

# YMCA BOURNEMOUTH

Bournemouth/Poole/Christchurch

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

STATS: 01:04:2024 - 31:03:2025



Here for young people  
Here for communities  
Here for you

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



## Achievements and Performance

172

individual clients  
housed / supported



across **114** beds in  
**4** YMCA locations



991

one-to-one  
key sessions



32

workshops/groups  
delivered to our clients



29

clients moved on positively



### **Housing Support ... the residents said:**

*"I feel safe when I go to sleep at night."*

*"The staff are really nice, and my key-worker goes way beyond"*

*"I have met new residents I had never met before, which has helped  
with my confidence and mental health"*

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# Supporters & Fundraising

# Achievements and Performance

## A Very Sincere Thank You to Our Supporters

At YMCA Bournemouth, we are incredibly thankful for the generous support we receive from individuals, businesses, schools, foundations, other charities and trusts. Each year, your donations of funds, goods, and services make a powerful and positive impact.

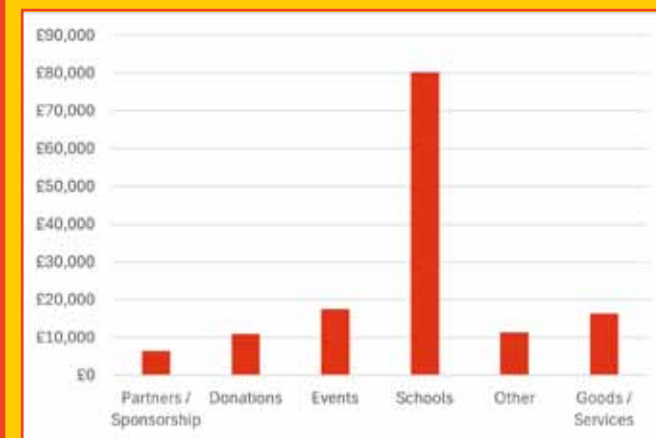
Your contributions enable us to deliver vital activities and services that support people in developing their full potential in mind, body, and spirit.

With your partnership, we're able to create inclusive, supportive, and energising communities where everyone has the opportunity to belong, contribute, and thrive.

*Thank You for playing an essential role, a role that enables YMCA Bournemouth to increase its impact year-on year.*



## 2024/2025 Fundraising Overview



**Total £269,512**



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# Family and Relationship Service

## Achievements and Performance

### Family Hubs

The YMCA Bournemouth Family Help Team work from the BCP Family Hubs, supporting children, young people and families.

*"The Parenting Support Sessions have been a fantastic opportunity, offering a protected time each week to meet with experienced practitioners who are compassionate, caring and knowledgeable around the challenges of parenthood. I have found the sessions to be encouraging, informative and non-judgemental, recognising that each family unit is different but recognising that we all share the same responsibilities as a parent and are working towards bringing our children up in a safe and nurturing environment, where they will be happy, healthy and supported in their learning."*

*Parent (Nov 2024)*

**After attending Programmes at Family Hubs lead by YMCA Early Years Team ... parents said:**

*"It has improved my confidence with different developmental activities"*

*"He is starting to say more words and I know I can help him at home"*

*"My child is more confident and finally potty trained"*



**135** families received Targeted Family Support

**265** children received Targeted Family Support

**101** individuals attended targeted programmes and interventions

**321** food support bags supplied by YMCA B



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# Family and Relationship Service



CHILD  
CONTACT CENTRE  
PART OF YMCA BOURNEMOUTH

1,607

hours of family  
contact



873

Family Time  
sessions  
delivered



79

different  
families



73

new  
referrals



13 local  
authorities  
supported  
across England



509

hours of room  
hire family time  
for families



*"I just wanted to write to you both to thank you for providing a wonderful service and safe space for 'H' to build her relationship with her father. Watching 'H' grow in confidence week after week at the centre has been wonderful to see, and that is thanks to your support. To 'S' especially, as we have interacted the most, you are amazing at what you do and have made me feel at ease in this most uncertain time of my life navigating co-parenting. Please thank all the centre staff for me." Parent (Dec 2024)*

## Achievements and Performance

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# Family and Relationship Service



## Achievements and Performance



TEDDY'S  
PRE-SCHOOL

PART OF YMCA BOURNEMOUTH



**29,240** hours of quality early years education

delivered, **25,229** government funded

**83** children attended Teddy's

**30** children living in recognised deprivation areas

**24** children with SEN were supported

**20** children supported with targeted intervention

**16** children have an Education, Health and Care Plan

**22** children have English as an Additional Language

**45** sessions were delivered by therapists at Teddy's

*"After my three children attended Teddy's Preschool I would recommend them 1000%!! In fact, I have already told many people I know. A few of my neighbours who have had children have gone to Teddy's even though we all live a bus ride away!"*

*Kerry has been my support through some challenging times and the team at Teddys cared for my three children and supported their development amazingly, they are all superstars as well.*

*The Teddys team are amazing at what they do, but particularly Kerry I could not have had such an amazing journey without your support and guidance in the last 8 years. You are honestly one of a kind!"*

**Parent (Oct 2024)**

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# Health and Wellbeing



# Achievements and Performance

6,500+

Active members across two fitness sites



550+

Badminton, Pickleball and Short Tennis courts booked



12,000+

Fusion Fitness Sessions booked for 11-15 year olds



55+

individuals referred to our Exercise Referral Scheme



1,250+

children attended The Junction's Swim Academy



30+

adults attended The Junction's Swim Academy



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# Health and Wellbeing



# Achievements and Performance

**62,000+**

Fitness Class Participants



**830+**

Children's parties booked



**2,000+**

Hot/Cold children's party meals booked



**80+**

Adult function / celebrations booked



**3,600+**

children participated in holiday clubs



**300+**

New adult members per month (average)



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# Youth Work



## Achievements and Performance



TOWNSEND  
YOUTH  
PARTNERSHIP

### Youth Work for 5 - 8 Year olds

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



**38**  
different  
children  
attended



Up to **30**  
children  
attended  
each week



**5** Volunteers  
helping YMCAB  
to deliver  
positive impact



### Open Access Youth Club for 8 - 15 Year olds

**102**  
sessions,  
**2** per week



**67**  
different  
children  
attended



Up to **30**  
children  
attended  
each week



**45** sessions  
delivered,  
supporting **55**  
home educated  
children



*"It's great to be able to meet new people of my age" | "Volunteering gives me purpose."  
I enjoy youth club because I get to socialise."*

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# Chatterbox Youth Group



## Achievements and Performance



THE CHATTERBOXES

PART OF YMCA BOURNEMOUTH

*"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 ..."*

# 513

hours of direct support



# 36

Organisations  
have supported our  
Youth sessions



# 59

young disabled  
people were intensely  
supported



# 13

Training/Awareness  
workshops delivered



# 190+

sessions delivered



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# YMCAB Volunteering



Achievements  
and Performance

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

69

Adult  
Volunteers



26+

hours per week  
of Volunteer time



THANK YOU

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# Counselling Support



## Achievements and Performance

# 2,216

counselling sessions  
delivered



# 1,626

unpaid counselling  
sessions delivered



# 590

reduced / YMCAB supported  
sessions delivered



# 236

referrals



# 212

individuals supported



*"Before starting counselling, I wasn't sure what to expect. I thought it might just be about talking through my issues and maybe get some advice how to navigate through life. But what I experienced was so much more meaningful. Counselling gave me a safe, non-judgmental space to explore my thoughts and emotions at my own pace. My counsellor helped me to better understand myself and guided me toward practical ways to cope and grow. Over time I became more self-aware, confident and more in control of my emotions. I'm truly grateful for the support I received and would encourage anyone considering counselling to take that first step. It can be life-changing." R.H - Family Support Client*

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# Chaplaincy Service



## Achievements and Performance

“During the past year, it has been our privilege to serve the spiritual needs of our staff, clients, residents and members of local BCP communities.”

**500+**

sessions  
delivered



**408**

Pastoral  
Support  
meetings



**20**

Bible  
study  
groups



**120**

Groups,  
meetings  
and events



**3**

Client  
residentials



**1**

YMCAB Staff  
residential



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# Sandyholme House

(Studland | Dorset)

*"A superb facility (28 beds across eight bedrooms) which gives us time to relax, reflect and have quality time ... thank you so much ..." Hirer 2024*

## 1000+

individuals enjoyed and benefitted from this beautiful retreat location



## 32+

groups supported



## 15+

Charities / Clubs enjoyed this unique facility



YMCAB residents attended separate chaplaincy retreat workshops

## 3



## Achievements and Performance

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# Training Courses



## Achievements and Performance

*“The revenue from our Training Courses contributes to our ability to make a positive impact on the lives of vulnerable people locally”*

**320+**

individuals passed our  
Emergency First Aid at Work Course



**55** qualified as Lifeguards  
after attending our NPLQ Course



**55+**  
attended our Fire Marshal Course



**65+**

individuals attended our three day  
First Aid at Work Course



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