



Here for young people  
Here for communities  
Here for you

YMCA  
BOURNEMOUTH  
Bournemouth/Poole/Christchurch

**Delivering Positive Impact ...  
Making A Difference!**

**Stats**

01:04:2023 - 31:03:2024





A HUGE thank you to our 200+ focused and passionate employees, who with the support of local individuals/groups/businesses/ clubs and organisations ... truly achieve a positive and lasting impact to so many...

### **Accommodation**

We believe every young person should have a safe place to stay.

### **Family Work**

We believe every family should have the support they need to develop and lead more fulfilling lives.

### **Health & Wellbeing**

We believe everyone should enjoy the benefits of good health and wellbeing.

### **Training & Education**

We run professional and affordable training courses for individuals and organisations.

### **Support & Advice**

We believe every person should have someone they can trust.



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# Housing Support

01:04:2023 - 31:03:2024

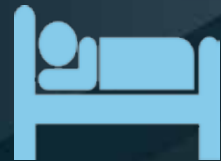
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**211**

individual clients housed / supported



across **114** beds in **3** YMCA locations

**1,350**

one-to-one key sessions

**32**

workshops/groups delivered to our clients

**Achievements and Performance**



# Families and Relationship Services

01:04:2023 - 31:03:2024

## Children's Centres

- > Pokesdown & Southbourne
- > Townsend
- > Queen's Park

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**277** families  
provided with a dedicated  
Family Support Worker



**335**  
children received targeted  
family support



**713** families attended YMCAB  
targeted support sessions



**419** food support bags  
supplied by YMCAB

**Achievements and Performance**

# Families and Relationship Services

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Achievements and Performance



CHILD  
CONTACT CENTRE  
PART OF YMCA BOURNEMOUTH

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**1,541** hours of family contact

**686** Family Time sessions delivered

**45** referrals

**109** children and **89** carers provided with contact

**12** local authorities supported across England

**440** hours of room-sessions delivered



TEDDY'S  
PRE-SCHOOL  
PART OF YMCA BOURNEMOUTH



**100+**  
funded  
places



**100+**  
children placed  
at Teddy's

**40+** children living in recognised deprivation areas supported to achieve

**45** children received specific targeted support



# Health and Wellbeing

01:04:2023 - 31:03:2024



**1000+**

Children taught to swim

**1100+**

swim awards achieved

## Achievements and Performance



**38,000+**

Fitness Class  
Participants

**520+**

Badminton Courts Booked

**70+**

Adult Functions / Celebrations

**2,200+**

11-15 Year Olds Gym Sessions delivered

**50+**

individual disabled users using our heated pool

**5,000+**

Active Members



**850+**

Children's  
Party Bookings



**3,500+**

Party/Function  
Meals Served

**200+**

NEW Members per month (average)

**40+**

individuals referred to our GP Referral Scheme

**5,170+**

Junior Holiday Club Sessions

**200+**

new First Aiders qualified

**25+**

adults learnt to swim

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# Youth Work

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## Youth Work for 5-8 year olds

**48** sessions, **1** per week

**38** different children attended

Up to **20** children attended each week



## Open Access Youth Club for 8 – 15 year olds

**98** sessions, **2** per week

**76** different children attended

Up to **32** children attended each week

**6** Young leaders have supported the Youth Workers

**Achievements and Performance**



# Chatterbox Youth Group

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*“Chatterboxes is a community where everyone can relax and be their true self. It’s a place full of kind and supportive people giving a safe place to meet ... smile ... and laugh ...”*



**394** Hours of direct support

**256** Organisations Have Supported  
Our Youth Sessions



**60+** young disabled people were  
intensely supported

**34** Training/Awareness Workshops Delivered

**Achievements and Performance**



# YMCAB Volunteering

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**Achievements and Performance**

**52** Adult Volunteers  
including **32**  
Volunteer Counsellors

*“Volunteering not only helps  
the individuals and groups that  
YMCAB supports ... but also  
helps me in giving-back to  
the community I love...”*

# Counselling Support

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## Top 5 presented concerns:

- Anxiety
- Depression
- Low Mood
- Childhood Issues
- Family / Children related



**2,925** counselling  
sessions delivered

**218** referrals

**71** individuals internally supported

*“I’m truly grateful for the support I have been given through this YMCAB service. I still have a few things to work through personally but without this help and support I wouldn’t be where I am today. I now have the tools to continue through life without being stuck and feeling lost. Thank you.”*

**Achievements and Performance**



# Chaplaincy Service

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**100+** Sessions Delivered



Varying support programmes/  
platforms delivered

- Prayer reflection
- 1 to 1's
- Bible study
- Residentials
- Recovery work
- Trips

**Achievements and Performance**

# Sandyholme House (Studland | Dorset)

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**1000+**  
individuals  
enjoyed and  
benefitted from  
this beautiful  
retreat location

**30+** groups supported

**15+** Charities used this unique facility/experience

YMCAB Residents attended **3** separate chaplaincy  
retreat workshops

*“A superb facility (28 beds across eight bedrooms) which  
gives us time to relax, reflect and have quality time ...  
thank you so much ...”*

**Achievements and Performance**