



the Y | NSW

Community & Annual Report 2018-19

We believe in the power of inspired young people



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YMCA 175

The Y difference

When young people are inspired, they are powerful. YMCA NSW is moving to be known as the Y NSW to ensure that people understand we are passionate about offering **all** young people pathways to live their best life.

Young people today are faced with unique challenges. That's why we pursue a range of impact activities that build their physical and mental wellbeing and their capacity in education and employment.

As a for-purpose organisation, we invest in our local communities, creating positive change and social good. We do this through our 25 recreation centres, 65 Out of School Hours Care services, two outdoor education and camping locations, as well as our diverse range of valuable youth and community programs.

The Y NSW takes our commitment to young people and our communities seriously. Through our strong government, corporate and community partnerships we continue to innovate and deliver programs and services that make a difference.

We are part of something big

Celebrating our 175th birthday this year, the Y operates in 120 countries with a global reach of more than 65 million people annually. In Australia, we are active across metropolitan, regional and remote locations in every state and territory, with over 28 million people participating in our programs and services.

How to make a difference with Y NSW – see **page 40**

Forever grateful to the Y

When Nerida Paterson's 44-year-old partner Malcom died suddenly 11 years ago, she was thrust into life as a single mum of three young children overnight.

Her family's connection to the Y had gone back several decades – with Malcom a soccer player for more than 20 years and his father Lex a coach. It was a natural instinct for Nerida to turn to the Y as a positive outlet for Mitchell, 7, Jake 5 and Tessa 3.

support, it was hard.

“As a struggling single parent, YMCA helped my children be involved in both gymnastics and various mixed sports. The education you get from gymnastics' classes; the team work the kids learnt – it was all so important. The Y really helped my children grow in confidence and it has been wonderful for their development. They have learnt to care about others and it has given them a sense of community.”

values the Y has given me,” Mitchell says. “I love to see the kids I coach develop and learn new skills.”

Meanwhile Jake, 16, gained glowing reports from a work experience stint at the Y and has become a Learn to Play coach – supporting children after school hours and during holidays to learn a wide variety of sports. Tessa, 14, enjoys umpiring at the Y's Ryde Community Sports Centre and recently completed the same gymnastics mentorship program as her brother Mitchell.

Responsibility, determination, confidence, respect, organisational skills and being independent are all values the Y has given me

However, she didn't realise just how significant the Y would become in all their lives.

“I needed my kids somewhere safe, with a routine and in a nurturing and positive place because I was not coping with life very well back then,” Nerida says. “I was working part time, attending weekly appointments, looking after my children and running the household alone. I'm in a better position now but back then without any parent

Mitchell, 18, started volunteering at the Y four years ago. After taking part in our Gymnastics Coach Mentoring Program he became a fully qualified gymnastics coach, also judging women's and men's competitions. Mitchell says the Y Epping not only taught him valuable coaching skills, it has helped to shape him as a person.

“Responsibility, determination, confidence, respect, organisational skills and being independent are all

Nerida says she will be forever grateful for the many happy memories and support the Y has provided her family throughout the years.

“My children have been mentored and supported by the Y including the wonderful Kate Salmon at Y Epping who is the absolute rock of the place,” Nerida says. “Without YMCA – the friendships and support – Mitchell, Jake and Tessa wouldn't be the people they are today.”

Jake, Tessa and Mitchell Fraser at their second home – The Y Epping





Ensuring every single young person in our care has the opportunity to live their best life.

Board Chair
Richard Hughes

Everything we do at the Y is focused on young people and the broader community that they are part of. We are a leader in providing programs and opportunities which help young people thrive. Through connection and participation, we nurture their unique gifts and talents, ensuring every single young person in our care has the opportunity to live their best life.

At the Y we value collaboration and over the past 12 months, through the dedication of our teams and the

valuable support of our government, corporate and community partners we have been able to achieve many exciting outcomes.

After three years of planning, consultation and construction, the new \$5.4 million YMCA Broken Hill Integrated Wellness Centre opened in February. We worked closely with all levels of government and the local community to design and build this exciting new model of delivering health and wellbeing benefits – a blueprint for other local communities.

With 19,373 hours worked by 41 different trades – the majority local – the Centre exceeded all expectations through the creation of significantly more jobs and an incredible take up of our programs and services.

In other welcome news, we were delighted to be appointed to manage the UNSW Fitness & Aquatic Centre for another three years and Canberra Olympic Pool for a further 12 months.

Our Youth and Community Team has successfully increased our funding to \$718,000 for our diverse range of programs. This included a \$115,000 grant from the NSW Government Community Safety Fund for our Streetgym program and more than \$68,000 for outreach to young people at Parramatta City Library and the surrounding area.

Our Young Leaders Groups continue to meet at Y Spaces across the state and just so you know, a Y Space is not necessarily at a fixed location – it is anywhere and everywhere – at a hall, a park, a camp or at a Y recreation or Out of School Hours Care centre. A Y Space provides young people with a place where they belong, feel safe, included and empowered.

Our Young Leaders are supported to plan and implement initiatives they identify as most needed in their individual communities.

The Camden Young Leaders Team, for example, joined forces with Camden Youth Council to win a \$50,000 NSW Government grant to deliver youth-led events and skills development workshops. This driven group of young people set their sights on a goal – staging the first Multicultural Youth Festival in Camden – and they conquered it, running a highly-successful event geared to 12 to 25 year olds.

Camden Council reported 350 people attended the event and 90 per cent of those surveyed reported learning something new about a culture other than their own. See what else Young Leaders Groups have been up to on **page 24**.

Y NSW centres, programs and activities are outcomes focused, backed by research and based on community need. Over the past year we have continued to make a positive impact on youth wellbeing across many areas – placing us in an ideal position to contribute to public debate and discussion on issues impacting young people. We have developed three key policy areas which we are now concentrating on: Civic Engagement – so young

people can have their voices heard; Community Connection – so young people feel they belong; and Physical Activity – to encourage physical and mental wellbeing in young people.

In everything we do across NSW and the ACT we constantly strive to be innovative and adaptive. We are an organisation that articulates its belief in the power of inspired young people and connected communities through targeted programs. As a Board, we are immensely impressed by what has been achieved by the Y NSW over the past year and we look forward to continuing and expanding our wide-reaching impact into the future.

For Board profiles see **page 34**.

At the opening of the Broken Hill Integrated Wellness Centre
L-R Shane Simmons (Y NSW Area Manager), Richard Hughes (Y NSW Board Chair), Kevin Humphries (State MP for Barwon), John Barilaro (NSW Deputy Premier), Mark Coulton (Federal MP for Parkes), Susannah Le Bron (Y NSW CEO), and Darriea Turley (Broken Hill Mayor).





CEO
Susannah Le Bron

After travelling around the state during my first year at the Y NSW, I have been constantly impressed by the breadth of enriching opportunities we provide young people. I have witnessed first-hand how our teams help to boost their physical and mental wellbeing and grow their confidence, resilience and leadership skills. I've seen how the Y empowers young people to make a tangible difference within their local communities, from running youth cultural events through to advocating for their peers at Youth Parliament.

The Y positively impacts lives and leaves lasting memories. When I look at the grainy photo of me in Year Four in a YMCA hat and t-shirt, I have a 38-year flashback to my time at YMCA Camp Yarramundi. It was my first venture into being independent and I clearly remember sitting around a camp fire after an afternoon on the river canoeing. I recall being given a YMCA patch, which I proudly sewed onto my blue duffle bag with orange stripes. It seems funny how I am able to recall these precise details all these years later but that's the Y – it really does

leave a mark on your heart.

For Nerida Paterson, the Y's impact has been profound. Eleven years ago when her partner passed away, the Y Epping became a lifeline for her three children. It was a positive constant in their lives through a challenging time – with the Y power of connection and purpose continuing to drive the family today. Through participating in gymnastics, our Gymnastics Coach Mentoring Program and other work and recreation opportunities, Mitch, Jake and Tessa are all thriving. (See their story on **page 2.**)



“**That’s the Y – it really does leave a mark on your heart.**”

Fond memories – Susannah sporting a Y hat after attending Camp Yarramundi in Year 4.

The siblings are part of the 48 per cent of our 1,780-strong workforce who are under the age of 25. This includes lifeguards, child care educators, swim instructors, youth workers, marketing and communications specialists – the list goes on. We strongly believe in investing in our own people and we value great ideas, regardless of a staff member's age and experience.

A decade ago Marilyn Oliver chose the Y for her Year 10 Work Experience placement at Mount Annan Leisure Centre. She loved it so much she secured a job in the cafe. Through further training, education and her own tenacity, she worked her way up to becoming a respected fitness coordinator and was recognised nationally in the YMCA Australia 2018 Awards as Staff Member of the Year.

While our main focus is believing in the power of inspired young people and supporting and empowering them in that belief, we are recognised across the state as a key contributor to the wellness of whole communities. All ages – from littlies in Learn to Swim classes through to our seniors in Pryme – come together to create a wonderful

environment where everyone has the opportunity to connect and thrive.

As we look ahead, we recognise that we need to maintain relevance to our customers and community and part of that is continually evaluating and improving the programs and services we offer. In everything we do across NSW and the ACT, we constantly strive to be cutting edge and flexible in our approach – catering for our customers' individual needs. This includes at our 65 Out of School Hours Care (OSHC) services supporting more than 7,800 families. We are excited to be assisting the NSW Government in strategies to enable more primary school children to access OSHC.

I hope you enjoy reading about our valuable work and are as inspired as I am by the impressive stories of individuals and teams making a lasting impact.

For Executive Leadership Team profiles see **page 36.**

Making an impact



Our Belief

We believe in the power of inspired young people.

What we stand for

Each year the Y NSW works with more than 40 local communities ensuring the overall wellbeing of the next generation is positively impacted through our three focus areas:

healthy living

empowering young people

social impact

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.



Key areas of policy and advocacy



YOUTH WELLBEING

We offer young people pathways to live their best life by supporting their physical, mental and social wellbeing. We positively impact their holistic wellbeing through:

CIVIC ENGAGEMENT

Young people need to be heard – we need their voice in advocacy, policy and legislation

COMMUNITY CONNECTION

Young people need to feel they belong and that they have a strong sense of purpose in their communities

PHYSICAL ACTIVITY

With obesity on the rise we need to improve physical and mental wellbeing through increased activity

At YMCA 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

Anniversaries honoured

It was a year of big birthdays including the Y global movement turning 175! The Y NSW held a variety of events to celebrate the impressive milestone and spent time planning for an international event staged in London in August that brought together thousands of young leaders, YMCA senior leaders and networks from around the world.

On a smaller but also significant note, YMCA Caringbah notched up 50 years of service in the Sutherland Shire with a birthday bash held to thank the community for its support.

Young people nurtured

We had an increase in the number and reach of our Y Spaces that provide young people with access to our valuable youth programs and opportunities to establish relationships, seek support and increase connection to their community.

This includes growth in youth engagement through our successful outreach program Streetgym. Find out more about the impact the free program is having on 12 to 18 year olds on [page 27](#).



Diversity embraced

Over the past year, as always, the Y NSW has been committed to embracing and encouraging diversity in our organisation and in all the communities we serve, as well as celebrating the benefits diversity brings. This includes:

- In August 2018 we launched the LGBTQIA+ employee and advocacy group Affinity Network. We also began registering each of our recreation centres as a Welcoming Place, where LGBTQIA+ diversity is celebrated. This is an important part of #WelcomeHere – an ACON initiative supporting businesses across Australia to create, promote and celebrate inclusion.
- We supported the Y NSW Reconciliation Action Plan Youth Ambassador Trisha Cortaville-Smith to plan and run an impressive NAIDOC Indigenous Fashion Show in Taree, providing many opportunities for local young people to gain new experiences and showcase their creativity. See Trisha’s story on [page 26](#).
- Our Ability programs including Gymability and Swimability empowered participants with disability to access health and fitness activities and acquire important skills. See [page 21](#) for details of Ellen Maher’s success at this year’s Special Olympics World Games.

Water confidence boosted

We have seen a strong increase in our swimming lesson attendances. Water safety skills are so important. See [page 17](#) for an inspirational learn to swim story.



A new era has begun

The new \$5.4 Million YMCA Broken Hill Integrated Wellness Centre officially opened in January 2019 – delivering significant health and wellbeing benefits to the local community and supporting 1,600 visits from residents and visitors weekly. Find out on [page 24](#) how our Y Young Leaders have contributed to the planning and running of this successful new way of addressing a community’s physical, social and wellbeing needs.

Out of School Hours Care



At the Y NSW, we recognise the benefits of high quality care and the difference it can make in a family's life. As one of the nation's largest providers of Out of School Hours Care (OSHC), we manage 65 children's services sites delivering before, after school and vacation care.

More than 7,800 families benefit from our services each year.

We provide environments that are fun and safe, where children can learn, make friends and build confidence. Our services comply with National Quality Standards and our experienced educators design and deliver high-quality programs based on the Australian Government-approved learning framework 'My Time, Our Place'. We partner with children and families to plan activities, menus and inclusive experiences that support children's interests and needs.

OSHC attendances:

Total: 1,020,859



Before school care:

361,683



After school care:

607,022



Vacation care:

52,154



Ruby receives a reassuring hug from Mum Natalie



Happy to be arriving for fun at OSHC with Coordinator Olivia Kirk

Growing in confidence

Although Ruby Peterson had been used to attending child care five days per week, her mum Natalie was still worried how she would cope starting school and the “next step” – going to after school and vacation care. YMCA St Mary's OSHC Centre Coordinator Olivia Kirk says Ruby was shy and quiet at first but loved drawing.

“Fast forward six months – it's really exciting to see her grow,” Olivia says. “We are a bus run service and we currently cater for four different schools. So not only do children get to play with their friends from the school they go to – they get to meet other children from the community.”

Natalie agrees five-year-old Ruby has been able to make strong friendships with kids her age and a bit older and students from nearby schools she wouldn't normally have had contact with.

“Her social group has expanded by being here which is really positive,” Natalie says. “Every time we pick her up her bag is always full of new drawings and activities she has done.”

Kick-starting the day

Youth & Community



Y Breakfast Clubs

The Y Breakfast Club program provides students with a healthy breakfast who may otherwise arrive at school hungry. It supports participants to connect with friends, learn about support services and engage in physical activities before class begins.

More than one in five children

in Australia live in a food insecure household, with the cost of living cited as the main cause. Parents report their children struggle to concentrate at school (16%) and they believe they have less energy for after school activities such as sport (17%).

Foodbank's April 2018 report *Rumbling Tummies, Child Hunger in Australia*.

Case Study: Cooma Breakfast Club

Run at Monaro High School every Thursday morning during school terms, this important outreach service caters for up to 200 students at a time between 8am and 9am. The Y NSW collaborates with other community organisations that support young people by inviting them to regularly attend the breakfasts, building relationships over time with the young people and providing advice and referrals as needed.

March 2019 Cooma Breakfast Club participant survey results:

Only 39.47% of students
ate breakfast before coming to school

68.42%
believe breakfast helps their behaviour at school

65.78%
feel they build positive friendships at Breakfast Club

Feedback received from teaching staff was that in their opinion the students on this particular day of accessing breakfast club seemed more engaged and focused during class times and they saw a decrease in truancy during this period.

Candice Morrell, Manager, Monaro Community Access Service



Community recreation



Y NSW is one of the largest aquatic, leisure and recreation facility managers in Australia. We are committed to producing positive outcomes for the communities we serve and we have been proudly doing so for 166 years.

Our 25 recreation sites across NSW and the ACT provide access to all, including programs for all levels of ability. We are one of the largest providers of gymnastics training and Learn to Swim lessons in the state.



FITNESS

14,906 members
1,050,371 visits to gyms & fitness classes

This includes:
18,765 visits to Teen Gym
240,553 visits by PrYme and senior fitness members



AQUATICS

592,086 visits
612,768 swimming lesson attendances



INDOOR STADIUM SPORTS & PROGRAMS

385,248 visits



GYMNASTICS CLASSES

251,635 attendances

Courageous mum learns to swim



Julie's story:

Despite growing up on Sydney's Northern Beaches, Julie Di Mauro never learned to swim and was terrified of the water after a near-drowning experience as an 11-year-old.

She slipped off the rocks into the sea while on holiday with her family and had to be rescued. The 46-year-old hairdressing educator has been terrified of the water ever since.

When Julie became a mum – with her daughter Zoey born 10 weeks premature – she admits she had a tendency to “wrap her in cotton wool”. This included delaying starting her swimming lessons until the age of three.



“Zoey was only a kilo when she was born – thanks to science she was my little miracle. I guess I was a bit nervous of her being underweight and catching a cold if she went in the pool too early. But really, the main reason why I took a while to enrol her in Learn to Swim classes at Hawkesbury Oasis was because I was terrified of water myself.

“My parents were from Italy and my siblings and I were the first generation born in Australia. I think they thought school swimming lessons were enough. These lessons were brutal – 30 kids all in the pool together. There was no one-on-one training and I'd be off to the side with a kickboard absolutely terrified.

“When it came to Zoey learning to swim, I couldn't start her before age three because parents have to get in the water with their bubs and I just couldn't do it.

“As much as I tried not to let it happen, I think my fear of water rubbed off on Zoey. She found her first lesson quite traumatising but her instructor Kim at the Y was very patient and calm. It took a good 18 months of persistence for Zoey

to be more confident but now as a seven-year-old she has absolutely no fear – jumping off the edge of the pool and retrieving objects from the bottom.

I knew I had to eventually face my own fears. What if Zoey got in trouble in the water – who was going to save her? I wanted to learn to swim for her and be in the water with her.

“I ended up having lessons with Kim too and she made me comfortable in the water. My other instructor Kerry pushes me out of my comfort zone and I'm coming along in leaps and bounds. You just have to push through that fear. I urge parents to do the same, particularly if they give up on lessons for their children because they are scared or they have too many after-school commitments. It's just so incredibly important that everyone learns to swim.”

Conquering goals

HSC HAVEN

For Harry Peters, 19, exercising at the Y was a great way during the 2018 HSC to “get away from the books for a while and unwind”. His dedicated and balanced approach to his studies and health paid off and he earned an ATAR in the high 90s.

The Y has a very friendly and non-intimidating atmosphere. I started going there to improve my general fitness and the staff gave me the tips I needed to stay safe and ensured by ability to progress. One instructor in particular, Alan, was very helpful in assisting me to reach my fitness goals while maintaining an enthusiastic approach to exercise.

Harry



Max, 58

MONEY SAVED, HEALTH RESTORED

Former senior federal public servant Max Ciacia, 58, was spending up to \$200 per week on GP and physiotherapy bills to treat chronic sciatica pain. After six months of treatment including anti-inflammatories and pain management, there was only a small improvement in his condition and surgery was a looming option.

His doctor mentioned another patient who had benefited from the Y program PrYme Movers – a circuit-based group exercise class for mature adults that uses evidence-based exercises to help reduce pain, increase strength and flexibility.

“My GP suggested I give it a go and within only a week or two doing the PrYme Strength classes at Lakeside Leisure Centre, I had noticeably less pain, I was sleeping better and I was also losing a bit of weight. That was two years ago and I continue to rave

about it. I usually go four times per week but I recently dropped back to two. My health has improved so much, I have come out of retirement to work part-time.

The classes – involving both strength and cardio exercises – have reinvigorated me and improved both my physical and mental health. It’s very social and every change of season we organise a dinner out. My wife and kids have noticed a complete change in me. I have more energy, a better temperament and my overall wellbeing has improved.”

Lives transformed through gymnastics



Mikaela’s story:

Mikaela Ecob, 25, started at Y Bankstown as a gymnast and kicked off an 11-year rewarding career teaching others her craft after completing the Y NSW’s Gymnastics Coach Mentoring Program.

The specialised course allows participants to work with experienced gymnastics coaches and learn how to design and run gymnastics classes. Mentees are exposed to a variety of gymnastics programs – from Kindy up to Levels – equipping them with vital skills, experience and confidence.

Mikaela: “I’ve had so many roles with the Y since doing the Program – a coach, a duty manager, a mentor, a judge and finally a Kinder Gym Coordinator. I’ve loved every single one of them and I’m surrounded by a constant stream of learning, mentoring and support within our team.”

“I not only feel accepted, I feel valued – a feeling that a lot of us coaches and team members strive to pass onto the kids.”

Mikaela with students Chelsea Sharpe and Emily Chiem, both aged 5.



Ellen winning Gold Medal at the Abu Dhabi Special olympics



“Great friends, great coaches and I have a lot of fun.”

Ellen’s story:

When Ellen Maher, 19, won four medals at this year’s Special Olympics World Games in Abu Dhabi, 14 years of gymnastics training paid off.

Participating in the Special Olympics Gymnastics program at the Y Bankstown since the age of five, Ellen is now looking ahead to competing in the Down Syndrome World Games in Turkey next year and becoming a gymnastics coach.

“The best things about training at the Y are great friends, great coaches and I have a lot of fun,” Ellen says. “I like the challenge of learning new things and seeing how much I have improved.

“I was happy and proud of myself when I won four medals at the World Games – four gold and one bronze. My parents are very proud of me. The medal presentation was live streamed, so friends and family all around the world were able to watch too.”

Back on track with YMCA Uplift

Youth & Community

YMCA Uplift is an active wellness program for young people aged 12 to 25 who are experiencing mental health or other life challenges. Backed by research that shows a strong link between physical activity and mental wellbeing, the free eight-week program features facilitated group exercise sessions each week ranging from high-intensity boxing through to calming yoga classes.

The participants learn about exercising safely and good nutrition. Importantly, they build valuable social connections with their peers and community, with a youth worker on hand for additional support and referrals. Launched in Penrith in November 2018 in partnership with Bendigo Bank, the program has also expanded to Taree.



Navigating a cross-road

After graduating from high school, Isabella O'Gorman was working in a nine-to-five job she "loathed" and was nervous about starting her university course. The 18-year-old was seeking an outlet to boost her physical and emotional health, while allowing her to connect with people her own age. YMCA Uplift at Penrith proved to be exactly what she needed.

Mentally, emotionally, physically and socially this program has made an immense impact on my life.

My sleep schedule and eating habits have improved. Physically I'm healthier and I feel better about myself, my appearance and the way I have structured my weeks around this program.

Isabella



"The YMCA Uplift Program is a fantastic initiative that Bendigo is proud to be a part of. Ensuring that young people are active, engaged and make positive social connections as a result of this program, helps to ensure a more optimistic future for the next generation. Bendigo Bank is a proud partner in this initiative and congratulates the team at YMCA NSW on what they have achieved."

John Carvin
State Community Business Manager
—
NSW/ACT
Bendigo Bank



Improving communities, changing lives

Youth & Community

Y Spaces

Y Spaces provide young people with a voice and access to our valuable youth programs that enable participants to establish relationships, seek support and increase connection to their community in a safe, inclusive space.

Young Leaders Groups

Across the state, Young Leaders Groups meet at Y Spaces to plan and make tangible impacts on their local communities. Supported by a qualified youth worker, the participants identify activities and events most needed by other young people including cultural and creative activities. They volunteer, receive mentoring, engage and inspire their peers, and grow as leaders. We even empower budding entrepreneurs and event managers.

What our young leaders told us:

72.3%

had enhanced leadership experience

82%

learned new skills

85%

increased their confidence



CASE STUDY: Broken Hill

Getting to say my ideas and have my voice heard. It gave me a boost of confidence.

The redevelopment of the YMCA Broken Hill facility into the new \$5.4 million Broken Hill Integrated Wellness Centre was designed to serve the current and future needs of the community. Although catering for all ages, a key focus was developing a Centre that supported and empowered young people aged 10 to 22 years and involved them in the planning and implementation.

The Broken Hill Young Leaders Group was formed to contribute to the ongoing oversight of the build and its youth-friendly spaces – an important collaboration involving the next generation of YMCA and community leaders.

The Wellness Centre, opened in January 2019, draws on the expertise and opinions of the Group to deliver a range of programs that build young people’s confidence, capabilities and support their ideas and goals. The Youth Hub, designed in collaboration with the Group and other young people in the community, is available for 11 to 17 year olds for activities including games, lifestyle workshops, skills development sessions, a homework club, music and art sessions and virtual fitness classes.

Faith, front centre, with other Young Leaders and dignitaries at the Broken Hill Integrated Wellness Centre opening.



A key player – Faith Devlin, 14

“A YMCA survey went around my school asking what we wanted to change in the community. For me this was quite different, getting to say my ideas and have my voice heard. It gave me a boost of confidence. From there I put down my email and went to my first Young Leaders meeting.

When I first joined I was a bit shy – I wasn’t comfortable around new people. I’ve got to know more people and it has made me more social and confident. I’m now the group secretary.

Considering we live in a rural town, our location puts us at a bit of a disadvantage in terms of fun things to do. When we surveyed young people they really wanted more events and activities. We looked at different businesses to find out which ones had values that aligned with ours. We partnered with headspace, for example, to run a games night, with support and education provided around how to manage exam stress.

It is rewarding working with other people to see your shared vision come to life and ultimately making other young people happier” said Faith.

Flare for fashion

Youth & Community

With the Y's support, Trisha Cortaville-Smith combined her love of fashion and her local community to deliver a highly-successful NAIDOC Indigenous Fashion Show.

The event staged in Taree in July 2018 featured Indigenous and non-Indigenous models showcasing fashion designed by up-and-coming artists in the community. There were also impressive dance and music performances.

Event organiser and the Y NSW Reconciliation Action Plan Youth Ambassador Trisha says: "The NAIDOC Indigenous Fashion Show was about coming together as a community and celebrating NAIDOC. The theme was 'Because of her, we can'.

"Behind the scenes we created a program where young people from 13 to 20 years of age could learn how to model, build their confidence and self-esteem and meet other young people who dream of working in the fashion industry."

The inaugural event was so successful a second bigger event was held in July 2019.

We raised the bar, introducing our mini models and new performers, providing an opportunity for more young people to step outside their comfort zone and build the self-esteem of our Taree youth.

Trisha



Streetgym - action and connection

Youth & Community

The Y NSW's Streetgym program aims to improve the lives of 12 to 18 year olds who might not ordinarily be involved in organised sport or exercise. It offers a safe, inclusive place to meet new friends, take part in non-competitive sport and activities, mindfulness exercises and a healthy afternoon tea.

A recent survey of participants showed 92 per cent gained new skills and 67 per cent learned something new about health and wellbeing.

The free program, run in local parks, also provides an opportunity for young people to work on other aspects of their lives, with valuable links offered to key community services such as mental health support, youth workers and police liaison officers.



Tyler's story:

At school lunch times Tyler Lawrence, 12, says he and his friends prefer to sit and chat on the grass, rather than playing on it. When his mates asked him to join them at Mt Annan Streetgym one afternoon, he was instantly attracted to the wide range of activities on offer.

"It was fun – we were playing dodgeball and it was good because it was for all ages," Tyler says. "People who wanted to get more of a challenge were able to get that challenge, but people who were there for fun could also have fun as well.

I love Streetgym because it's not only good for exercise, you get to come down and enjoy sports with other people my age without having to pay for it. It's free and fun.



Parliament provides strong policy platform

Youth & Community

Mental health first aid training for teachers and strategies to reduce NSW greenhouse emissions by 30 per cent by 2030 were just two of the many bills debated by participants at this year's YMCA NSW Youth Parliament.

The high-profile empowerment and advocacy program provides a

platform for young people to have their voices heard through legislative debate and decision making. Every year, bills are developed over four sitting days in NSW Parliament where students in Years 10 to 12 from across the state, debate issues that matter to them and their peers. Since it began in 2002, around two thousand participants and six pieces

of legislation have passed into NSW Law.

In September 2019 the Youth Parliamentarians met with NSW Government Ministers and MPs to discuss the issues facing young people. They presented Ministers with a series of Bills developed during this year's program.

The Hon Emily Osborne MP, 2019 Member for Balmain; sworn in at the end of the Program as NSW's 17th Youth Governor

Often when you try to talk about issues in your day-to-day life – things that matter to you, whether it be mental health or ideas – they are not taken seriously because we are young people and we are not necessarily the ones making decisions. Coming to a platform like this it's a chance for us to discuss the real ideas we have and to be taken seriously.

One of the most unique aspects of YP is being able to debate in actual parliament.

Emily, 18



The Hon. Gareth Ward, Minister for Families, Communities and Disability Services presents the Youth Parliament Bill pack to NSW Premier, The Hon. Gladys Berejiklian.



The Hon. Courtney Houssos MLC:

"It is incredibly encouraging as a member of Parliament to see so many young people who are so well informed, so articulate, so passionate – it's very, very impressive. I actually participated in the Youth Parliament program myself. It is an incredible program that has certainly left a lifetime impression on me."



Outdoor Education and Camping



Over the past 80 years the Y NSW has been providing people of all ages with memorable outdoor adventure experiences that last a lifetime.

Camp Yarramundi in the Hawkesbury Valley provides Outdoor Education and Camping Programs, Community Engagement Programs and accommodation and facilities hire to schools, community groups and families. Over the past year Community Engagement Programs included the ‘Girls on Fire’ Emergency Services Camp; Camp Jabiru for children with autism, Asperger’s, ADHD and Down syndrome; and Recovery Camp for adults recovering from mental illness.

In addition to this bush-based facility, we also operate an urban camp at the Sydney Olympic Park Lodge (SOPL) in Homebush.



The two camping sites attract visitors from across NSW, Australia and even from abroad. Pacific Ocean Partners brought 16 students from Vietnam to spend two weeks in Australia on a program jointly run at Yarramundi and SOPL. Students challenged themselves and their teamwork on the rock climbing walls, high ropes courses and an overnight canoe expedition. They also toured Sydney’s major landmarks.

5,054 visits
SOPL

18,760 visits
Camp Yarramundi



Bold brothers

Carter and Flynn O'Neill-Raymond from Sydney’s western suburbs loved their time at Camp Yarramundi, sharing many adventures with each other, their cousins and new-found friends.

When I got onto the flying fox, on the big stable area I felt scared I was going to fall off but when I actually got on the flying fox I felt very good. I met Nicholas at camp and a girl. I loved playing with them because they really helped us in the maze and helped us get through everywhere. At Camp Yarramundi I learned that you can actually work your hardest to get through things.

Carter, 7

There were a lot of fun activities – it was just awesome. The extreme maze was the best followed by the flying fox which was massive and amazing. We had to work together as a team on an alpine rescue. There were a few people carrying one plank so you could get from one platform to another with a big tub. I think it was some kind of injured human we had to rescue and get back around to the other side of the obstacle course.

Flynn, 10

Our people and culture

We are proud of our dedicated and highly-trained teams of staff and volunteers who deliver programs and services to boost the lives of young people and their communities across NSW and the ACT.



Exciting milestones:

- We launched a new Careers website to highlight the vast array of opportunities across the Y and to provide a user-friendly candidate application process.
See more at: careers.ymcansw.org.au/
- Our recruitment campaign received recognition as a finalist in the Australian HR Awards 2019.
- We introduced blood donor leave – our commitment to help address the blood shortage in Australia. Full time employees can voluntarily donate blood during working hours.
- The Affinity Network was launched – an employee support network that assists in advocating and facilitating a culture of inclusion and respect, regardless of sexuality, gender and expression. It also raises awareness of LGBTQIA+ people and issues to support the Y as a ‘safe place’ for LGBTQIA+ employees.

Rewarding success

The Y NSW is proud to recognise our people who have contributed to the Y’s success and organisational achievements through our Celebrate Award Program. This includes the “Beyond the call of duty award” for exceptional individual performance, exceeding job requirements and manager expectations. This past year 219 individual awards were presented to staff members and teams.

Laura Eason, 24,
Youth Wellbeing Coordinator;

The Y NSW employee of the year and highly commended for NSW Youth Worker of the Year

“YMCA NSW has been willing to give me a lot of responsibility, freedom and trust to do my job and make things happen such as YMCA Uplift and Streetgym. I’ve been given so much professional development – they really invest and believe in me. I feel very lucky to work for an organisation that is willing to give young people like me a chance to lead and grow.”

Vinny Thanabalasingham, 22,
Customer Service Officer

“The words I use for working at the Y would be engaging, exciting and rewarding. It never gets repetitive. You’re always learning something new and it gives you more opportunities to get better.”



Awards



YMCA NSW has been recognised as a leader across a number of industries, receiving a number of awards and achievements over 2018-2019, including the following:

Parks & Leisure Australia – 2019 Regional Awards of Excellence NSW/ACT

- High Commendation, Community Based Initiative of the Year – YMCA Uplift
- Finalist, David Aldous Young Professional of the Year Award – Marilyn Oliver

YMCA Australia 2018 Awards

- Staff Member of the Year – Marilyn Oliver

National Sports Convention – Australian Sport, Recreation and Play Industry Innovation Awards

- Facility Design and Development Award – Broken Hill Integrated Wellness Centre
- Finalist, Young Innovator of the Year – Laura Eason

NSW Youth Work Awards

- Highly commended, NSW Youth Worker of the Year – Laura Eason

2019 NSW & ACT AUSTSWIM Awards of Excellence

- Recognised Swim Centre – Gungahlin Leisure Centre
- Access & Inclusion (Adults) – Teacher of the Year – Kristen James

Canterbury Bankstown Local Business Awards – Zero Barriers Excellence Award

- Innovations Category – Bankstown City YMCA

2018 Gymnastics NSW Awards

- 1,500+ Members Award – YMCA Penrith
- 1,000+ Members Awards – YMCA Bankstown, YMCA Caringbah, YMCA Epping
- Finalist, Women’s Artistic Gymnastics (WAG) Coaching Levels Team of the Year – YMCA Caringbah
- Finalist, WAG Levels Senior Athlete of the year – YMCA Caringbah
- Finalist, Inclusion Club of the Year – YMCA Bankstown

NSW Children’s Week Awards

- Joint winner, Voice Award – Hamani Tangino (Volunteer at the Y NSW)

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.



SHIRLEY CHOWDHARY – DEPUTY CHAIR
Director since 2016

Shirley Chowdhary has had a number of senior and executive roles in Australian and US-listed companies and not-for-profit organisations in Asia, the United States and Australia. She is currently the CEO of GO Foundation. Shirley brings a strong sense of integrity, ethics and commitment and the courage to speak up and challenge prevailing thinking.



JONATHON REA
Director since 2014

Jonathon Rea has over 25 years’ experience in banking and finance and extensive NGO experience including in community health, family and youth services, housing and financial and dependency counselling. Jonathon has been a Non-Executive Director to various companies and a Board member for several non-government and not-for-profit organisations.



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.



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.



FRANCES-ANNE KEELER
Director since 2018

Frances-Anne Keeler has over 25 years of experience across multiple sectors including tourism and hospitality, business events, major events, international education and financial services. She has previously held senior executive roles across global markets and has been based in Australia, Europe and the USA. She currently serves on a number of boards, including the position of Chair for San Churro and the Australian Tourism Data Warehouse.



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 the High Pages Group. Nicole’s executive experience includes consumer marketing, customer experience, human resources and business transformation in high growth, international technology businesses, new acquisitions and large scale Fortune 500 corporates.

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, 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 its most vulnerable members.



Lisa Giacomelli
Chief Operating Officer

Lisa Giacomelli has previously held senior management roles in local government – managing strategy and operations in children’s, youth and community services and aquatics and recreation. She has more than 20 years’ experience in the human services sector. Lisa has experience working in partnership with communities to plan and deliver both hard and soft infrastructure to support healthy living and positive social outcomes.



Jenny Woodward
Chief Financial Officer

Jenny Woodward has over 20 years’ experience in the finance arena holding various financial, commercial and leadership positions at blue chip companies including healthcare, fast moving consumer goods and construction. Jenny is passionate about driving growth and supporting business outcomes through proactive business partnering – developing strong commercial solutions.



Louisa McKay
Executive Leader, Youth & 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 and strategy development.



Bree Godden
Executive Leader, 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
Executive Leader, Corporate Affairs (job share)

Emma Whale has more than two decades’ experience in communications and marketing, 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.



Sarah Sammut
Executive Leader, People and Culture

Sarah Sammut is an accomplished People and Culture executive with 10+ years’ senior management experience across Customer Experience and People/HR strategy, operational business transformation, change and communications management and business improvement. She has demonstrated success in leading people to maximise commercial performance whilst ensuring teams are highly engaged and well informed.

Flying start

Coulton's Catch up

Mark Coulton

Legislation update

With the commencement of another Parliamentary sitting tomorrow last week, legislative discussions are in full swing. I presented a Bill in the House of Representatives chamber - the Export Finance and Insurance Corporation Amendment (Support for Infrastructure Financing) Bill 2019.

These amendments give Australia's credit export agency, EFC, a new overseas infrastructure financing power, and an extra \$1 billion in callable capital. This will support infrastructure projects in the region that benefit Australia.

In other news, the passing of the medical bill supported by Labor on Tuesday was a dark day.

It waters down our asylum policy and poses major risks for our future border protection. I have concerns that as a result of these legislative changes we will certainly see people smugglers on the rise.

It will also include a Youth Education Package - \$200 million extra support to give more Indigenous students the support and mentoring they need through their secondary studies, and investing \$5 million in remote and very remote areas for projects that support and promote school attendance.

I commended the YMCA Broken Hill and YMCA NSW teams on their foresight and hard work to bring this project to completion, as well as other contributors to the overall project including the State Government, the local council and Murrumbidgee Regional Council.

While in the area, I also enjoyed attending the opening of the new synthetic carpet green at the North Broken Hill Bowling Club.

Minister for Resources and Northern Australia, Matthew Canavan, has delivered such statement in more than 20 years.

The statement outlines how the government will attract investment, develop new resources and markets and share the benefits of success with more regional communities.



YMCA Broken Hill opens

On Friday, I was glad to visit Broken Hill for the official opening of the YMCA Integrated Wellbeing Centre.

Having visited the centre numerous times since works commenced, it gives me great pleasure to see this impressive redevelopment project complete, which will provide a range of important community health and wellbeing programs for the local community.

The Federal Government contributed \$371,302 to the Integrated Wellbeing Centre's rezoning redevelopment through the Building Better Regions Fund.

I commended the YMCA Broken Hill and YMCA NSW teams on their foresight and hard work to bring this project to completion, as well as other contributors to the overall project including the State Government, the local council and Murrumbidgee Regional Council.

While in the area, I also enjoyed attending the opening of the new synthetic carpet green at the North Broken Hill Bowling Club.

Gay, Indigenous teen elected youth premier

POLITICS

BY JESS LAYT

"If you had told me in year 7 that someone like me would be leading youth parliament, I would have laughed to my face."

When Hamani Tangina spoke at NSW Parliament House last week, he was speaking for future generations.

The 17-year-old Campbelltown resident was elected Youth Premier of the 2019 YMCA NSW Youth Parliament. He was determined to make the most of his time.

Hamani said he was involved with the social issues that affected them.

"We need to use our voice, we need to call politicians out when they're not doing a good job," he said.

"This generation knows we need to speak the truth and that's what we're going to do."

"It's the right time."

Hamani said he was very proud to have the opportunity to represent the youth of his communities and hoped he could be a inspiration for other people.

He said he couldn't have imagined a gay, Indigenous youth leader, but he was young, something he didn't want today's youths to feel.

"I'm so excited about this year's youth parliament because we have such a

passionate and respectful group of young people who are ready to debate some big issues and the things that really matter to them now in their day-to-day lives and for the future."

The YMCA NSW Youth Parliament discussed various issues including constitutional recognition of Aboriginal and Torres Strait Islander people, greater rights and protection of transgender people and the elimination of domestic violence.

Hamani said it was vital that young people become involved with the social issues that affected them.

"We need to use our voice, we need to call politicians out when they're not doing a good job," he said.

"This generation knows we need to speak the truth and that's what we're going to do."

"It's the right time."

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"I'm so excited about this year's youth parliament because we have such a

24 Jul 2019

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Page 2 of 2



North Broken Hill resident Tangina speaks at NSW Parliament House last week.

Girls on Fire at Emergency Services Camp

North Broken Hill resident Tangina speaks at NSW Parliament House last week.

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"I'm so excited about this year's youth parliament because we have such a

The Daily Telegraph

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NSW

NSW residents to vote on \$24.4 million My Community Project program

A youth outreach program for teenagers is among 1800 community projects seeking funding from the NSW government with voting to open soon on the My Community Pro

Lost art of pen pals turns old and young strangers into friends in Revesby

In this fast paced digital age, the idea of writing to pen pals could be scoffed at but not for a group of local students and residents of aged care homes who love it.

Local residents, Revesby, NSW, Australia

Ready, set, swim

After an absence of a number of years, the Business Home and Sporting Clubs Challenge will be held at the Manning Aquatic Leisure Centre this Friday, March 1.

This will be conducted jointly by YMCA and Taree Tropicades Swimming Club.

A \$ 5000 fundraising relay for businesses and sporting clubs as well as a 50m individual handcap dash for cash will be conducted.

The fourth event will carry \$500 in prize money and a potential shield.

The individual 'Dash for Cash' will have \$100 prize money.

All proceeds go to the YMCA Sustainability program and Taree Tropicades.

"It has been a few years since this was last held and we see it as a great way to promote some friendly rivalry between businesses and get a few more people



North Broken Hill resident Tangina speaks at NSW Parliament House last week.

YMCA NSW YOUTH WORKER HONOURED FOR BOOSTING THE HEALTH OF YOUNG PEOPLE



OCTOBER 31, 2018

RECREATION / WELLNESS

Developing and launching initiatives that improve the mental and physical wellbeing of young people has contributed to YMCA NSW Youth Wellbeing Coordinator Laura Eason being awarded Highly Commended for NSW Youth Worker of the Year.

The 23-year-old psychology graduate received the award for her outstanding contribution to youth work in the State.

One of the major achievements contributing to her nomination was YMCA Uplift - an early intervention youth mental wellbeing program targeting 12 to 25 year olds who have mental health issues or are experiencing stress due to studies, friends or family.

The eight-week program - launched last month as a partnership between YMCA NSW and Bendigo Bank - exposes participants to a variety of exercise types including boxing, sports/games and yoga. The young people have up to two facilitated group sessions per week and unlimited access to YMCA Penrith where the program is initially being trialled (or Teen Gym if under age 16). There is support and education offered on topics including exercising safely and nutrition.

Laura also established Streetgym - a YMCA NSW outreach program launched in October 2017 for at-risk young people aged 12 to 18 in the Parramatta local government area.

After receiving her award last week (25th October) at the Youth Action NSW-hosted event at Ovolo Hotel, Woolloomooloo, Eason stated "when you see the difference your work can make in young people's lives, every bit of effort is worth it."

"YMCA NSW has been willing to give me a lot of responsibility, freedom and trust to do my job and make things happen such as YMCA Uplift and Streetgym. I've been given so much professional development - they really invest and believe in me. I feel very lucky to work for an organisation that is willing to give young people the best, even if it means the hard work."

I bombed the HSC and now I'm a CEO

As HSC students receive their results this week it's that moment where they think, "This is it. Everyone is watching me". But I urge students and parents to remember - the HSC doesn't define you.

I bombed out in my HSC but am now the new CEO of youth organisation YMCA NSW. After school, my journey took me from being a waitress to running hospitality at the Opera House at the age of 21. I went on to leading thousands of staff at QANTAS and Sydney Trains without a university degree.



Susanee Le Bon says the HSC does not define a person

And now I am passionate about ensuring young people don't fall through the gaps as I so easily could have done.

In my HSC year I was 'homeless' but I didn't have a permanent home. My parents divorced when I was in year 5 and my dad was one of the few men that era who pursued full custody. But when he moved to Queensland with his new wife and my siblings when I was in year 12, I didn't want to go.

National selection

BY FINN COLEMAN

YOUNG Richmond resident Tia Berg has been selected to represent Australia in Futsal at the Montesilvano Futsal Cup in Italy this June.

The 18-year-old was selected off of her performance at the National Futsal Championships held at Hawkesbury Indoor Stadium last month, where her NSW City West team came second in their pool and won the Championships Silver Plate.

"I'm happy that I was able to hit the back of the net a few times and assisted a few goals for my teammates," Berg said. "It was the best I have played in really a very long time ... It was good to get back to that level."

"I'm so happy with how myself and my teammates played in the tournament."

Berg was selected to the AFA's Australian youth women's team and she is excited to have the chance to represent Australia.

She is expecting that she will need to put in a lot of hard work in the lead up to the trip.

"It'll be training a lot more and be putting in a lot of hard work to get myself ready."

"I think I'll do alright ... I've been playing well this last year."

Berg has just graduated from Richmond High School and is planning on beginning her future studies.

"I will hopefully be attending TAFE this year where I will be studying to become a Personal Trainer."

She is looking forward to the cup in Italy later this year where she is confident in her and her teams ability.

YMCA NSW LAUNCHES LGBTI EMPLOYEE STAFF AND ADVOCACY GROUP



August 10, 2018

CULTURE / MARKETING / RECREATION / WELLNESS

YMCA NSW has officially launched its LGBTI employee staff and advocacy group, the Affinity Network, to advocates for and facilitate a culture of inclusion and respect regardless of sexual, gender and expression.

Founding member and YMCA NSW's Youth Employment and Inclusion Coordinator Angela Lingenfelter said the Affinity Network, the first of its kind for a YMCA in Australia, raised awareness of LGBTI+ people and issues to support the "Y as a safe place".

Lingenfelter explained the Affinity Network is an employee support network about advocacy and education, however we want Affinity to mean something more than being just job like social group.

"We want it to be a group that provides development opportunities, support when times are tough, and spreads the message of empowerment through diversity and inclusion throughout our services."

"This network has the opportunity to meet so much to so many people. To be the difference between feeling safe at work, the difference between others looking to that Y as an employer of choice, the difference between forming exciting partnerships with local organisations, the one at the end of your journey ... we know it's going to be an exciting one with many challenges."

Lingenfelter was earlier this year named the Out Role Model at the Australian LGBTI Inclusion Awards hosted by ACORN's Pride in Diversity.

The network will be part of employee support program for LGBTI employees and volunteers.

Operating on behalf of the organisation in the support, YMCA NSW's newly appointed Chief Executive Lisa Giacomelli advised "gradually, regularly and on a community level, since our inception in 1844 the YMCA has always been a place for people to bring their voices, beliefs and experiences to the table, and we are proud to continue this tradition."



GETTING THERE: Tia Berg (black) chases her opponent to steal the ball back for NSW City West. Picture: Supplied

David Henson, 8, of Endeavour House, the TRY-athon winner, and his brother Michael Thompson

TRY-rrific time

Almost 1000 youngsters turned out for the inaugural Camden West-Bix TRYathlon.

trial report page 16

Smiles take on fun TRYathlon

HUNDREDS of young and energetic TRY-athletes lit up Camden's streets on Sunday morning, celebrating the town's inaugural West-Bix TRYathlon.

More than 700 participants, aged seven to 15, left with a smile and a medal sack as they non-competitively ran through the finish arch at Oxley Oval," he said. "The TRYathlon will call Camden home for the next two years so I'm encouraging children to start thinking about getting involved next year."

Camden Council's inaugural Healthy Living Expo ran alongside the event.

TRYathletes hurtling to the finish. Picture: Michael Thompson



Barrier Daily Truth

13 Apr 2018

Barrier Daily Truth, Broken Hill NSW

Author: Emily Ferguson • Section: General News • Article type: News Item

Classification: Regional • Audience: 5,062 • Page 1 • Printed Size: 1425,000pt

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Page 1 of 4



With school holidays underway, YMCA Vacation Care will begin on Monday and Aiden Matthews (left), Charlie Elia, Alexander Harrison and Emma Matthews very excited about it. The sessions run daily from Monday to Friday, 9am to 5pm. They will run every day of the holidays except for public holidays. YMCA Vacation Care offers lots of fun activities including a gym, a pool and a roller skating rink. Excitement can be made online at ymcacare.org.au/news.

Help the Y NSW give back

There are many ways organisations and individuals can help bring our purpose to life and increase the impact of our valuable work empowering young people and positively impacting communities.

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/

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/

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, gymnastics, outdoor education, aquatics and water safety, administration and business management.

See more: careers.ymcansw.org.au/

Volunteer with us

Since we opened our doors 166 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, 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/

Thank you partners and supporters



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

Level 5, 20 Smith St, Parramatta NSW 2150
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We believe in the power of inspired young people