

# YMCA

Here for young people  
Here for communities  
Here for you

# Facts & Stats 2022



# Everyone should have a fair chance to discover who they are and what they can become



YMCA was created in London in 1844 as a group to help young men with modern life.

Almost two centuries later, YMCAs support around 65 million people across 120 countries to provide young people with safe spaces and opportunities to take an active role in transforming their communities.

YMCA believes in fairness and opportunity. There are essential building blocks for a full and rewarding life: a safe home; acceptance; guidance; friendship; physical and mental health; academic support; employment skills; and access to real opportunities.

Many young people have never known these things; other people have lost one or more as they grew up, but we all need them. All of us. At YMCA, we provide these critical foundations for a fresh, strong start for young people and a better quality of life in the community.



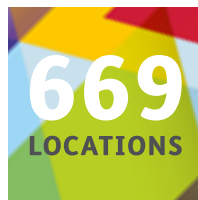
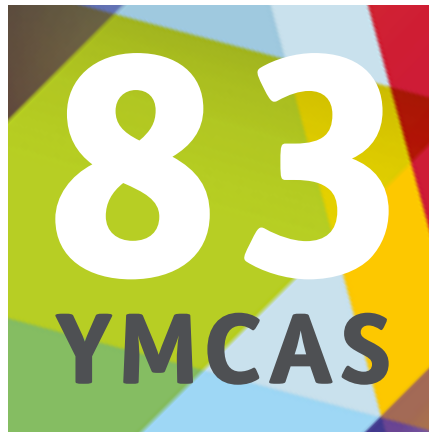
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# Introduction

The England and Wales Federation is comprised of **83** YMCAs, providing services from supported housing to school holiday programmes. We operate within and work alongside **190** local authorities. YMCAs work in and with **688** communities, serving the needs of those within them and adapting to new local challenges they may face.

Over the past few years alone this has included distributing technology to families when schools closed in nationwide lockdowns, running youth clubs online to give young people a space to be themselves in the COVID-19 pandemic, and helping people with entrenched homelessness into stable accommodation under the Government's Everyone In initiative.

The **375,197** young people we help each year are at the heart of what we do, supported by more than **3,900** members of staff and **1,900** volunteers across **669** locations.



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This report combines the work YMCAs provided across England and Wales in the 2021/22 financial year as our young people and communities started to come back together as we emerged from national lockdowns. This is detailed through our five work areas:

### Housing

Providing a home and personalised support services for a fresh start in life

### Training & Education

Opportunities to gain qualifications, skills and employment

### Health & Wellbeing

Gyms, sport and recreation for fitness, and community hubs for classes, social connection and collaborations

### Family & Youth Work

Creating positive outcomes with children and young people in their communities, and support for families with nursery, day care, holiday and year-round programmes

### Support & Advice

A safe place to talk and get help through guided groups, mentoring, counselling, and mental health services

## Foreword by the Chief Executive



Our world has changed substantially over the past few years. However, as an organisation in its 178<sup>th</sup> year, we have seen many changes to our way of life, and we respond today the way we always have: we work with our communities to improve the quality of life for those within it.

The pandemic and national lockdowns brought the country to a standstill. Whilst housing providers pulled together to help those most in need into safe accommodation, for many YMCAs it was unclear how they would be able to keep delivering. But we did not stop: we adapted to help provide what our communities and young people needed. Fitness classes were moved online, young people met trusted youth workers in parks for socially-distanced one-to-one sessions, and cooking lessons were conducted virtually.

While we are now able to come together in youth clubs and sports pitches alike, we know all too well that the cost of living crisis is drastically affecting the young people, families and communities we support. During this difficult time, we will continue to adapt alongside delivering what we do best: somewhere to live, someone to talk to and something to strive for.

Never before have we shown as much strength in our values and ethos as we have in recent years, and we will continue to be there to give young people a fair chance in life, no matter what new challenges lie ahead.

I am proud to present the summation of all the work YMCAs across England and Wales have done during this time: to have delivered such vital services over the past year truly has been no mean feat. I would like to thank all our amazing staff, volunteers and young people who make YMCA what it is: a place for all to belong, contribute and thrive.

*Denise Hatton*

**Denise Hatton,**  
Chief Executive,  
YMCA England & Wales





# Housing

At YMCA, our approach is always to support wellness by supporting the whole person. We provide safe, affordable places to live that feel like home and focus on community spirit and togetherness.

YMCA is the largest voluntary sector provider of supported housing for young people in England and Wales, providing **9,466** beds each night and collectively housing **20,357** people as they build their lives from a stable base.

	Number of beds	Number of residents (annual)
Emergency accommodation	<b>334</b>	<b>3,386</b>
Supported hostels and foyers	<b>6,507</b>	<b>12,276</b>
Supported lodgings	<b>194</b>	<b>320</b>
Floating support	<b>143</b>	<b>230</b>
Move-on housing	<b>2,190</b>	<b>3,878</b>
Family rooms	<b>60</b>	<b>108</b>
Women's refuge	<b>21</b>	<b>21</b>

Our approach to support is based on strengths, and our residents are always at the centre of their own support plans. The support they receive reflects their aspirations to access education, training, employment and volunteering, their future housing needs, as well as addressing any physical and mental wellbeing needs.

**1,459**  
CARE  
LEAVERS

**771**  
YOUNG  
OFFENDERS

**913**  
ASYLUM  
SEEKERS  
/REFUGEES

**1,538**  
PEOPLE  
UNDER THE  
GOVERNMENT'S  
EVERYONE IN  
PANDEMIC  
RESPONSE<sup>1</sup>

YMCA housing provides a home for people who may have distinct support needs on their path to independence.

<sup>1</sup> This includes those housed in 2020/21.



Our aim is to empower residents to gain the tools and skills that enable stability, independent living, promising futures, and connection to their communities.

	Number of residents engaged
Life skills	<b>4,904</b>
Budgeting	<b>5,277</b>
Work skills	<b>2,714</b>
Family reconciliation	<b>494</b>
Mental health support	<b>2,854</b>

YMCAs also provide accommodation for young people through their education and leisure, with student housing to a range of hotels, youth hostels and backpacker beds available for shorter stays.

	Number of beds	Number of residents (annual)
Student beds	<b>175</b>	<b>125</b>
Hotel, youth hostel and backpacker beds	<b>625</b>	<b>68,520</b>

In 2021/22,  
**278,110**  
people were declared homeless or threatened with homelessness in England.  
Of these,  
**56,080**  
were aged 16–24.<sup>2</sup>

In Wales,  
**25,152**  
people were declared homeless or threatened with homelessness in 2021/22, with  
**5,331**  
aged 16–24.<sup>3</sup>

This equates to **168** young people assessed as homeless or at-risk of homelessness in England and Wales every day in 2021/22.

Across England and Wales, **1 in 5** of all applicants assessed as homeless by local authorities in 2021/22 were aged 16 to 24.

Young people aged 18–25 made up **5%** (110) of the total number of people counted sleeping rough in England on a single night in autumn 2021.<sup>4</sup>

There were **9,430** young people in temporary accommodation in England, as at 31 March 2022.<sup>5</sup>

<sup>2</sup> Department for Levelling Up, Housing and Communities, Statutory homelessness in England: financial years 2021–22, 22 September 2022

<sup>3</sup> StatsWales, Households for which assistance has been provided by outcome, age and gender, 28 July 2022

<sup>4</sup> DHLUC, Rough sleeping snapshot in England: autumn 2021, 31 March 2022

<sup>5</sup> Department for Levelling Up, Housing and Communities, Statutory homelessness in England: financial years 2021–22 — Additional temporary accommodation breakdowns, 31 March 2022, 22 September 2022



# Training & Education

We break down barriers to educational success and employment opportunities so that people can fulfil their potential and gain meaningful employment, engaging **20,391** people through our training and learning programmes. Some YMCAs provide education and training themselves; others work with local partners and support people into those programmes, such as connecting people to local companies for apprenticeship and employment opportunities.

	Annual unique users
Work experience placements or opportunities	<b>684</b>
Foundation programmes	<b>103</b>
Pre-apprenticeships / traineeships	<b>62</b>
Apprenticeships	<b>619</b>
Further education (e.g. A-level, GNVQ, BTEC)	<b>966</b>
Undergraduate degrees	<b>26</b>
Postgraduate degrees	<b>9</b>

YMCAs have helped young people at risk of long-term unemployment into work placements as part of the Government's Kickstart Scheme, launched as part of its response to the COVID-19 pandemic and lockdown.

**79**  
 YOUNG PEOPLE  
 EMPLOYED ON  
 KICKSTART  
 SCHEMES  
 AT YMCAS

**505**  
 ASSISTED INTO  
 KICKSTART  
 SCHEMES  
 AT OTHER  
 EMPLOYERS

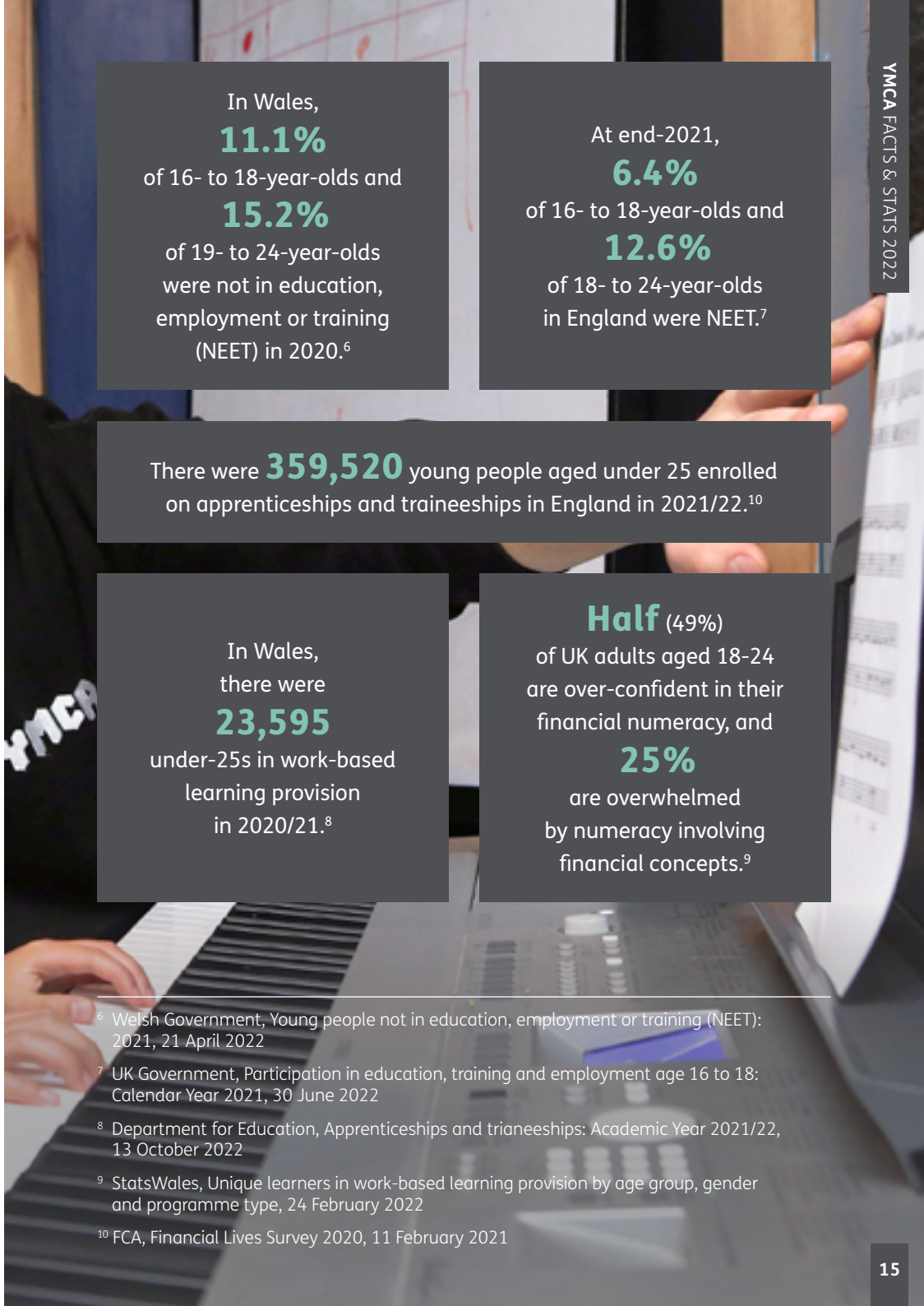


For some younger pupils, we provide extra and specialist support for those at risk of exclusion through pupil referral units and alternative education sites.

	Annual unique users
Alternative education provision	<b>505</b>
Support for those at risk of exclusion from school	<b>434</b>

We help with CV writing, interview skills, self-confidence and motivation. Our goal is to see people thrive as they contribute to the communities where they live and work.

	Annual unique users
Basic life skills	<b>3,861</b>
Literacy and numeracy skills	<b>1,013</b>
ICT skills	<b>789</b>
Financial planning and budgeting	<b>2,663</b>
Work and employment skills	<b>2,594</b>



In Wales,  
**11.1%**  
of 16- to 18-year-olds and  
**15.2%**  
of 19- to 24-year-olds  
were not in education,  
employment or training  
(NEET) in 2020.<sup>6</sup>

At end-2021,  
**6.4%**  
of 16- to 18-year-olds and  
**12.6%**  
of 18- to 24-year-olds  
in England were NEET.<sup>7</sup>

There were **359,520** young people aged under 25 enrolled on apprenticeships and traineeships in England in 2021/22.<sup>10</sup>

In Wales,  
there were  
**23,595**  
under-25s in work-based  
learning provision  
in 2020/21.<sup>8</sup>

**Half** (49%)  
of UK adults aged 18-24  
are over-confident in their  
financial numeracy, and  
**25%**  
are overwhelmed  
by numeracy involving  
financial concepts.<sup>9</sup>

<sup>6</sup> Welsh Government, Young people not in education, employment or training (NEET): 2021, 21 April 2022

<sup>7</sup> UK Government, Participation in education, training and employment age 16 to 18: Calendar Year 2021, 30 June 2022

<sup>8</sup> Department for Education, Apprenticeships and traineeships: Academic Year 2021/22, 13 October 2022

<sup>9</sup> StatsWales, Unique learners in work-based learning provision by age group, gender and programme type, 24 February 2022

<sup>10</sup> FCA, Financial Lives Survey 2020, 11 February 2021





# Health & Wellbeing

Wellbeing is a crucial foundation that enables people to develop in all areas of their lives. Fitness and exercise are part of that, but so too are having a place to belong; opportunities to be included in a community by socialising with friends or volunteering to help others; being able to get outdoors and have contact with nature; learning new skills; having meaningful work; and being able to see achievable opportunities for the future. We welcome **63,205** people through our doors to partake in healthy living activities.

	Number of locations	Unique annual users
Gyms	<b>46</b>	<b>30,833</b>
Pools	<b>7</b>	<b>72,974</b>
Leisure centres	<b>22</b>	<b>33,542</b>
Outdoor activity centres	<b>13</b>	<b>32,308</b>
Community recreation halls	<b>72</b>	<b>78,486</b>
Multi-use games areas	<b>55</b>	<b>20,142</b>



	Unique annual users
Exercise classes	<b>19,510</b>
Sports (e.g., squash, football, gymnastics)	<b>27,001</b>
Community sports	<b>7,744</b>
Healthy living activities	<b>5,449</b>
Disability programmes	<b>904</b>
Rehabilitative and other special care	<b>1,046</b>

**Two-thirds** (67%)

of 16-24s are active for an average of

**150+ minutes**

a week in England, a drop since before the COVID-19 pandemic (70% as at 2019).<sup>11</sup>

In England,  
**45%**  
of children and young people aged 5-16 are active for an hour or more every day.<sup>12</sup>

Almost  
**half** (46%)  
of children and young people aged 3-17 in Wales were active for one hour or more every day in 2021/22.<sup>13</sup>

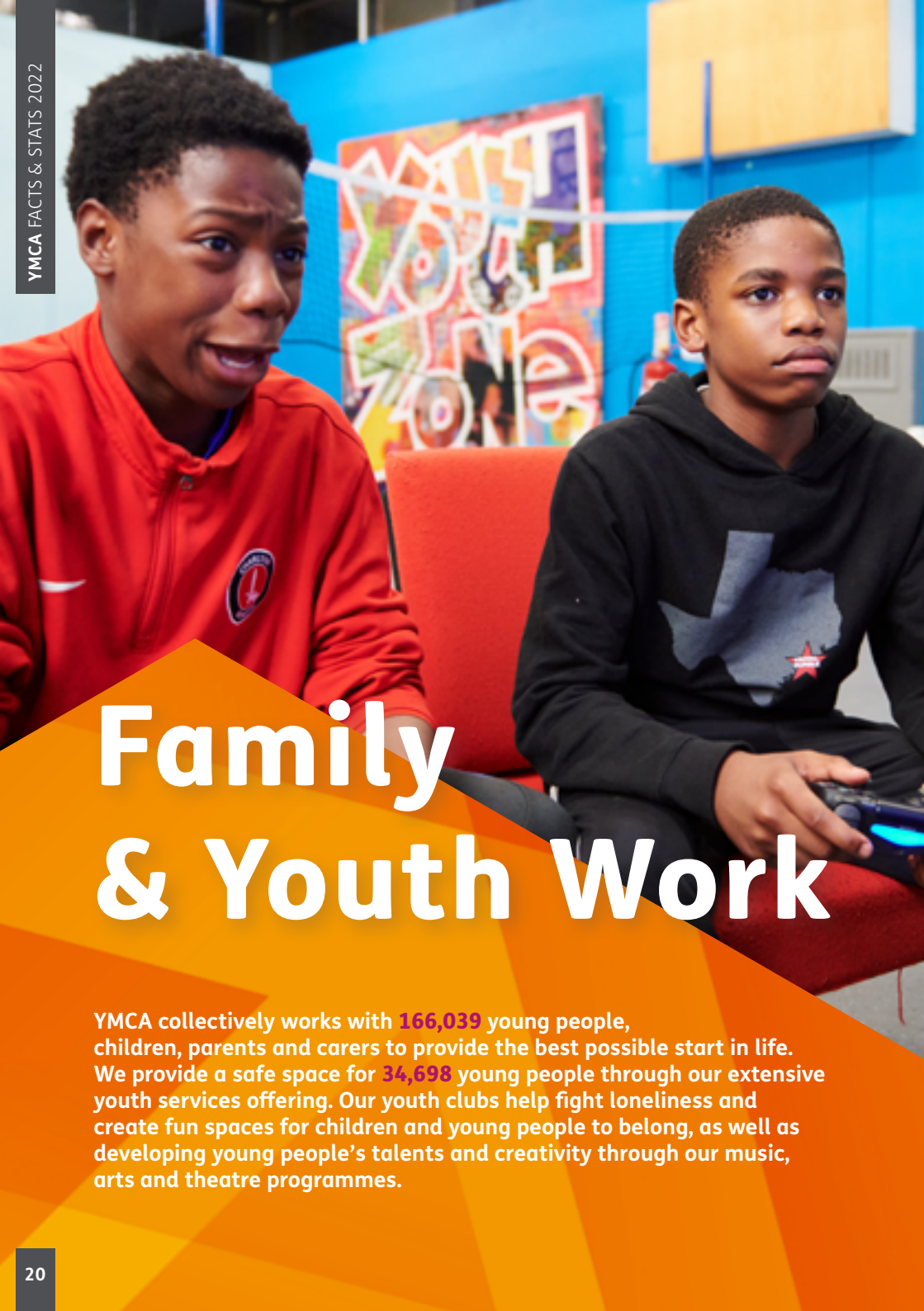
More than  
**70%**  
of young people aged 16-24 in Wales participated in sport or physical activity at least once in the previous four weeks.<sup>14</sup>

<sup>11</sup> Sport England, Active Lives Adult Survey November 2020-21 Report, April 2022

<sup>12</sup> Sport England, Active Lives Children and Young People Survey: Academic year 2020-21, December 2021

<sup>13</sup> Welsh Government, National Survey for Wales: April 2021 to March 2022, 3 August 2022

<sup>14</sup> Sport Wales, Sport and Active Lifestyles: State of the Nation Report, National Survey for Wales 2021-22, 14 July 2022



# Family & Youth Work

YMCA collectively works with **166,039** young people, children, parents and carers to provide the best possible start in life. We provide a safe space for **34,698** young people through our extensive youth services offering. Our youth clubs help fight loneliness and create fun spaces for children and young people to belong, as well as developing young people's talents and creativity through our music, arts and theatre programmes.

	Annual unique users
Youth clubs	<b>10,572</b>
National Citizen Service (NCS)	<b>1,103</b>
Music programmes	<b>201</b>
Dance, drama and theatre programmes	<b>244</b>
Programmes delivered online	<b>481</b>

**216**  
YOUTH  
CLUBS

YMCAs run **216** youth clubs at **78** youth centres every week across England and Wales, delivered by more than **300** youth workers and **140** volunteers.

As well as youth clubs, YMCAs know the importance of meeting young people where they are and in environments where they feel comfortable.

We provide detached and targeted youth work to more than **7,000** young people on their terms, adapting to their needs and interests.

	Annual unique users
Detached youth work	<b>3,729</b>
Targeted youth work	<b>3,487</b>

YMCAs work with **6,580** pupils in **535** primary schools, secondary schools and sixth-form colleges as a safe place to talk about mental health, build confidence and talk to a trusted adult.

**27** YMCAs work with the police as part of their provision.

We help whole families to flourish. We have safe and trusted Early Years care and developmental activities, family support and mediation help when difficult issues arise at home or school, summer and school holiday camps, and activities that are just plain fun for everyone.



	Number of facilities	Annual unique users
Nurseries and pre-schools	89	7,528
Crèches	2	77
Children's centres	42	46,826
Family hubs	13	688

	Annual unique users
Parent and toddler groups	13,896
Before and after school activities	3,856
Holiday clubs	15,497
Soft play	11,729
Birthday parties	10,657
Parenting programmes	1,238
Breastfeeding support	602
Midwife appointments	251
Health visitor appointments	214
Disability programmes	812
SEN / Autistic spectrum condition programmes	365
Family mediation	165
Respite for young carers	1,137



In England,  
**73%**  
 of families with children aged 0–4 years used formal childcare providers in 2021.<sup>15</sup>

**7-in-10**  
 (71%) pre-school children receiving childcare did so to enable to their parents to work, look for work or to study.<sup>16</sup>

**18%**  
 of knife and offensive weapons offences resulting in cautions or convictions were committed by young people aged 10–17.<sup>19</sup>

Almost  
**three-quarters**  
 of young people aged 16–24 (73%) in Wales reported feeling lonely at least sometimes in 2021/22.<sup>20</sup>

Just under  
**1-in-5**  
 (18%) parents of school-age children in England used formal childcare during school holidays in 2021.<sup>17</sup>

Local authority funding of youth services has been cut by  
**£1.1bn**  
 a fall of  
**74%**  
 across England and Wales since 2010/11.<sup>18</sup>

In 2021,  
**14%**  
 of 11 to 16 year-olds in Wales reported that they often felt alone.<sup>21</sup>

More than  
**one-in-ten**  
 young people in England aged 11–16 report feeling lonely often or always.<sup>22</sup>

<sup>15</sup> Department for Education, Childcare and early years survey of parents, 25 August 2022

<sup>16</sup> Ibid

<sup>17</sup> Ibid

<sup>18</sup> YMCA, DEVALUED: A decade of cuts to youth services, 15 February 2022

<sup>19</sup> Ministry of Justice, Knife and offensive weapon sentencing statistics: year ending March 2022, 18 August 2022

<sup>20</sup> Ibid, Welsh Government, 3 August 2022

<sup>21</sup> School Health Research Network, Report on the 2022 School Environment Questionnaire for the Welsh Network of Health School Schemes: September 2022, October 2022

<sup>22</sup> Sport England, Active Lives Children and Young People Survey: Academic year 2020–21, December 2021

# Support & Advice

Sometimes the offer of a listening ear can be the first step to overcoming a crisis, or to prevent a crisis from occurring in the first place. Sometimes people have experienced real trauma and have nowhere left to turn, and sometimes they just need some guidance to think an issue through and make a good decision. Whatever the situation, everybody should have somebody who supports them when needed, so we provide qualified guidance to help **36,560** people build — or rebuild — their belief in themselves and a bright future.



	Annual unique users	Average number of sessions per user
Drugs and alcohol advice and counselling	<b>1,256</b>	<b>6</b>
Mental health education and advice	<b>4,302</b>	<b>9</b>
Mental health counselling	<b>7,958</b>	<b>13</b>
Sexual health advice	<b>1,717</b>	<b>4</b>
Mentoring service	<b>1,076</b>	<b>17</b>



Anyone can fall on hard times — and YMCAs can provide a helping hand to our communities when they have issues with housing, receiving welfare support or food packages.

	Annual unique users	Average number of sessions per user
Employment and careers advice	<b>4,617</b>	<b>11</b>
Housing advice	<b>4,504</b>	<b>4</b>
Welfare and benefits advice	<b>4,054</b>	<b>5</b>
Food banks	<b>4,491</b>	<b>3</b>

In 2021,  
**17.4%**  
of children aged  
6 to 16 years  
in England had  
a probable  
mental  
disorder.<sup>23</sup>

**1-in-10**  
(10%) of  
16–24s in Wales  
experience  
a general sense  
of emptiness.<sup>24</sup>

In 2020, **31%** of children in Wales  
lived in relative income poverty.<sup>28</sup>

In the UK,  
young people  
aged 16–29  
report

**higher  
levels  
of  
anxiety**

and lower  
feelings that  
the things they  
do in their life  
are worthwhile  
than other  
age groups.<sup>25</sup>

As at March  
2022,  
**742,500**  
young people  
aged 16–24  
were receiving  
Universal  
Credit.<sup>26</sup>

In Wales,  
**8%**  
of adults  
reported having  
smaller meals  
than usual or  
skipped meals  
in the previous  
fortnight.<sup>27</sup>

<sup>23</sup> NHS Digital, Mental Health of Children and Young People in England 2021 - wave 2 follow up to the 2017 survey, 30 September 2021

<sup>24</sup> Welsh Government, National Survey for Wales: April 2021 to March 2022, 3 August 2022

<sup>25</sup> ONS, Personal well-being by age group, non-seasonally adjusted quarterly estimates, 02 February 2022

<sup>26</sup> Department for Work and Pensions, People on Universal Credit, updated 15 November 2022

<sup>27</sup> Welsh Government, National Survey for Wales: April 2021 to March 2022, 3 August 2022

<sup>28</sup> Welsh Government, Wellbeing of Wales, 2022: children and young people's wellbeing, 29 September 2022





# Community Work

YMCAs in England and Wales have an inclusive Christian ethos at their core, creating a place for all people to develop in mind, body and spirit.

**23**  
CHAPLAINCIES

23 YMCAs provide a chaplaincy service to young people, delivered by **339** staff, **279** volunteers and **47** external faith leaders.

**55**  
OVERSEAS VISITORS

YMCAs in England and Wales are one part of a global movement that is engaged internationally: **14** young people went abroad on exchange, placement or volunteer opportunities, and **55** young people were welcomed from overseas.

**30**  
YOUTH AMBASSADORS

Our **30** Youth Ambassadors — a programme led by National Council to train and provide a platform for tomorrow's leaders — engaged on behalf of the organisation at groups, forums, councils and summits around the world, from parliament to public speaking and international events.

**100+**  
RETAIL STORES

Despite the challenges of opening and closing with pandemic restrictions, our **100+** retail stores welcomed crowds in across England and Wales, helping to fund the vital work YMCAs provide to our young people and communities.

**23,200+**  
CAFÉ VISITORS

YMCAs welcomed more than **23,200** people to our community cafés and hosted more than **11,700** people at our community meals.

**32,400+**  
CONFERENCE FACILITIES GUESTS

More than **32,400** people joined us in our conference and meeting rooms.



[ymca.org.uk](https://ymca.org.uk)



## Get in touch

For any questions or support, please get in touch via email at [policy@ymca.org.uk](mailto:policy@ymca.org.uk) or by calling **020 7186 9500**.

# YMCA

Here for young people  
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YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

FAMILY & YOUTH WORK

HEALTH & WELLBEING

HOUSING

TRAINING & EDUCATION

SUPPORT & ADVICE