

2022 Annual Report

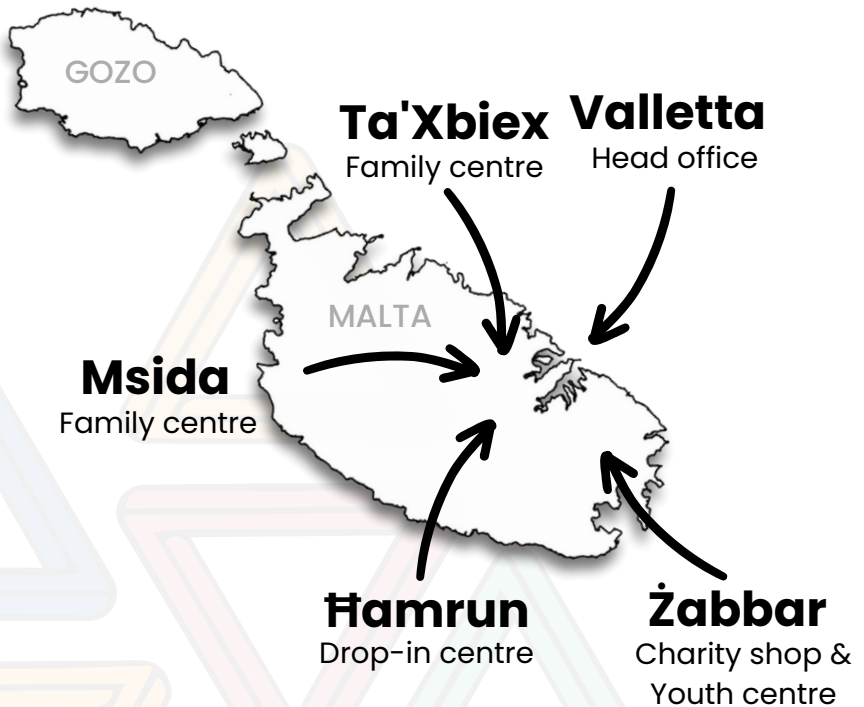


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Foreword

Another 12 months... 365 days... 1 year has passed! We continued stronger in our fight against poverty, against hunger, against social injustices and the lack of education, housing and dignity. We kept fighting for a more just society, for more safe spaces and activities for young people, providing dignity to homeless and roofless people, supporting those most vulnerable in the community, collaborating with local and foreign stakeholders, and seeking funding from donors and benefactors to consolidate our services and to be able to provide more psychosocial and wellbeing educational projects whilst informing the public with continuous statistics and research.

2022 was not only about continuing our services but also providing short-term projects and activities that flavoured the work YMCA Malta is giving on the Maltese islands. We have consolidated our services on the philosophy that providing our service users shelter over their heads is not the solution.

Thus, we have re-programmed our services to provide prevention first so that future generations can benefit from this work. Humanity is about attaining self-fulfilment, and whilst every individual tries to do so, some fail, be it a standards issue, a cultural issue, or a mentality issue; we have learnt that this leads to crises such as homelessness. We have invested in pedagogical services to educate our young people and

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our children in schools, providing immediate interventions through our Psychologists, Counsellors and Psychotherapists.

We have focused on providing outreach services so that those in the community who did not have the opportunity to be assisted by social welfare or adjust their way of living to mask their personal crisis can also have the opportunity to be given equal treatment and support. Therefore, we increased our youth work and fostered detached social work in the community. We have invested in Platforms so that all stakeholders can work together, and with a shared and common vision, we can reach further unattainable goals.

Our residential therapeutic has been extended to support those who struggle to move back into the community. Hence, separate from providing a 24/7 staff-based residential shelter for individuals, families and children experiencing homelessness and a second-stage shelter, throughout 2022, we started to provide a completely independent studio flat as a third step prior to exiting homelessness. Tirelessly, in collaboration with stakeholders and our architects, we continued our plans so that in 2025, we can see the opening of 'Dar Simon Soler', a specialised shelter providing services to those becoming homeless over the age of 60 and those who have mobility issues. We stopped focusing on when the individual becomes



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homeless and took a step backwards to reach those who are roofless and have not yet benefited from a sheltered programme.

This has led to an increase in our services in the community. Thanks to the Social Causes Fund, we opened our YMCA Social Services Hub in Msida, which was the support needed to continue increasing our Social Workers, Community Workers and Supportive Housing Officers to support those who are in the community and require our support. Twinning this work with aftercare support was imperative for us to continue supporting the self-fulfilment and development of our service-users in a community that cares and where everyone belongs.

We can provide these community services thanks to the dedication of our grassroots professionals, who are always on the forefront working directly with our service users while being supported by the rest of the team behind the curtain, such as our Social Media Officers, Students & Interns Coordinators, Administrators, Fundraisers and Events Coordinators, Project Writers, Heads, the Students and Interns themselves that choose YMCA Malta for their educational pursuits and the Volunteers that keep supporting us and walking the same path we do.

Anthony Camilleri
National General Secretary & Chief Executive Officer

About YMCA Malta

YMCA is a worldwide youth organisation with over 65 million beneficiaries in 120 countries. It was founded in England in 1844 during the Industrial Revolution to assist young people in developing a healthy body, mind, and spirit on the foundations of Christian principles. The Maltese YMCA movement started its work in 1976. The National Council was established in 1989 to improve and consolidate the previous work and explore new areas of operations. Nowadays, the YMCA in Malta operates as a single entity with one Board of Directors and provides different services through different premises situated in various localities on the islands.



About YMCA Malta

As a non-profit and voluntary organisation, YMCA Malta strives to promote a vision of a more just society while supporting the positive development of youths as a preventive measure and offering a spectrum of social work services to individuals who are underprivileged or socially disadvantaged individuals. The specialisation in this regard is the support, assistance, and reintegration of people experiencing homelessness in Malta. Amongst several activities designed to foster the community's spiritual, intellectual, social and physical wellbeing, YMCA Malta takes an active part in cultural, environmental, artistic, musical, audio-visual and forms of activities.

YMCA Malta has four pillars of services: the **Wellbeing Programme**, the **Youth Empowerment Programme**, the **Residential Programme** and the **Social Business Programme**, which are all executed nowadays through four giving-service Departments, namely, Prevention, Outreach, Residencies, Community & Aftercare and four service-supporting Departments, that is, Social Entrepreneurship, Administration, Creativity and Sustainability & Research.

YMCA Malta has grown over the years, and in 2022, it provided 23 main services with 39 steam or branch services and 24 temporary projects.





Overview of YMCA Malta's services & projects in 2022



Preventive Programme – Prevention

In 2022, YMCA Malta continued to provide **formal, non-formal and educational** activities, workshops and talks in various organisations as a preventive measure, which portrays the resilience of YMCA Malta during unprecedented times. Moreover, 2022 was the European Year of Youth, and to celebrate this milestone, we invested our resources in **reaching more young people** in their locations to reach YMCA Malta's aims and vision.

Throughout 2022, **28 talks** were carried out across five schools. A total of **915 children** were reached across these talks.



YOUNG PEOPLE 4 YMCA (Y4Y)

Young People 4 YMCA was a project funded by Agenzija Zgħazagħ through the Reboot Scheme. Initially apart from creating visibility for the youth work carried out at YMCA this short-term project acted as a **preventive tool** for the participants also as an initiative with Vision 2030 pillar related to Community Wellbeing which amongst other things looks at prevention as one of the ways to assist young people.

11 young people in total were given the opportunity to learn about sharing messages through impactful visuals. They then created collages to share a message of their choosing on items that were eventually produced and disseminated amongst young people themselves through t-shirts, tote bags, reusable water bottles, mugs, stickers and posters. The materials produced reached out post-secondary schools during the freshers week in 2022 and will also be disseminated again in 2023 as an outreach campaign.

From brainstorming topics they had at heart to finalising the collages, the young people really **collaborated and worked together** through the whole process, even though they chose different topics.

MY VOICE TO EUROPE

My Voice to Europe was born in 2022, funded by Erasmus+, as a 3-year project that empowers young people to **think critically and voice their concerns**. Moreover, this project aims to bring young people closer to the importance of **active citizenship and participation** by also engaging vulnerable young people and young people in general at the policymaking level.

During 2022, My Voice to Europe was marketed on YMCA Malta's social media to reach young people to participate in the planned workshops, digital journalism training, podcasts, meetings with stakeholders and experts and **a final conference forum** that will be held in 2024.

2024 is an electoral year for European Union Citizens, and following the occurrences that are ongoing within the EU and the neighbouring countries, we felt the need to ask young people what their view on democracy is, the European Union, and what topics they believe the policymakers should focus on.

Consequently, My Voice to Europe is not only about connecting young people with the EU but also about **bringing the EU closer to inclusive societies** such as people experiencing homelessness, refugees, religious minorities, members of the LGBTIQ+ spectrum and other vulnerable young people living on the poverty line that YMCA Malta meets daily.

YEP! Centre, Valletta – Prevention

Our Youth Facility Centre, better known as YEP! Centre Valletta focuses on two main tools in the youth work carried out with young people. Separate from specific 1) **youth activities** carried out through our Centre in Valletta, another focus is also on 2) **Ten Sing** as a YMCA worldwide tool whereby singing, drama, music, dancing, etc., are used as mediums to provide young people with a safe space to **find themselves and find their potential**.

Y'EXPLORE



Y'Explore Summer programme is aimed at young people aged **between 13 and 18**. This summer annual programme integrates both our residential youth population, that is, those young people living with us in our residential facilities, as well as those within our community.

In 2022, Y'Explore took a group of **24 young participants** to Gozo for five days of workshops, activities, fun, and living together. Participants discovered and learnt about various topics and valuable resources whilst creating precious memories. They also had the opportunity to learn more about our culture during the cultural and nature visits.

Following the Gozo trip, our Y'Explore participants were busy trying different activities, from laser tag and horse riding to cinema and kendo. These activities gave the young people an opportunity to **learn more about themselves** whilst developing **valuable skills** such as teamwork, stamina, strategic thinking, discipline, focus, and precision.



DRAM'ABILITIES

Dram'Abilities, a project done in collaboration with Agenzija Sapport and funded through the Freedom to Live Community Grant Scheme by the Ministry for Inclusion, Social Wellbeing and Voluntary Organisations, was an 8-month programme of activities that provided **20 young neurotypical and neurodiverse people** between the ages of 18 to 30, with a space to explore their identity and empower them to develop it further, as well as explore their self-expression through the workshops.

Moreover, these workshops served as a space for these young people to come together and create friendships, with the idea of bringing together young people from different backgrounds to strengthen the sense of community.

The project followed the **Theatre 4 Change approach** and was divided into 5 stages. The first stage focused on building trust between the participants. The activities used drama exercises to build confidence and get to know each other better, a crucial step for forming a strong team.

During the second stage, weekly workshops were held to expand on the youth group's interests, aspirations, and authentic voices. To achieve this, the participants were exposed to different types of theatre techniques/settings, introduced to the idea of props

within a play, as being given the chance to explore different musical exercises to explore their voices and rhythm.

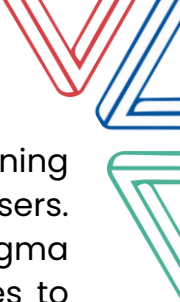
Apart from that, these workshops served as a platform for the young people to discuss and decide what they would like the final performance to include since a very important aspect of the project was the involvement of the participants in determining what the final performance would entail. This **bottom-up approach** allowed participants to feel empowered and free to express their own identity, as well as resulting in a final performance that was truly unique to the participants and their lived experiences.



During this stage, the decision was taken to create a hybrid format for the final performance, which involved part filming and part live performance.

The rest of the stages included recording the movie scenes, learning the lines and moves for the live scenes and the rehearsals for the final theatrical musical.

Finally, the 5th stage - the performance. The performance night was a massive success with incredibly positive feedback, which gathered nearly **100 people in the audience**.



Unexpectedly, the programme was a learning opportunity for the young people and the organisers. One thing noted throughout the project was the stigma that is still very prevalent in society when it comes to including individuals who are neurodiverse. It highlighted that much more work still needs to be done to truly encourage cooperation and a sense of community between all the members of society. However, what should also be noted is that even though the budget did not allow for the provision of transport for the participants, most of them still managed to show up consistently to the sessions. This dedication of the participants again proves what a huge success the programme really was.

YOUTH MEDIA LAB

Following the successful Youth Media Lab, as part of the TenSing Programme and previous short-term successful projects such as Rhythm of Life and Soundlabs, we continued to invest in obtaining and investing in **electronic equipment and musical instruments** for young people who use our services.

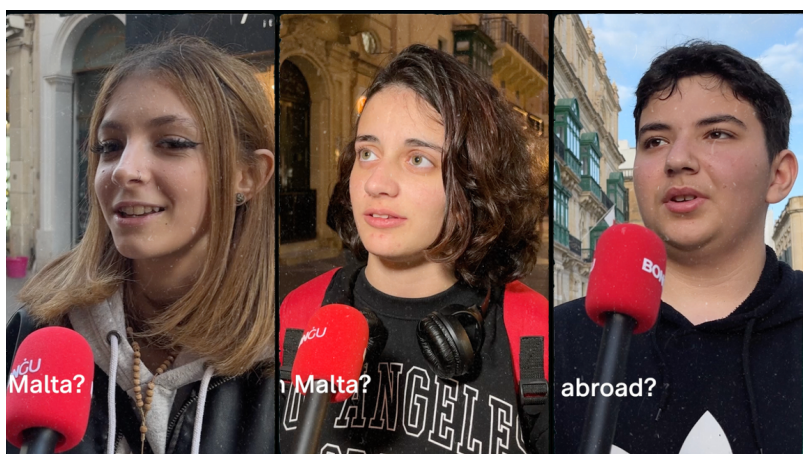
Expressive Arts activities have always been proven beneficial for young people. Music helps young people **explore ideas and emotions safely and express themselves** without speaking up.

Video Journalism Training

Through Investing in Skills Schemes in collaboration with Jobs Plus Malta, we also invested in **equipment to facilitate marketing and awareness** of the work being carried out throughout the years and trained five employees in **Video Journalism Hands On Micro Class**. This also allowed us to provide the same class to another two young people in the community and another two young people recruited with us through the Solidarity Corps fund.

Homeless Visibility Voxpop

This training has assisted with the tools and knowledge for the participants to carry out **2 Homeless Visibility Voxpop in Valletta**, which were filmed, edited and, after that, shared on our social media.



KUNĊERT TAMA

'Kunċert Tama' has become an annual event that YMCA Malta organises every December to celebrate the Christmas festivities and bring the organisation closer to the community.



In 2022, 'Kunċert Tama' was carried out for the third consecutive year. One might ask why 'Tama' (hope). At YMCA Malta, hope is a theme we deal with daily when we meet roofless or homeless individuals, young people and families suffering; therefore, this concert has become **an annual event to hope for hope!**

The first edition of Kunċert Tama at St. Dominic's Church in Valletta was transmitted LIVE on our social media due to the restrictions the pandemic brought with it. The second edition, which took place in 2021, was held in Merchants Street, Valletta, in front of our Head Office, while the third edition (2022) took place at St. Augustin Church in Valletta. Various choirs supported the first two editions, whilst, in 2022, the concert was supported by **11 local singers** together with a group of **16 actors** who put up a performance entitled '**L-Inkwadru tal-Madonna**'. Parishioners, community and residential service-users, staff, volunteers and interns attended the concert.

‘L-Inkwadru tal-Madonna’

For the first time during ‘Kunċert Tama’, the Christmas-themed play entitled ‘L-Inkwadru tal-Madonna’ was performed during the concert whereby **16 actors, including young people**, performed and two backstage helpers assisted so this drama performance could be a successful one. The play was based on a story that took place in Milan 40 years ago, with the Christian message and also what YMCA Malta does with those vulnerable and in poverty - **feeding the hungry, clothing the naked, lodging the stranger**, etc., based on Matthew 25:31-46 was the main message for Christmas 2022.



YEP! Centre, Zabbar – Prevention

Our Youth Facility Centre, better known as YEP! Centre Zabbar focuses on two main tools in the youth work carried out with young people. Separate from specific 1) **youth activities** carried out through our Centre in Zabbar, while also focusing on 2) **Leadership Training**.

Throughout 2022, the YEP! Centre in Zabbar continued to focus on **upskilling the space** with several tools required for youth activities, such as boxing equipment, yoga mats, art tools, etc.

Throughout 2022, various professionals held several classes providing the community with Yoga and Mindfulness sessions. In total, **101 yoga and mindfulness sessions** were carried out.



Building Bridges Project

In 2022, the young people in Żabbar carried out an external project that was funded by the Senglea Local Council whereby training was provided to young people using the Youth Media Lab equipment with the final aim of addressing the **intergenerational gap** by bringing together young people with active ageing. The participants were given the opportunity to create **4 video interviews** with the elderly population in Senglea. A final video was showcased in a conference held at the Senglea Local Council, whereby the Isla Mayor also spoke to the **50 young people present**.



We would like to take this opportunity to thank all the participants who actively participated in these video interviews and shared their stories and memories. Mr. Portelli was interviewed about the Carnival for the public in Malta that started in Isla as opposed to the one in Valletta when, in the past, this was not carried out for the public as we know it today. Mr. Alfred Zerafa was also interviewed about the Second World War and how this affected Isla. Mrs. Carmen Lautier spoke about the 'Supaj', a Senglean traditional dish in the old days that was a typical dish cooked by the Maltese families. Mr. Victor Ghiller shared his knowledge about 'Barklor' – a typical traditional trade famous in Isla.

YMCA Malta and Senglea Local Council also signed a **Memorandum of Understanding** for further collaboration in Isla in the field of youth empowerment.



Loneliness Response Line - Prevention

The Loneliness Response Line was initiated in March 2020, and **over 2,400 telephone calls** have been recorded since then. These phone calls were mostly related to loneliness and anxiety, followed by family issues and domestic violence.

The Loneliness Response Line was based on a **supportive, friendly chat over a phone call and/or online chat** through WhatsApp. Several clients or service users who used this service were referred to **Psychotherapeutic Services**. In fact, there was an increase in counselling and psychotherapy services offered throughout the year, while numerous service-users were also referred to **YMCA Malta's community services**.

RESEARCH

In 2022, the number of telephone calls decreased, and YMCA Malta embarked on a research project that is projected to be finalised by 2023. This research aims to investigate **how the theme of loneliness currently presents** itself in Malta. The research is being done through a self-measured loneliness scale, whereby anonymous respondents are asked to rate their experiences and feelings in relation to the topic of loneliness.

Following data collection, the results will be tabulated and analysed to determine the current situation of loneliness in Malta and any identifiable links between age, gender, locality and loneliness.





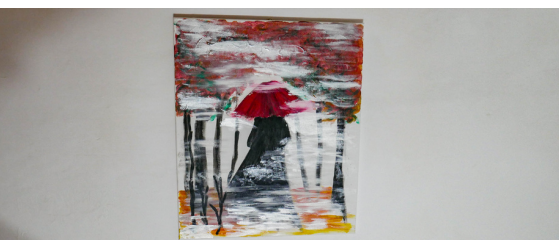
YMCA Family Centre, Ta' Xbiex - Prevention

During this year, YMCA Malta inaugurated the YMCA Family Centre in Ta' Xbiex alongside other localities where YMCA Malta is present. Throughout 2022, the property was refurbished, and a particular family, who wished to be kept anonymous, provided us with all the furniture required for the two-storey building. Family relationships are universally acknowledged to have deep and enduring effects on the wellbeing of individuals and society.

The YMCA Family Centre's purpose is to improve the wellbeing of parents and children by **supporting all families and their immediate communities** through the typical challenges that family lives bring, especially those from disadvantaged communities. Hence, this centre will operate in a community and with a community-based framework model of family support and act as a community resource that provides local support to parents and children in the light that it **helps the family and supports the direction of their own lives**. YMCA Malta aims to promote and support respect for human and family rights, participation and dialogue with families themselves, as these are central to the family support objectives.

Additionally, to address and promote a **child-friendly, multidisciplinary and interagency service** supporting children and caregivers' wellbeing with a focus on

victims of any form of abuse. This YMCA Family Centre will focus on **strengthening the capacity, knowledge, and exchange** between different stakeholders whilst offering social, psychological, and justice services.



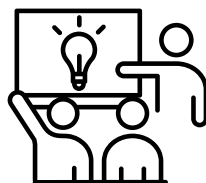
The YMCA Family Centre will:

Provide a wellbeing space for the general community with particular emphasis on the family and their immediate communities to tackle loneliness and anxiety issues.



Provide a service of counselling and psychotherapy on an individual, couple and group basis to tackle family issues and processes in general.

Provide educational workshops and talks on family changes and challenges to educate, inform and disseminate information of services.



Provide specific, integrative and professional services to mothers outside the mainstream services.



We are aiming to start providing through
the YMCA Family Centre:

Family Support Groups on managing family changes ranging from having a new baby, becoming a step-parent, moving schools, sibling difficulties, relationship issues, separation or divorce, bereavement etc.

Family Support through **1:1 confidential support** based on the needs of the parent/s and/or care-givers.

Workshops/Talks on family changes and challenges.

Administrative Support on school applications, transport, housing, legal matters, children benefits etc.


M.O.M Services - Mothering Outside the Mainstream Services, for which service aims to assist those women who are mothering against the odds such as single, teenage, homeless, immigrants, mothers that are on welfare, of biracial children, with substance abuse, in institutions, low-income families, disabled and mothers of sexual orientation minority.

ME, MYSELF AND ARTS




Following the opening of the YMCA Family Centre, we invested in reaching out to several families through 'Me, Myself and Arts'. The National Youth Policy 'Towards 2030' advocates presenting challenges and providing new opportunities. Whilst promoting and supporting YouTube people's musical skills is also listed in the recommendations, the vision of the policy is that young people who are enthusiastic to be successful and empowered to achieve their potential can live in solidarity as active citizens.

In a family unit, a person's basic emotional needs for security, belongingness, support, and intimacy are built. Hence, the family is an important unit of society that we need to work with, as stable relationships have a significant value for individual wellbeing, children's wellbeing, and social stability.



'Me, Myself and Arts' was designed to reach out to young people and indirectly to families to increase enthusiasm for success, be more empowered, and develop their potential via exploration and discovery through the arts.

This short-term project follows a **Montessori methodology approach** using dancing, music, and painting to arrive at an exploration of the self (Me & Myself). Research tells us that a mixed approach of artistic sessions every week provides a balance with their (young people's) wellbeing (Balganokar, 2010). The Montessori methodology has three crucial elements that are included in the project. First, the principles of **learning** - self-learning, self-control, learning through activity, repetition, and the pace of learning adapted to the individual needs of each participant. Secondly, the classroom or **space itself** as the 'teacher' - equipped and organised to facilitate each student's individual work. The space should be stimulating, and the group of students should be inclusive and diverse. Thirdly, the facilitator brings **a sense of respect** to the students, knowing their individual needs, selecting and developing training material according to their background, and observing what works for them.

- 
- Exposure to music teaches coping mechanisms and appropriate responses to stressful situations. Music helps to connect to social groups of the same music interest and it facilitates a sense of belonging
 - Dance enables young people to increase self-understanding and learn to differentiate between the different feelings and their impact on their bodies.
 - Art helps with promoting self-esteem, increases the opportunity for self-evaluation and improves communication skills.

This short-term project has been submitted and was fully funded in 2022 by Aġenzija Żgħażaġħ through the Be Active Scheme. During 2022, the facilitators were recruited and the classes will be carried out throughout 2023.



YMCA Psychotherapeutic Services - Prevention

In 2022, we increased the number of volunteer Psychotherapists and Counsellors to incorporate **three part-time professionals**, including a Psychologist, as the demand continued to increase.

The main aim of these services is to provide appropriate professional understanding and intervention in response to the clients' emotional and behavioural needs by providing **individual and group counselling/psychotherapy sessions** as part of an integrated, preventive and intervention service.

Between 2016 and 2019, 919 face-to-face sessions took place with service users. However, in 2020, due to COVID-19, the number of sessions decreased to 434, with most of the sessions taking place online, in line with the mitigation and prevention measures set by the local health authorities.

In 2022 face-to-face sessions commenced again (online sessions were available if needed) , and were held with **38 persons from the community, 12 residents** and **five staff members** throughout the year.





There are several reasons why service-users seek to benefit from psychotherapeutic services, such as:

- depression
- grief
- anger management issues
- trauma
- dependency and addictive behaviours
- sexual orientation
- family issues

In 2022, the most common issues encountered and tackled with clients were **past trauma** and **parent-child relationships**. Other issues included relationship issues, anxiety, depression, stress, burnout, loneliness and sexuality, amongst others.

Team Building & Wellbeing Training Sessions - Prevention

The Professional's hUMANity Conference, a hallmark annual event hosted by YMCA Malta, serves as an **invaluable convergence** where staff, volunteers, interns, and students convene for a **transformative experience**. Following a hiatus of this event during the COVID-19 pandemic, this event finally found its rhythm again from September 14th to 16th, 2022, within the halls of the Archbishop Seminary in Rabat.

This vibrant gathering involved a number of workshops designed to plan the **future trajectory** of YMCA Malta. These dynamic sessions ranged from brainstorming on the organisation's current landscape to panning the future, delving into spirituality, emotional mapping, relationship cultivation, and aligning YMCA Malta's objectives with the global vision set forth by World YMCA for 2030.



Nurturing the **holistic wellbeing** of its team, YMCA Malta organised a number of recreational workshops. Staff members were given the opportunity to participate in the art of mindfulness and yoga, the empowerment of self-defense, and a walk to Buskett, fostering not only **personal rejuvenation** but also ample opportunities for **social connectivity** across the engaging **three-day conference**.



Platform Against Homelessness - Outreach

The Platform Against Homelessness chaired and launched by YMCA Malta in 2020 continued to carry out its work throughout 2022 following the *'Proposals for the Wellbeing of Service-Users Experiencing Homelessness and the Removal of Service Barriers'* concluded in 2021 and published in 2022.

In 2022, the Platform Against Homelessness had the below members who also endorsed the above-mentioned proposals:

- Dar Frate Jacoba
- Dar Hosea
- Fondazzjoni Caritas Malta
- Fondazzjoni Dar il-Hena
- Fondazzjoni Sebħ
- Kopin
- Life Network Foundation Malta
- St. Jeanne Antide Foundation
- The Good Shepherd Sisters - Dar Merħba Bik Foundation Malta
- The Malta Trust Foundation
- YMCA Malta



The proposals were published in the first quarter of 2022 to address the issues of

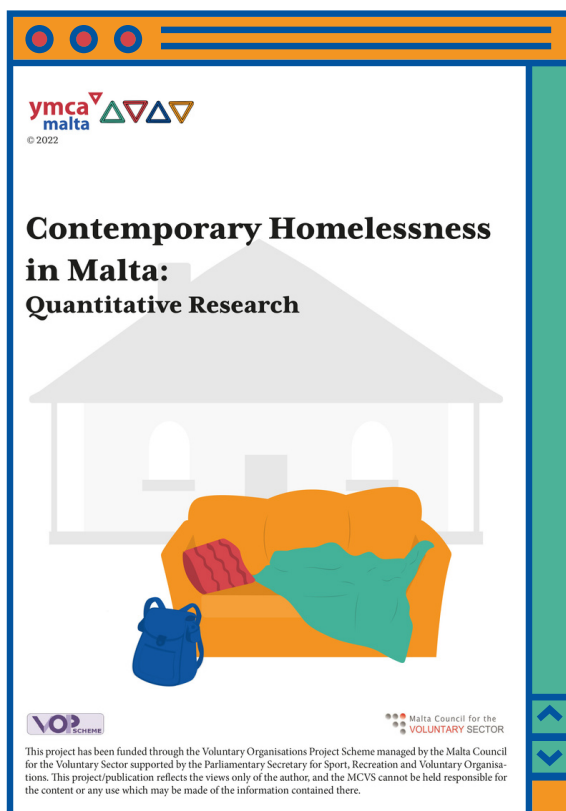
1) No Address

2) Electoral Registry

3) Housing Authority Application for Alternative Housing

4) Need for a National Definition of Homelessness

The members of the Platform Against Homelessness, were also invited to participate in the research we published in 2022 carried throughout 2021 - *Contemporary Homelessness in Malta: Quantitative Research*.



HOMEINCLUSRATION

In 2022, together with the Platform Against Homelessness, we embarked on a new project that the Malta Council for Voluntary Sector fully funded through the Small Initiatives Schemes facilitated by several stakeholders' roundtable discussions and final forum to be carried out in 2023.

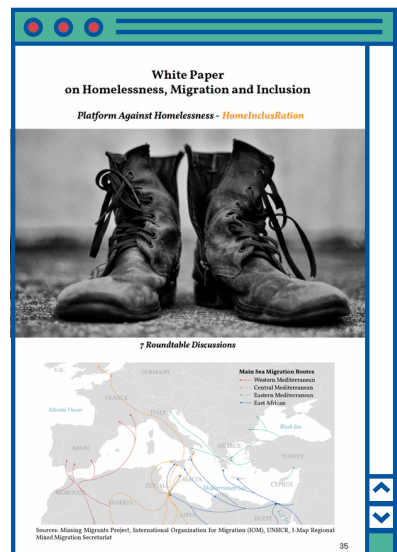
Homeinclusion addresses three important keywords: **homelessness**, **inclusion**, and **migration** in Malta. This was brought to life after, in October 2021, our Y'Visible team was called by the Malta Police Force to assist over **40 roofless immigrants** in Marsa. A month later, on the 2nd November 2021, **49 migrants**, out of which **6 were children** and **a pregnant woman**, were rescued from Ghar Lapsi rocks. In 2021, **464 migrants** made it to Malta from North Africa, as recorded by the UNHCR.

Throughout this year, the Platform Against Homelessness embarked on six roundtable discussions covering the

- 1) Current Picture of Migrant Homelessness
- 2) Challenges Faced by the Migrant Population
- 3) Forms of Modern-Day Slavery
- 4) Accommodation Solutions
- 5) Policies at Hand
- 6) Inclusive Services for Homeless Migrants.

The below 2022 members of the Platform Against Homelessness were invited to participate in these round table discussions:

- YMCA Malta
- The Malta Trust Foundation
- Malta Council for the Voluntary Sector
- Dar Hosea
- Kopin
- Life Network Foundation
- Fondazzjoni Sebħ
- Jesuit Refugee Services Malta
- St. Jeanne Antide Foundation
- The Good Shepherd Sisters – Dar Merħba Bik Foundation Malta
- Sisters of Charity Malta
- Caritas
- Youth Alive Foundation – Dar Frate Jacoba
- Foundation Dar il-Hena
- Malta LGBTIQ Rights Movement
- Soup Kitchen OFM



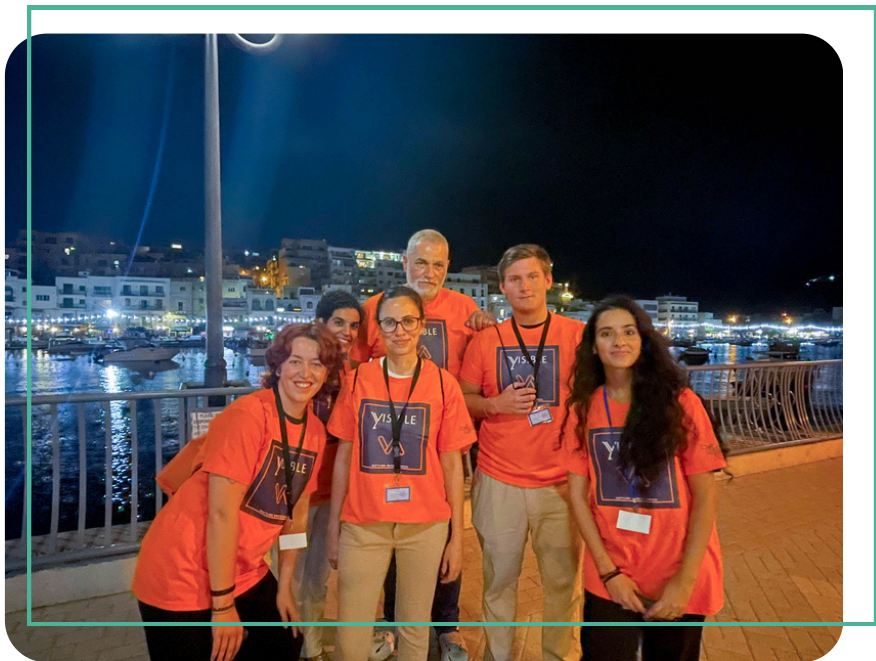
Y' Visible - Outreach

Y' Visible is a service that falls under our Outreach Department. This service was launched to tackle the problem of rooflessness in Malta. Our Y' Visible team visits various locations around Malta to reach out to people who are sleeping rough, providing **food**, **blankets**, **clothing**, and **information on services** that specifically target homelessness and rooflessness.

This project has a proactive side, whereby we search for roofless individuals during allocated times, and a reactive side, whereby we respond to reports from professionals and concerned members of the public concerning roofless people.

Throughout 2022, we received numerous reports through different platforms from concerned public members to report a person experiencing rooflessness and asking YMCA Malta to support the person.

In fact, during this year, YMCA Malta supported over 30 roofless individuals, providing them with bedding, food, water, clothes, face masks, transport to APPOĠĠ premises, and advice regarding the services they could access.



Through outreach, we supported numerous individuals who were afraid and struggling to come to terms with their situation. This, sometimes also included guiding the person on the steps they require to take to ensure their safety. For those who, for various reasons, were not ready to leave their situations, the team ensured that they were aware that, when they were ready, YMCA Malta would be there to support them.

Since the onset of this service, we have reached out to **107 roofless** cases between 2020 and 2022.

Y'Kids - Outreach

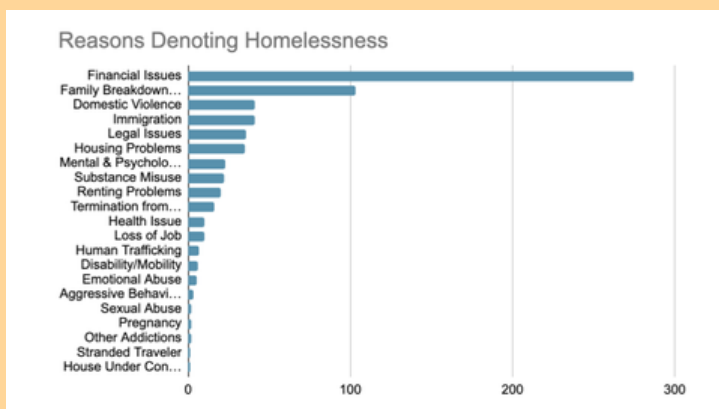
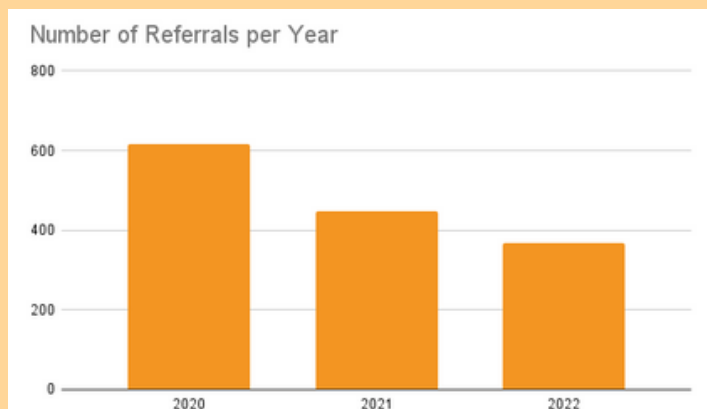
YMCA Malta has always given importance to providing activities for youth and children. In 2022, **over 35 children** were given a smile during our kids' party thanks to the festive atmosphere created by our dedicated volunteers and the presents they received thanks to all those who donated!

It is worth noting here that in the past 10 years, **517 children under the age of 18 became homeless** and were referred to YMCA Malta. In 2022, through the research YMCA issued, in addition to 178 individuals referred, **58 children aged 0-16 years** were registered as shelter residents accompanying adults during the data period. When this data was analysed, the average age of children was that of **5.4 years** (4.6 years for males and 6.0 for females).



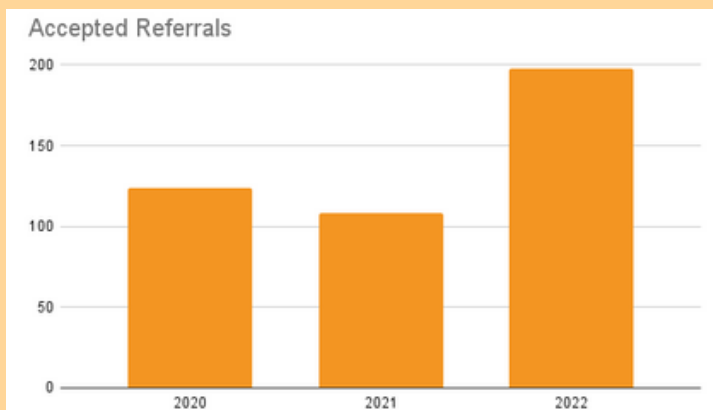
Residential Facilities - Residential

In 2022, YMCA Malta received **367 referrals**. In the past three years, YMCA Malta received **1,431 cases of homelessness**.



In 2022, the most common reason for referring someone to our shelters was **financial issues**, **family issues**, and **domestic violence**.

Other reasons for referrals are listed in the above table. The most common reasons denoting homelessness between 2018 and 2022 remain **1) financial issues** (1,456 cases) **2) family issues** (706 cases) and **3) renting problems** (470 cases).



Despite that COVID-19 pandemic had its toll especially in 2020 and 2021 whereby less referrals could be accepted due to the pandemic restrictions and service-users took longer to move on back in the community. A significant increase in the number of new clients recorded per year was apparent, going from 59 in 2005 to **142 in 2022**. In fact, 58.87% increase of referrals since 2008 was recorded. In 2014, referrals decreased by 45% from the previous years, but then dramatically increased again by 80% in 2015. Numbers maintained an upward trend until 2017, when a marginal decrease of 1% in 2018 was recorded. In 2019, there was a record referral increase of 124% which subsided in 2021 and 2022.

In 2022, YMCA Malta accepted **198 individuals** unlike in previous years 108 (2021) and 124 (2020) due to the pandemic restrictions.

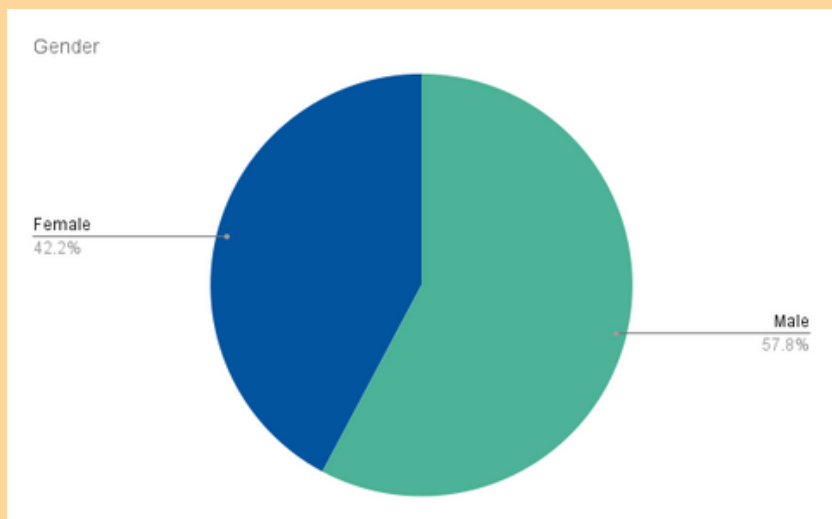
Year	0 - 4	5 - 9	10 - 13	14 - 17	18 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65 - 74	75 - 84	85 - 94
2020	32	8	7	22	93	118	108	40	36	7	1	0
2021	35	17	6	7	96	106	74	39	22	11	1	0
2022	40	17	12	13	59	78	61	37	19	2	6	1
Total	107	42	25	42	242	302	243	116	77	20	8	1

Ages of referrals from 2020 to 2022

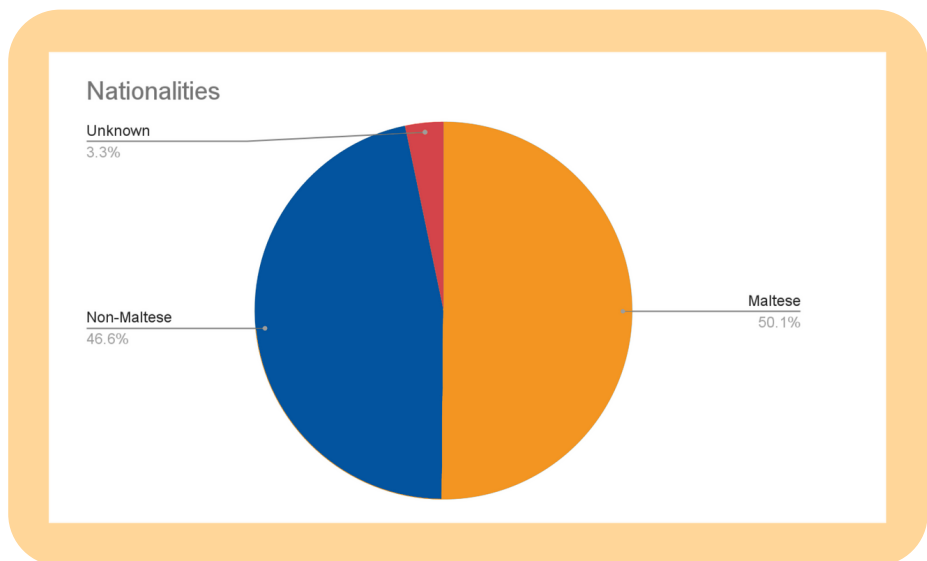
The most common age bracket of people becoming homeless remains **25 to 34-year-olds** in the past three years. 2022, however, saw an increase in referrals of (accompanied) **children between the ages of 0 and 17 years old**, indicating that entire families have been experiencing homelessness.

Between 2012 and 2022 young people between the ages of 18 and 34 are the ones becoming homeless. YMCA Malta has received **683 cases of individuals between 18 and 24** years of age whilst **762 between the ages of 25 and 34**.

In the past 10 years YMCA Malta received **517 children** under the age of 18 that were homeless.



The majority of cases YMCA Malta had in 2022 were **male**.



In 2022, the majority of referrals received were for **Maltese** persons, with the nationality of 3.3% of the referrals being unknown. This indicates a complete shift from 2021, where 39.15% of the referrals were Maltese.

Residential Facility, 2004 - present day

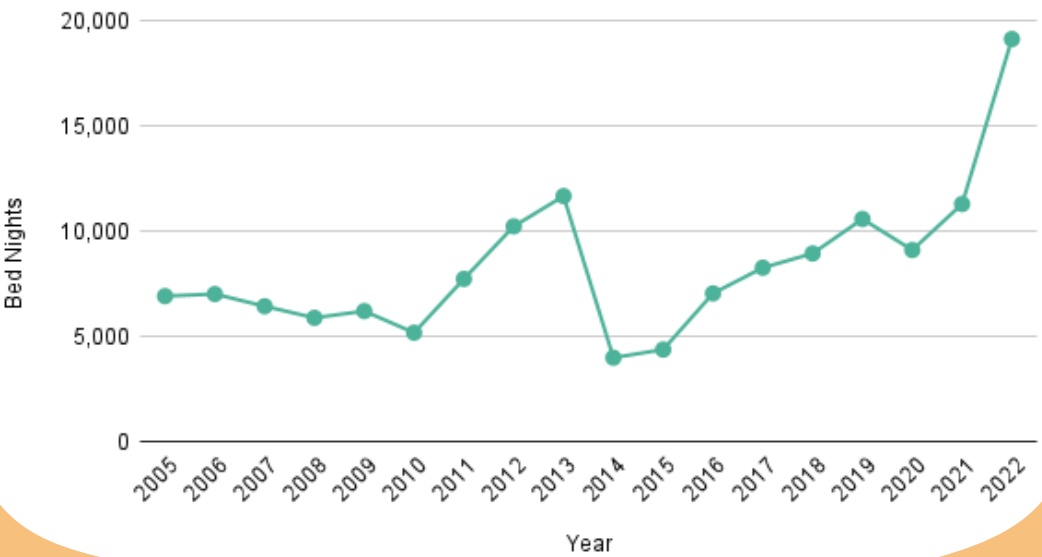
At 'Dar Niki Cassar' (DNC), YMCA Malta provides sheltered accommodation and holistic support (Residential Course in Independent Living) to vulnerable individuals and families, including children experiencing homelessness. It is worth noting that in the past 17 years through DNC, YMCA Malta has **supported 1,873 individuals**.



At DNC, YMCA Malta supports up to **34 individuals**, including accompanied minors, on a daily basis as they prepare for independent living. YMCA Malta provides services to people of **all ages, genders, and nationalities**, where the promotion of cultural humility and diversity is valued and where people who may have become homeless for several reasons are supported holistically.

Since 2015, the increase in clients per month and bed nights is attributed to the fact that DNC moved to larger premises at the beginning of the year, which could accommodate more service-users as opposed to the temporary accommodation, which could only accommodate 12 people in 2014. In 2022, DNC provided **21,483 bed nights** as opposed to last year, whereby 11,311 bed nights were provided.

Bed Nights at DNC



Y COMMUNAL HOME

Residential Facility, 2020 - present day

Y Communal Home (YCH) was launched in 2020 to address the new reality brought about by the COVID-19 pandemic when it hit the Maltese islands. YMCA Malta felt the need to be proactive and open its second shelter. Unlike DNC, YCH is a **semi-independent** shelter providing 'Program Kisbet Serħan'. Initially, the purpose of this shelter was so that families directly hit with financial difficulties, renting problems, and loss of employment could be hosted and, thus, **avoid families ending up roofless**.



The birth of this shelter did not only pertain to the reason for referrals YMCA Malta was receiving back then but also to why people were using the YMCA Malta Loneliness Response Line.

At YCH, YMCA Malta provides communal accommodation to individuals and families in a bid to **reduce loneliness, encourage independent living, and eradicate homelessness**. This house caters for up to **16 individuals** living semi-independently whilst benefiting from constant support from the residential team. The service-users at YCH live independently without 24-hour surveillance of staff and/or volunteers, whilst through ‘Program Kisbet Serġan’, they are provided with daily routine visits, individual support by their assigned support worker, care plan, and psychological support.

YEAR	BED NIGHTS
2020	2,751
2021	3,095
2022	3,508

Bed nights at Y Communal Home
from 2020 to 2022.

Y' STUDIO FLAT

Residential Facility, 2022 - present day

YEAR	BED NIGHTS
2022	550

Bed nights at Y Studio flat in 2022.

Whilst the focus of our residential facilities is services that provide shelter and a care programme with the ultimate aim of reintegration into society, the third residential facility provides **temporary independent living for families** that experience homelessness after a long time living independently. Y Studio Flat (YSF) started to operate in 2022, providing this assistance to a family that had to flee the Ukrainian war. The accommodation is a **2-bed apartment** whereby our multidisciplinary team still **supports the family to move back into society** within a short timeframe.

DAR SIMON SOLER

Following the successful Sustainable Communities Award for Specialized Housing given to YMCA Malta by the Housing Authority in collaboration with the Ministry for Social Accommodation, we continued to work closely with the Architects who won the design project for Dar Simon Soler (DSS).

It is planned that DSS will open its doors in **2025** and shall be considered a semi-independent living Care Programme specifically catering for cases **over the age of 60 and those with mobility issues**. DSS will be equipped with CRPD technology and will have **one specific room for a family** in case the other shelters are full. This shelter will cater for **ten beds per night**.



DSS will take referrals for:

- Males, Females, or Families of mixed genders
- 60 year olds and over or who have disability issues but who are capable of living independently
- Individuals or family members who are able to live semi-independently and with minimal supervision
- Willingness to work on a collaborative care plan which will lead them to independent living
- Individuals for whom a care plan towards independent living can be formulated within the duration of stay
- Clients who are referred by any other agency shall be referred by YMCA to APPOGG, to be assigned and followed by a Social Worker.

YMCA Malta will now work closely with the team and approach various stakeholders in 2023 to work on the care program to be offered from this new residential facility and initiate the refurbishing phase.

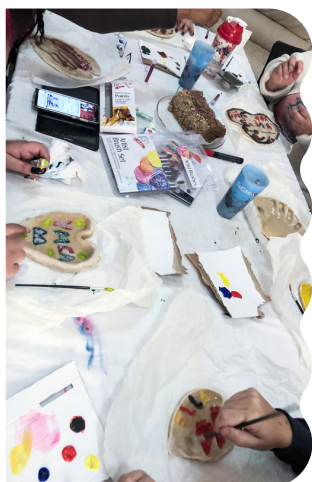


RESIDENTIAL ACTIVITIES

Regular activities are organised according to the **resident's needs and preferences**. These include football tournaments, workshops, homework clubs, arts & crafts, picnics, quizzes, music therapy, exercise sessions, cooking sessions, community meals, pilates, board games, laser tag, scavenger hunts, movie nights, bowling, and trips to Gozo. In total, **55 residential activities were held in 2022**.

ProjectABLE

ProjectABLE was started in 2020, whereby a space was created within YMCA residencies so that **residents can teach and share their skills and talents** with the other residents. This aims to help the residents acknowledge their strengths, believe in themselves, learn new skills (from other residents), and empower each other in the shelter communities.



Throughout 2022, the Kingswood Y' Men's Club has **financially supported** ProjectABLE to continue looking at what makes our clients unique, discovering their strengths and empowering them.



YMCA Social Services Hub - Community & Aftercare

In recent years, due to various global events, which have, in turn, had an effect on the local sphere, YMCA Malta has seen an **increase in the demand for assistance from the community**. In order to address this need, we have thus relaunched our Social Work Services through the YMCA Social Service Hub (YSS Hub), funded and supported by the Social Causes Fund in 2021 and executed throughout 2022.

Generic youth work

Whereby before the Youth Work or the Youth Empowerment Programme was a separate programme, nowadays the Generic Youth Work is incorporated in all YMCA Malta's service streams. Through Generic Youth Work, support and assistance to young people between the ages of 12 and 25 who are living within our residential facilities and other youths who participate in our projects. Several activities were coordinated by the YSS hub targeting young people, such as the homework club, arts and crafts group, support sessions, job searching, career and academic guidance and advice, and so forth.

In 2022, **166 sessions** with young people took place in relation to different projects, activities and events. Throughout the Youth Empowerment Programme, we reached **190 young people**. Additionally, the Youth Workers work hand-in-hand with the parents of the young people themselves.

Generic social work

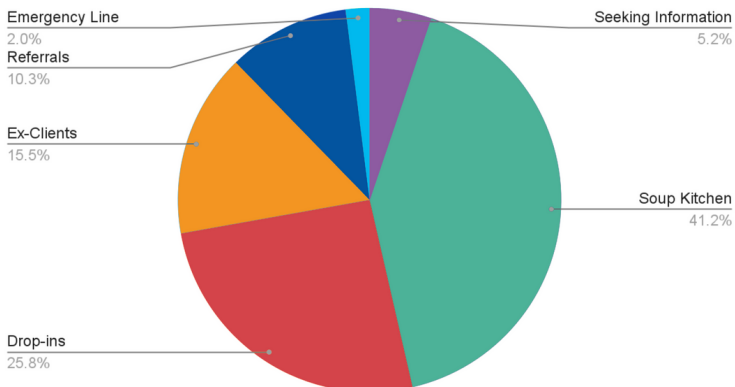
The community and aftercare services provided by our Social Workers are undertaken with both service-users who are at risk of becoming either homeless or roofless and with service-users who used to live within our residential facilities and successfully moved on to independent living in the community. In 2021, 38 individuals, families and children who moved on successfully from our shelters were provided with aftercare support by our Social Workers. This service was further provided to **75 service-users** who successfully moved out of our residential facilities in 2022.



Furthermore as part of our community preventive measures, Social Workers provided their services to 52 service-users in 2021 and to **89 in 2022**. This service provides various social work interventions, such as home visits, referrals to other services/agencies, daily general support, budgeting and financial skills, employment skills and job searching, applying for different schemes and available benefits, collaboration with local agencies and authorities, mentoring, advocacy, accompanying service-users for various appointments and so forth. Whilst in 2021, the Social Workers were supported by a Community Worker in 2022 the team incorporated a Housing Supportive Worker providing support and assistance to the service-users within their communities with the goal of improving the service users' quality of life as well as that of the community as a whole.

In 2022, a total of **9,250 interventions** were carried out with a total of **925 service-users**. Whilst in the framework of 'Aftercare' a total of **75 clients** were supported with a total number of **16,900 interventions** carried out. Our Social Workers operated in the Community in Valletta and Msida.

Individuals seeking help from the Community Department

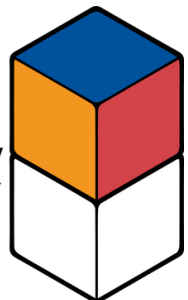



Community builders

Community Builders integrated several interventions through generic social work by refocusing the general scopes of the service by involving young people in healthy ageing.

- a. increase the **sense of community**, starting within Valletta and then expanding to nearby localities
- b. creating **better standard of living** for people who use the service (those who are tight with money may save it for something other than getting walls repainted/plumbing)
- c. increase **social wellbeing** for volunteers who help out, as well as for people who use the service
- d. Enable **intergenerational dialogue** by creating the space for this to happen in an organic manner.

The project directly targets elderly people (65+), people with mobility impairment and indirectly targets young people between the age of 16 and 30.





After being halted at the end of 2021, the service was re-ignited beginning of 2022 with a focus on **decluttering environment situations** where physical and mental difficulties have prevented residents of rented or owned accommodation from maintaining a good standard of living or being able to renovate.

10 interventions were carried out throughout 2022 which included basic maintenance and decluttering in households. **5 local young volunteers** supported this service together with the YMCA social workers.

Third party collaborations

Throughout 2022, numerous services were provided to the community as a whole including homework clubs, workshops, outings, family days, football tournaments, one-on-one work, education on homelessness in schools and universities, renovation planning for more youth-friendly spaces, provision of food via the soup kitchen, provision of clothing, crisis intervention such as response to reports from the public on urgent situations, urgent housing and food needs, dissemination of information, referrals for further attention and much more.

YMCA Malta's **increase in community support** has brought forward further collaborations needed by other Civil Society Organisations

OFM Soup Kitchen

As stated already YMCA Malta supported **41.2% of the service users** in the community that are also making use of the OFM Soup Kitchen on a daily basis. YMCA Malta in collaboration with the Soup Kitchen provided Generic Social Work assistance to these service-users. During 2022, 1 social worker from YMCA Malta was present at the OFM Soup Kitchen once a week. During these visits, our social workers varied from assistance with making contact with other entities or helping out with material needs.

Malta Trust Foundation

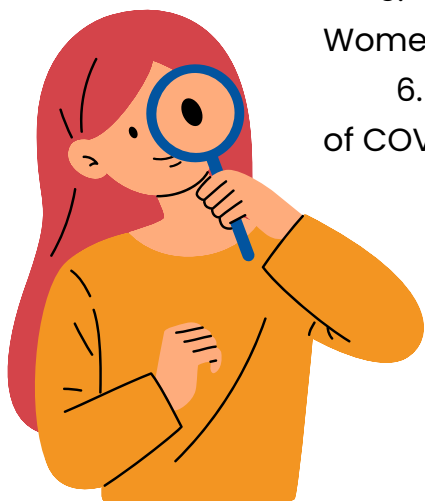
In 2021 and eventually launched in 2022, The Malta Trust Foundation invited YMCA Malta and several other NGOs and stakeholders to collaborate on the **Youth Empowerment Support Programme (YESP)**. This programme aims to support young people in vulnerable situations to **enter the labour market and remain gainfully employed**. To this end, YMCA Malta refers young people to this initiative while remaining involved according to the personal care plan established together with the young person. Furthermore, YMCA Malta provides **free psychotherapeutic services** to clients referred by The Malta Trust Foundation.

YMCA Research

YMCA Malta has embarked on research as a means of informing oneself and also on building further services and projects that are evidence-based.

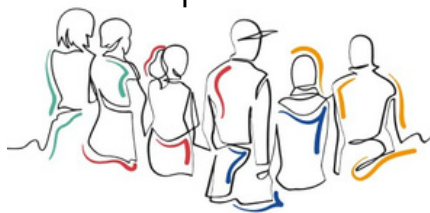
In the past 5 years YMCA Malta has issued various research publications:

1. Qualitative research between 2018 and 2019 on the Perception of the Maltese Youth on Homelessness
2. Qualitative research on the Vicious Cycle of Homelessness in 2019
3. Arts-based Participatory Action Research at 'Dar Niki Cassar' in 2019 presented during FEANTSA Conference in 2020
4. Homelessness and Adult Education in the UK and Malta in 2019
5. Violence in the Lives of Homeless Women: Qualitative Research in 2019
6. Qualitative Research: The Impact of COVID-19, in 2020



The Culture of Youths in Malta Research

The World YMCA compiled a report with data collected from 17,000 young people between the ages of 15 and 24 coming from 60 different countries. The key themes from this survey were employment, human rights, health and the environment. Young people reported they need more jobs, more training, more awareness, less discrimination, financial support, access to facilities, excitement to participate in civic society, equal participation and more resources. As a continuation of the work that YMCA has been doing in the field of Youth Work, YMCA Malta initiated this research in 2021 and was published in 2022.



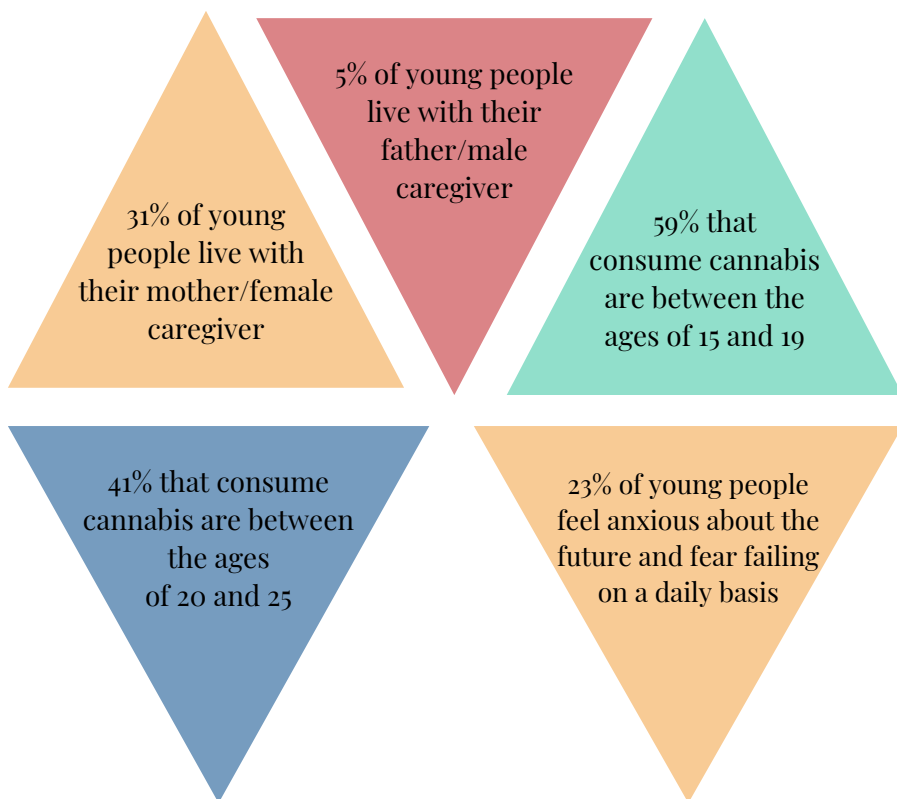
The aim of this research was to gather an understanding of what **makes part of young people's lives** within the Maltese society. This study yielded a number of recommendations for further research as well as a set of tips particularly useful for those active in the field of youth work as an aid in enhancing the sector's ability to reach young people proactively.

The research was a **mixed-method approach** whereby **8 semi-structured interviews** were carried out with local youth workers to gather an in-depth understanding, and a **questionnaire** was distributed to young people between the ages of 15 and 29.

Results from Youth Workers:

- Engaging Youths in programmes has become difficult
- Increase in drug use, particularly synthetic drugs
- Political affiliation is still influenced by the parents' political views
- Social Media is what mostly influences young people
- Family influence on general aspects depends on how close the family members are

Results from Young People:

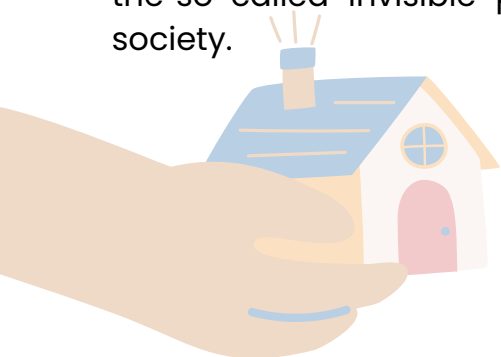


Contemporary Homelessness in Malta: Quantitative Research

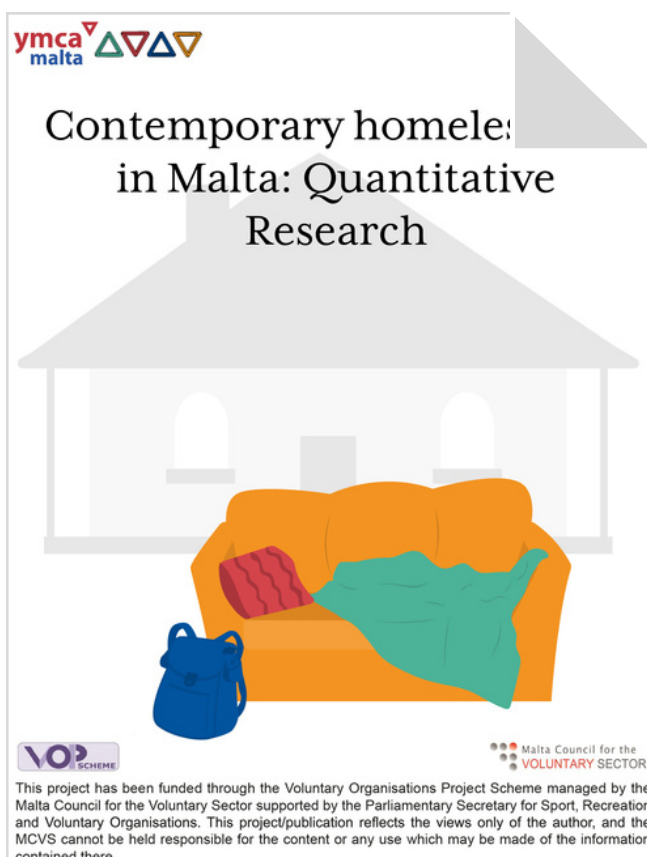
Even though homelessness is increasing, Malta is still lacking on the official statistics showing the amount of individuals and families that are homeless, while the current official numbers do not portray the real situation.

Contemporary Homelessness in Malta: Quantitative Research was carried out with the support of **several organisations and entities**, some of which also forms part of the Platform Against Homelessness. This research aimed at creating and suggesting a **framework to count the homeless population** in Malta and also **publish official and more up-to-date statistics** about homelessness and examine the major contributing factors which lead to homelessness in Malta.

This research focused on **poverty and social inclusion** as a relevance, addressing issues of marginalisation and encouraging people's awareness and commitment to tackling the issue of homelessness and the so-called 'invisible' population for a more inclusive society.



Throughout this research the number of people who were currently in shelters were counted, and a deeper insight was sought on three dimensions of homelessness: conditions that lead to homelessness, the role of support networks in reducing and mitigating the effects of homelessness and experiences of everyday life as a homeless person in Malta. In exploring these dimensions, the research draws upon both narratives of present and past YMCA Malta clients and some ethnographic observations and experiences of the researchers.





The research identifies that:

- 178 individuals and 58 accompanying children between the ages of 0 and 16 years were recorded as residing into one of the participating shelters during the data collection.]
- 193 number of beds were recorded during the data collection therefore over 80% of the beds were allocated and shelters were operating at full capacity.]
- 55.6% were males whilst 44.4% were females.]
- The majority remained between the ages of 25 and 34 years of age.]
- 52.2% were Maltese.]
- 36.5% were homeless due to financial problems followed by 24.7% due to mental health and psychological problems followed by 23.6% due to domestic violence.]
- The median age of the children residing in shelters was that of 4.6 years of age.]
- 56.7% were Maltese adults who had accompanying children with 40% of their reason for becoming homeless was due to financial issues.]

RESOURCE CENTRE

Throughout 2022, we continued to build up the resources that are accessible through YMCA Malta website including all the research published. Additionally, we also assist University students with their research and dissertations focusing on issues related to homelessness, poverty, mental health, and youth work. In 2022, YMCA Malta assisted **8 students** with their research.

Throughout this year, an exercise was initiated to collect all the data pertaining to homelessness since the onset of YMCA Malta in the light that a retrospective research is concluded and published in 2023.

SUSTAINABILITY CENTRE

Throughout 2022, YMCA Malta continued to operate several services and short-term projects with the assistance of local volunteers.

The total number of volunteers in 2022 was **35**, amounting to over **3,400 of volunteering hours** between them throughout the year.

Educational programme

Youth Empowerment is also about providing an educational pathway to students and interns who come across YMCA Malta and dedicate their time within one or more of our services.

During their time with us, students and interns are provided with **training** in order to be able to satisfy their academic requirements, and also to enhance their professional and personal growth.

Additionally, we also provide **ongoing training opportunities** to our team members, and we are also actively involved in **providing educational talks and workshops** in schools, private companies and at the University of Malta.

Throughout 2022, apart from paid staff, the interns and students had the opportunity to participate in several educational opportunities. In-house, a series of support and guidance meetings (introductory meetings, support sessions, performance appraisals, evaluation meetings, project meetings and team-building meetings) are carried out periodically.

In 2022, we received **373 applications** from students whereby 103 selected candidates were interviewed and **74 were selected** for their internship to assist in our services. Throughout their period with YMCA Malta they were provided with mentorship, individual and group meetings, support and guidance meetings. A total of **234 meetings** were held.

In 2022, **10,250 hours** were given by volunteers, interns and students, spread in residential, sustainability, research, outreach, education, and youth activities. **1,100 hours** were spent at the Vintage & Charity Shop, whilst **9,150** were contributed to the other departments at YMCA Malta.



Young Community & Residential Engagement

Y CARE - YMCA Young Community & Residential Engagement initiated in 2022 and should come to an end in 2023. This project was funded by the European Solidarity Corps in 2020. However, it could not start before due to the COVID-19 pandemic.

Two young people were recruited to assist in the Residential Department and the Outreach Department as volunteers and to contribute to specific tasks delegated to them:

- Spending time with our service-users living at our shelters, building a therapeutic relationship and providing ongoing support.
- Assisting the rest of the team in the day to day running of the shelters.
- Supporting our service-users to achieve their individualised care plans.
- Providing emotional, social and spiritual support.
- Creating and delivering recreational and educational activities.
- Contributing to a community spirit encouraging empowerment and inclusion.
- Assisting with the Y' Visible outreach activities.
- Assisting with reporting on the social media the activities being carried out.

Young Person Traineeship

In 2022, YMCA Malta provided job exposure to youth through paid, hands-on work. Throughout their time working, the youth attended sessions where they learnt important **occupational skills** that would help them **perform and assimilate better** in their future places of work. Those who completed the traineeship continued to be supported by YMCA Malta staff.



Youth Exchanges

Every year, the network of YMCAs in Europe organises youth exchanges on a variety of topics throughout the year. However, due to the COVID-19 pandemic, many youth exchanges that were meant to be held in 2020 were rescheduled to 2022. Unfortunately, the budget allocated back then did not reflect the increase in prices that followed the worldwide health crisis, and our team was not able to attend all opportunities that were available at the time.

Always On - Training on Digital Youth Work

Held in Bulgaria, this 1-week exchange aimed to equip **young leaders and professionals** in the field of youth work with tools, systems, and best practices framework for **digital youth work**. The participants discussed the importance of digital outreach, digital safety, and wellbeing as concepts for implementing programmes in their organisations.



Ignite - 20th YMCA World Council

The 20th YMCA World Council held in Denmark gathered members from YMCAs all over the world, coming together as a whole and **adopting a shared Vision 2030**.

Vision 2030 focuses on **four thematic areas**: Community Wellbeing, Meaningful Work, a Sustainable Planet and a Just World. Vision 2030 was developed thoroughly over a few years by a team of leaders from all continents, identifying needs and areas of improvement, defining and proposing a vision that aligns with the needs of young people across the world.

Media & PR

During 2022, YMCA Malta continued to inform the public and generate awareness on the services and projects carried out throughout the year. **Five awareness campaigns** were published in 2022 for which over 65 designs were produced. The campaigns aimed at educating the general public on various topics such as **mental health issues and therapy**, **inclusion and non-discrimination**, **the environment and sustainability**.



Myths & Facts about Mental Health Campaign



Facebook

- 190,825 people reached
- 6,522 reactions, comments & share
- 1,223 new followers



Instagram

- 6,390 people reached
- 193 new followers

Ego Sum

During this year in collaboration with Arts Council Malta, YMCA Malta entered into a **multi-venue exhibition project** to raise awareness on the homeless population in terms of their identities. Unfortunately, service-users going through homelessness are mostly referred to as the 'homeless' people and the project aims at **putting a spot light on their other 'identities'** they have and they identify with. During 2022, YMCA Malta recruited a number of Motivational Interviewers that were allocated around 50 individuals who went through homelessness to identify their identities. In 2023, Ego Sum from the latin 'I am' will be showcased in an exhibition portrayed by sketches, photographs and stories which will be both in a venue and also in various locations in Malta on digital billboards, buses, coaches, etc.



YMCA Vintage & Charity Shop

The YMCA Malta Charity and Vintage Shop was opened in February 2020 in Żabbar and ran successfully for another year in 2022. The idea behind this social business venture, which is operated mainly by volunteers, is to **support YMCA Malta through the generation of funds** by selling second-hand donated items.

Being **environmentally conscious** is extremely important for us. Thus, by giving a new life to used items, we reduce the waste in our landfills. This is achieved by applying the **3 R's, that is, Reduce, Reuse, Recycle**, while adopting a circular economy approach.

Additionally, we provide items at a **significantly reduced price, or free of charge** to those community members who are experiencing poverty or other social issues, and thus would not be able to purchase the items in conventional shops.

Moreover, thanks to the Charity and Vintage Shop, YMCA Malta provides **hands-on experience and training** to both local students and international interns. In 2022, the Charity and Vintage Shop was helped in its day-to-day running by **7 volunteers**, amalgamating a total of over **1,000 hours** of voluntary work. The generated income from the Charity Shop was **€13,010.04**

Needs Support Programme

YMCA Malta supports the service-users with the Needs Support Programme, in the past referred by the 'Clothes and Furniture Assistance Program' whereby in 2021, 3,952 bundles were provided in-house in the shelter, and 880 bundles were distributed in the community. In 2022, **6,920 bundles** were provided in-house to residents living in our shelters whilst **1,280 bundles** were distributed in the community.

The Needs Support Programme has been successful due to the number of benefactors, families and individuals that provide us with continuous supplies needed in order to assist those most vulnerable.





YMCA Annual Events

During 2022, YMCA Malta managed to fundraise the total sum of **€66,660.57** through several campaigns and fundraising events.

365 Campaign

Through the 365 campaign, YMCA Malta sought the support of **companies, individuals, and groups of people** to join forces in raising €365.

Twelve Appeal

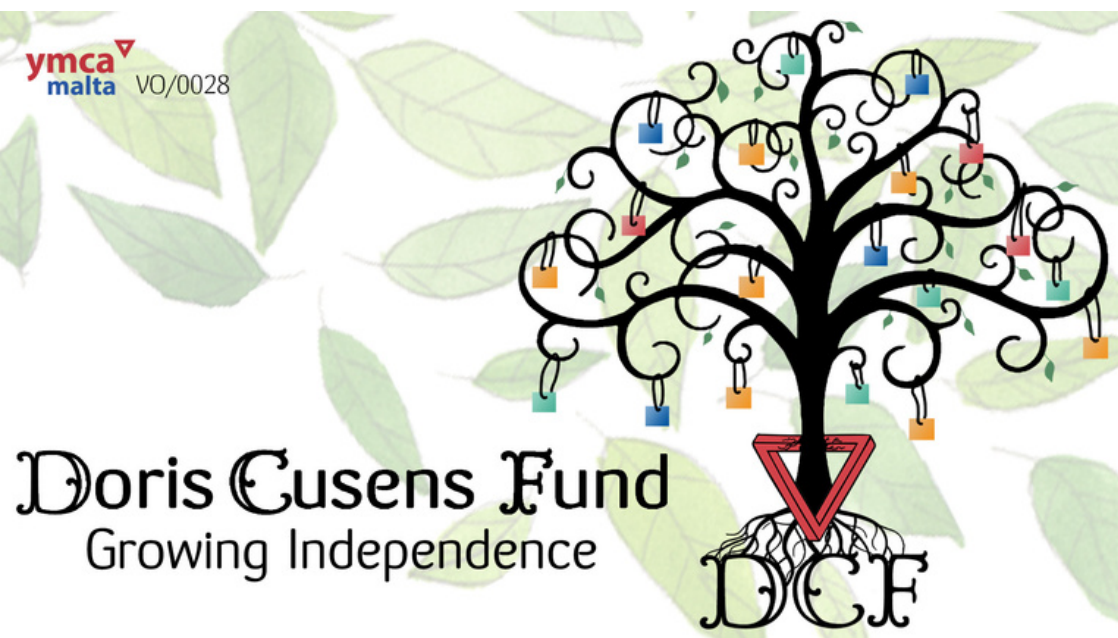
For most of us, €1 a month does not make a large impact on our lives. Yet such an amount over the course of a year can entirely recalibrate the life of a young person. The 12 Appeal Campaign was launched with this sentiment in mind.

12 Appeal is an ongoing campaign that invites companies and their staff members to donate €1 per month from their wages. Every cent collected by this campaign goes directly to **supporting YMCA Malta's Youth Empowerment Programme.**

The funds raised through this campaign are used to support **youth-led activities, events, and projects** that help young people develop their talents and gain new knowledge to become responsible and active citizens.

Doris Cusens Fund

The Doris Cusens Fund, launched in 2021, is a financial assistance fund for YMCA Malta service-users and other families and individuals referred to YMCA Malta by other recognised services, NGOs and organisations. The purpose of this fund is for YMCA Malta to continue to build on the philanthropic work that Doris Cusens started years ago. **More than 20 individuals** were supported in various ways through financial and material donations.



Football Tournament Against War

In 2022, YMCA Malta organised a fundraising event in which short rounds of football matches were played in a tournament. The funds raised during this tournament were donated to **YMCA Europe** to support the War in Ukraine.



Yoga in the City

Following the first successful event prior COVID-19 pandemic we relaunched our outdoor yoga classes, Yoga in the City, in 2022. Yoga in the City is a wellbeing event for the mind, body, and soul, which welcomes people of all ages. During this event we had **7 yoga instructors** and **70 participants**.

Inkubi fi Strada Stretta

This Halloween, our team collaborated with Splendid Hotel, Mixta Drama, and Colour my Travel for a truly special fundraising event! **Over 65 people** came to live through the haunted stories that were recounted within the walls of this famous hotel. The team had a lot of fun scaring people, all while being terrified themselves by the inexplicable glitches and issues that they faced, particularly with electronic equipment that ghosts are known to interfere with... Our tour was indeed haunted!



Ta Fuqha Senduqa Production by Udjenza

Ta Fuqha Senduqa, produced by Udjenza, portrayed **authentic realities behind poverty** in a striking and mind-blowing play. YMCA Malta collaborated with Udjenza and the scriptwriter of this play to obtain a realistic picture of the social issues that homeless people go through. Throughout the event, Udjenza encouraged the people to **donate food items** for our Needs Support Programme.

H.O.P.E - Homeless Opportunities Prevention & Education

H.O.P.E. integrates an evidence-based programme approach and vision towards providing an **alternative service-provision pathway** towards reintegration. It targets service-users that themselves are integrated in the service-provision given.

H.O.P.E. was initially launched in 2019 and was still running in 2022. This project aims to **offer opportunities and education** as a means of prevention to service-users who have successfully finished a care programme. Through the H.O.P.E programme, YMCA Malta does not only aim to reintegrate service-users into the community, but the community itself contributes to the service provision given to the service-user.

Housing families who do not have a home with an objective to invest in families who are not able to reintegrate in society after a 'housing first' approach.

Helping families find and retain their home with an objective to expand the support families need in order to experience a tenancy support scheme to their budget.

Increasing opportunities and options across housing and employment with an objective to retain, protect, and increase opportunities of their active employment and housing, and create further opportunities such as in-house education.

Building capacity and improvement for active citizenship with an objective to enhance the capacity for service-users to be actively involved in society, and outreach to community to be actively involved in H.O.P.E. itself through Education, Activities, and Opportunities.

Instilling hope to successfully move on with achieving the objective of resources, skills, support and integration.


In 2022 alone, YMCA Malta has given the opportunity to **4 individuals** that benefitted from part-time employment, and **5 individuals** in full-time employment. These individuals were all ex-homeless people.



Benefactors

YMCA Malta wouldn't be able to carry out its services and projects if it was not for the benefactors that believed and supported us financially and in-kind throughout the whole year (in alphabetical order):

- AX Group
- Bortex
- C. Camilleri & Sons Ltd.
- Catena Media Malta
- Cinnabon
- Clean4u
- Dar Hosea
- Deguara Confectionary
- Earth Offerings
- Enemed Co. Ltd.
- Expedition 42
- Express Trailer
- Eyes to Argus
- Female Entrepreneurs Malta
- Fortina Investments
- Freehour Malta
- Grande Maestro Fine Stringed Instruments and Accessories Ltd.
- Homemate
- HSBC
- Mapfre
- Mazars Malta
- Microsoft Ltd.
- Misco Malta
- Nah CO3
- P Cutajar Foundation
- Pandora Box
- Parrocchia San Gorg
- Pemix House
- Peppi Primavera
- Pizza al Taglio
- Pizza Hut
- Royalty Bedding
- San Anton School
- Sarah Grech Ltd
- Savewise Supermarket
- St Aloysius School
- Tektarco Ltd.
- The Master Cellars
- The Model Shop
- Toni & Malta Enterprise
- Toyland
- Vassallo Group
- Vella Brothers Limited
- Wilhelmsen Lines Malta
- Worldwide Co. Ltd.
- Y' Friends



We would also like to thank the individuals, families and other benefactors who wish to remain anonymous who donated throughout the year.

Affiliations

- World Alliances of YMCAs
- European Alliances of YMCAs
- Women Against Violence (WAVE)
- European Federation of National Organisations Working with the Homeless (FEANSTA)
- The Platform of Human Rights Organisations in Malta (PHROM)
- Groups of Experts on Action against Violence against Women & Domestic Violence (GREVIO)
- YMCA Platform Against Homelessness
- Anti Poverty Forum



Beneficiaries

YMCA Malta supports, assists, and advocates for and on behalf of the most vulnerable in our communities, irrespective of their gender, sexual orientation, race, nationality, age, religion and political affiliations to create a more just society.

- Families in difficulty
- Asylum seekers
- Homeless individuals and families
- People facing financial issues
- People living in substandard housing
- People without access to proper education
- Stranded travellers
- Unemployed people
- Victims and survivors of domestic violence and gender-based violence
- Victims of addiction such as gambling
- Victims of child abuse
- Victims of usury
- Youths

How can you support us?

Donate via BOV Pay

7955 0065



Sponsor a BED

'Sponsor a BED' covers the daily, weekly or monthly costs we incur for providing a bed and board to someone in need of shelter at our Dar Niki Cassar or Y Communal House.

Sponsor a BED for 1 day

€15

Sponsor a BED for 1 week

€105

Sponsor a BED for 1 month

€365

YMCA Valletta

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and contact number.

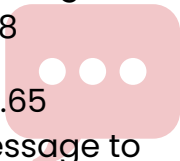
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Donate €11.65

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YMCA Valletta

Bank of Valletta

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Account No: MT24VALL 2201

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