



YMCA
Renfrew

ANNUAL REPORT 2021-2022

SCOTTISH CHARITY NUMBER: SC042802



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But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.

- Isaiah 40:31

LEGAL AND ADMINISTRATIVE INFORMATION
FOR THE YEAR TO 31ST AUGUST 2022

RENFREW YMCA SCIO

BOARD OF TRUSTEES

CHAIRPERSON

Graeme McMeekin

VICE CHAIRPERSON

Marion Henderson

TREASURER

Heather Mutch

SECRETARY

James Mackie

Dave Beck
Emma Cowie
Mary McMillan

CHARITY NUMBER

SC042802

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BOARD OF TRUSTEES' REPORT FOR THE YEAR ENDED 31ST AUGUST 2022

CHAIRPERSON REPORT ON BEHALF OF TRUSTEES

PERMACRISIS!

The Collins Dictionary's word of the year for 2022 is "permacrisis". This is a conflation of two words "permanent" and "crisis" and describes how our society seems to be jumping from one unprecedented crisis to another. From a pandemic to a war in Ukraine, to a political crisis and now at the time of writing in November 2022 an economic cost of living crisis.

It is these uncertainties that show more clearly now than ever why there is a need for organisations such as Renfrew YMCA in order to support young people and their families through such times of crisis. Whether this be providing mental health support, educational activities, mentoring or even just a warm, safe space to go to—Renfrew YMCA has been available to provide this support.

Thankfully, amidst the turmoil Renfrew YMCA has not been in crisis but rather a period of growth and strength. This report on behalf of the trustees comes at a time when Renfrew YMCA SCIO is in a strong financial position and with reorganised board sub-committees which has enabled us to better support the staff. I want to express my gratitude to all the trustees for their diligence and commitment to the organisation and their desire to see it go from strength to strength. My particular thanks go to Dave Beck, Heather Mutch and James Mackie for leading the sub-groups.

A special word of thanks goes to my predecessor, Marion Henderson, who was instrumental in the re-establishment of a YMCA in the Renfrew area and in chairing the Board of Trustees from the inception of the SCIO and throughout the first decade. Marion has indicated that she will stand down from the Trustees at the AGM in December 2022 and so our greatest thanks goes to her for all that she has contributed over the years.

As always, the main part of this report will be the Youth Development Coordinator's report, where the involvement of staff and young people throughout the year is outlined.

All of us at Renfrew YMCA are incredibly thankful for the financial support that has been given over the past year by the following individuals and organisations to ensure we continue to deliver Youth Work within our local Community:

Donations:

- Mrs J Henderson
- Mrs A Russell

----- December 2022
Graeme McMeekin
Chairman

----- December 2022
Heather Mutch
Treasurer

RENFREW YMCA FINANCIAL REPORT 2021-22

The following depicts financial headlines from financial year 2021-22 (financial year 2020-21):

TOTAL INCOME: £244,578.34 (£229,874.78)

TOTAL EXPENDITURE IN THE LAST YEAR: £201,749.47 (£253,392.06)

SURPLUS FOR YEAR: £42,828.87 (-£23,517.28)

In the financial year 2021-21, Renfrew YMCA accrued a surplus of £42,828.87, as a result of a greater income than expenditure.

INCOME COMPOSITION

The income for financial year 2021-22 is shown in Table 1. Over 99.9% of all income came from successful grants awarded to YMCA Renfrew. Additional income was received from gracious donors including J. Henderson and M. Russell, YMCA Renfrew continues to be incredibly grateful for the support of all individuals and organisations which have donated to our cause.

Table 1: Table of income sources and the income generated by Renfrew YMCA in financial year 2021-22.

INCOME		
INCOME SOURCE	INCOME (£)	PROPORTION of INCOME
Donations	80	0.03%
Grants	244,497.82	99.97%
Receipts from fundraising activities	0	0
Rent from land & building	0	0
Income from investments	0.52	0
Gross Trading Receipts	0	0
Total	244,578.34	

YMCA Renfrew has fortunately been successful in numerous grants from a range of charitable trusts and institutions. We are incredibly grateful for the financial and additional support provided by these trusts and organisations. Each of the trusts and organisations and the grants received have been outlined in Table 2.

Table 2: A table of the grant funding (£) received by YMCA Renfrew from various charitable trusts and institutions.

GRANTS	
TRUST/INSTITUTION	GRANT
Engage Renfrewshire	35,844.20
Renfrewshire Council	32,684.48
National Lottery Community Fund (Dormant Accounts)	22,869.00
Kickstart	22,770.78
Garfield Weston	20,000.00
People's Postcode Lottery	19,997.00
Inspiring Scotland	16,636.00
The Scottish Council	13,706.60
Children In Need	9,972.00
STV Winter Fund	5,000.00
Foundation Scotland	4,956.00
Percy Bilton	3,600.00
Groundwork	1,125.00
Arnold Clark	1,000.00
Coop Community Fund	161.76

EXPENDITURE

The total expenditure for the financial year 2021-22 was £201,749.47. Table 3 outlines the breakdown of expenditure from YMCA, 82% of all expenditure was accounted for by salaries, followed by programme costs at 17%. This expenditure breakdown is a result of ensuring that investment is primarily in relationships and management of projects which are conducted in order to benefit children and young people within the community of Renfrew.

Table 3: Table of the expenditure (£) of YMCA Renfrew in the financial year 2021-22.

EXPENDITURE		
EXPENDITURE GROUP	EXPENDITURE (£)	PROPORTION of EXPENDITURE (%)
Salaries & Staff Expenses	165,063.40	81.82%
Utilities	2,489.50	1.23%
Property Costs	265.70	0.13%
Insurance	2,804.48	1.39%
Programme Costs	33,880.87	16.79%
Governance & Annual Subscriptions	50.00	0.02%
Minor & Miscellaneous	35.00	0.02%
Building Renovations	0	0
Total	201,749.47	

COMPARISON BETWEEN FINANCIAL YEARS 2021-22 AND 2020-21

INCOME

The income composition in both financial years was very similar and the majority of funding was accrued from successful grant applications. Table 4 shows the income composition for both financial years. More income was accrued from grants in the financial year 2021-22 compared to the previous year.

Table 4: Comparison of income for financial years 2021-22 and 2020-21.

INCOME SOURCE	INCOME FROM FINANCIAL YEAR 2021-2022 (£)	INCOME FROM FINANCIAL YEAR 2020-2021 (£)
Donations	80.00	80.00
Grants	244,497.82	229,792.74
Receipts from Fundraising Activities	0	0
Rent from Land & Buildings	0	0
Income from Investments	0.52	2.04
Gross Trading Receipts	0	0
Total	244,578.34	229,874.78

BUILDING RENOVATIONS

EXPENDITURE

The expenditure breakdown in the financial years of 2021-22 and 2020-21 differed, shown in Table 5. The main difference was that a wide number of building renovations were carried out in the year 2020-21, which were not carried out in the most recent financial year. Salaries have increased due to the undertaking of more staff as the organisation expands. The absolute cost of salaries increased from April 2022, where a flat increase of 3% was applied to all staff salaries.

Table 5: Comparison of expenditure for financial years 2021-22 and 2020-21.

EXPENDITURE GROUP	EXPENDITURE FROM FINANCIAL YEAR 2021-2022	EXPENDITURE FROM FINANCIAL YEAR 2020-2021 (£)
Salaries and Staff Expenses	165,063.40.00	106,075.79
Utilities	2,489.50	1,251.59
Property Costs	265.70	2,174.53
Insurance	2,804.48	2,381.33
Programme Costs	33,880.87	31,092.06
Governance and Annual Subscriptions	50.00	330.00
Minor & Miscellaneous*	35.00	35.00
Building Renovations	0	110,051.76
Total	201,749.47	253,392.06

FINANCIAL YEAR 2022-2023

We project that our income will continue to grow in the coming financial year. This will allow more opportunities and projects to take place to help those in the community of Renfrew. This will bring financial change also, as thresholds may be crossed which will result in paying for water and potentially requiring an external auditor to look over the accounts of YMCA Renfrew. We plan to start projection and tracking work in order to have a clear understanding of when we reach this level.

*Minor and miscellaneous expenditures were for a Remembrance Day wreath.

Heather Mutch
TREASURER

YOUTH DEVELOPMENT REPORT

2021- 2022 was an exciting year for Renfrew YMCA. We thrived in our new building, but Covid continued to have a major impact on the children, young people and the community that we work with. We have expanded our delivery to support 0-5 year old's and their families.

As an association we see the benefit, and love being part of, the YMCA movement in Scotland, Europe and the world and we were delighted that we have had so many amazing opportunities come our way this year.

- Two of our staff members attended Be a Voice not an Echo with YMCA Europe.
- Taylor became part of the Roots for Peace project delivered by YMCA Europe.
- Members of our team attended the YMCA World Council in Denmark in July 2022.
- Two members of our team attended Then, Now and Later: Together Towards a Composite Memory in the Netherlands.
- 7 participants attended YMCA Scotland's national assembly.
- Samantha and Taylor attended the YMCA Scotland retreat where they got to connect with members of the YMCA movement in Scotland.

We have welcomed amazing volunteers, new staff members and supported our workers to attend training in PDA in Youth work, risk assessment and Autism awareness to name a few.

Amanda Reid who started as a young person over 10 years ago has now joined our management team as a Youth Development worker. Amanda Reid completed her BA in Community Development and Taylor Smith completed her Masters in Adult education, Community development and youth work. We want to congratulate both of them.

We held two opening days for the building. The first was for community representatives, funders and partner organisations. This was held on the 22nd October 2021 when 26 people attended. This was a fantastic day. Our young people also hosted a community open day on 23rd October 2021 with 83 attendees.

As we look to the year ahead we are implementing our new strategic plan. We have aligned with the YMCA global movement in focusing our work around the four YMCA pillars of impact; Community Well-being, Meaningful Work, Sustainable planet and Just world. We will be supporting our community with a needs-led focus which will look at mental health, cost of living crisis and the war in Ukraine as we start to support Ukrainian refugees.

Within this report we will go into detail of the amazing year that we have had, case studies, successes and challenges.

Samantha Gillan

CENTRE MANAGER

THIS YEARS PROJECTS

LIAM

LIAM stands for Let's Introduce Anxiety Management, which works with young people who suffer from anxiety. The programme is intended to develop skills in the delivery of a Cognitive Behavioural Therapy (CBT)-informed approach for the treatment of mild-moderate anxiety symptoms in children and young people.

JUNIORS DROP-IN

These projects support children and young people in Primary 1 – S6 to take part in fun, creative activities to up-skill them, support their mental health and well-being and give them a safe place to call their own.

ACTIVE PLAY

Active play develops children and young people's fundamental movement skills supporting homework development and learning to cook healthy meals.

PLAY RANGERS

Play Rangers supports participants to take play back to basics, get muddy and have fun outside in all weathers.

SCHOOL HOLIDAY PROJECTS

During school breaks we run a range of clubs for children and young people free of charge.

FAMILY PLAY

Family Play helps to support the transition from children going from nursery to primary one. We run activities for individual schools to allow for parents to meet each other before they meet at the school gates as well as to allow the children to make friends.

This supports reducing anxieties of starting school, especially during a time in which school visits were limited, or did not take place at all due to COVID. This project also helps to educate parents on the importance and benefits of play.

YOUTH AMBASSADORS

Youth Ambassadors allows young people to take part in social action activities, training and experiences that benefit them and their community.

IN IT TOGETHER

Our In It Together program is designed specifically for children and young people with additional support needs. Using our newly renovated building with sensory equipment in every room we strive to create an environment where the children and young people can play and learn new skills while receiving the extra support they require.

OUTDOOR FAMILY PLAY

Our Outdoor Family Play project allows all the family to get together and play outside. Every week there is a different theme for the games and activities we do. Children aged 5+ have the opportunity to become play champions so they can lead fun game sessions in their schools. In Johnstone and Erskine we worked with them for eight weeks covering all the information on how to become a Play leader/Play champion.



PARENT MENTAL HEALTH AND WELL-BEING SUPPORT

This project supports parents of children and young people to take part in free activities with their children, attend sessions just for them and get services which are needs-led and are focused on their mental health.

CELEBRATING RENFREWSHIRE

The project was developed by the Youth Ambassadors group to run during Juniors sessions to help with their mental and emotional health and well-being through conversation and activities such as building lego and mindfulness tasks such as colouring in and breathing techniques.

EARLY ACTION SYSTEM CHANGE

Young people completed mental health and well-being sessions within the YMCA and local schools, undertaking walk and talk sessions, workshops on cohesive control and the I am Whole campaign.

DETACHED

We met young people outside within the community, in public spaces, and detached work had a focus on Covid recovery and reducing the risk of spreading the disease by providing young people with PPE .

HP LIFE

This is a partnership with YMCA Scotland to develop entrepreneurial skills in young people where pupils undertake design thinking, finding funding and enterprise business modules. HP LIFE is a free, skills-training program for entrepreneurs, business owners, and lifelong learners all over the world.

THIS YEARS PROJECTS

1400 Of core project hours delivered this year.

122 Young people participated in outdoor play and gained new skills.

38 Pupils from S3 to S6 from Trinity High School went through the HP LIFE programme. All pupils have completed and received their certification from HP LIFE.

8 Youth ambassadors planned Renfrew YMCA opening day, young people had to organise activities, entertainment, food and promotion all developing their event management skills, confidence and self esteem.

6 Young people were successful in applying to Celebrating Renfrewshire for a mindfulness Lego project which they implemented with our juniors group for pre Primary 1 to Primary 6. This project used Lego to facilitate conversations around mental health and children.

35 Backpacks were donated to support the YMCA Scotland's Ukraine Refugee backpack appeal filled with toiletries and items that were requested by YMCA Ukraine.

110 Children and young people attended drop in sessions.



9 Staff and young people attended COP26 Green zone event to learn about climate change, they attended world YMCA youth led solutions movie premier, they spoke with different companies about what they are doing to help combat climate change such as Microsoft where they wrote a pledge and they received seeds to grow their own food plants, from this young people have applied for funding to develop ideas from that learning day.

65 Young people engaged with our staff, they received facemasks and hand sanitizer through detached work.



664 Volunteering hours have been completed this year.

52 Families received vouchers to go towards food, clothing or fuel totalling £5000.

260 New children and young people registered with Renfrew YMCA.

7 Unemployed people were recruited through employment incentives and undertook training and experience to get them into further education or access other employment opportunities.



8 Young people improved their mental health through support and mentorship through group and one to one walk and talk sessions in local schools.

222 Children from 3 local primary schools attended sessions in the building so that their Primary 6's and 7's were able to see what we could offer as a youth work organisation, taking part in taster sessions and workshops.



25 Children and young people attended Pandemonium Soft play where we had exclusive access for 2 hours. The young people enjoyed playing and having fun whilst also having dinner there too.

28 Young people attended the Aladdin Christmas pantomime at the SEC Armadillo.

17 Parents and 13 children attend Finlaystone where the families had an opportunity to do a mini beast safari, have a picnic, play in the park and experience the Arc on the Clyde session learning more about animals and getting to hold them.

193 Children and young people attended our holiday projects taking part in free activities and getting meals and snacks.

30 Children from Arkleston Primary School took part in Play Rangers training, reporting increased confidence, self esteem and the ability to lead group play.

12 Members of staff completed Paediatric First Aid and First Aid at Work training.

3 Members of staff and volunteers completed ready for youth work training.

2 Members of staff completed Child Protection Officer training.

10 Members of staff and volunteers completed their child protection training.

143 Families with under 5's engaged with Renfrew YMCA.

148 Hours of mental health support was delivered through LIAM.



WHAT PEOPLE HAVE SAID:

Feedback from participants, parents, staff and partners is paramount to our continuing development as a needs-led organisation, here are some encouraging comments we've had this year:

"Trinity's partnership working with Renfrew's YMCA is well established and long standing. Our colleagues from YMCA have helped us support a variety of young people with their learning in school and in preparing and planning for positive destinations beyond school.

"IT'S A VERY RELAXING PLACE TO BE WITH THE SENSORY EQUIPMENT." - CHILD, AGE 8.

Colleagues from Renfrew's YMCA have supported young people from Trinity with alternative learner pathways to help extend curricular choice to meet learner needs. Partnership working with Renfrew's YMCA also helped support young people successfully transition back to full time education after Covid related lockdowns." Collet McElroy, Deputy Head Trinity High School.

"The YMCA groups are my favourite to go to. Staff are super friendly and helpful and I feel totally comfortable walking in on my own which isn't the case for a lot of other groups I've tried.

We started coming to the YMCA when Freddie was 6 weeks old, he is now 5 months old and he loves it. It's a great group. From day 1 I have felt welcomed by everyone. We have met lovely people, both workers and mums with babies. My two older children also come in the evenings, they also love it. We go to classes everyday, some days more than 1 class but this is by far my favourite as it's welcoming and so much to do. It's lovely seeing my son going from a newborn sleeping through the full hour and a half to now enjoying playing with the toys etc. Each week we are first here and at the end we are last away. It's great." Anna, member of Little Rascals.

"I ENJOY THE ARTS AND CRAFTS BECAUSE WE LEARN NEW SKILLS AND CAN BE CREATIVE" - CHILD, AGE 9.

"I ENJOY HAVING A PLACE TO PLAY WITH FRIENDS" - CHILD, AGE 6

"I have thoroughly enjoyed my time working at Renfrew YMCA so far and I find it to be a very fulfilling job. I have also gotten some great training opportunities and have definitely gained a lot of knowledge and experience. I am currently doing my PDA in Youth Work which will allow me to progress in this type of career, I wouldn't have been able to do this if I wasn't working here so I am very grateful for the opportunity." Lyndsey, youth work trainee.

"I enjoy volunteering because it is very rewarding and love getting to know the young people we work with. There are a lot of opportunities involved with YMCA that I would love to get involved in." Erin age 17.

"I COME TO THE YMCA BECAUSE IT IS FUN, I ESPECIALLY ENJOY VOLUNTEERING IN THE JUNIORS SESSION AS I CAN HELP OTHERS."

- NATHAN, AGE 13.

CASE STUDIES

"Parent A started at the Little Rascals group to help get her out of the house after the birth of her youngest child. Parent A had felt quite isolated due to not having any other parent friends and being somewhat new to the area. Since attending the group Parent A has a nice network of mum friends with babies who are the same age as her baby. Parent A now has full trust in the organisation and allows for her children to come to our other sessions and she loves the fact "they are free to play and be themselves, you guys are amazing" Parent A also comes along to our walking group on a Wednesday and loves the fact "I am able to get some steps in to feel healthy again whilst chatting with some new friends and great workers".

"Parent B is a single mum with 2 children. Her youngest child (E) is 2.5 years old with Down syndrome. Mum has been coming along to the group since the very first session and has found lots of benefits from it. Due to us being a multi-sensory building, everything is accessible for Child E and she has been thriving. Due to having workers in the session, Parent B can sit and have a coffee and chat with new friends, something she doesn't get to do as a full time caregiver, while staff play with E. It has been so special being able to watch E and her mum progress through this group."

"Emma began attending the YMCA through a project to help support children transitioning from Nursery to Primary 1 as well as their parents. Emma came along as a grandparent to this project every Saturday and had a great time. Due to this she asked if there was any way she could get more involved so we recruited her to become a volunteer. Emma has been volunteering at our Juniors session and has been using her expertise in cooking, baking and arts and crafts to teach the young people we work with these valuable skills. The young people thrive in this environment and really enjoy making yummy treats every week! Emma's presence in the sessions has allowed for more capacity and it helps staff out a lot! Emma thinks the organisation is fabulous and volunteering with us is her favourite part of her week. Emma is eager to partake in further opportunities within the YMCA such as expressing interest in YMCA Europe's 50th Birthday event in Berlin."

"Young Person P attended LIAM sessions after being identified as struggling with Anxiety, P has been with us for many years and her anxiety got really bad over lockdown. P started her LIAM sessions in August of 2021 and powered through them and successfully completed the course. P then had weekly catch ups with her practitioner and has been navigating some difficult changes such as high school transitions. P is so grateful to have the wonderful tools she learned during LIAM as "it made it easier to go to high school". P's mum is eternally grateful for LIAM due to it helping with P's anxiety, so much so she will now sleep on her own."



PAIGE'S JOURNEY

I started the YMCA about 7 years ago when I was 5. I started coming to the YMCA as my mum wanted to help me make friends. I started with my friend who didn't keep coming but I loved it and have been to every session ever since. I remember when I first started I got to put my hands on the wall and this helped me to feel a part of the organisation.

Since starting the YMCA I have had amazing opportunities such as attending COP26 on behalf of Renfrew YMCA, I attended an early action system change event where we had an input into a booklet. Over the years I have been on so many amazing trips such as Blackpool, go karting, Blair Drummond, tubing and so much more.

Since I started at the YMCA I have grown in confidence so much. I have always been quite an anxious person and when the pandemic hit I really struggled with my anxiety which worsened.

After the pandemic I became quite withdrawn and didn't want to go anywhere without my mum. After this I started working with Amanda to do LIAM sessions where I worked on building my confidence again, learning coping skills and talking about my feelings.

This helped a lot and Amanda continued to meet with me after sessions were completed so I had someone to chat to about my week and any worries I had. After this I had more confidence and was able to volunteer within the juniors session and this has been great for me to be involved and I love being able to help young people.

I love the YMCA because it gives amazing opportunities, it is a social and inviting place where lots of people go. It has been a great support for me and I would love to be a member of staff at Renfrew YMCA when I am older.

Paige, Age 12.

