

2019-20

98th ANNUAL REPORT

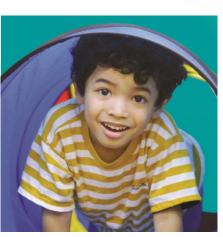


















SUPPORT · EMPOWER · CONNECT

Acknowledgement

YWCA Hunter Region acknowledges the traditional owners of country and their continuing connection to the land, sea and community.

We are in the country of the Worimi, Gamilleroi, Gweagul, Darkinjung, Biripi and Awabakal peoples. We acknowledge that this land was never surrendered, and recognise that it always was and will continue to always be, Aboriginal land.

YWCA Hunter proudly recognises the rights of Aboriginal and Torres Strait Islander peoples to own and control their cultures and pays our respect to these rights. We show respect for their lifestyles, their customary laws and their elders both past and present.

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

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 98 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 and available research in the community. Today we deliver services focused on young people, delivering a suite of programs for preschool age, primary age and high school aged young people as our core business area. We look toward nurturing emerging needs that may become evident, where we can complement the work of other organisations.

The Young Women's Christian Association of Newcastle Inc. commenced with the adoption of a constitution on 14th December 1921. The organisation's name was changed in 2006 to YWCA Hunter Region.

Through our national affiliate association with YWCA Australia, we are part of the World YWCA network, which connects over 122 countries across the globe. 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.

Organisational Strategic Values:

Respect

This is a foundational concept in 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

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 and that all are given the assistance they require to find enjoyment and success in their participation.

President and Executive Director's Report

2019-2020 in review

We are pleased to share with you some of the undertakings at the YWCA Hunter over the last financial year: our 98th year of operation. In December this year we will reach the grand age of 99.

As always in the work that we do, 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.

The last quarter of this financial year was heavily restricted due to the Covid-19 pandemic. Like many organisations in the country we ground to a complete halt. It was a challenging last quarter with the vacation care program and all face-to-face programs cancelled – Encore, Self Defence, Chair Yoga, Y-KinderYoga, Y-KinderGym, Y-KinderDance and Vacation Care. However, with this came an opportunity for innovation and we continued to provide quality programs in Y-KinderYoga, Y-KinderDance and the Sit, Get Fit Chair Yoga by delivering them online, free of charge.

Prior to the pandemic closure we were delighted to be able to deliver a strong Self Defence program for teenage girls and an equally popular Chair Yoga program for the less agile in our community.

Both programs met our objectives to meet recognised community needs. We strive to contribute in a meaningful, collaborative way to address emerging needs for women and children. We are privileged to have Nissa-Lee Phillips, together with Ying McKenzie as cofacilitators for the Self Defence classes and Yela Wilson for the Chair Yoga classes.

We are proud to continue to support a number of charitable organisations working in our community, including: - Breast Cancer Forum; Cystic Fibrosis society; Soul Café; Make a Wish Foundation with the Special Children's Christmas party; Childhood Cancer in the Talk Like a Pirate program; Immune Deficiency Australia with the Quirkus Circus program; SES; The Rural Fire Services; Tomaree Breast Cancer Support Group and The Cooks Hill Community Gardens.

While in shutdown we took the opportunity to revamp our promotional material and building signage. All with our new logo. We also replaced the fencing and refreshed the furniture and paint in the upstairs tenants' bedrooms.

Although we expect the post pandemic road to be challenging one, we look forward to the opportunities that will arise and the potential to introduce innovative new programs to meet community needs.

We express our appreciation to the Federal Government for the financial stimulus that was provided through the JobKeeper program. This assisted greatly when Covid-19 significantly impacted our ability to operate.

Nina Aubin President





Jenny Baldwin
Executive Director

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)

"BE YOU"

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.

Yes 'Y Kids Get a Better Start'. We aim to deliver programs that are affordable and relaxed, providing 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-Kinder Yoga

Y-KinderYoga Thursday morning class is a great way to teach children to self-regulate their emotions with the beginning of mindfulness teaching.



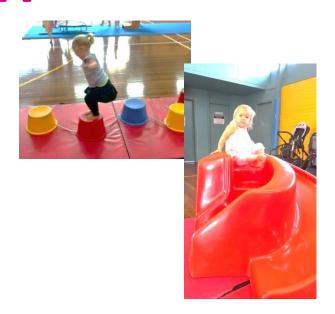


Y-KINDERGYM

Y-KinderGym classes continue to be a great success on a Tuesday morning.

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





Y-KinderDance

Y-KinderDance continues to be a committed class of regulars. The class is a FUN upbeat class that incorporates jazz, hip hop, ballet and a bit of tap. Aimed at both boys and girls it 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.

Mikaylee Biles is the dance teacher and she brings lots of energy and a love of dance and of children to her classes.

Classes remained popular during our online delivery as well. Y-KinderDance runs on a Monday with the 9.30 to 10.15am class open to the public. A separate class catering to the children of the Cooks Hill Preschool runs at 10.30 to 11.15am.





Sit. Get Fit - Chair Yoga

This is a chair yoga class for seniors, the less agile as well as others who may be active in yoga. Chair yoga began in January 2020 with a one hour class. Everyone left feeling stretched, loosened and relaxed. At just \$7 per class it aims to cater for everyone. Classes were well attended each week prior to the March shutdown due to the pandemic. However our teacher, Yela Wilson, delivered a great class online.





Self-Defence

This has been a popular class running in 2019 and 2020 for High School aged girls. The program is part funded under the Active Kids subsidy.

It is a well-designed self defence program that is aimed at rapid learning and targeted to some common strengths and abilities. Classes include personal skills alongside physical self-defence skills. Participants reported that they felt more confident in knowing how to react in times of threat and felt physically more able to do so.

Nissa-Lee Phillips and Ying McKenzie are our Self Defence instructors. 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.



Nissa-Lee Phillips
Ying McKenzie





Y Vacation Care



Usually (2020 being the exception) when school is out then vacation care at the YWCA comes into its own!!

Children look forward to a holiday away from school.

With a great team of talented and energetic young staff members, the program is always dynamic and surprising.

AND what an extraordinary, eclectic, group of talented and fascinating children we have that turn up for vacation care to have a fun filled holiday away from their school environment. They do constantly amaze us.

Not the same this year. We have missed them since we shut down after the January 2020 holidays. Programs were delivered in July 2019, October 2019 and January 2020.

The program is funded through DET with parents eligible for the Government's Child Care Subsidy. 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 eager to return!



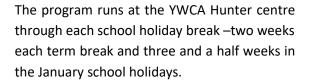












The program themes are based on feedback from the children, information from their interest lists and input from the staff. We develop a program of activities, experiences and excursions that ensure no one is disappointed.

All activities are delivered through much fun, community awareness and interesting themes set under the "My Time Our Place" and Government guidelines.









YWCA Hunter Region Exists to support, empower and connect women and families for a stronger community.



What the children and parents told us this year and what we overheard:

"I love YWCA, it is my happy place"

"The kids love coming to a holiday away from school and that makes it so much easier for us"

"Thank you for hosting such a great holiday program. M had so much fun on the days she attended and begged for more days!"

"It's such a lovely centre and our two boys always have so much to tell us about their day. Lots of variety and great activities it would seem"

"I cried when VC finished last holidays because she was going to miss everyone, including the teachers, too much"

"I can't wait for next holidays"

"When we pick up P he never stops talking. So much to tell us about his day. Yet we can't get anything out of him after a school day. It's lovely. We love it"

"When B wakes in the morning the first thing he asks is "Is it a VC day"? If it's a yes then he is dressed and ready to go before I am. I wish it was like that on school days!!"

"Please talk to mum and ask her not to pick me up so early in future"

"Oh dad why did you come so early....." (Not the warm welcome that dad had hoped for)



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 wellbeing
- ✓ 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, Jennifer Sumner and Yela Wilson make up the excellent and enthusiastic team of facilitators.

In 2019 Encore sessions were held in October/November in Waratah and Valentine and Salamander Bay. The February 2020 program was interrupted by the pandemic.



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.

Encore had a display stand at Wests Leagues Club for the Breast Cancer Forum in July 2019 – many thanks to Jennifer and Sandra for volunteering their time. The forum continues to be an excellent referral point for Encore participation.

....comments from the ladies:

"Really enjoyed the program. Great structure, facilitators and guest speakers. Although I was tired every time I got here. I always felt 'HEAPS BETTER' when I left (3).

"Highly recommend this course. I have found it a great resource."

"Very helpful and informative program doing the floor exercises and swimming and the effect is very dramatic now that course finish. At the start my arms were restricted but with the design exercises it helped me a lot thanks and I would not mind to do it again because it help in the management of my Lymphodema when it comes now and again."

"The encore exercises were the best that I have experienced. It has been a great assistance with my Lymphedema and I will definitely continue doing them in my daily routine."

"I really enjoyed the program. Very friendly and informative."

"This is an awesome program both in information content & knowledge. But the social atmosphere in which the course is held answers many questions and provides additional info. Thanks so much."

"I have thoroughly enjoyed Encore and have really felt the benefit of the program. I enjoyed the companionship of the other ladies as well as the exercises."





Budget Accommodation for Female University Students

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.

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

BOARD MEMBERS 2019/2020

PRESIDENT Nina Aubin

* Stacey Lynch to AGM 2019 *Lanita Brady from AGM 2019

Judy Gresham, Jenny Baldwin

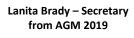
Stacey Lynch stepped down from the Board at the AGM 2019 after years of dedicated service. Her consistency and dedication has been very much appreciated. We thank her for her commitment. Lanita Brady was elected to Secretary.



Nina Aubin - President



Stacey Lynch –Secretary to AGM 2019







Judy Gresham



Jenny Baldwin – Executive Director

^{*}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.

Y Staff Team 2019/2020

What would we do without our fabulous, flexible staff team? It has been a challenging year as many of our programs have not been running and the huge number of changes and adjustments that we have had to incorporate due to the covid pandemic. Our staff team has been amazing.

We said goodbye to Sandra Woods from the Encore team at the end of 2019. Sandra has been a dedicated Encore facilitator since late 2006 – 13 years!! Sue Boswell also had to leave us this year as well after many years of being a core person in our Encore team. We also welcomed Kim Oeser to the team. Jennifer Sumner retired from finances this year but will continue as an Encore facilitator. Yela Wilson started as a trained facilitator in Encore last year and alongside this she also now teaches our Sit. Get Fit Chair Yoga classes.



Lewis MasonAdministration, Vacation Care



Natalie Smith
Administration, Vacation Care



Amy DaymondAdministration, Vacation Care



Mikaylee Biles
KinderDance and Vacation Care



Kim Oeser Encore Facilitator



Yela Wilson Encore Facilitator Chair Yoga teacher



Sandra Woods Encore



Sue Boswell Encore



Jennifer Sumner

Finances and Encore

Encore



Lynette Edwards Kindergym



Nissa Lee Phillips Self-Defence



Ying McKenzieSelf-Defence

Frances Lord KinderYoga

Vacation Care staff team 2019/2020:



Bianca FlanaganVacation Care Responsible Person



Max McKenna Vacation Care Responsible Person



Amber Martin
Vacation Care Responsible Person



Max Skalla Vacation Care Responsible Person



William Black
Vacation Care Educate



Hannah Post Vacation Care Educator

