

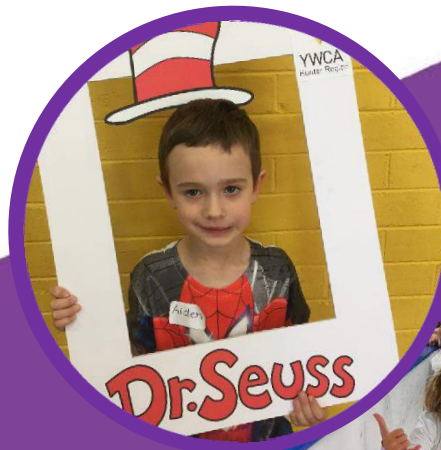
YWCA Hunter Region



SUPPORT

EMPOWER

CONNECT



2016/17

95th ANNUAL REPORT



YWCA
Hunter Region

YWCA Hunter Region Inc.

YWCA Hunter Region Inc.
ABN: 72582209745

We would like to acknowledge the original custodians of this land that we gather on, the Awabakal and Worimi peoples, and pay our respects to the Elders both past and present for they hold the memories, the traditions, the culture and hopes of Aboriginal Australia.

Y Hunter Vision and History

Support, empower and connect women and families for a stronger community.

Strengthened by Christian heritage and enriched by our worldwide membership of women and girls the **YWCA Hunter Region** is a women's membership movement based on feminist principles. Today we aspire to sustainability through the richness of diversity from many beliefs and values. YWCA Hunter exists to support, empower and connect women and families for a stronger community. The YWCA in the Hunter has been delivering services to women of the Newcastle region in later years to the wider Hunter community for 95 years.

In the Hunter, the YWCA has been supporting and working with women and their families since 1880. The **YWCA Newcastle** commenced operations at 113 King Street Newcastle in 1921 with Club Rooms, Cafeteria, Classes and a variety of Clubs open to all people.

There were 800 members in 1963. The YWCA moved into the Dawson Street Cooks Hill property in 1963 with the new gymnasium being added and opened by Betty Cuthbert in 1965.

The YWCA Hostel in Parkway Avenue, Bar Beach – War Memorial Hostel - was built in 1953 offering accommodation at reasonable rates plus 'wholesome lifestyle' for 'business girls and students'. It transitioned to mixed accommodation and then was sold in 2007.



The YWCA Hunter is part of a national and international movement, a global membership-based movement of women and girls, which promotes women's leadership and gender equality.

The YWCA Hunter has a chequered history of program delivery and we aim to move with recognised needs/trends and available research in the community. Today we predominantly deliver programs geared at early interventions delivering a suite of programs for children at preschool age and primary age. This will be our continuing focus.

The **World YWCA** is a global network of women and young women leading social and economic change in over 122 countries. The World YWCA is one of the world's largest and oldest women's organisations with a global reach of 25 million women and girls. It advocates for peace, justice, human rights and care of the environment, and has been at the forefront of raising the status of women for over 150 years. The World YWCA develops women's leadership to find local solutions to the global inequalities women face. Annually the network supports 25 million women and girls.



Y President and Executive Director's Report



Elle Buyers
Acting President from January 2017
Board of Directors



Yolande Willis
President to January 2017



Jenny Baldwin
Executive Director

It is with pleasure that we present the YWCA Hunter Region Inc. 2016/2017 Annual Report, covering the financial year from July 2016 to end of June 2017 to our members and supporters. This is our 95th year of operation here in the Hunter region.

This report aims to provide Hunter members, stakeholders, partners and our many supporters with an overview of our performance in the financial year and to share some of the things that have happened in the course of the year. We also aim in this report to impart an understanding of our future direction.

It has been a very interesting year with our participation in the National Merger Project for the last 2 years. In July, the Board made the decision that it was not in the best interest of the Hunter, at this time, to continue with the merger and we officially withdrew. Canberra had withdrawn in April 2017.

As an organisation, we appreciate the time and effort that being on the board requires of directors and the voluntary time and dedication that is greatly appreciated by the organisation.

These last 2 years in particular have required a considerable investment by the Board and this is much appreciated. We also acknowledge the staff members who as a result of Jenny's many absences with the merger project have stepped up to take on additional work.

Unfortunately, in a small organisation such as ours the removal of the Executive Director to such a capacity as has been required over the last 2 years due to the commitment to the merger project, has meant that the work on the local level has been disadvantaged. We do, however, look forward to the future with a renewed enthusiasm and vision for women in the Hunter.

Yolande Willis stepped down from of the President's role at the beginning of 2017 and she resigned from the Board in June 2017. We do thank Yolande for all her efforts during her years on the Board. Elle Buyers stepped into the President role on a temporary basis and we are much appreciative of her commitment to the role. The role has been much more demanding due to the merger requirements.

Nina Aubin has been accepted onto the Board to be officially ratified at the AGM 2017.

BOARD MEMBERS

PRESIDENT

Yolande Willis

SECRETARY

*Elle Buyers (Acting)

*Stacey Lynch

Jenny Baldwin

Judy Gresham

*Denotes young women (aged 30 years or under) at time of appointment. The YWCA Hunter maintains a commitment to 30 per cent of Board appointments are held by women aged 30 or under.



Elle Buyers



Jenny Baldwin



Yolande Willis



Stacey Lynch



Nina Aubin



Judy Gresham

Y Staff Team 2016/2017

What a great staff team we have – dedicated, passionate, enthusiastic and hard working. This is the essence that makes the difference between great programs and average and our programs, in every area, are truly that – great!!

Sharon Gruber left us in July 2017 to focus on her teaching. We were fortunate to have Ann Grimshaw join us in the very eclectic role that is administration. She brings her own level of energy and passion to the office and we feel very fortunate.

Kindergym Instructor -Lynette Edwards

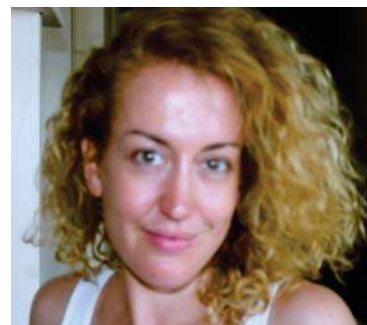
Encore Facilitators –Sue Boswell, Sharon Jephson, Ann Grimshaw, Sandra Woods, Jennifer Sumner



Sue Woods



Ann Grimshaw



Sharon Gruber - Kindergym, Kinderyoga, Administration



Sharon Jephson



Natalie Smith - Administration



Sandra Woods



Natalie Ball - KinderYoga



Jennifer Sumner – Finance Officer

Vacation Care staff team 2016/2017:

Tannon Muller, Bianca Flanagan, Sean Kees, Louise Gillespie, Rebecca Gillespie, Jake Hooper, Claire Finch, Laura Piggott, Luke Rayner, Logan Longfield, Emily Logan, Clare Cawley, Emily Sandall



**Tannon Muller - Nominated
Supervisor VC**



Y-Kids Get A Better Start!

'I am learning through play for I will make a difference one day'

Y-Kids Programs

Play is more than just fun for kids. It's how babies and children learn, and how they work out who they are and where they fit in the world.

Our slogan emphasises the benefit of the Y-Kids programs and the activities involved -

'Y Kids Get a Better Start'.

The YKids programs aim to provide an opportunity for toddlers and infants to interact socially with their peers and to experience activities that enable them to explore and develop the social and gross motor skills essential for healthy neurological and social development for school readiness.

- building confidence
- developing social skills, language and communication
- learning about caring for others and the environment
- developing physical skills

- connecting and refining pathways in the child's brain.

As we respond to community needs and trends we have an increasing focus on early intervention programs at the YWCA Hunter as we recognise the benefit of childhood learning in today's world. We deliver a suite of programs for children at preschool age and primary age. As we strive to stay relevant KinderJAZZ and KinderYOGA have been added to the programs to stay in tune with current children related trends in the community.

Our programs aim to make early intervention growth classes accessible to all families. We do not charge a term fee and it is a pay as you go system. All classes are affordable and relaxed.



Y-Kindergym

The Y-Kindergym classes run on Tuesdays at 9.30am -10.30am and at 10.45am-11.45am. The classes provide a structured program for children aged 1-5 years. Classes support a nurturing environment where children are encouraged to participate in activities that develop the necessary gross motor skills at this age.

Lynette Edwards, a trained kindergym instructor, facilitates these sessions. Approximately 80 families attend on a weekly basis. These programs continue to be the most popular preschool program with both the parents and children.



Y-KINDERYOGA

Y-KINDERYOGA is a FUN combination of gymnastics and yoga, perfect for growing minds and body! It offers all the benefits of gymnastics, plus the peace and mindfulness of the yoga experience. Our new yoga instructor, Natalie Ball, has brought a new dimension to the classes. KinderYoga runs on a Wednesday morning from 9.30am to 10.15am and is bringing many new children and parents into our building.



y- KinderJAZZ

We introduced **Y-KINDERJAZZ** this year to provide dance classes that would appeal to both boys and girls. KinderJAZZ is a FUN upbeat jazz inspired dance class. It is a structured preschool program that provides children with a joy for movement, body awareness, improved coordination and gross motor skills, all the physical skills essential for healthy brain and body development

Class includes basic warm up techniques and dance moves with an emphasis on jazz. The end of year performance dance is incorporated into the weekly lessons. This

class provides learning how to dance in a fun, relaxed environment.

Classes run on a Monday with the 9.30 to 10.15am class open to the public. A separate class caters for the children of the Cooks Hill Preschool from 10.30 to 11.15am. The preschool children are also learning a dance routine to be performed at their end of year graduation party.

Our dance instructor, Olivia Hacker, is a qualified dance teacher and teaches ballet as well as jazz.



School is out! Vacation care is in!!

BRING ON VACATION CARE!!

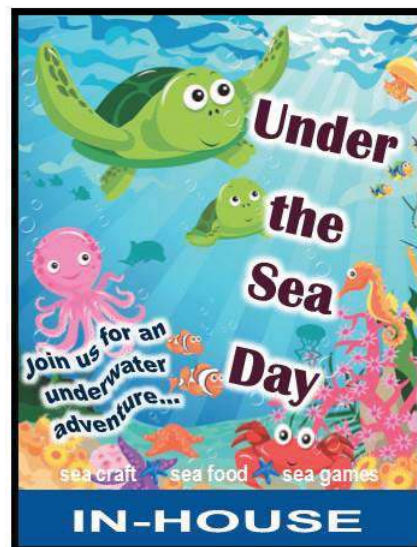
School holiday time is when the YWCA Vacation Care program comes alive with an innovative, fun packed program that ensures the children of working parents have a thrilling and enriching school holiday experience.

The program is funded through DEEWR with parents eligible for the Government's Child Care Rebates.

Some of the children live locally while many come with their parents who work in the city. Our aim for vacation care is FUN, FUN, FUN where the children experience new ideas and activities and take home something in the form of craft, art, new skills, ideas and experiences.

The program runs at the YWCA centre through each school holiday break –two weeks each break and three and a half weeks in the January school holidays.

The program is based on feedback from the children, information from their interest lists and input from the staff. We develop a program of activities, experiences and excursions that ensure no one is disappointed.



Excursions are particularly popular but the children also get a thrill out of the themed onsite days where they create, cook, eat and play their way through the day.

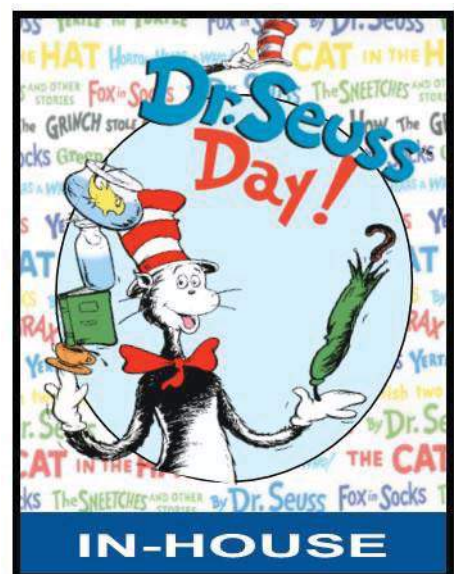
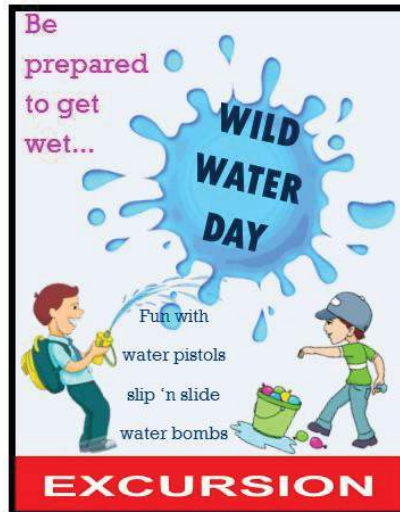
Many of the photos make their way to our Facebook page which delights the children.

All activities are delivered through much fun, community awareness and interesting themes set under the government, guidelines called 'My Time our Place'.

Much is owed to the young staff team whose contributions, enthusiasm and energy are of an exceptionally high quality and we just couldn't do it without them!!! Tannon Muller has been the Nominated Supervisor for the last 2 years. Tannon has a wealth of energy, talent and a way of relating to the children that endears him to all the children.

Enrolments continue to be strong as we reach full capacity on many days each vacation care. The program saw a total of 86 new families with 136 new children in the twelve month period from June last year.

From the thrill of excursions like Ice skating; Pulse Rock Climbing, ten pin bowling, Toboggan Hill Park, FlipOut, Mattara, Stockton Fun Ride to the mystery of theme days like Dr Seuss, Pokemon, Naidoc, Y-Mini Olympics, Alice in Wonderland, Y-Survivor, Messtival, Harry Potter, Mad Scientist, Under the Sea, and many more the children have lots to take home and lots to talk about.



What the parents told us this year:

"Can I go to vacation care everyday, pleasssse mum"

"Please don't pick me up early today mum., you always come too early"

"Thank you for another amazing vacation care"

"My son never wants to leave vacation care in the afternoon so I give up and just pick him up at closing time now"

"We were nervous about leaving our little girl before she even starts school in January and I worried all day, but she had so much fun and wanted to come extra days when her new friends would be there....THANK YOU YWCA"

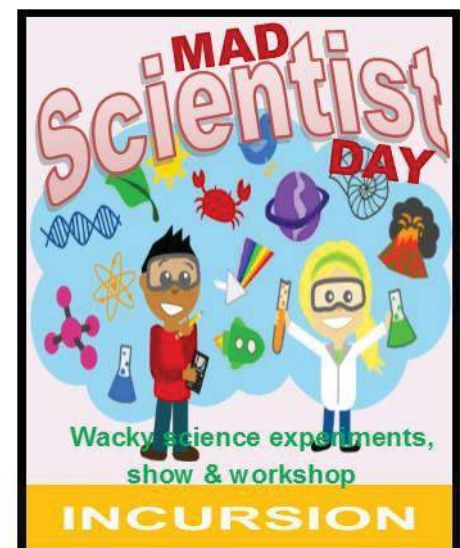
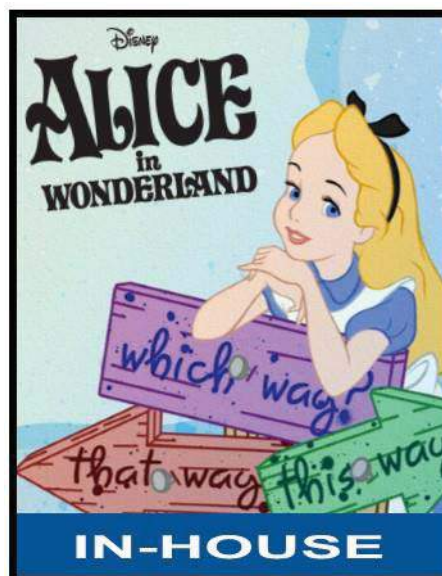
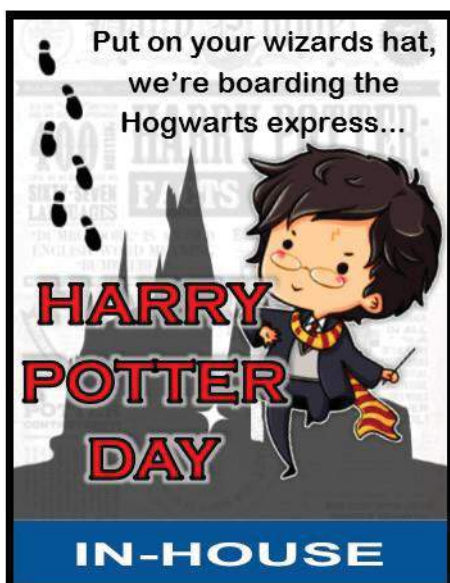
"Can't wait to next time as she has met a great bunch of friends and has enjoyed every minute of the day"

"Keep up the great work! It is such a relief to know that my child is genuinely happy to attend vacation care. Quality care, with the right mix of fun and learning – what more could you ask"

"Just to say the staff made two little children very welcomed and happy. Thank you"

"We love vc, the set up of the program, the staff and the organisation and variety of activities are all great. Wonderful take home items, photos and crafts too, fitting with the days theme"

Actual comments and also very typical of what we hear every day at vacation care.

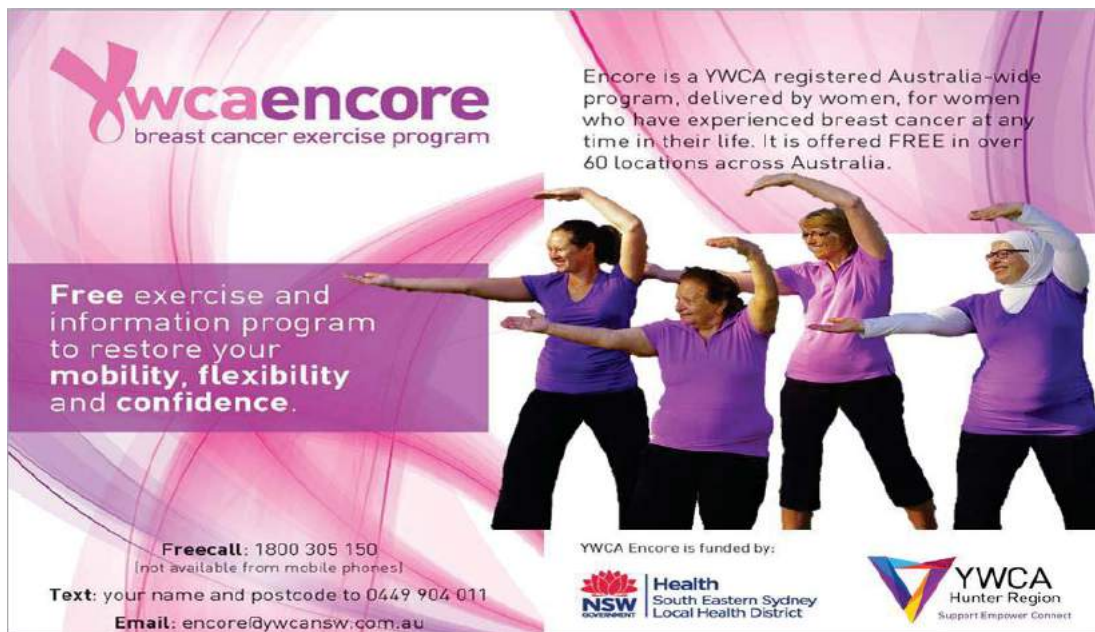




Ywcaencore

afterbreastcancer gentle exercise program

Health & Well-being – Encore



Ywcaencore
breast cancer exercise program

Encore is a YWCA registered Australia-wide program, delivered by women, for women who have experienced breast cancer at any time in their life. It is offered FREE in over 60 locations across Australia.

Free exercise and information program to restore your **mobility, flexibility and confidence.**

Free call: 1800 305 150
(not available from mobile phones)

Text: your name and postcode to 0449 904 011

Email: encore@ywcansw.com.au

YWCA Encore is funded by:

NSW **Health**
South Eastern Sydney
Local Health District

YWCA
Hunter Region
Support Empower Connect

YWCA's Encore is a free eight week program designed specifically for women who have experienced breast cancer surgery.

The program will:

- ✓ Improve mobility and flexibility in the upper body
- ✓ Improve general fitness, health and well-being
- ✓ Boost body image and self-esteem
- ✓ Help to relieve stress and tension
- ✓ Help to restore a sense of control
- ✓ Relieve discomfort associated with surgery and treatment
- ✓ Reduce the potential risk of lymphedema
- ✓ Assist in the management of lymphedema

Utilising both land and water based exercises YWCA Encore improves overall fitness as well as manages the side effects associated with

breast cancer treatment including pain, fatigue, loss of mobility and loss of strength. The program is tailored to each individual, accommodating all fitness levels.

Our Encore facilitators are trained professionals and undergo professional development annually to stay abreast of any new findings. Sue Boswell, Sharon Jephson, Sandra Woods, Ann Grimshaw and Jennifer Sumner make up the excellent and enthusiastic team of facilitators.

Due to the difficulty in getting numbers the Salamander program will no longer run. We recently changed the venue in East Maitland which now runs out of the Maitland Private Hospital. What a fabulous location this is and the staff and administration in the hospital have been extremely helpful and accommodating. We feel very lucky to have this venue for our Encore ladies in the



Maitland area. We have also continued to run programs in both Waratah and Valentine in 2016/2017.

The program not only provides good physical results for the participants but is very instructive with excellent guest speakers. Sue Boswell has done an impressive job with contacts in this area. The ladies in the program often comment on the new information and understanding they get from the speakers.

Our Encore team is out and about in the community. Facilitators often visit Dr surgeries and speak at local support groups as part of their role. This has given a face to the information provided and has proven a very useful way of getting the word out into the areas that need to hear about it. The powerhouse team of Ann and Sue together with two brave past participants Sally and Sylvia took to the stage at Maitland Relay for Life and showed the crowd what we are all

about at Encore. The Rocky theme worked well and we made a positive impact with new participants enrolled for the Maitland program. An encore performance of Encore is planned for the Newcastle Relay for Life on 4th November 2017 – stars!! We also had a display stand at Wests Leagues Club for the Breast Cancer Forum on the 23rd July - many thanks to Jennifer and Sue for volunteering their time. It was a very informative day for those who attended and proved a valuable way of getting the YWCA Encore name heard. Unfortunately numbers at the Forum were down from last year and the subsequent contacts for us were also down.



Encore sessions will continue to run in February/March and October/November in Waratah, Valentine and Maitland.



Comment from a facilitator:

"The happiness on the faces of the ladies when they have completed the 8 weeks of Encore , is a blessing in my heart. Many ladies talk of how far they have come and what they have achieved during our classes.

Encore gives new life and confidence to many that feel they have lost this in their lives because of Breast Cancer.

One lady, I clearly remember her coming into my class, she was feeling very nervous, and started to cry as she had not worn swimmers for many years, and had also put on a lot of weight and was feeling very sad. By week 7, the ladies were completing their exercises in the pool and I could hear someone singing, It was this same lady. I felt so proud and happy with the Encore Program that I could through Encore, help to bring ladies back to a feeling of such happiness"

....and what our ladies say:

"I am writing to extend my sincere thanks and gratitude for the opportunity that you afforded me as a participant in the recent Encore program held at Waratah. I am immensely

grateful that the YWCA offered and funded the course, and for this I thank you

The facilitators were exceptional in every way. Their personalities and teaching styles complimented each other and helped to focus everyone's attention on the task at hand. Lots of kind gentle works, and lots of laughs. It was very nurturing, educational and fun, which I looked forward to attending every week. Meeting like-minded participants and instructors has helped me regain some confidence in myself and reduce my social anxiety".



Budget Accommodation for Female University Students

The top floor of the grand old building in Dawson St, Cooks Hill, one block back from the very popular and cosmopolitan Darby St has been the temporary home to many female students, many of them international with their first taste of Australia.

The building currently accommodates 5 female residents.

Although there is an increase in university accommodation in the inner city region there are many advantages to staying at the YWCA:

- Tenants have secure and safe accommodation for females only – giving reassurance and peace of mind to their parents.
- Budget accommodation with competitive rates (\$160-180 per week)
- An ideal location:
 - Close to the city centre and sitting on the door step to the coffee strip of Darby St.
 - Close proximity to Newcastle University city campus and the conservatorium

where the international students attend classes.

- Peace and quiet an ideal study environment with only 5 rooms

We have recently upgraded some of the furniture that was looking a little aged. This together with the new refrigerator and freezer and kitchen item, the accommodation is more inviting. We have been fully booked for most of the year.

