



YMCA Glenrothes

Annual Report 2022-2023



Introduction

The YMCA is the oldest and largest youth charity in the world supporting 45 million people each year in 119 different countries. From its beginnings in 1844, YMCA is now a global movement. In Glenrothes we touch the lives of 9700 people in our local communities. We've been helping people to develop their full potential in mind, body and spirit since 1958.

YMCA Glenrothes is spread across three sites in the town.

Our core areas of work are:

► Supported Accommodation

We believe everyone should have a safe place to stay.

► Health & Wellbeing

We believe every person should have access to health & wellbeing opportunities that improve their lives.

► Support and Advice

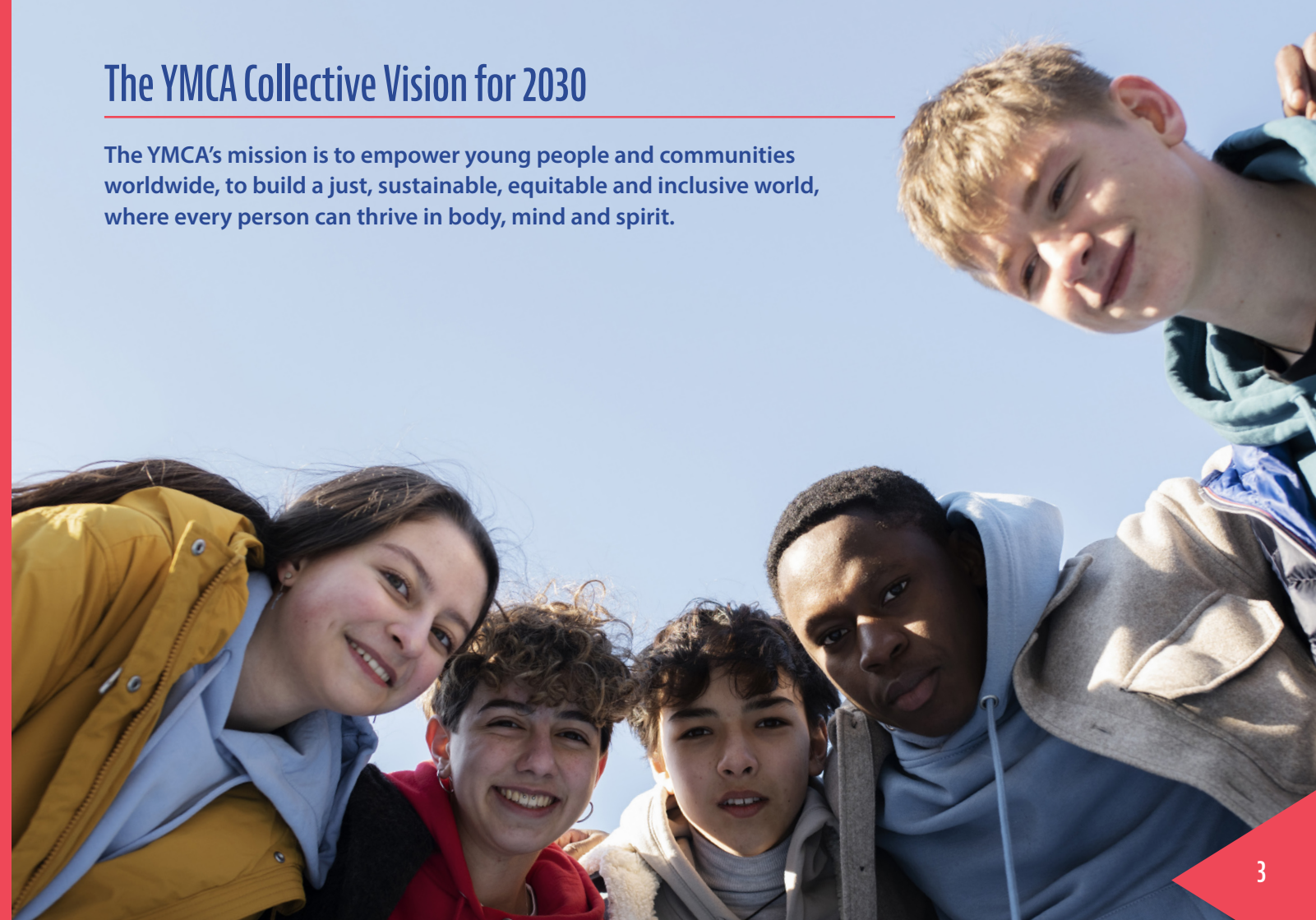
We believe everyone should have someone they can trust and turn to for support and advice.

► Learning and Leisure

We believe every person should be able to reach their potential through a range of activities centered on physical activities, outdoors and indoors.

The YMCA Collective Vision for 2030

The YMCA's mission is to empower young people and communities worldwide, to build a just, sustainable, equitable and inclusive world, where every person can thrive in body, mind and spirit.



We believe everyone should have a safe place to stay.



Between 2022 and 2023
we delivered
9548 hours
of support to a total of
161 homeless people
in Glenrothes

Supported Accommodation

Every year we provide a home for around 200 people in our hostels and community flats. The ARCH in Glenrothes supports 27 males aged between 16-50 in 9 three bedroomed self-contained flats. The Farmhouse provides accommodation with support for nine females of the same age range.

We also provide move on accommodation once someone leaves a hostel for 22 individuals who share 11 flats in Glenrothes and the surrounding areas. Before making the transition from a YMCA hostel to a shared flat, we make every attempt to carefully match two people whom we support individually and together, in preparation and in advance of their

flat share. This approach helps to reduce the interpersonal difficulties that can arise when people share. This method helps to sustain flat share and prevent tenancy abandonment.

Logan moved to the YMCA following the death of his grandparents who were his main carers.

"If it wasn't for staff at YMCA and the trusting relationships I have built up with them over the past couple of years, I believe my life would have been very different in a negative way, as I look on staff as my family. Staff listened to me whenever I needed to talk and they never judged me".

Logan was provided with significant advice particularly around money matters; opening a bank account and managing a home. He now lives in his own tenancy and keeps in touch with the "Y".

Every year YMCA Glenrothes touches the lives of 9700 people. We have 24 staff and over 15 volunteers. Our annual turnover is around £1m.

✓ Supported Accommodation

YMCA Glenrothes is inspected by the Care Inspectorate. Staff are registered with the Scottish Social Services Council.

We provide:

- ▶ Skills to help manage a home and life; cooking, budgeting, training, volunteering.
- ▶ Individual 1:1 support towards achieving personal goals.
- ▶ Help with claiming relevant benefits, registering with a GP, education and training.



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✓ Get Active

Over **5450** people **get active** with us every year.



✓ Support and Advice

We support people experiencing **homelessness, abuse, mental health issues, learning difficulties and issues with drugs and alcohol.**

We enable worship each Sunday from our community centre in North Street.



✓ Health & Wellbeing

Through our partner agencies we provide **mental health support** for over **2755 people** each year.



✓ Learning and Leisure

Our North Street Community Centre provides leisure classes delivered by local tutors in sports, martial arts, dance and more.



Connect Fife

During 2022 YMCA Glenrothes became the lead for “Connect Fife”, a new digital support service for people affected by homelessness, or issues with housing. Connect Fife involves four voluntary homeless support providers in Fife.

Here are just some of the Connect Fife findings and achievements:

- ▶ Poverty, i.e affordable access to connectivity and devices is a key barrier.
- ▶ A lack of digital resources and skills does not correlate with age in the homeless population.
- ▶ People improve their digital skills by exploring their interests digitally, then linking online with support workers.
- ▶ Enabling people to maintain online links with agencies, social networks and supporters is a key to re-prevent homelessness.
- ▶ Connect Fife has secured 430 free SIM cards worth £50,000 to help people get online.
- ▶ In hostel settings Connect Fife enables people to borrow and return devices.
- ▶ Once in the community, Connect Fife enables people to try out and keep their device.
- ▶ There’s a higher level of lost or stolen devices (32 %) compared with when the device is owned fully by the individual (16 %).
- ▶ No YMCA resident is now “digitally excluded”. Every resident can access a device; tablet and/or SIM card.
- ▶ YMCA Glenrothes upgraded the charity’s broadband on housing sites and enabled the shared flats occupied by YMCA Glenrothes residents to have free broadband for the next two years.

Following the 2022-2023 Connect Fife training, 3 people attained paid employment, 2 people enrolled in education, 4 applied and attended job interviews, all without needing further support.



Support & Advice

All YMCA residents are supported by a team of qualified and highly experienced Housing Support staff.

Teams consist of three peripatetic Caseworkers and four hostel-based Life Skills Workers. Together the staff teams provide dedicated planned support as well as unplanned support which often arises during periods of crises. It's important that all residents experience continuity during their stay within the accommodation. For this reason, Case Workers follow each of their residents from hostel to a shared flat.

Although we provide support and advice to a range of people, staff also benefit from skills refreshment. For the last three years we have

used a "trauma informed" approach when engaging with homeless residents. This last year we piloted new assessment materials, upskilled staff and worked towards an improved and changed culture across the organisation. We share our trauma informed skills with homeless residents, encouraging group discussions to find solutions.

Our trauma informed practice development days proved highly successful this year. We invited professionals from the fields of education, law and criminal justice including Stephen Wright (Shelter Scotland) James Docherty (Violence Reduction Unit, Community Justice Scotland) Ian Smith (trauma informed Defence Solicitor) and Jennifer Knussen (Headteacher, Glenrothes Primary School). At these seminars each expert showed

how they had infused a trauma informed culture into their own organisation.

Our staff team frequently recognise that childhood and adult experiences influence current behaviours. Many homeless individuals are marginalised in their previous communities and may use alcohol and other substances to manage past trauma. Thanks to this 2022 professional input, staff feel even more familiar with trauma Informed processes for positive change.

Finally, we have refurbished some of our support rooms using a trauma informed colour palette and lighting to create safe and calm spaces for people.

We believe everyone should have someone they can trust and turn to for support and advice.



We support people "I just want to thank all the staff for supporting me through my homeless journey with YMCA. Without them I wouldn't have got where I am today. Thank you so much"

Image Model used to protect the privacy of the individual



Support and Funding

We are pleased to have provided service to 9700 people in this post-Covid year. In getting back to normal levels of service, we will serve many more in 2023-2024.

YMCA Glenrothes relies on grants and donations from many sources to keep its £1m charitable activities going each year. These include the Scottish Government, Fife Council, Fife Environmental Trust, Inspiring Scotland and Business Gateway. But every donation, no matter the size is greatly valued.

This year for example, we received donations from the ASDA Community Foundation, St Luke's Church, St Margaret's Church and Fife Voluntary Action. Clothes and

new toiletries were redistributed to people in need. We also refer people for donations: YMCA Glenrothes works closely with Glenrothes Foodbank and made 224 referrals this year.

The groups that hire our hall, rooms and other facilities help pay the electricity and gas bills. These include ADAPT, Badminton 504, Better than Well, DAPL, FRASAC, Fife Young Carers, Kings Covenant, Ladies Badminton, Swan Dance Academy, Taekwondo, Clued-Up Drop In, Link Living, FIRST, SAMH, TURN Mens Group and Restoration Fife. We also thank Glenrothes Churches Together, Ladies Badminton and the Phoenix pub for their contributions this year and anonymous individuals. Our standing-order regular donors

contribute each month and are valued enormously. Thank you.

Finally, a simple message to anyone who is interested in YMCA Glenrothes. If you would like to know more, please log in to our Facebook page or website. Alternatively come to reception in North Street and speak to our friendly staff who can tell you more. We have served the people of Glenrothes for nearly 65 years. Thanks to the fantastic support we receive from the community, we will continue to support people in Glenrothes for many more years to come.

Thank you.



Trustees

A final thanks goes to all the volunteers and the Trustees for their loyalty, dedication and commitment to YMCA Glenrothes.

Every volunteer hour is appreciated.

Our Board Trustees:

- ▶ Are local Fife volunteers who:
- ▶ Meet at least 5 times each year, in person and online.
- ▶ Meet in-between on specialist committees.
- ▶ Have skills and expertise in accountancy, engineering, business development, training, human resources, further education, health services and Christianity.
- ▶ All Trustees are passionate about improving YMCA services for Glenrothes, for its youth and adult communities and the homeless.

Could you become a volunteer or Board member?

We are always looking for new skills and experiences.

If so, please speak to the CEO at YMCA Glenrothes, contact details overleaf.

Thank you.






To help us in our work you can donate via our Facebook or Paypal.

For information, please contact:

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 www.ymca.scot/glenrothes/

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