

ANNUAL REPORT 2023

YMCA Malta

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FOREWARD

Where is YMCA Malta heading as we approach our 50th anniversary?

2023 marks a pivotal year in our journey towards Vision 2030 and represents one of the most transformative periods in YMCA Malta's history since our establishment in 1976. As we reflect on this remarkable year, we celebrate not just our achievements, but the collective spirit that has driven us to expand our reach and deepen our impact across the Maltese islands.

The launch of our **Hamrun Drop-in Centre** in June 2023 stands as the crown jewel of our 2023 accomplishments. This new facility has become a true lifeline for Malta's homeless community, providing dignity, support, and pathways to stability for hundreds of individuals who previously had nowhere to turn. In just six months of operation, we witnessed the transformative power of compassionate intervention as our doors opened daily from 9:00am to 3:00pm, welcoming those society too often overlooks.

Our commitment to **Psychologically Informed Environments** has never been stronger. We continue to believe that providing a roof is not enough, the environment itself must be supportive, healing, and empowering to truly break the cycle of homelessness. This philosophy guided every decision as we designed and implemented our new services, ensuring that every interaction fosters hope and human dignity.

2023 also marked significant progress in our **Youth Empowerment initiatives**. Through Y'Academy and our expanded educational workshops, we've strengthened the bridge between our residential services and youth development programs. We've seen young people who once faced homelessness themselves become advocates, leaders, and changemakers in their communities.





The financial sustainability we've worked toward for years began to materialize in 2023, thanks to our diversified funding approach combining government partnerships, corporate collaborations, and grassroots community support. Our Social Business Programme continued to evolve, with the Charity & Vintage Shop and our ongoing campaigns providing crucial revenue streams while serving our environmental and social justice values.

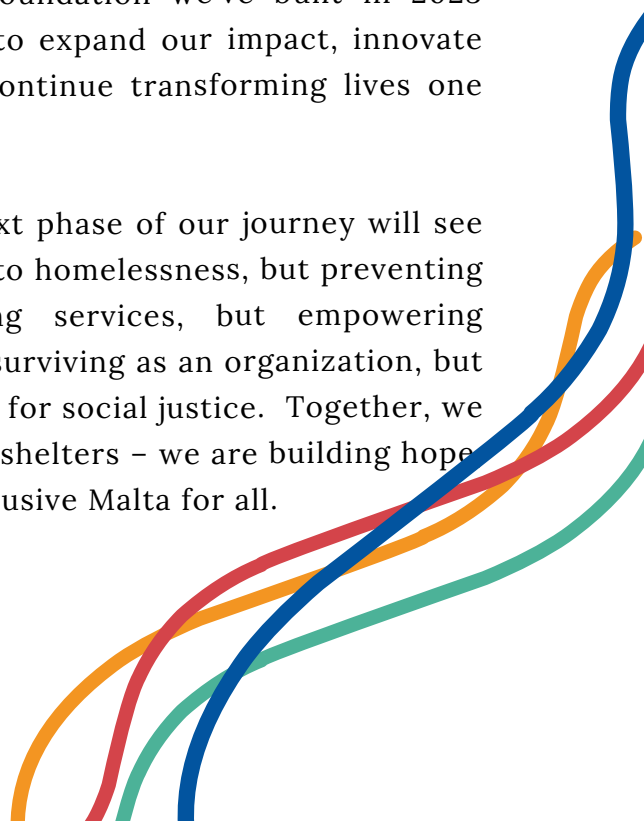
We strengthened our **research and advocacy efforts**, ensuring that the voices of those we serve are heard at policy levels. Our data-driven approach to service delivery has enabled us to demonstrate measurable impact while continuously improving our interventions.

The **community response** to our work in 2023 has been overwhelming. From volunteers dedicating thousands of hours to our cause, to donors supporting our campaigns, to government partners recognizing our expertise – we've witnessed Malta embracing our vision of a more just society.

As we look toward 2024 and our **Vision 2030**, we remain committed to our four core pillars: Youth Empowerment, Residential Services, Wellbeing, and Social Business. The foundation we've built in 2023 positions us perfectly to expand our impact, innovate our approaches, and continue transforming lives one intervention at a time.

We believe that the next phase of our journey will see us not just responding to homelessness, but preventing it. Not just providing services, but empowering communities. Not just surviving as an organization, but thriving as a movement for social justice. Together, we are building more than shelters – we are building hope, dignity, and a more inclusive Malta for all.

Anthony Camilleri
CEO, YMCA Malta



ABOUT YMCA

YMCA is a worldwide movement with presence in over 120 countries, serving more than 64 million people globally. Founded in London in 1844 during the Industrial Revolution, the YMCA was created to assist young people in developing a healthy body, mind, and spirit on the foundations of Christian principles. The iconic triangle symbol represents this holistic approach – where a healthy body and mind lead to a healthy spirit.

YMCA Malta's Journey

While the British YMCA served military forces stationed in Malta during wartime, this activity ceased when Malta gained independence in 1964. The **Maltese YMCA movement began its work in 1976**, making 2023 a significant year as we approached our **47th anniversary** and continued building toward our **50th milestone in 2026**.

Our Mission & Vision

YMCA Malta operates as a **non-governmental, non-profit, voluntary, and ecumenical organization** that promotes a vision of building a **more just society**. We nurture spiritual, intellectual, social, and physical well-being while promoting equality without discrimination.

As part of the **YMCA International Network**, **YMCA Europe**, and the **World Alliance of YMCAs**, we contribute to a global movement while addressing local challenges with culturally responsive solutions.

1976

The Maltese YMCA
Movement began its
work in 1976.



MAJOR ACHIEVEMENTS

Hamrun Drop-in Centre: Our Flagship Achievement

June 4, 2023 marked a historic milestone in YMCA Malta's journey: the opening of our Hamrun Drop-in Centre. This transformative facility has become the cornerstone of our community outreach, embodying our commitment to dignity, accessibility, and immediate support for Malta's most vulnerable population.

Launch Impact (June-December 2023):

- **5,031 total visits** in just 7 months of operation;
- **Peak month: October with 2,013 entries**, demonstrating rapid community adoption;
- **Daily operations:** 9:00am-3:00pm, five days a week;
- **Comprehensive services:** Showers, washing facilities, meals, clothing, PC access, and social work interventions.

Staffing Excellence:

- 3 full-time dedicated staff members;
- 1 part-time support staff;
- 5 interns and students (July-December);
- Continuous professional development and trauma-informed care training.



40

The average number of attendees everyday at the Drop-In Centre.

Organizational Growth & Expansion

In 2023, YMCA Malta experienced notable growth across its service delivery and human resource development, reinforcing its role as a leading social support provider. This expansion reflects both the increasing demand for services and the organisation's strategic efforts to enhance capacity, professionalise operations, and deepen its community impact.

Service Delivery Growth:

- **512 residential referrals** (38.7% increase from 369 in 2022);
- **201 individuals provided shelter** throughout the year;
- **105 successful transitions** to independent living (52.2% success rate);
- **172 psychotherapy referrals** across community, residential, and staff services.

Human Resources Development:

- **405 volunteer applications** processed through Sustainability & Research Department;
- **265 international internship applications** received by Creativity Department;
- **11,564 volunteer hours** contributed by international program participants;
- **30+ staff members** across all departments.



405

Volunteer Applications
throughout the year.

Financial Sustainability & Diversification

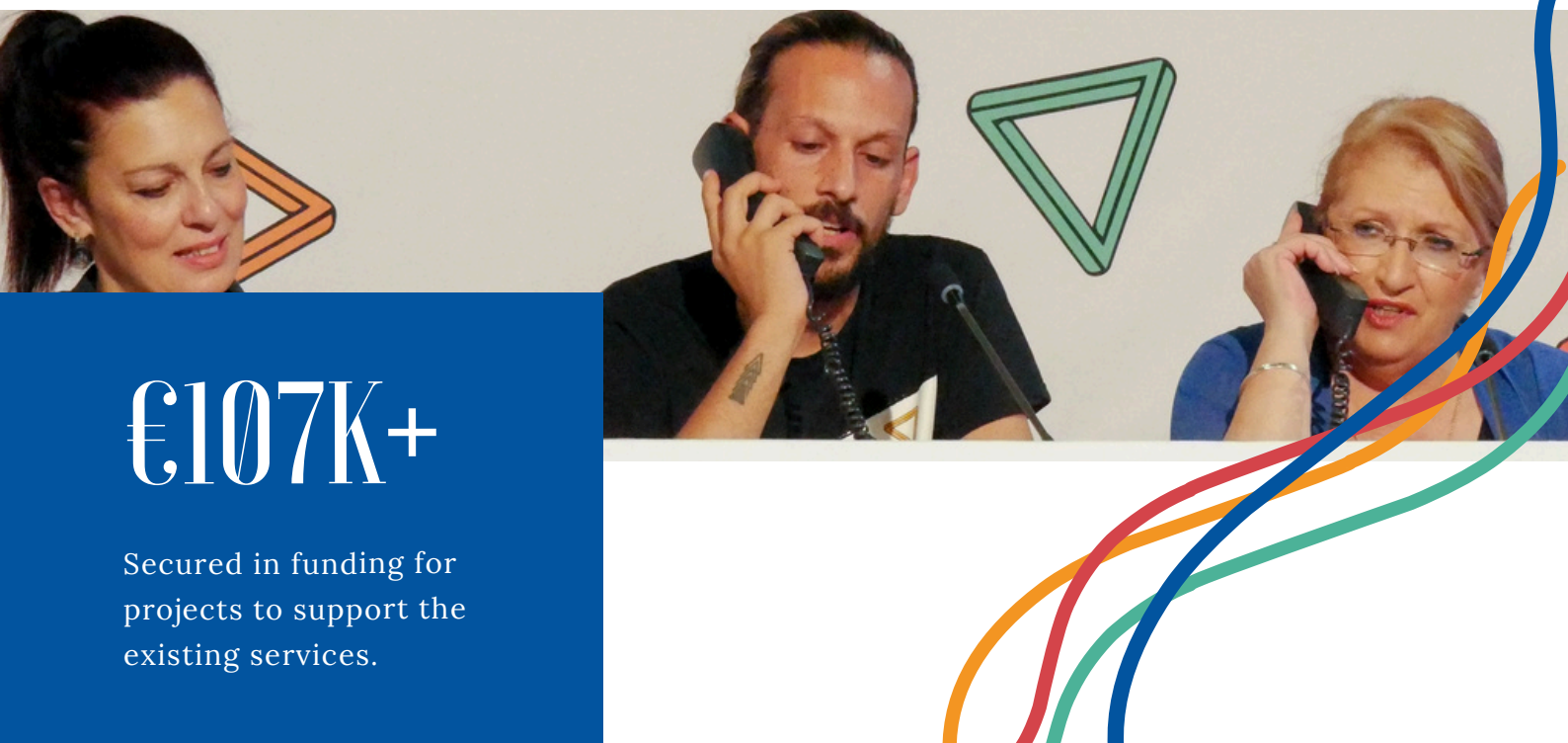
2023 marked a significant year for YMCA Malta in securing diverse funding streams to sustain and expand its social impact. Through strategic project development, community engagement, and targeted fundraising, the organisation successfully mobilised critical resources to strengthen its operations and launch key initiatives aligned with its mission. These achievements reflect the trust of funding bodies, partners, and the wider community in YMCA Malta's vision for a more just society.

Major Funding Achievements:

- **€107,513 secured** in project funding through Sustainability & Research Department;
- **€7,000+ raised** through various new fundraising initiatives;
- **€1,941+ collected** in psychotherapy donations, maintaining accessibility;
- **€690+ generated** through outreach department activities.

Key Projects Secured:

- **€36,000** - Youth Vision 2030 implementation (3-year programme);
- **€28,800** - My Voice to Europe (EU civic engagement);
- **€26,700** - Empowering the Peace Doves (Arts Council partnership).



€107K+

Secured in funding for projects to support the existing services.

International Recognition & Partnerships

In 2023, YMCA Malta deepened its international footprint through dynamic European collaborations and a strong commitment to research. From cross-border youth exchanges and peace-building initiatives to active participation in EU civic projects, the organisation positioned itself as a proactive contributor within the European YMCA and academic networks. Parallely, its research efforts informed advocacy and practice, reinforcing YMCA Malta's role as both a service provider and thought leader in the social justice sphere.

European Engagement:

- **Youth exchange** programmes with France and Germany;
- Ukraine **TenSing partnership** for peace-building through arts;
- **YMCA Europe** collaborations and network strengthening;
- **EU Parliament engagement** through My Voice to Europe project.

Research Excellence:

- **20 research projects** supported across diverse social issues;
- **Homeless Human Evolution (HHE)** conference Research by YMCA Malta;
- **HomeIncluRation** Round-Table discussions & White Paper by YMCA Malta;
- **Academic partnerships** with University of Malta and Queen Mary University of London.



20

Years of YMCA
Homeless Statistics
was published in the
HHE Research

Platform Development & Advocacy

In 2023, YMCA Malta took bold steps in movement-building and coalition advocacy by launching two major platforms aimed at systemic change. The Youth Platform, launched in May, empowered young people to become active agents of change, forging strategic alliances with national stakeholders to elevate youth voices in policy discourse. Shortly after, the Platform Against Homelessness brought together 22 NGOs in a united front to address structural housing challenges, underpinned by the publication of the HomeInclusRation white paper and ongoing strategic coordination. These platforms reflect YMCA Malta's evolving role as both a service provider and a national convener for social justice.

Youth Platform Launch (May 11, 2023):

- Strategic partnerships: KNZ, Malta Trust Foundation, General Workers Union Youth Section, Generation Change? and others;
- Policy advocacy and youth voice amplification;
- This led to My Voice to Europe project.

Platform Against Homelessness (June 20, 2023):

- 22 NGO collaborative network;
- HomeInclusRation white paper published (March 2023);
- Quarterly strategic meetings throughout 2023.



30+

NGOs supported
YMCA's initiatives in
advocacy

Digital Innovation & Reach

In 2023, YMCA Malta embraced digital transformation to amplify its message, mobilise support, and engage broader audiences. Through a strategic blend of social media growth, creative campaigns, and multimedia content, the organisation significantly expanded its online footprint and storytelling capacity. From high impact campaigns like Ego Sum and SoliDARjeta' to community-driven publications and exhibitions, YMCA Malta continued to merge advocacy with innovation ensuring that the voices behind its mission reached well beyond physical borders.

Social Media Growth:

- **Facebook:** 284,260+ total reach across main and charity shop accounts;
- **Instagram:** 9,375+ total reach with significant follower growth;
- Content creation: 104+ pieces for SoliDARjeta campaign alone.

Creative Productions:

- **"Ego Sum" campaign:** 150+ photos, 20+ designs, 3 videos, 7+ venues;
- **"Behind the Unspoken" exhibition:** €300 raised, 30 visitors;
- **Y-Do It Magazine:** 4,000 copies distributed, €1,060 sponsorship revenue.



50

Individuals that
experienced
homelessness spoke
about Identity.

Awards & Recognition

YMCA Malta's growing credibility and strategic positioning in 2023 translated into both funding success and heightened public presence. Through targeted collaborations such as the NPSPD and REBOOT schemes, the organisation secured critical resources to enhance specialised and outreach services. Simultaneously, increased media coverage ranging from radio interviews to national press features amplified awareness and reinforced YMCA Malta's role as a trusted voice in the social sector. This visibility contributed to stronger community ties, more referrals, and broader stakeholder engagement.

Funding Success:

- **€5,300 NPSPD** collaboration for specialized services;
- **€3,000 REBOOT** scheme for Y' Visible outreach program;
- **Multiple project approvals** demonstrating organizational credibility.

Media Coverage:

- **Radio interviews** on RTK, Campus FM and others;
- **Press features** in major Maltese media outlets;
- **Community recognition** through increased referrals and partnerships.



15+

Staff & Interns
provided with Digital
Training through
Investing in Skills.

RESIDENTIAL SERVICES

YMCA Malta's residential services form the backbone of our homelessness intervention strategy, providing safe, dignified accommodation while supporting individuals and families on their journey toward independent living. 2023 marked a year of exceptional growth and impact across our residential facilities.

Dar Niki Cassar (DNC) - Critical Shelter

- **Capacity:** 34 individuals
- **Service Type:** Emergency accommodation and crisis intervention
- **Target Population:** Single adults and families experiencing acute homelessness

Y Communal Home (YCH) - Semi-Independent Living

- **Capacity:** 16 individuals
- **Service Type:** Transitional housing with enhanced support
- **Focus:** Preparation for independent community living

Y Studio Flat (YSF) - Independent Living

- **Capacity:** 2 individuals
- **Service Type:** Transitional housing with basic support
- **Focus:** Preparation for independent community living

Dar Simon Soler (DSS) - Semi-Independent Living

- Awaiting MEPA Permits to start the refurbishment process

52

Beds per night is the total capacity servicing those experiencing homelessness.



Referrals & Services

- **512 total referrals** received (38.7% increase from 369 in 2022)
- Monthly average: **43 referrals** (compared to 31 in 2022)
- **213 referrals** accepted for accommodation assessment
- **157 individuals** moved into our shelters (73.7% materialization rate)
- **201 service users** provided accommodation throughout the year
- **105 successful transitions** to independent living (52.2% success rate)
- Average monthly increase: **12 more individuals housed** compared to 2022

Demographics & Service User Profile

- **Maltese:** 277 referrals (54.2%) - 47.6% increase from 2022
- **Migrants:** 137 referrals (26.7%) - 16.2% increase
- **EU Nationals:** 49 referrals (9.6%) - 57.9% increase
- **Third Country Nationals:** 42 referrals (8.2%)

Nationality Distribution:

- **Maltese:** 100 individuals
- **Non Maltese:** 101 individuals

POSITIVE DECLINE IN YOUTH HOMELESSNESS

Age Demographics - 3 year TRENDS:

AGE GROUP (0-17)

2021: 95
2022: 82
2023: 81

AGE GROUP (25-39)

2021: 91
2022: 114
2023: 168

AGE GROUP (60+)

2021: 66
2022: 19
2023: 35

AGE GROUP (18-24)

2021: 145
2022: 59
2023: 79

AGE GROUP (40-59)

2021: 20
2022: 74
2023: 112

CONCERNING INCREASE IN CHILD HOMELESSNESS

SIGNIFICANT MIDDLE-AGE INCREASE

ELDERLY HOMELESSNESS IS RISING

47.6%

Increase in Maltese Nationals experiencing homelessness.



Residential Activities

YMCA Malta believes that housing is more than shelter: it's about creating community, dignity, and pathways to independence.

Our 2023 residential activities program included:

Regular Community Activities:

- BBQ Events - Monthly community bonding
- Pizza Nights - End-of-month social gatherings
- Sunset Trails - Outdoor wellness and mental health support
- Wellbeing Activities - Therapeutic recreation programs

Seasonal & Special Events:

- Christmas Day Celebration - Community feast and gift exchange
- New Year Celebration - Fresh start symbolism and goal setting
- Halloween at DNC - Seasonal community engagement
- Christmas Decorating - Collaborative space beautification

Educational & Cultural Outreach:

- School Visits - Educational partnerships and awareness
- San Anton Story Telling Event - Cultural engagement
- Arabic Launch Day - Multicultural celebration
- Horse Riding Activity - Therapeutic recreation

Family-Focused Activities:

- Nickelodeon Treasure Hunt - Children's entertainment
- Luna Park Visits - Family bonding opportunities
- Malta Luna Park Activity - Community outings



105

Individuals moved on
successfully from
YMCA's Shelters

Geographic Reach & Community Integration

Service Areas Covered:

- Marsa: 68% of outreach contacts
- Msida, Tax-Xbiex, Hamrun: 8% each
- Gżira, Santa Venera: 4% each
- Malta-wide referrals accepted regardless of locality

Community Partnerships:

- **Housing Authority** collaboration for move-on accommodation
- **Ministry partnership** for residential services
- NGO network coordination through **Platform Against Homelessness**
- **Local councils engagement** for community integration

Infrastructure Improvements:

- Ongoing facility maintenance and safety upgrades
- Garden development projects for therapeutic spaces
- Accessibility enhancements across both facilities

2023 Positive Outcomes:

- 105 individuals successfully moved on to independent living
- 52.2% success rate for residential to community transitions
- Enhanced support pathways through aftercare programming
- Reduced re-admission rates through comprehensive case management

Support Services Integration:

- Social work interventions embedded in daily operations
- Psychotherapeutic services accessible to all residents
- Youth empowerment programs for younger residents
- Community connections through outreach partnerships

Quality Assurance:

- Psychologically Informed Environments approach
- Individual care planning for each resident
- Regular case reviews and progress assessments
- Collaborative approach with external agencies



510K+

Financed by Ministry
for Social Policy &
Children's Rights

COMMUNITY SERVICES

The launch of YMCA Malta's Hamrun Drop-in Centre on June 4, 2023 represents the most significant expansion of our community services in decades. This transformative facility embodies our commitment to meeting people where they are, providing immediate support without barriers, and creating pathways from crisis to stability.

"A Centre open for everyone. All geared to help anyone feel at home. Every person's story is as unique as the situation that brings them to our doors. A warm, welcoming atmosphere. Meeting basic needs. Support in every way."

Between January and December 2023 the number of daily visitors was at **40 individuals** everyday with consistent growth from 457 visits in July to 883 in December. The Drop-In Centre provides a comprehensive range of **daily essential services designed to meet the immediate needs of individuals facing homelessness and social exclusion, particularly those who are roofless.** These include coffee and food distribution to foster a warm, welcoming environment and ensure access to nutritious meals; shower and washing facilities that promote dignity and personal hygiene; and PC/internet access to support digital inclusion and communication. Social work interventions are offered on-site, delivering professional guidance, advocacy, and care planning, while the Needs Support Programme (NSP) addresses specialised dietary needs. In addition, the organisation delivers specialised support services such as crisis intervention and safety planning, coordinated referrals to residential and community services, advocacy and accompaniment to appointments, emergency assistance including clothing and transport, and continuous follow-up for long-term case management. Together, these services form a holistic safety net for those most in need.



5,031

the total entries at the
Drop-In Centre in
2023.

Service Users Demographics & Typical Profiles

In 2023, the Drop-In Centre supported a diverse range of individuals, each with unique challenges and circumstances. Typical client profiles include **single males** with a **history of substance use** living in precarious conditions, **working mothers struggling** to meet basic needs for their families, and **migrant fathers seeking stable employment** to support loved ones abroad.

Service utilisation data reflects both the depth and breadth of support required. In Q2 2023, prior to the launch of the Drop-in Centre, interventions focused on **social work support (21.1%)**, provision of **clothes and bus cards (18.8%)**, **food and nutritional support (15%)**, **referrals to FSWS (12%)**, and **emergency medical needs (9%)**. By Q4 2023, following the Drop-in Centre's opening, demand increased significantly with **346 social work follow-up cases**, **278 requests for food and basic needs**, and **dozens of referrals, coordination efforts, and assistance cases related to identification, housing, and rent**.

This data highlights the evolving and growing needs of vulnerable individuals relying on YMCA's holistic support systems.

As part of its commitment to community building and social inclusion, the service-users at the Drop-In Centre attends **monthly community activities**. These included engaging events such as movie and quiz nights, designed to foster connection, reduce isolation, and create a sense of belonging beyond crisis intervention. In addition to these regular gatherings, the organisation hosted seasonal celebrations throughout the year: Halloween festivities brought fun and light-hearted engagement, Christmas decorating activities encouraged collaboration and shared ownership of communal spaces, and New Year programming offered moments of reflection, hope, and renewed purpose. Together, these initiatives cultivated a positive community spirit and strengthened social bonds among service users and staff alike.



21.1%

sought Social Work
Support related
interventions.

Supporting Beyond Crisis

At the heart of this community work mission lies a robust and compassionate social work framework designed to address complex human needs through professional intervention and holistic support. Core areas of intervention include **shelter referrals, advocacy and accompaniment, emergency assistance, and support in accessing essential services such as housing, healthcare, employment, and identification.**

The Drop-In Centre also plays a **vital coordination role**, liaising with ministries, NGOs, and professional networks, while offering legal and consular advocacy when needed. Community organising and regular follow-ups ensure each individual's journey is met with continuity and care, reflecting YMCA's commitment to empowerment and long-term transformation.

Between January and December 2023, case management activity demonstrated both the scale and depth of service demand. Following the June opening of the Drop-in Centre, services expanded significantly: **346 social work support cases** were managed in Q4 alone, along with **278 food and basic needs interventions, 69 formal referrals and reports**, and dozens of additional interventions relating to **housing, documentation, and multi-agency collaboration.** YMCA's adoption of a Psychologically Informed Environment (PIE) and trauma-informed care ensured all services were delivered with dignity, cultural sensitivity, and a strengths-based lens.

The impact of this model is both measurable and meaningful. Beyond the numbers, YMCA Malta fostered social inclusion and healing by integrating low-barrier access, wrap-around supports, and community engagement initiatives like the evening events and local volunteer collaborations. Services were also deeply interwoven with the organisation's broader structure, including direct pathways to residential shelters, psychotherapeutic care, and youth development programming. Through its dynamic and responsive social work system, YMCA Malta continues to serve as a **lifeline** and a **launchpad** for people working toward stability, dignity, and hope.



69

Referred to FSWS
Services.

YOUTH EMPOWERMENT

YMCA Malta's Youth Empowerment represents our commitment to **nurturing the next generation of leaders, creators, and changemakers**. Through innovative projects, international exchanges, and skills development initiatives, **we empower young people to find their voice, develop their talents, and contribute meaningfully to society**.

Mission: To provide young people with opportunities for personal growth, skill development, and civic engagement while fostering creativity, leadership, and social responsibility.

Core Principles:

- Participatory approach - Youth-led programming and decision-making
- Holistic development - Addressing intellectual, emotional, social, and creative needs
- Inclusive engagement - Welcoming all backgrounds and abilities
- International perspective - Connecting local youth to global opportunities

Empowering Youth Through Creativity, Civic Engagement & Cultural Exchange: Major Projects in 2023

In 2023, YMCA Malta continued to place young people at the centre of its mission by launching and expanding several innovative and impactful youth-focused initiatives. These projects were designed not only to build skills and confidence but also to empower youth as agents of change in both local and European contexts. Through strategic funding, cross-sectoral partnerships, and dynamic programming, the organisation created meaningful opportunities for creative expression, civic participation, and international collaboration.



36K

Investment by Aġenzija
Żgħażaġh towards
YMCA Malta's Youth
Empowerment Services

A standout initiative was **My Voice to Europe**, funded with €28,800 by the **European Union Programme Agency (EUPA)**. The project aimed to strengthen young people's understanding of EU institutions and democratic processes. Participants engaged in a podcast production series, conducted interviews with MEP candidates, and led awareness campaigns on pressing European issues. The initiative culminated in a **public presentation of youth policy suggestions to MEPs in the lead-up to the European Parliament elections**, fostering a deeper sense of civic responsibility and European identity among Maltese youth.

In parallel, YMCA Malta launched **Empowering the Peace Doves**, a €26,700 initiative supported by the **Arts Council Malta**, focused on music education as a tool for peace-building. This project led to the continuation of **TenSing Malta**, a youth music and arts academy, and featured an international component through collaboration with Ukraine TenSing. Activities included instrumental music classes, vocal training, choir development, and a series of performances. Through creative exchange and cultural dialogue, the project promoted resilience, empathy, and global solidarity.

Complementing these efforts, **YMCA Vision 2030** Implementation was supported by **Aġenzija Żgħażaġħ** (€36,000, INVEST Scheme) to support the long-term youth work delivery aligned with Malta's national youth strategy, while **Me, Myself & Arts** (€4,000, Aġenzija Żgħażaġħ) gave young people a platform to explore their identities through visual arts, singing, dance, and multimedia. Across all initiatives, YMCA Malta championed the transformative power of youth engagement nurturing confidence, creativity, and civic connection.

YMCA Malta actively fostered international youth engagement in 2023 through a series of impactful exchanges. In the **France-Germany-Malta Youth Exchange**, 8 Maltese participants and 2 youth leaders took part in workshops focused on discrimination, inclusion, and conflict resolution through creative methods like forum theatre and team-building. A separate exchange with a **Norwegian youth group** facilitated cultural learning and was documented through video content to raise awareness.



90K+

in funding for the
development of young
people.

Cultivating Minds and Voices: YMCA Malta's Expanding Educational Outreach

In 2023, YMCA Malta deepened its commitment to youth development and education through a wide range of **school-based, academic, and creative outreach initiatives**. A key focus was the **Mental Health in Schools programme**, a collaboration between the Outreach and Prevention Departments targeting secondary students across Malta and Gozo. This initiative aimed to equip young people with vital mental health awareness, coping strategies, and access to support resources responding to growing psychosocial needs among adolescents.

Higher education partnerships further extended YMCA's reach and relevance. At MCAST, the organisation took part in Freshers' Week and developed creative collaborations such as the Behind the Unspoken exhibition, co-produced with five MCAST students as part of their video journalism training. Meanwhile, partnerships with the University of Malta and Queen Mary University of London included lectures on **mental health, sexual health, and drug awareness**, reinforcing YMCA's role in academic and health education. These collaborations not only enriched the curriculum but also forged meaningful connections between students and social realities.

Complementing these efforts, YMCA Malta's **Y'Academy** continued to serve as a dynamic hub for skills development in areas like digital literacy, video journalism, multimedia production, and essential life skills such as financial literacy and stress management. The launch of TenSing Malta through the Empowering the Peace Doves project added a vibrant youth-led dimension, blending music, performance, and peace education. Additionally, the organisation expanded its **detached youth work** approach meeting young people in their own environments through on-the-ground outreach, providing support and connecting them to services in real-time. Together, these initiatives reflect YMCA Malta's holistic, youth-focused mission to educate, empower, and inspire.



509

Young people
supported by YMCA in
2023.

Youth Work Statistics & Impact (2023)

Prevention Department Youth Work:

- **Total Interventions:** 101 activities across the year
- **Total Hours:** 276 intervention hours
- **Total Youth Served:** 509 young people

International Internship Programme:

- **Applications Received:** 265 from international candidates
- **Accepted Participants:** 62 (including foreign interns, volunteers, short-term local volunteers)
- **Volunteer Hours Contributed:** 11,564 hours

Specialized Youth Programming

YLA: F.Y.I Project - Life Skills Training

- Funding: €700 (YMCA Europe)
- Objective: Address educational gaps in practical life skills
- Topics Covered:
 - Needlework - Practical domestic skills
 - Electrical Safety - Home and workplace safety
 - Money Management - Financial literacy and budgeting
- **Results:** 9 participants, **94.44%** gained new knowledge, **22.22%** from disadvantaged groups

In Summer 2023, YMCA Malta delivered a vibrant and inclusive range of youth-focused initiatives that combined outdoor engagement, digital innovation, and targeted support. The **Y' Explore Summer Programme** brought young people together for outdoor adventures, team-building, and skills development, coordinated across multiple departments to foster experiential learning and positive youth development. Through continuous collaboration and partnership with Agenzija Sapport, YMCA also delivered specialised talks and workshops for young people with additional support needs, ensuring inclusive, accessible programming.



101

Activities for young
people throughout the
year.

On the digital front, youth played a central role in managing YMCA Malta's social media platforms, receiving training in content creation, digital citizenship, and campaign planning contributing significantly to the organisation's reach of over 284K+ on Facebook. In parallel, participants of the My Voice to Europe project received podcast production training, gaining skills in interviewing, audio editing, and content creation to produce and distribute a podcast series tackling EU politics, youth issues, and social justice across multiple platforms.

Outcomes & Impact Measurement

Youth Initiatives resulted in meaningful **personal development outcomes**, equipping young people with a diverse set of skills and experiences. Through participation in platforms and project leadership, youth enhanced their **leadership competencies**, including public speaking, facilitation, and team coordination. Creative expression flourished through arts, music, and media projects, while international exchanges strengthened **cultural competency** and broadened global perspectives. Civic engagement increased significantly through involvement in EU and local political initiatives, empowering youth with **advocacy skills** and a stronger voice in policy discussions. These efforts also fostered **social impact**, as young people took on roles as peer educators, community contributors, and international ambassadors. A well-rounded emphasis on **skills development** provided technical training in video production, music, and digital literacy, alongside essential **soft skills** like communication and problem-solving, and foundational **life skills** such as financial literacy, workplace readiness, and health awareness.

All youth-focused initiatives are deeply integrated with its broader service ecosystem, creating a seamless pathway of support, growth, and empowerment. **Residential youth support** includes specialised programming for young people residing in shelter accommodation, with transition support for those aging out of care and strong advocacy around education and future planning. In alignment with its **prevention and wellbeing framework**, all youth programming embeds mental health support, access to **psychotherapeutic services**, and trauma-informed approaches to ensure holistic care. Additionally, YMCA fosters community service learning by offering **volunteer opportunities** within its operations and service-learning projects that respond to real community needs cultivating leadership, empathy, and a strong sense of civic responsibility among young participants.



284K+

Reach in social media.

WELLBEING

YMCA Malta's Wellbeing Programme embodies our holistic approach to human development, recognizing that true empowerment comes from addressing mental, physical, emotional, and social health needs. Through our comprehensive psychotherapeutic services, team development initiatives, and preventative programming, we create pathways to healing and resilience for individuals and communities.

Psychotherapeutic Services - Our Cornerstone

Service Philosophy & Approach

"Preventing members of the community from harming themselves through building a base of good enough self-development, promoting active citizenship and community engagement, while providing a safe space for healthy wellbeing - mental, physical, and sexual health."

Core Principles:

- **Accessibility** - Donation-based model ensuring financial barriers don't prevent access
- **Inclusivity** - Services for all genders, ages, and backgrounds
- **Cultural Competency** - Serving 26+ nationalities with sensitivity
- **Trauma-Informed Care** - Understanding and responding to trauma's impact
- **Strengths-Based Approach** - Building on individual and community assets

Annual Performance Metrics:

- **Total Referrals:** 172 (101 community + 49 residential + 8 staff + 14 other)
- **Total Therapy Hours:** 943+ hours delivered
- **Total Sessions:** 925 individual therapy sessions
- **Client Diversity:** 26+ nationalities served



172

Referrals for Mental
Health Services.

Client Demographics & Accessibility

Age Distribution:

- **Primary:** 25-44 years (largest demographic)
- Secondary: 18-24 years (young adult focus)
- Tertiary: 45-54 years (middle-age support)
- **Notable:** 9-12 age group showing increased need (Q3)

Gender Inclusivity:

- **Balanced access:** Nearly equal male/female utilization
- Q3 Data: **60.3% male clients** (showing accessibility to traditionally underserved demographic)
- **All genders welcome:** Inclusive policies and practices

Educational & Employment Profile:

- Education: **Majority secondary school level** (accessible to all educational backgrounds)
- **Employment: Mixed profile** - employed full-time, unemployed, and transitional employment
- Socioeconomic: **Serving low to moderate income** individuals and families

Cultural Diversity:

- **112 Maltese** clients out of 172 total referrals (65.1%)
- **60 international clients** representing 25+ countries (34.9%)
- **Multilingual capacity:** Services available in multiple languages
- **Cultural sensitivity:** Trauma-informed care adapted to cultural contexts



25-44

years of age is the largest demographic that sought mental health support.

Common Presenting Issues & Treatment Focus

Primary Mental Health Concerns (2023):

1. **Anxiety Disorders** - Largest presenting issue (consistent across all quarters)
2. **Depression** - Second most common concern
3. **Relationship/Family Issues** - Third most frequent presentation
4. **Trauma & PTSD** - Significant portion of caseload
5. **Life Transitions & Adjustment** - Change-related challenges

Therapeutic Themes Addressed:

- Anxiety management and coping strategies
- Relationship/marital counseling and family therapy
- Adjustment to life changes and transitions
- Parenting difficulties and family dynamics
- Life purpose exploration and meaning-making
- Trauma processing and healing

Specialized Populations Served:

- **Residential service users** - Integrated support for shelter residents
- **YMCA Malta staff** - Employee assistance and wellbeing
- **Community members** - Open access regardless of housing status
- **Families experiencing homelessness** - Specialized trauma-informed care
- **Youth and adolescents** - Age-appropriate therapeutic interventions



65.1%

Maltese service users
that benefitted from
psychotherapy &
Counselling.

Professional Development & Training

In 2023, YMCA Malta continued to invest significantly in **professional development and training excellence**, with a strong emphasis on enhancing both individual capacity and team cohesion. While our Psychotherapeutic Services saw steady growth, with two trainees completing their placements in the first half of the year, followed by five new recruits in the latter half. This service offers specialisations in family therapy, group therapy, psychosexual therapy, and psychiatric medication ensuring a holistic and advanced approach to mental health service delivery. Trainees benefit from regular supervision, peer consultation, and continuing education to uphold high professional standards.

Parallel to this, YMCA Malta launched a comprehensive **Team Wellbeing Initiative** focused on organisational wellness and resilience. This included targeted team-building sessions for residential teams and leadership, along with stress management training, workplace etiquette, crisis response planning, and mental health first aid. These efforts not only strengthened internal collaboration but also equipped staff across departments with the tools to manage high-pressure environments and support one another effectively. Together, these initiatives reflect YMCA Malta's commitment to fostering a skilled, supported, and resilient workforce.

Preventative Education & Outreach efforts focused on **strengthening awareness, early intervention, and knowledge-sharing across educational and community settings**. Collaborations with institutions such as the University of **Malta**, **Queen Mary University of London**, and **Mater Dei Hospital** enabled the delivery of specialised lectures and training on mental health, sexual health, and substance use reaching both university students and clinical trainees. In secondary schools, such as **St. Aloysius College**. Beyond academic settings, YMCA partnered with community groups such as **MSSP's Oratorju Group**, conducted a comprehensive 6-hour training seminar for **Soup Kitchen** staff, and delivered awareness presentations through **Rotary Club** events broadening its preventative reach and deepening its engagement with the wider community.



28

Volunteers that provide this service to the community.

Innovation & Specialized Programming

Integrated Service Delivery

Residential Integration:

- **Embedded services** - Psychotherapy accessible to all shelter residents
- **Crisis intervention** - mental health support availability
- **Transition support** - Therapeutic services during housing transitions
- **Family therapy** - Specialized support for families experiencing homelessness

Community Integration:

- **Drop-in Centre connection** - Mental health support referrals by Hamrun facility
- **Outreach coordination** - Street-level mental health awareness
- **Prevention programming** - Early intervention and community education

Holistic Wellness Approach

Physical Wellness:

At the **Żabbar YEP Centre**, YMCA Malta advanced mind-body wellness by holding 10 beginner and 8 elderly **yoga sessions** in Q1, 12 mixed-level and 10 elderly sessions in Q2, and, in Q4, sustaining two classes per week under a dedicated instructor. Complementing the indoor practice, outdoor nature-based activities, community wellness events, and group programmes fostered social connection, peer support, and a wider sense of inclusion and belonging.

The **Family Centre** served as the primary hub for psychotherapeutic services, team coordination, and ongoing improvements including upgraded internet, portable AC units, and accessibility enhancements to ensure a barrier-free environment. With multiple service points across the Family Centre, Drop-in Centre, and residential facilities, the programme offered flexible scheduling, crisis response availability, and transportation support to eliminate access barriers.



18

Benefitted from YOGA
Sessions.

PHILANTHROPY

YMCA Malta's philanthropy represents our innovative approach to sustainable funding and community engagement. Through diversified revenue streams, strategic partnerships, and community-driven initiatives, we create financial stability while delivering meaningful social impact. Our social enterprises demonstrate that business principles and social mission can work hand-in-hand to create lasting change.

Mission: To generate sustainable revenue through ethical business practices while creating employment opportunities, building community connections, and supporting our core social services.

Core Principles:

- **Financial Sustainability** - Reducing dependency on grants through diversified income
- **Community Engagement** - Creating meaningful connections between supporters and beneficiaries
- **Employment Creation** - Providing work opportunities for service users and community members
- **Environmental Responsibility** - Promoting circular economy through reuse and recycling
- **Social Impact** - Every business activity contributes to our charitable mission

The **Żabbar Vintage & Charity Shop**, located in YMCA Malta's highest community engagement area, operated year-round in 2023 as a key fundraising and outreach initiative. Staffed by two dedicated volunteers and one **community scheme** employee in Q4, the shop offered a diverse range of donated clothing, household items, books, and vintage goods. Beyond supporting YMCA's financial sustainability, the shop provided affordable essentials for local families, fostering both community inclusion and economic relief.



5

Core Principles
towards Social
Entrepreneurship.

In 2023, YMCA Malta successfully leveraged publishing as both a storytelling platform and a revenue stream through its **Y-Do It Magazine** and **Community Recipe Book**. In May, on World Hunger Day, YMCA launched its Community Recipe Book, raising funds covering printing costs and directly supporting the Needs Support Programme. With local recipes and cultural storytelling, the book raised awareness about food insecurity while uniting the community around a shared cause.

In 2023, YMCA Malta hosted a vibrant calendar of community events aimed at raising funds, building partnerships, and fostering engagement across all age groups. The **Joy for Kids Football Tournament** on December 13 brought together **17 football clubs** from across Malta, creating a lively and inclusive atmosphere that united families, children, and sports organisations in support of YMCA's services for vulnerable families.

Another standout was **Yoga in the City**, held on October 13, which featured professional sessions led by instructors from **Power Yoga World, FlexyBend Vinyasa, and Hatha Yoga Mix Flow**, enhanced by live handpan music offering a unique wellness experience in the heart of the city. Meanwhile, **Christmas Book Week** in December combined holiday cheer with outreach through themed book sales and family-friendly activities in partnership with the Outreach Department.

Throughout the year, YMCA's Quarterly Event Calendar served as a platform for continued engagement and community activation. In Q1, highlights included the **YMCA Fil-Pjazza Book Fair**, which drew significant public interest, and **Women's Day Flower Sales** in collaboration with **MCAST**. Q2 featured the Community Recipe Book Launch and creative fundraisers like the **Rebel Riders event** and the **Magic Steps** initiative in Gozo. Q4 rounded out the year with Yoga in the City, Christmas Book Week, and the high-energy Joy for Kids tournament. Together, these events not only supported YMCA Malta's programmes but also strengthened community ties and public awareness around its mission.

17

Football Clubs
participated in the
Football Tournament.

Community
Recipe Book

ymca
malta

In 2023, YMCA Malta strengthened its **corporate partnerships and sponsorships**, forming meaningful alliances with both major institutions and small businesses. **HSBC Malta** played a pivotal role in Q4, offering financial backing, promotional support, and employee volunteer engagement as part of a growing long-term strategic alliance.

Transport Malta employees contributed significantly during the festive season by fully sponsoring a Christmas party for over **45 children**, including gifts and catering, while actively participating in workplace giving and volunteer efforts. **MAPFRE Insurance** also supported YMCA's mission through its Jumper Day fundraising initiative, engaging staff in charitable giving as part of its broader corporate social responsibility strategy. Community-driven events such as **Bingo Night by Emma's Kitchen, a Kayak Event, and a Football Fundraiser** by law students reflected strong external partnerships and grassroots support for YMCA Malta's mission.

Across Q1 and Q2, YMCA Malta received support from over **70 companies** including **national banks** resulting in **79 corporate donations**, with several repeat supporters highlighting strong, ongoing relationships. In Q4, the organisation saw renewed momentum through initiatives like **Easy Job Bridge**, and other YMCA coordinated efforts which saw **42+ donated items from 34 companies** and individuals, and food drives led by institutions like **St. Ignatius Middle School**. These partnerships played a critical role in sustaining services and directly supporting vulnerable communities.

In 2023, YMCA Malta's Needs Support Programme operated under a social enterprise model, demonstrating steady growth and increasing its reach within the community. The programme distributed over **417 essential item bundles** throughout the year, with a significant **84% increase from Q1 to Q2**. The majority of distributions were made to shelter residents (299+ bundles), with additional support extended to community clients via YMCA's Drop-In Centre, and other vulnerable individuals. The initiative was sustained by a strong community support network, including over **30 individual donors, 6 schools, 2 childcare centres, 7 companies, some of whom were repeat contributors, and 9 other entities and social groups**.



167+

Donors supported
YMCA throughout
2023.

YMCA Malta experienced strong financial growth in 2023, with total **revenue reaching €753,746**, marking a **50.1% increase** from the previous year. **49.7% improvement over the 2022 deficit**, demonstrating more sustainable financial management.

The organisation maintained a consistent workforce of 35 employees, with salary costs rising to **€592,018, accounting for 69.1%** of total expenses. Revenue was primarily driven by government **grants (56.3%), followed by fundraising activities (23.8%), contracts (12.6%),** and other income sources.

Key expenditures included lease rentals, fundraising costs, and operational essentials such as utilities, materials, and travel. **With total assets valued at €606,829**, YMCA Malta strengthened its financial base while continuing to invest in impactful programmes and services.

Positive Financial Trends:

- **Revenue Growth:** 50.1% increase from 2022 to 2023
- **Loss Reduction:** 49.7% improvement in financial position
- **Diversified Income:** Strong mix of government grants, fundraising, and contracts
- **Fundraising Success:** €179,074 raised through community activities and events



179K

Fundraising Success
during the annual year.

MAJOR EVENTS & CAMPAIGNS

YMCA Malta's 2023 campaigns and events represent our commitment to creative storytelling, community engagement, and innovative fundraising. Through powerful visual narratives, strategic partnerships, and community-driven initiatives, we raised awareness about homelessness while building the financial foundation for our expanding services.

SoliDARjeta' Campaign - Marathon Fundraising Excellence

SoliDARjeta' emerged as our flagship fundraising campaign, demonstrating YMCA Malta's ability to mobilize community support through strategic storytelling and multi-platform engagement.

Creative Production Scale:

- Total Content Pieces: **104+** promotional materials
- Pre-promotion Phase: **26 videos** building anticipation
- Day-of Promotion: **31 posts** and stories capturing live action
- Post-promotion: **47 videos** extending campaign impact
- TV Set Designs: **6 professional television** appearances

Strategic Partnerships:

- Personalities: **20+ personalities** interviews conducted
- Corporate Outreach: **200+ companies** contacted by fundraising team
- Community Voices: **10 residents** and community clients interviewed
- **Media Appearances:** Staff featured on TV stations and local radio



104+

Content material to
raise awareness on
homelessness.

"Ego Sum" Campaign - Identity & Belonging

"I Am" - A powerful declaration of human dignity and individual worth, challenging societal perceptions of homelessness through artistic expression supported by **Arts Council Malta**.

Creative Production:

- Photography: **150+** professional photos capturing human stories
- Artistic Works: **20+** designs celebrating individual identity
- Video Content: **3 video clips** sharing personal narratives
- Multi-venue Exhibition: **7+ locations** across Malta

Exhibition Venues:

- **Public Transportation:** Bus advertising reaching thousands daily
- **Billboard Campaigns:** High-visibility community messaging
- **Television Features:** Broadcast media integration
- **Benna Cartons:** Innovative product placement partnership
- **Community Spaces:** Accessible exhibition locations

Campaign Timeline:

- Launch: October 2023
- Duration: October-December 2023
- Peak Impact: November-December holiday season

Community Impact:

- Awareness Building: **Challenging stereotypes about homelessness**
- Dignity Promotion: **Celebrating individual stories and humanity**
- Social Inclusion: **Creating conversation and understanding**



150+

Original Photos & Art
created to challenge
stereotypes of
Homelessness.

"Behind the Unspoken" Photography Exhibition

A powerful photographic journey into the hidden realities of homelessness, created in collaboration with **MCAST students and community members**.

Educational Partnership:

- **MCAST Collaboration:** **5 students** participated in creation
- **Academic Integration:** Combining education with social awareness
- **Skills Development:** Photography and social documentary training

Exhibition Impact:

- **Visitors:** 30 attendees engaged with powerful imagery
- **Fundraising:** Funds collected through exhibition sales
- **Social Media Campaign:** Digital awareness amplification
- **Auction Component:** Community bidding on meaningful artwork

Artistic Approach:

- **Documentary Style:** Authentic representation of lived experiences
- **Dignity-Centered:** Respectful portrayal of vulnerable populations
- **Community Voice:** Participants involved in storytelling process
- **Educational Purpose:** Raising awareness and understanding



5

MCAST students
created this exhibition
to raise awareness on
homelessness.

PARTNERSHIPS & COLLABORATIONS

YMCA Malta's impact extends far beyond our individual capacity through strategic partnerships that amplify our reach, enhance our services, and create systemic change. Our collaborative approach in 2023 established new networks, strengthened existing alliances, and positioned us as a leading voice in Malta's social sector.

Government & Institutional

- Ministry for Social Policy and Children's Rights
- Housing Authority Malta
- Aġenzija Żgħażaġħ (National Youth Agency)

International & European

- YMCA Europe
- World Alliance of YMCAs
- European Union Programme Agency (EUPA)
- Ukrainian TenSing (Peace Building Collaboration)

NGO Sector

- Platform Against Homelessness (22-member NGO coalition)
- Youth Platform Malta
 - Kunsill Nazzjonali taż-Żgħażaġħ (KNŻ)
 - Malta Trust Foundation
 - General Workers Union Youth Section
 - Żgħażaġħ Haddiema Nsara

Academic & Educational Institutions

- University of Malta
- Queen Mary University of London
- MCAST (Malta College of Arts, Science & Technology)
- Mater Dei Hospital

9

Generic types of
Partnerships &
Collaborations



Corporate & Business Supporters

- HSBC Malta
- Transport Malta (Employee Network)
- MAPFRE Middlesea Insurance
- Easy Job Bridge
- 167+ businesses and national banks contributing in-kind or through fundraising

Arts & Cultural

- Arts Council Malta
- Professional artists and instructors involved in TenSing Malta
- Creative sector collaborators in YMCA campaigns and exhibitions

Media & Communications

- WE Media
- RTK Radio
- Campus FM
- Various local television stations

Faith & Community-Based

- St. Ignatius Middle School
- Faith-based social service groups and interfaith networks

Health & Social Services

- Mater Dei Hospital
- Soup Kitchen Outreach
- MSSP Oratorju Group



1

Only 1 homeless person
it takes for a
community to come
together.

RESEARCH & ADVOCACY

In 2023, YMCA Malta solidified its role as both **a service provider** and **a thought leader** through strategic investment in research, advocacy, and public awareness. The organisation supported **20 research projects** across themes like homelessness, mental health, education, and social policy, and published the **Homeless Human Evolution (HHE) Conference**, which brought together **38 stakeholders and introduced the publication 20 Years of YMCA Homeless Statistics**. Policy influence was advanced through the launch of the **HomeInclusRation White Paper**, and sustained academic collaborations with the University of Malta and Queen Mary University of London provided valuable research input and student engagement.

Advocacy efforts were driven by two key platforms: the **Platform Against Homelessness**, uniting 22 NGOs in quarterly policy coordination and joint submissions, and the **Youth Platform**, to elevate youth voices in national policy dialogue. YMCA Malta also played a direct role in government consultations on homelessness, youth, and social issues, while using strategic media campaigns—including Ego Sum and Behind the Unspoken—to raise awareness and reduce stigma.

Digital advocacy was another cornerstone, with a Socials reach of over **284,000**, youth-led content creation, and impactful storytelling through multimedia exhibitions and publications. These combined efforts reinforced YMCA Malta's commitment to evidence-based practice, policy reform, and community empowerment, positioning the organisation as a catalyst for social justice at both grassroots and systemic levels.



284K

Social Media Reach

LOOKING BEYOND

As we approach our 50th anniversary, YMCA Malta stands at the threshold of a new era. Building on the momentum of 2023, our focus for the years ahead is clear:

- **Preventing Homelessness:**
 - Expanding upstream interventions and early support to reduce the incidence of homelessness in Malta.
- **Strengthening Community:**
 - Deepening partnerships and community engagement to build a more inclusive society.
- **Innovation in Service Delivery:**
 - Embracing digital transformation, trauma-informed care, and evidence-based practice across all programs.
- **Empowering Youth:**
 - Scaling up leadership, skills, and civic engagement opportunities for young people, in line with Vision 2030.
- **Financial Sustainability:**
 - Continuing to diversify funding streams and invest in social enterprise for long-term impact.
- **Advocacy for Justice:**
 - Leading sector-wide advocacy for policy change, dignity, and equal access to housing and support.

Closing Statement:

Together, with our partners, volunteers, donors, and the wider community, we will continue to build hope, dignity, and opportunity for all. YMCA Malta remains steadfast in its mission to not only respond to crisis, but to create lasting change ensuring that every individual has the right to a safe home and a just future.



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Areas of focus towards
2024.

