



## Henley YMCA Limited



### Summary of the Directors' & Trustees' Report for the Year Ended 31 March 2009

#### Introduction

At Henley YMCA we aim to serve the whole community and young people in particular, no matter what their race, sex, disability, sexuality or religion. We aim to provide a caring and welcoming environment which encourages personal growth and development in body, mind and spirit. Consistent with these aims, Henley YMCA key charitable objects include:

- Providing facilities for affordable recreation and other leisure activities for men, women and children with the object of improving their quality of life
- Providing educational opportunities for all ages for physical, mental or spiritual development
- Affordable housing provision for young people.

Henley YMCA has endorsed the YMCA's national Mission Statement: *'The YMCA's vision is of an inclusive Christian Movement, transforming communities so that all young people truly belong, contribute and thrive'*.

#### Structure, Governance and Management

Henley YMCA Limited is a charitable company limited by guarantee. It took over the unincorporated charity known as Henley YMCA, which was founded in 1857.

The Directors of the Company are also Charity Trustees for the purpose of charity law and are known as the Board of Trustees. The Directors are elected annually to serve for a period of one year and are elected at the Annual General Meeting. The Directors delegate the day-to-day running of the Charity to the Chief Executive, Mike Ray and the Housing Manager, Angela Healey. Volunteers also provide invaluable help with administrative, book-keeping, resident-support and programme activities.

#### Achievements and Performance

2008-09 has seen a continuation of its mission activities across a number of areas and good progress has been on a number of new initiatives.

##### Housing

Henley YMCA has continued to provide access to affordable housing for young people between the ages 18-25. The accommodation comprises 21 studios and 9 flats. All the units are self-contained and designed to facilitate independent living within a community atmosphere. Henley YMCA has a Management Agreement with YMCA England to look after

and run the residential accommodation. Henley YMCA achieved a high position in the top quartile of the YMCA's national managed housing scheme key performance indicator tables, gaining high scores for void and rent-payment management and the responsiveness of its maintenance and repairs service. Full occupancy was achieved throughout the year, confirming the strength of local need. The Housing manager, assisted by some volunteers and other specialist agencies, has also provided support and guidance to residents as appropriate on issues such as job search, benefits assistance, budgeting, health & personal care issues. A high proportion of our residents are in employment, education or training. There are early signs that the effects of the recession will make the supporting of high employment levels more challenging.

A tenants council has continued to operate during the year led by three elected tenant representatives. Five tenants participated in the YMCA European Summer 2008 youth festival in Prague.

Discussions with South Oxfordshire District Council have resulted in an arrangement for Henley YMCA to provide supported housing provision for up to four otherwise homeless 16-17 year olds.

### **Active living activities**

The YMCA Pavilion has continued to host a wide range of health and fitness and educational activities for all ages. These include Art, Pilates, YOGA, Karate, Martial Arts, Dancing, Keep-Fit, Seated Exercise, Tai Chi, Table Tennis, Photography, University of the Third Age and History of Art. New activities introduced during the year include play-based 'First Soccer' for under 5's, children's dance and a Body- Mind-Spirit programme.

### **Football**

Henley YMCA's capacity to provide recreation, health & fitness, personal development, team building and community building opportunities through football has progressed significantly. A football development plan based on a Football Association framework has been produced and lodged with the Oxfordshire FA. Encouraged by the Oxfordshire Football Association, a football partnership has been developed with Henley Town FC and AFC Henley. This provides a continuous route of opportunity for males and females to play football in Henley, at a wide range of levels, from age 5 through to adult teams. As part of the partnership there is an initiative to develop football activities for those with a learning disability. Henley YMCA is taking the lead in starting a team for men who have a learning disability (age 16 and over).

Two more coaches from Henley YMCA (one was a Henley YMCA resident) were sponsored successfully through FA level 1 coaching qualifications. 3 coaches also completed the Football Association's 'Coaching Disabled Footballers Course'. The plan is for more people to qualify as coaches each year.

A major development was the completion of the upgrading of the existing floodlit five a side court with a third generation 'state of the art' artificial grass surface. This has already resulted in some 150 people using the facility each week, including: 2 five a side leagues run by 'Football Mondial'; YMCA teams; separate children's football sessions run by NOMAD (the local 'Connexions' service provider) and Henley YMCA; plus use by casual hirers. A Football Foundation grant application for upgrading the existing grass football pitch has been supported by the Oxfordshire Football Association and Football Foundation officials. The upgrading of the pitch is designed to increase the capacity of pitch to up to 4 matches a week. This should facilitate the introduction of a men's learning disability team and ladies football, in addition to continuing to provide a home for the existing two Henley YMCA men's teams.

Henley YMCA FC won the Reading Sunday League E Cambridge Cup and gained promotion from division two as unbeaten runners-up. YMCA United retained its place in division three and accepted a promotion to division two.

### **Youth work**

Henley YMCA and Nomad ran a week long programme of activities during the summer school break. Under the banner of 'Active 08', the event included basket-ball coaching, American football, football, art, street dance and jewellery making. The event concluded with a disco. Over 30 children aged 8 – 13 enrolled. The event was staffed by Nomad (part of the local Connexions Service), Henley YMCA, volunteers and 'interns' from Henley Baptist Church and the DNA Christian Leadership programme. The evaluation pointed to a successful and worthwhile event and a decision has been taken to build on this success with another event, with an extended age –range in August 2009.

### **Fundraising**

Henley YMCA is very grateful to those individuals, organisations and trusts who responded so generously to fundraising appeals. The funds received were sufficient to cover the full costs of the Active 08 event, contribute to the funding of the Prague experience for five of our residents and help with the costs of providing otherwise unfunded support to our residents.

### **Future plans**

Agreed future plans include:

- Exploration of providing accommodation and support for those leaving care or young offenders establishments.
- Piloting of a life-coaching programme for Henley YMCA residents.
- A feasibility study to look at the scope for extending YMCA work in Oxfordshire.
- Applying for Football Association Charter Standard Club status.
- The development of a football team for men with a learning disability.
- Upgrading of the grass football pitch to increase its playing-time capacity.
- Running a week-long summer activity programme in 2009 for 9-17 year olds, in partnership with NOMAD.

### **Finances**

Independent Examiners Limited was appointed to prepare Henley YMCA's accounts for 2008-09 and to obtain an Independent Examiners Report to conform to Companies House and Charity Commission requirements. Henley YMCA had a much-reduced income deficit over that of the previous years. The newly introduced income stream from the artificial grass football court, continued good housekeeping and the proposed widening of supported housing services should enable the charity to not only, at least, break-even in income and expenditure terms but also meet the full costs of covering its depreciation policy. The deficit for 2008-09 was met out of reserves.

### **To summarise ....**

In all, the charity continues to fulfil its purpose and has expanded the sports, youth and housing related dimensions of its mission-activities. This vision and momentum will be carried forward into the future with passion and confidence.

*Copies of the full report and annual accounts are available on request from Mike Ray-  
email [mike.henleymca@btconnect.com](mailto:mike.henleymca@btconnect.com)*