming Instructor*



Denise with
Byron McInney, 4

AUSTSWIM Access and Inclusion Award winner Denise Cain is not your typical swim instructor.

To understand the 76-year-old's passion for teaching swimming, you have to go back to her time as a paramedic who parachuted from helicopters during South Africa's civil war.

It was there she started teaching swimming while helping to rehabilitate injured soldiers.

For the past six years, Denise has worked as a swim instructor at the Ku-ring-gai Fitness and Aquatic Centre, passing on her knowledge to everyone from littlies through to adults.

But Denise's real passion is teaching children with special needs.

"The most rewarding part of this job is seeing children achieve, even if it's baby steps," Denise says. "One mum said to me: 'Do you know he is swimming for his school team and instead of people looking down at him, they are looking up at him'. That's what makes it all worthwhile."

Denise goes above and beyond to encourage children into the pool, turning to a mobile laundry basket full of magic tricks – colourful kickboards and noodles, super hero cards, waterproof storybooks and rare sea creature squishy toys.

She has also compiled a photo book of each student, cataloguing their likes and dislikes and what might trigger certain behaviours or reactions in class.

Denise is an inspiration to Ku-ring-gai's team of 40 swim instructors and her efforts as a champion of inclusion and diversity at the Y were recognised with a 2019 AUSTSWIM NSW Teacher of Aquatics Access and Inclusion Award.

“The most rewarding part of this job is seeing children achieve...”

Board MEMBERS



RICHARD HUGHES - CHAIR - Director since 2014

Richard Hughes has more than 40 years' experience in property development, investment and construction in Australia, Europe and Asia. Richard is a Member of the Australian Institute of Company Directors and the Property Council of Australia. Richard is currently the Principal at Catylis Properties Pty Ltd.



CHRISTINA HARLAMB - Director since 2016

Christina Harlamb has a diverse background as a clinical optometrist, business leader and in senior management, leading programs in health and community services across business development, policy, strategic planning and communications. Christina is the CEO of Focus Home Care and Disability Services – an innovative provider of in-home aged and disability care operating in NSW and Tasmania.



PHILIP KNOX - Director since 2016

Philip Knox is a progressive executive leader, operational strategist, and trusted advisor with a record of sound financial guidance in complex settings that demand keen business acumen. He is currently the CFO of NBN Co. Philip has experience in driving operational and financial efficiency and establishing core metrics that optimise team performance and capital position.



NICOLE RIEVELEY - Director since 2018

Nicole Rieveley is an experienced business leader having served as CEO, business owner and board director across multiple industries spanning technology, healthcare, finance, telecommunications and tourism. She is currently the CEO of Natural Therapy Pages, a subsidiary of hipages Group. Nicole's executive experience includes consumer marketing, customer experience, human resources and business transformation.



FRANCES-ANNE KEELER - Director since 2018

Frances-Anne Keeler has more than 25 years' experience across multiple sectors including tourism and hospitality, business events, major events, international education and financial services. She currently serves on a number of boards, including the position of Chair for San Churro and the Australian Tourism Data Warehouse.



COMMISSIONER LEIGH JOHNS OAM - Director since 2019

Commissioner Leigh Johns has extensive experience in employment law, workplace relations, equal opportunity and anti-discrimination law, disciplinary proceedings and workplace mediation. He has also been involved in the arts, youth, community/primary health and health promotion sectors. In 2013 he was appointed to the Fair Work Commission and in 2017 he was awarded the Medal of the Order of Australia (OAM).



TIMOTHY SUNWOO - Director since 2020

Timothy Sunwoo has held senior executive roles in strategy and finance for large listed Australian companies. His industry experience spans banking, insurance, funds management, technology and social services. He is CEO of Windgap Foundation, a disability service organisation in Sydney. As a young man growing up in the US, he spent hours playing basketball in a YMCA gymnasium.



JEREMY SANDBROOK - Director since 2020

Jeremy Sandbrook is a chartered accountant with more than 25 years' experience in both the international development and corporate sectors. Prior to establishing Integritas360 in 2014, he worked in senior positions with SOS Children's Villages and was appointed Special Advisor on Anti-Corruption. He also consults to Accountable Now and the Association of Certified Fraud Examiners.



PRUE WARRILOW - Director since 2020

Prue Warrilow is a strategic solution provider who has spent 30 years consulting to the corporate, government and not-for-profit sectors in the area of work-life wellbeing strategies. She is a director and the CEO of Childcare At Work Australia – trading as Families At Work – and is recognised as an industry expert in children's services and child and family services.

Executive LEADERSHIP TEAM



SUSANNAH LE BRON - Chief Executive Officer

Susannah Le Bron has more than 20 years of senior leadership experience including strategy development, operations and customer service delivery and innovation. For almost 15 years she held senior managerial roles at QANTAS including introducing innovations in customer service, relationship management and program transformation. Susannah believes the customer should always be placed at the centre and she has a strong desire to improve the physical, mental and social wellbeing of communities, including their most vulnerable members.



NATALIE THOMAS - People and Culture

Natalie Thomas has more than a decade's experience as a HR professional having worked across multiple sectors transforming organisations through the development of people and culture. She is passionate about increasing employee engagement, developing diversity and inclusion strategies, managing change and developing high performing cultures.



BREE GODDEN - Corporate Affairs (Job Share)

Bree Godden has extensive experience in brand building, PR, crisis and change communications, stakeholder and government relations, strategic marketing and authentic employee engagement. She has managed large-scale corporate strategies and communications projects across a variety of industries including healthcare, public relations, not-for-profit, media and government.



EMMA WHALE - Corporate Affairs (Job Share)

Emma Whale has more than two decades' experience in communications, marketing and stakeholder engagement, with journalism the foundation of her career. Emma has considerable crisis and change communications experience and is an accomplished organisational spokesperson. She also has extensive media relations, digital marketing, branding and publications management expertise.



LOUISA MCKAY - Youth and Community

Louisa McKay is passionate about social justice and improving the social wellbeing outcomes of communities and young people. She has vast experience working in NGOs, government departments and peak bodies in direct service delivery, program design and implementation, government relations, policy and advocacy, outcomes measurement, strategy development and senior leadership roles.



MICHELLE NOLLAND - Operations

Michelle Nolland has spent almost 20 years in a range of operational roles within private, not-for-profit and local government sectors. She is a skilled leader in multi-site and multi-sector management. She has led centre transitions, multi-million-dollar developments, large-scale redevelopments and been responsible for activating underutilised assets. Michelle is passionate about improving the wellbeing of individuals and communities.



MARC HASSAN - Finance and IT (Commencing financial year 2020-21)

Marc Hassan has diverse experience in industries including financial services, education, consulting and most recently led the Mission Australia finance team. Marc founded the finance function at BFSa and over 10 years saw the company grow from a loss-making start-up to a \$10 million profit-before-tax business. He has also led other back office functions including IT and HR.



MADELEINE TAYLOR - Risk and Procurement (Commencing financial year 2020-21)

Madeleine Taylor has extensive experience managing a range of portfolios including risk, safety, child safeguarding, quality, property and procurement. She has worked for a variety of not-for-profit, public and private organisations across Australia and Asia and has a passion to use her expertise for an organisation dedicated to youth empowerment.

IN THE News

YMCA in good shape

By Michael Murphy

The first year of the YMCA Broken Hill's Integrated Wellness Centre has been an outstanding success. The centre has celebrated its first year operation after a clever redevelopment transformed the existing site into a modern facility with a wide range of services the whole community can enjoy. And the community has responded, with more than 185,400 visits through the turnstiles in the past 12 months. Manager Jacinta Simmons was ecstatic.

...she has said it was a fantastic time but was

support for the 60 staff that work there. "I am super proud of our staff," she said. "I've got the easy job sitting behind a computer, but they are out there ... it's a credit to them."

Jacinta said she was equally proud that every part of the facility was continually used by the community.

I am super proud of it's a credit to the

University gym back up and running with new operator

EMILY FESZCZUK

Western Sydney University Gym in Kingswood officially reopened its doors on Monday allowing its patrons to pump iron with a new provider.

The Y NSW was awarded the long-term contract for December last year to take over the gym.

holiday period, the gym was incredibly busy as made up of a

n the Y thrives and we're looking embedded part of the community, said Jacinta Simmons. "Young people are exposed to social, financial and academic stress, and maintaining a positive and productive life is a challenge," she said. "We encourage young people to get involved and arm yourself with physical and mental resilience to achieve your goals and be the best person you can be."

Since the beginning of 2019, 103 young people have completed the tailored program, seeing impressive life-changing results.

90 per cent of participants made positive connections through the program with 29 per cent reporting improvements to their mental health and 59 per cent reporting improved physical fitness," Ms Le Bron said.

lised aitor's no with and,



Shannen Barrington with Shane Simmons at the new gym.

come together and feel a sense of belonging," Mr Simmons said. "A number of changes have been made to the sites including equipment relocations to support a more inclusive look and feel for customers. We are also looking to trial some new programs including Les Mills, Teen Gym and the Y's community program Uplift."

The Y was appointed as the manager and operator of the gym following a

Getting lives back on track

Free program helps local young people improve their mental and physical fitness

EMILY FESZCZUK

The Y NSW is helping vulnerable young people improve their mental health by moving their bodies. The free active wellness program, Uplift, is kicking off again in Penrith to help 16 to 24-year-olds get back on track and start 2020 strong.

22-year-old Douglas McAndrew participated in the program in Penrith last year where, over six weeks, he learnt the benefits of physical activity and developed skills in emotional resilience, stress management and goal setting.

Now attending the gym regularly as well as participating in the Uplift Alumni Program, Mr McAndrew said it helped him cope during a very difficult time in his life.

"I was working two jobs and got sacked by one so I was basically in a position where I was looking for a job. Uplift really helped me in terms of both my mental health," he said.

"There's a social aspect before I didn't really have life."

"I used to be really shy and starting to get back to



Douglas McAndrew and Violet West

Firies are able to use pool for free

RURAL Fire Service volunteer firefighters can access the Oberon swimming pool for free under an initiative from the Y NSW.

The Y NSW recently took over management of the pool.

"At times of national disaster, the Y's role is to support our local communities. Our firefighters are heros who have been placed immense stress for the last three months," Y CEO Shannah Le Bron said.

"Nothing is more important than our volunteer firefighters at this intense time, so we're inviting volunteer firefighters and their families to take a much deserved break."

Volunteer firefighters do not need to be Y members for free admission, according to the Y NSW.

Partners and children are invited to attend along with their loved ones will also be admitted for free until February 29.

Access to additional services, including classes, for free may be available during this period. For more information, inquire at the pool.

Centre is to be run by YMCA

BY MARK LOGAN

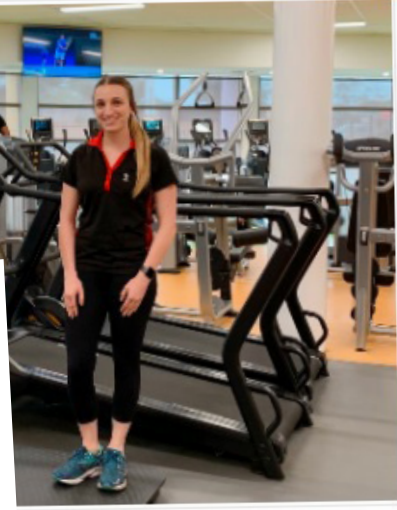
IT MAY have just undergone a multi-million dollar swimming pool revamp, but from September the operation of Blayney's CentrePoint Sports and Recreation Centre is set to be taken over by the YMCA.

"The YMCA is an organisation that has 165 years of experience, is extraordinarily well regarded and operate 22 other similar centres around the state."

"Personally I'm very excited by the opportunity to

the patronage and provide the services that our community expects."

Y NSW's area manager Shane Simmons said that staff currently employed at the centre will be encouraged to apply for any of the 15 new positions to be created.



gym in NSW to deliver a unique female wellness project for a TAFE NSW graduate.

IV in Fitness at TAFE NSW Macquarie Fields, is now changing the existing establish the project to teach women aged 12 to 18 to feel

young women who had negative body images and eating disorders. The program will provide women with nutrition tips, how to do activities like meditation to maintain a balanced lifestyle.

is a fitness coordinator at Mount Annan Leisure Centre and has

Madelaine Wong

NICK Hutchinson grew up in Rowra Heights but based in China and the world of acrobatics. He just began performing in Cirque du Soleil's d of Fantasy after as an acrobat in ons including La d for The Wiggles.

l Hutchinson, 27, recently to visit currently a porter trench, that means to I do an act called the cradle where I'm

14 metres off the ground. The highest I've been is 35 metres.

"The first time you do acts like that, it's quite daunting but when you do it again and again the fear dissipates."

Mr Hutchinson is happy he pursued a colourful career path.

"I love what I do and I look forward to working every day. There was a period where I toured with The Wiggles for four years," he said. "It was crazy how it came about. I was doing the flying trapeze in Sydney and An-

YMCA NSW PROVIDES NEW FEATURES AT OBERON POOL COMPLEX



With Oberon locals rushing to the Oberon Pool Complex to beat the heat, YMCA management of the facility, is providing a range of new features and opportunities.

Having commenced management of the Oberon Swimming Pool and Fitness Centre YMCA NSW Area Manager Shane Simmons advises that the not-for-profit body has centre with 446 visits between 12th and 31st October and 86 children taking swim

Simmons explained "we've listened to the Oberon community and made a bunch of the new 5am opening time, improved enclosure for warmth and air circulation, improved dedicated lap swimming and walking lanes



A circus dream come true

Gymnasts take on world

Games in Turkey for athletes with down syndrome

PANANIA gymnast Ashley Kuhl, 25, will join Beverly Hills gymnast Ellen Maher, 20, heading back to the world stage to compete at the Trisoma World Games for athletes with down syndrome in Turkey in October.

With both training at Bankstown City YMCA (the 'Y') at Revesby, Ellen was also recently recognised with a National Representation Recognition Award for competing in the 2019 Special Olympics World Games in Abu Dhabi.

Trained by Sarah Hart, the young women train in Wom-

ted Clal 11, in

#Tea

THE Y Central Coast Youth Program Coordinator Virginia Walsh and Head of Youth Programs for the Y NSW Lisa Browne

MAY 18 2020

YMCA NSW (the Y) is determined Central Coast youth won't feel left behind during the coronavirus pandemic.

Despite the closure of the Gravity Youth Centre at Lake Have and cancellation of programs due to social distancing rules, the Y has launched its Call a Youth Worker hotline so young people can stay connected online and over the phone.



Youth to lead in Cooma's \$169,000 HUBGrade project

Cooma's signature youth development officer will soon have a

Youth Development Officer with Snowy Regional Council, Sassi, said the grade presents an opportunity to the Hub the facility it ves.

ung people deserve purpose built, safe supportive space where they can meet new friends, learn new skills and socialise with mates.

his project gives us opportunity to deliver spaces" she said. HUBGrade is set to be the installation of study space, a music performance space, outdoor area and purchase of new equipment and resources to keep participants entertained and expand



Cathy Guion also encouraged young people to put their hands up to be involved.

"The Y has been a part of the Cooma community since 1997, supporting the region's young people and creating opportunities for them to thrive."

"We want as many young brains involved in the space for years to come," she said. Feeding off the Working Group's ideas, the final design for the HUBGrade will be led by a young, local architecture student.

Snowy Regional Council was awarded \$169,000 to transform the space through the NSW

HELP THE Y NSW

Give back



DONATE TO US:

At the Y NSW, we appreciate your support to help give back to the community through programs that have wide-reaching, positive impacts. Your gift will make a meaningful contribution to improving the physical, mental and social wellbeing of young people.

All donations of \$2 or more are tax deductible.
See more ymcansw.org.au/donate



WORK FOR US:

The Y NSW offers fantastic career paths for enthusiastic, passionate people looking to make a difference in local communities. We invite you to join us in this amazing work – to develop your skills, to realise your leadership potential and to discover a career that is so much more than a job.

We employ skilled staff across childcare, fitness, gymnastics, outdoor education, aquatics and water safety, administration and business management.

See more careers.ymcansw.org.au



PARTNER WITH US:

Partnering with the Y NSW means making a real difference to the lives of young people. As a partner, you are aligned with a trusted international organisation that is known for empowering young people across the globe. Our partners assist us to expand our programs and services to reach more young people across more locations. Because our programs are outcomes-based, there is the assurance your investment changes young lives for the better. There are many ways for like-minded organisations to come on board, including financial sponsorship and in-kind support.

See more ymcansw.org.au/get-involved/partner-with-us



VOLUNTEER WITH US:

Since we opened our doors 167 years ago, volunteers have been the foundation of the Y NSW. We are proud of the opportunities we provide our volunteers including access to training, professional development and opportunities to connect with their community. Being a volunteer at the Y is a rewarding experience.

See more careers.ymcansw.org.au/volunteer

PARTNERS



We greatly value the relationships and collaborations we have with our diverse range of partners across government, corporate and community sectors.



SUPPORTERS:

Mission Australia, Monaro Community Access Service, Monaro Family Support, Monaro Early Intervention Service, Manning Mental Health, Rotary Taree, Biripi, Manning Neighbourhood Services, Headspace, Links Youth Support Service, Phoenix Youth Support Service, Department of Health, University Department of Rural Health, West Darling Arts

the Y | NSW

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We believe in the power of inspired young people