

# Our Review of the Year

## 2021 - 22

### C-Card

- » **3920** condoms distributed
- » **276** new C-Card members
- » **12** new C-Card collection points
- » **100%** of trainees rated C-Card training as “very good” or “excellent”

The scheme is “fostering a culture of openness & conversations about healthy relationships”.

### Healthy Relationships & Sexual Health Outreach



- » **209** young people received 1-2-1 support
- » **269** young people attended group sessions in schools and youth settings
- » **100%** of young people rated SHOT as “very good” or “excellent”
- » **100%** of young people reported positive, sustained change after 6 months
- » **100%** of trainees rated Sexual Health training as “very good” or “excellent”

### Young Adult Carers



- » **103** YACs were supported in Cardiff during the year.
- » **40** YACs benefited from respite trips.
- » **64** YACs received 1-2-1 sessions.

### YMCA Plas & Youth Clubs



Plas reopened after the Covid-19 pandemic, offering spaces and much needed services to the local community.

### Young Carers



- » **269** YCs were supported in Cardiff during the year
- » **166** YCs were supported in the Vale of Glamorgan
- » **10** families benefited from Family Support & Liaison
- » **17** YCs in Cardiff benefited from Life Skill sessions

We launched the Welsh Government **Young Carers ID Card** across Cardiff & the Vale of Glamorgan in June 2021, working in partnership with the local councils, to increase visibility of YCs.

### Wellbeing, Counselling & Mentoring

- » **21** young people benefited from our in-house Counselling Service
- » **25** young people benefited from mentoring with the Y's Girls Project



- » **748** young people benefited from Open Access Youth Clubs



# Chair's Report

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Welcome to YMCA Cardiff's Impact Report 2021-22. I hope you enjoy the contents of this report which not only show the breadth of the charity's ongoing work but also the impact of our work on young people across Cardiff and the Vale of Glamorgan.

This is my third year as Chair of YMCA Cardiff and yet again, I find myself looking back and reviewing the ongoing impact of the pandemic. It is difficult to underestimate the impact of the pandemic on our projects, staff and young people over the past few years, including of course the past 12 months where we finally we able to return to a state of 'normality'. Let us hope this continues uninterrupted from now on.

Thankfully the past 12 months has seen a return to standard service provisions. Our staff are now engaging in face to face meetings, and our respite and activities in schools, youth clubs and other areas have returned to normal also. Our YMCA Plas site is now open again as normal and it really heartening and pleasing that our longstanding customers and community groups have returned to use the facility. Despite the ongoing pandemic, I am particularly proud that the charity has continued to increase its charitable reach and has added new programmes for young people. The excellent Y Girls initiative is one such project that the YMCA has successfully developed in partnership with other YMCAs across England and Wales.

However, the learning from the pandemic period cannot be ignored. Charities like the YMCA need to continually evolve its service provision as we look to ensure financial sustainability and provide relevant services to our young people. Our YMCA is keen to build on its existing quality assurance excellence rating in youth work and is committed to achieving the core standards of the new forthcoming YMCA Membership Agreement in 2023. There are a number of new opportunities in the pipeline for our YMCA to become involved in, and I am excited that our proposed merger with Cardiff YMCA Housing Association will not only strengthen both YMCAs but also open up new opportunities for our staff and beneficiaries to be involved in.

Finally, can I take this opportunity to thank all of our staff and board of trustees for their ongoing commitment to our charity over the past 12 months. None of the excellent work highlighted in this report would happen without the commitment of our staff and board to our cause. Thank you also to our funders for their continued support to our work. A particular thank you also the Cardiff YMCA (1910) Trust who continue to support us and share our common vision for young people.



**Dan Coles**



**Here for young people  
Here for communities  
Here for you**