



Annual Report 2023/24

Chairperson's remarks,

This year has been a transformative period for our organisation, marked by remarkable achievements, new partnerships, and innovative programmes that have significantly impacted our community. Our commitment to fostering a nurturing environment for vulnerable young people, families and communities remains at the core of our mission, and we are proud to share the progress and milestones we have achieved together.

Throughout the year, Lisburn YMCA has continued to be a beacon of support, offering a wide range of services designed to promote youth development, community engagement and health & education outcomes. From drop-in activities, mentoring activities, summer programmes and workshops with local Schools and family support programmes, our initiatives have reached those most vulnerable, helping them to build resilience, develop skills, and realise their potential. This report highlights the dedication and hard work of our staff, volunteers, and partners who have contributed to our success. It also showcases the inspiring stories of those who have benefited from our programmes, illustrating the profound impact of our efforts on the lives of many. It's wonderful to see the valuable contributions of children and young people being recognised and appreciated. Their involvement in service design, delivery, and evaluation not only empowers them but also enriches the systems with fresh perspectives and innovative ideas. By amplifying their voices, we ensure that services are more responsive and better tailored to meet their needs. Let's continue to create spaces where they can actively participate and shape the future.

As we look back on the past year, we are filled with gratitude for the unwavering support from our donors, community members, and stakeholders. Your trust and generosity have been instrumental in enabling us to expand our reach and enhance the quality of our services. Together, we have created a stronger, more inclusive community where everyone has the opportunity to thrive.

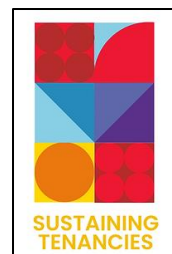
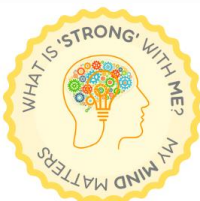
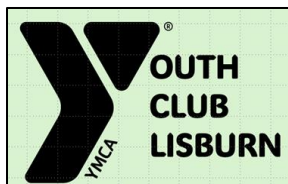


Our Projects



Y'S GIRLS MENTORING

Enabling girls to belong, contribute and thrive



YOUTH DEVELOPMENT



How we did it:

- 5 nights per week
- Drop in youth club
- Specialist ASD/SEND provision
- Detached youth work
- Groupwork
- 1-1 support
- Targeted interventions
- Education Sessions

Project Focus: What's Strong With Me?

Thousands of young people in Northern Ireland experience poor mental health and wellbeing. This co-designed, person-centred project draws on strengths and protective factors to ensure developmental growth for participants. Specialist staff used a series of personal, small groups and educative interventions to provide support to targeted referred individuals and their families, identified groups and school classes and year groups to both raise awareness and tackle issues both internally and systematically.

Inclusive **Safe** **Co-designed** **Life Skills**
Wellbeing **Learning** **Supportive**
Flourishing **Empowering** **Consistent**



Case Study: Rubix Employability Mock Interviews

The hard work and dedication of the participants applied was incredible. They were able to overcome fears and anxieties that they had which is an amazing accomplishment. The young people spoke passionately about why they wanted to work in the certain job sectors and even went on to talk about the many different hopes and ambitions that they had. The employability sessions gave the young people a unique opportunity to learn new skills, gain confidence and prepare for future events e.g., future interviews. There was a variety of personalities that shone through all participants; from upbeat and ambitious to calm and self-assured.

HEALTH & EDUCATION

Case Study: 4 Projects Movilla High School

During this year our engagement with Movilla High School, Newtownards was a stand out. Disproportionately affected by paramilitarism and the subsequent risk of drugs and violence in already deprived neighbourhoods Movilla was identified as an entirely vulnerable school. Ards and North Down Council funded interventions combined with SHAHRP and a significant TLS input were implemented with every year group in the school. Year 8 and 9 were deemed particularly vulnerable and saw large numbers engage with TLS over the year. We worked closely with PSNI to welcome spot visits to groups and to improve communication and understanding between pupils and their neighbourhood officers.

Our topics

- Drugs
- Alcohol
- Risk taking
- Choices
- Wellbeing
- Relationships
- Domestic Abuse
- Positivity
- Behaviour



Project Focus: What's Your Playlist?

Based on the same sound theoretical principles of our Building Up: Flourishing programme, WYP has been designed to introduce positive psychology tools and how they can be used. In 3 school periods pupils in individual classes are taken through the WYP booklet. Each pupil creates their own personalised playlists based on PERMA (positivity, engagement, relationships, meaning and achievement) including things that bring them joy, people they trust, personal goals and things they are proud of. For each playlist we take part in discussion about how this can either improve our mental wellbeing or combat things that may negatively affect our wellbeing including stress, anxiety and low mood. Ultimately, we discuss how much choice we have in our happiness, how we frame situations and coach optimistic thinking and how and when we can use our tools and what is important to us to guide our choices.



3 Council funded projects **TLS: 85 groups**
42 schools 60 Teacher training sessions
SHAHRP: 128 Brief interventions **19 Community groups**

Community Engagement

Case Study: Family Support

After receiving a referral to provide support for a young male teenage they were identified as someone who had attended our youth provision and had previous engagement with one of the family support practitioners within this setting. The practitioner was a little concerned this may have been a barrier to the young person but on speaking with the young person it became apparent that he felt it would benefit him to speaking to someone he knew. On the first couple of sessions the young person appeared hesitant and seemed to find sharing his thoughts difficult, so the practitioner opted to do informal sessions, they both engaged in several games of pool and while doing so addressed the reasons for the referral. Sessions included work around emotional regulation, focusing on identifying triggers and negative thought processes. Once these factors had been identified, further work around coping strategies and challenging negative thoughts to improve his perspective to be more positive and constructive. Work was completed around conflict management and how to affectively avoid conflict or how to attempt to de-escalate a situation when conflict is present.



Case Study: Y's Girls

X is a teenager who has experienced some difficult times. Having lost her mum she lives with her uncle, but was missing a female to support and guide her through the trials of teenage life. X responded so well to her her mentor, taking part in lots of activities, trying new things, but mostly talking and bouncing ideas and seeking advice. While her time with her mentor was extremely beneficial further personal development, confidence and self esteem building came through girls group. At group she found other peers with similar life situations and found easy friendships. Now as one of our Youth Impact Ambassadors X represents the Ys girls Lisburn group, advocates on their behalf and is co-producing a programme to support all of our Ys Girls mentees.

Women In Mind: The programme has delivered over 500 hours of volunteer support to a group of 20 ladies through a range of programmes.

Sustaining Tenancies: The programme provided direct support to over 30 young people on a range of issues around debt management, parenting, food poverty, social connections and practical assistance within the community

Lisburn Links: 5 days per week learning disability day opportunity service. Life skills, social opportunities and independence support.

Family Support: Our service outcomes aim to ensure that the intervention provided to young people and families is effective, efficient, and supportive to their needs. 23/24 had over 130 families receiving early intervention support.

Y's Girls: 29 mentee and mentor matches alongside groupwork for girls aged 8-14.



Participants this year

880 Non-targeted
875 Targeted
11,340 Education

Every Week!

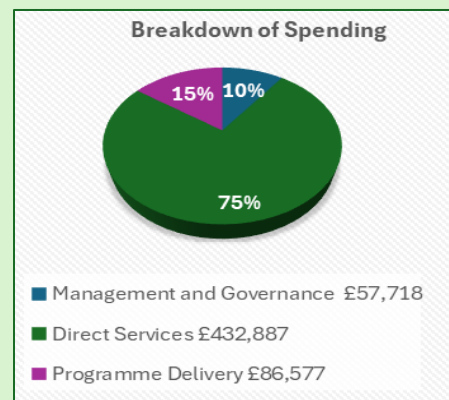
125 sessions
35 Volunteers
13 Projects

Treasurers Report,

The financial accounts of YMCA Lisburn have been audited by AAB Group according to SORP 2005 and comply with the charity's Memorandum and Articles of Association, applicable law and the requirements of the Statement of Recommended Practice, "Accounting and Reporting by Charities" and requirements of the Companies Act 2006. The total income amounted to £690 581 with expenditure of £577 183. We are pleased to report a surplus of £113 398 which will be directed to supporting our core service and public benefit. The Executive Committee has set a target of building unrestricted reserves to the level of six months operational costs which equate to approximately £350,000. At a time of financial restraint, we are pleased that each of our programmes has continued to break even and maintain a sound financial balance however we recognise a challenge lies ahead with the planned reduction of government spending over the next few years and the tendering of services within health & education government departments.

Our thanks go to our extensive range of funders and a summary of accounts are included on the attached sheet. I would further like to acknowledge the work of Joyce for her excellent work in the financial management of projects and to Suzanne Villers and Owen Henry within AAB Group for their support throughout the preparation of the audited accounts. Special mention of thanks to the staff team and in particular the Senior Management Team for the manner in which they have sought and succeeded in obtaining new and alternative funding for projects going forward.

Full set of accounts are available at the administration office or by emailing enquiries@lisburnymca.com.



Thank You to Our Funders

