



YWCA | HUNTER
REGION INC

2018/19

97th ANNUAL REPORT



SUPPORT – EMPOWER - CONNECT

YWCA Hunter Region Inc.



2018/2019 Annual Report



YWCA Hunter Region Strategic Priorities and History



HERstory - a taste of the story of YWCA Hunter Region Inc.

The Young Women's Christian Association of Newcastle Inc. commenced with the adoption of a constitution on 14th December 1921. It started in Club Rooms in Newcastle then moved to 113 King Street where it offered classes, clubs and eventually a cafeteria open to all. Membership was available to women who believed in the Purpose of the Association and were willing to work toward that purpose..



In 1947 land was acquired from the Australian Agricultural Company (the Merewether's) at 82 Parkway Avenue Bar Beach and in 1953 a much needed Hostel was constructed with the money raised from the Newcastle people. The hostel housed young business women and students coming from the country to study at Newcastle Teachers College situated on the

corner of Union and Parkway Avenue Bar Beach. When the Teachers College moved to the University site in Callaghan the hostel began to operate as low cost mixed accommodation. The property was sold in 2008 due to various reasons and change in core business direction.

The YWCA Newcastle, Dawson Street, Cooks Hill Centre originally, owned by Henry Thomas and Alice Mary Lucerne, was built in 1912 and purchased by the YWCA in 1963 for £15,425 from the beneficiary Alfred Barrett (the Lucerne's handyman). Mrs Lucerne had been an active member of the YWCA in the early days hosting many functions at her Dawson Street home and was a member of the Board in 1927, Vice President 1928 and Secretary in 1933.

The gymnasium attached to the original house was constructed and opened in 1965 by Betty Cuthbert a leading Olympian Sportswomen.

The organisation's name was changed in 2006 to YWCA Hunter Region to reflect the geographic business area. The organisation has always been a membership organisation, governed by a voluntary board and incorporated through the Department Fair Trading in 1997.

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

Today, the **YWCA Hunter Region** is a women's membership movement based on feminist principles. We aspire for sustainability through diversity from many beliefs and values with a genuine appreciation of our Christian heritage. YWCA Hunter today exists to support, empower and connect women and families for a stronger community. This year celebrates 97 years of the YWCA operations in the Hunter.

The YWCA Hunter has a diverse history of program delivery and we aim to move with recognised needs/trends and available research in the community. Today we predominantly deliver services focused on early intervention, delivering a suite of programs for children at preschool age and primary age as our core business area. We look however, toward nurturing emerging needs that may become evident in our community, where we can complement the work of other organisations.

As members of the YWCA Hunter Region Inc we are committed to our **strategic values**:

Respect

Being the foundation of all interactions and behaviours toward children, parents, staff, animals and property at the YWCA Hunter. It is also demonstrated in the acknowledgment of the traditional owners of the land and our commitment to Indigenous recognition and reconciliation.

Integrity

Being an adherence to an honest, ethical standard built on a strong moral code of behaviour.

It is in practice being honest, open and direct, and transparent in our communications and behaviour.

Empowerment

Envisaging a world where women have the power to act on their own authority in a self-determined manner; to exercise their rights and to be full and equal members of society.

This begins at a very young age and it forms a practical approach to our children's programs.

Connection

We aim to contribute to the building of a strong community that is inclusive, accepting and appreciative of diversity.

Equity

We endeavour to ensure that personal or social circumstances such as gender, ethnic origin or family background, or disability are not obstacles to participating in our programs (definition of fairness) and that all are given the assistance they require to find enjoyment and success in their participation.

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. YWCA Hunter Region remains committed to support a powerful YWCA movement in Australia and around the world.

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



Nina Aubin
President



Jenny Baldwin
Executive Director

The year in review

We are pleased to share with you some of what has been happening at the YWCA Hunter over the 2018/2019 year, our 97^h year of operation.

We welcome Nina Aubin as our Board President after she was elected at the AGM in 2018.

Continuing our record of supporting and complimenting community work this year we were proud to lend our support to a number of organisations working in our community, including: -The Australian Defence Forces in Afghanistan with a number of care packages sent from the children attending vacation care; Breast Cancer Forum; Cystic Fibrosis society; Soul Café with their winter appeal with food, blankets and warm clothing; Our Backyard, a Hunter organisation assisting older homeless women; Make a Wish Foundation with the Special Children's Christmas party; Childhood Cancer in the Talk Like a Pirate program; the World of Magic; Immune Deficiency Australia with the Quirkus Circus program; SES; The Rural Fire Services;

Tomaree Breast Cancer Support Group and The Cooks Hill Community Gardens.

As always in the work that we carry out, we would like to acknowledge our staff, Board Directors, partners, members and friends for their loyalty to the organisation and their contribution to our vision for the Hunter region.

Our core business is predominantly delivery of programs focused on early intervention. We deliver a suite of programs for children at preschool age and primary age. However we see strength and a great need to continue to deliver the Encore program here in the Hunter

We strive to contribute in a meaningful, collaborative way in addressing emerging needs for women and children. Due to the increase in violence against women and specifically young girls, in the second half of 2018 we offered 2 free self-defence workshops for mothers and daughters and women of all ages. On the back of that we will start a program of weekly self-defence classes later in 2019. We are privileged to have Nissa Lee Phillips, who was the facilitator last year,

as the program facilitator for this upcoming course. Together with Ying McKenzie as co-facilitate.

On a purely administrative side we have adopted a new logo and we are looking to revamp our branding. The website is the first port of contact for many of our clients so we look forward with excitement to what that will mean with a revamped, engaging site!

At a Board level we have needed to shift our focus back to our local needs. We have been working on the Constitution, the organisation's Code of Conduct and engaging

advice on our financial investments over the last year.

We are passionate that YWCA Hunter Region reach out to women, children and youth and listen and work with them in full partnership to see them reach their potential in life. It is our desire that we continue to *invest in women to transform their world – their lives, their family and their community*. We believe that our organisation has the ability to be genuinely responsive and build bridges of understanding to help those in difficulty to achieve in their life.

BOARD MEMBERS 2018/2019

PRESIDENT

Nina Aubin

Judy Gresham

Jenny Baldwin

*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.



Nina Aubin - President



Stacey Lynch - Secretary



Jenny Baldwin – Executive Director



Lanita Brady

Judy Gresham



Y Staff Team 2018/2019

What a fabulous staff team we have – dedicated, passionate, enthusiastic and hard working. It is only with their skill, dedication and support that we are able to offer the variety of program types that we do. Our office team, Natalie, Amy and Jennifer, are the backbone. They are talented and dedicated. Most of the vacation care ideas come from Natalie Smith. The Encore staff is dedicated and do an amazing job with the program and the vacation care team bring lots of fun and laughter to the children's school holidays.

Sue Boswell
Encore



Natalie Smith
Administration



Amy Daymond
Administration, Vacation Care



Sandra Woods
Encore



Sharon Jephson
Encore



Jennifer Sumner
Finance Officer, Encore



Nissa Lee Phillips
Self-Defence



Lynette Edwards
Kindergym



Amber Bunt
KinderJazz and Vacation Care



Olivia Hacker
KinderJazz

Vacation Care staff team during 2018/2019:



Bianca Flanagan
Vacation Care Educator



Tannon Muller
Vacation Care Educator



Laura Piggott
Vacation Care Educator



Emily Logan
Vacation Care Educator



Amber Martin
Vacation Care Educator



Sarah Blinnikka
Vacation Care Educator



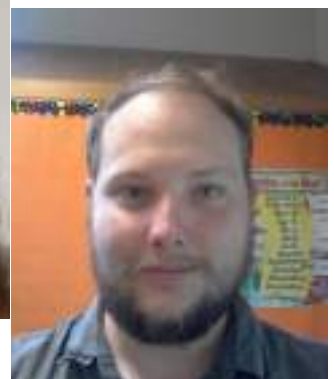
Lewis Mason
Vacation Care Educator



Emily Sandall
Vacation Care Educator



Chelsea Seckold
Vacation Care Educator



William Sutherland
Vacation Care Educator



Max McKenna
Vacation Care Educator



William Black
Vacation Care Educator



Miguel Gayoso
Vacation Care Educator

Y Kids Get a Better Start

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

(UN Article 31 Rights of the Child)

"A persons a person no matter how small" (Dr Seuss)

Y-Kids Programs

All Y-Kids classes run on a casual pay-as-you-come basis as we recognise that life with children is just not predictable.

We believe that 'Y Kids Get a Better Start' as we deliver programs that are affordable, relaxed and provide the 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.



Y-Kinderyoga

We are excited to report that Y-Kinderyoga will start up again in term 3 2019 with our new yoga teacher, Frances Lord. We look forward to what promises to be a time of learning and growth for the toddlers who will participate.

Y-Kindergym

Y-Kindergym classes continue to be a great success with an average of 60 children coming to the popular Tuesday programs. Classes are at 9.30am -10.30am and at 10.45am-11.45am.

Lynette Edwards, a trained kindergym instructor, facilitates these sessions. ‘



Y- KinderJAZZ

Y-KINDERJAZZ was introduced last year and the growth in numbers has been steady and pleasing. This year we have seen the program develop under the leadership of, first Olivia and more recently Amber, both qualified dance instructors. The class is FUN upbeat jazz inspired dance class, appealing to both boys and girls, providing 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.

Classes consist of basic warm up

techniques and dance moves with an emphasis on jazz and aerobics. The end of term performance dance is incorporated into the weekly lessons and each term ends with a performance and a party.

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.



Y Vacation Care

:PORT 2018/2019

School is out! Vacation care is in!!

“Don’t come early to pick me up pllllease mum” (heard often on morning drop off)

“How many days left before vacation care mum”? we are told is a constant whine toward the end of the school term

“Because I’m going to miss vacation care”....when asked by her dad why she was sobbing over dinner on the last Friday of the vacation care.

And they rush through the door, barely a good bye to mum or dad, ready to start the VC day with their VC friends.

Yes 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. Funding is also received under the Inclusion Support Scheme to ensure that all children with varying needs are able to participate to the full.

We cater for parents working in the inner city and local children alike. Most children meet new friends at VC providing the opportunity to learn valuable new skills, preparing them for the world. The children create and use their imaginations and physically challenge themselves through experiencing new ideas, new activities and new skills. They meet up with old friends and leave wanting to come back!



The program runs at the YWCA Hunter 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 'My Time Our Place'. Government, guidelines.



Bianca Flanagan, Amber Martin and Tannon Muller have shared the leadership role this year with the support of a vibrant team of

young people.



"Keep up the great work YWCA"

What the parents told us this year and what we overhear:

"I wish my children would get out the door this fast during school days!!"

"The kids love coming to vc here. And that, as a parent, is just such a relief. I don't need to feel guilty"

"We love that both our girls are so excited to come to vacation care. They come home totally exhausted in the afternoon but very content"

"We get ear bashed in the afternoon with both our boys' vacation care day stories. It's exhausting just listening to them!! But they don't tell us much about their school days so we are delighted"

Self Defence

With the increase in violence against women and specifically young girls we ran 2 free self-defence workshops on the 18th and 25th August last year for mothers and daughters and women of all ages. This was following local incidences of assaults on young women

Nissa Lee Phillips is our Self Defence facilitator. Nissa has a black belt in Taekwondo and trains in Aikido. She has also worked at the Center for Violence Education in the United States so brings a holistic approach to the class. The classes proved very popular and had a positive impact on the women and girls who attended., so much so that we have decided to run an 8 week self defence program for high school aged girls in Term 4 2019.



YWCAencore

after breast cancer gentle exercise program

Health & Well-being – Encore



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 and Jennifer Sumner make up the excellent and enthusiastic team of facilitators. We welcome Yela Wilson to the Encore staff team to start in October 2019.

In 2018 Encore sessions ran in February/March and October/November in East Maitland, Waratah and Valentine and once a year in Salamander Bay. We are very grateful to Salamander Haven Village for their generosity in allowing use of their beautiful pool facilities and to Maitland Private Hospital for the subsidised use of their pool to run our program.



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 doctor 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.

We also had a display stand at Wests Leagues Club for the Breast Cancer Forum in July - many thanks to Jennifer for volunteering her time. Jennifer also spoke briefly on the Encore Program. We received many names of ladies interested in doing the Encore program in October 2019 and February 2020.

....comments from the ladies:

*"Fabulous program.
Learnt a lot and
met some*



courageous and fantastic women".

"I feel so alone with what I have been through. The understanding and the support has been wonderful"

"The increased flexibility is just great!".

"The exercises have been great. The whole experience has been wonderful for me".

One of the Encore Facilitators, Sharon Jephson, attended the Dragon Boat Festival in Italy in July as part of Team Australia. It was an honour to sponsor Sharon on her trip.





Budget Accommodation for Female University Students

The top floor of the building in Dawson St, Cooks Hill is short term accommodation for female university students, most of them international with their first taste of Australia.

The building currently accommodates five female residents.

There are many advantages to living at the YWCA Hunter, not least of all being right on the doorstep of Darby St coffee/restaurant strip.

- Tenants have secure and safe accommodation for females only – giving reassurance and peace of mind to their parents.
- Budget accommodation with competitive rates (\$165-185 per week).
- An ideal location:
 - Close to the city centre, Queens Wharf and the night life of Newcastle.
 - 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.

