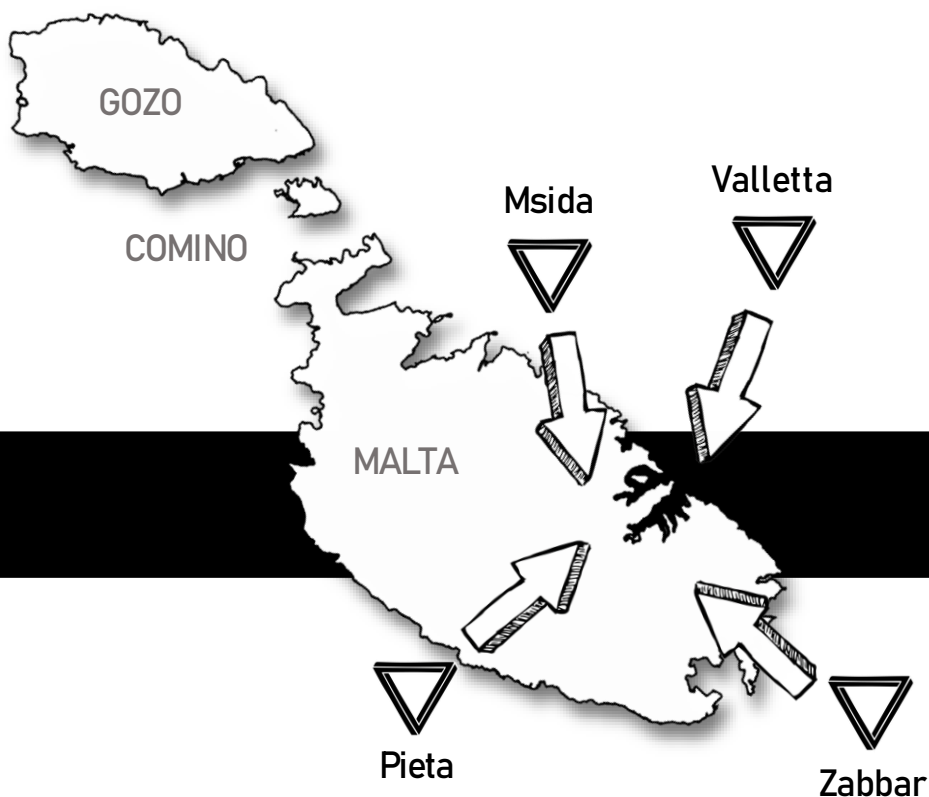




ANNUAL REPORT 2019





FOREWORD



YMCA is a worldwide youth organisation with more than 64 million beneficiaries in 120 different countries. The YMCA was originally founded in England during the industrial revolution with the aim to assist young people in developing a healthy 'body, mind, and spirit' through foundational Christian principles. In Malta, YMCA has been investing in young people for over 44 years by engaging them in activities and through its social work.

While writing this foreword, I am touched by reflecting on the hundreds of people who benefitted from our programmes and honoured to lead an organisation in which so many volunteers and staff members have contributed with their ideas and selflessness. YMCA was one of the first NGOs in Malta to employ young people despite hardships and financial struggles. When Valletta was still bare of cultural activities, the YMCA was one of the first civic society organisations that engaged the community and thus created the first local youth safe spaces.

I am reminded of many who were part of this growing youth movement engaged in music, arts, and social activism and who have now become key actors in our country's cultural, social and political life.

Every year, we issue an annual report of the work we have done and which gives a glimpse of the many people we were lucky to help. This year, we thought of doing it differently; the booklet you're holding visually presents the over forty projects carried out by YMCA throughout 2019. Some of these projects are ongoing and have been *pillars of our services to the community*.

This booklet serves to express our gratitude towards those who provided financial support such as the Ministry for Family, Children's Rights and Social Solidarity, and all those individuals who provided us with monetary & other types of donations that benefitted our service users. In addition to this, and without the admirable help of our volunteers, YMCA would never be able to holistically address the needs of society.

This booklet is a reminder that, as a movement, we are alive and committed to keep on going. We stand by youth empowerment and for youth empowerment! Our definition of 'youth' is not exclusive to a particular age bracket. Being young means possibility, hope, and belief in change, and we believe that there is a youthful spirit that ought to be shared in all of us.

We stand for those who are socially and economically disadvantaged. Our guiding principle being that the burden and difficulties of not having equal access to education, housing, and employment should be carried by all of us as a youthful movement.

Our movement is open to all of those who wish to contribute to the wellbeing of our society, by fighting injustices, alleviating the risks of poverty, and supporting those who need it most.

Anthony Camilleri
YMCA CEO & NGS



INTRODUCTION TO YMCA



YMCA Malta forms part of the YMCA International Network founded in England in 1844 and established in Malta in 1976. In 2019, the National YMCA Malta serviced the community through four different localities; Valletta, Msida, Zabbar, and Pieta.

YMCA Malta is a non-government organisation, a non-profit, voluntary and ecumenical movement seeking to promote the vision to build a more just society.

We support the positive development of youths as a preventive measure and we intervene by offering a spectrum of social work services to individuals who are underprivileged or socially disadvantaged. The specialization in this regard is the support, assistance, and reintegration of the homeless in Malta.

We promote a program of activities designed to foster the spiritual, intellectual, social and physical wellbeing of young and older people.

We seek to help all people irrespective of their mental and physical abilities and without any discrimination against sex, religion, nationality, race and political opinion.

We seek to develop and strengthen links and recognition from the state and church authorities and other private, public corporate entities in Malta.

We actively take part in cultural, environmental, artistic, musical, audio-visual and other forms of activities.

We perform mainly as a Social Work Service Agency, a Youth Work Agency, a Housing Association, and any other role as may be decided at our Annual General Meetings.



BENEFICIARIES OF YMCA



Victims & survivors of domestic violence

People facing financial issues

People without access to proper education

People living in substandard accommodations

Homeless individuals

Youths

Families in difficulty

Victims of addictions such as gambling

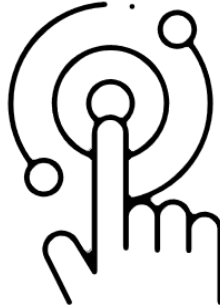
Victims of usury

Asylum seekers

Victims of Child Abuse

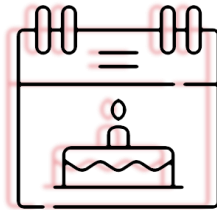
Stranded travelers

Unemployed





BENEFACTORS: Y' FRIENDS



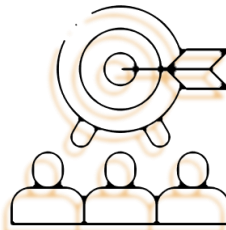
Founded in 2004



8 members



Purpose: Service
Club to the YMCA



In 2019, Y' Friends and YMCA collaborated on a conference held at Hilltop Gardens called 'Do you know about Homelessness in Malta?'. Mr. Ed Eggink, Former President of YMCA Europe and Member of the Executive Committee of the World Alliance of YMCAs was guest speaker at this event. YMCA is always seeking new members to join the Y' Friends Service Club. Contact us on 27674278 and ask for more details of how you can join.



OTHER BENEFACTORS



Ministry for the Family, Children's Rights, and Social Solidarity

EUPA

ERA Foundation

MCVS

Hartons

Ganado Advocates

Vivian

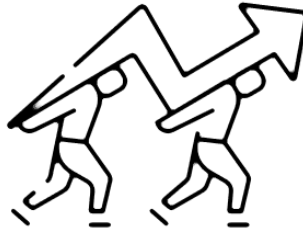
Solar Solutions

LIDL

Alberta

HSBC

GO



Vodafone

La Grenier à Pain

Food Chain Restaurants

KFC

Agenzija Zgħazagħ

Stars Group

Melita

Malta Freeport

Burgers Ink

Blevins Frank

Acunetix

David's Bakery

APS



AFFILIATIONS



European Federation of National Organisations
Working with the Homeless (FEANTSA)

YMCA Europe

GREVIO

Women Against Violence
Europe (WAVE)



World Alliance of YMCAs

The Platform of Human Rights
Organisations in Malta (PHROM)

PROGRAMMES





WELLBEING PROGRAMME



- Provides appropriate professional understanding and intervention in response to the emotional and behavioral needs of the service-users, through the provision of individual and group counseling/psychotherapy sessions as part of an integrated, preventive and intervention service.
- Employs relationship and psychotherapeutic skills effectively in the services given through modeling of healthy interaction and respectful communication, the warm nurturing, emphatic and unconditional caring therapeutic relationships, and the achievement of skills development in specific target areas of the service-users whether in-house, community and organisations making use of this service.
- Through wellbeing workshops and activities echoes the wellbeing on an individual, community and societal basis.



YOUTH EMPOWERMENT PROGRAMME



- Through a youth-led youth work programme, YMCA gives opportunities and empowerment to young people to become part of the YMCA, offering their volunteering in a wide range of services.
- Aims to reach young people in order to support their positive development as a preventive measure.
- Supports the YMCA services in which social work services are provided to individuals who are underprivileged or socially disadvantaged, where the specialization in this regard is support, assistance, and reintegration of homeless people.
- Through the Education pillar, YMCA creates and provides a safe space for young people to deliver a programme of interest while participating in workshops/conferences/training, etc...
- Through the Outreach pillar, young people are reached, mentored and coached in a supportive manner.
- The Research pillar constructively looks into the concerns of young people as well as arising issues experienced by youths, offering them a voice in the local community and society.
- Through the Psychotherapy pillar, space and time for self-development is given.
- Through the Sustainability pillar which supports other pillars, young people are involved in fundraising, collaborative projects, and CSR's activities, internal growth, and external reach.

SOCIAL BUSINESS PROGRAMME



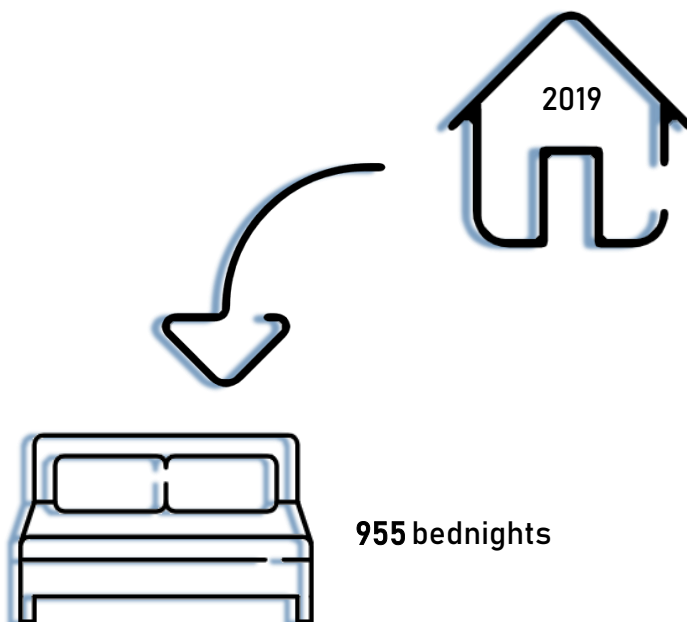
- Provides YMCA in Malta with social objectives to arrive at specific desired outcomes of several projects related to the main YMCA objectives within the Maltese context.
- Creates methods related to improving human wellbeing and the population YMCA works with, through social business methods.
- Targets social indicators that enable the YMCA to measure and monitor changes to specific dimensions of human wellbeing that do not hinder financial stability and cohesion.
- Projects integrate social entrepreneurship as the basis of this programme whereby the services at YMCA are created, consolidated and sustainable.
- Collaborates with private enterprises and organisations in the Maltese context to achieve social objectives and social indicators.



- Provides residential accommodation at 'Dar Niki Cassar' and aids people with psychosocial difficulties, with a special focus on people who are experiencing homelessness.
- Collaborates with local and foreign agencies and stakeholders such as FEANSTA in order to fight against 'homelessness' and 'rooflessness'.
- Seeks funding opportunities and possibilities, which allow homeless individuals to benefit from psychosocial educational projects.
- Informs the professionals in the social field upon cheaper housing opportunities and work vacancies that can be beneficial for homeless and vulnerable clients.
- Fights against poverty in the community through our volunteers who support field cases referred to YMCA.
- Fights against hunger by donating food to individuals and families in need through our food schemes.
- Fights against the lack of education by creating educational opportunities for young and vulnerable homeless people.
- Fights for more dignified living through furniture and clothing support.
- Informs the public through our social media and YMCA homeless campaigns as well as continuous statistical and research data.

PROJECTS

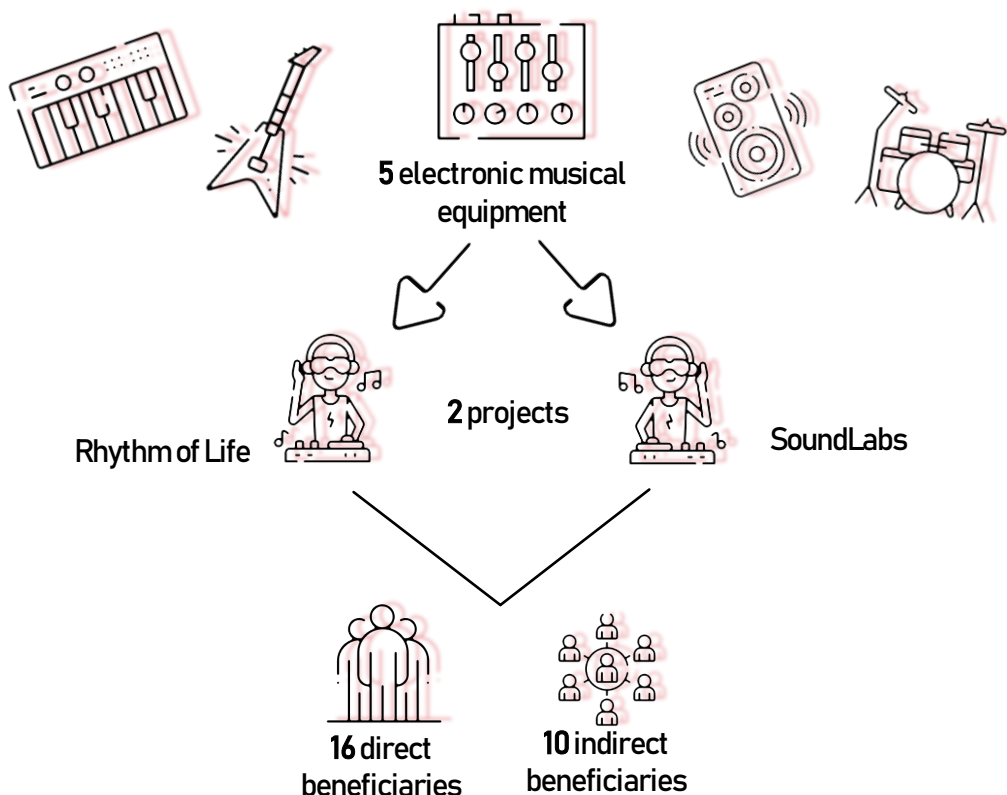




Key-Action 1 of YMCA 2019-2020 Strategy has been implemented during the last quarter of 2019. YMCA Malta inaugurated an accommodation service for foreign students, volunteers, interns, and tourists. This project falls under the Social Business Programme and all profits are in turn used to continue giving more services to the vulnerable.

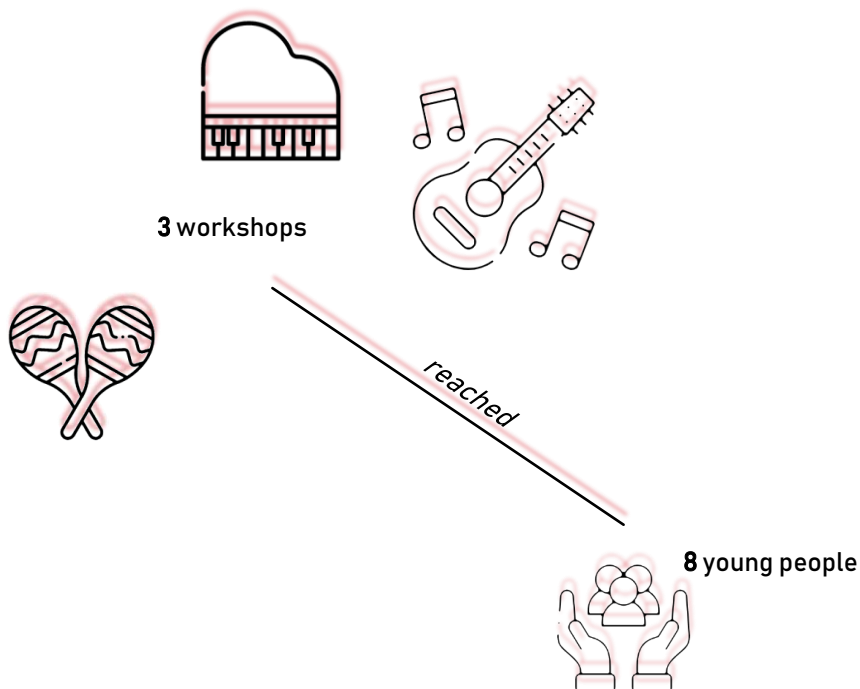


TENSING: A YOUTH-LED PERFORMING ARTS PROJECT



Key-Action 2 of YMCA 2019-2020 Strategy has been implemented throughout the annual year with two new services under one of the oldest elements of the YMCA on these islands. The first-ever TENSING Group was given a contribution award by the European YMCA during the General Assembly held in Malta between the 20th and 25th May 1998.

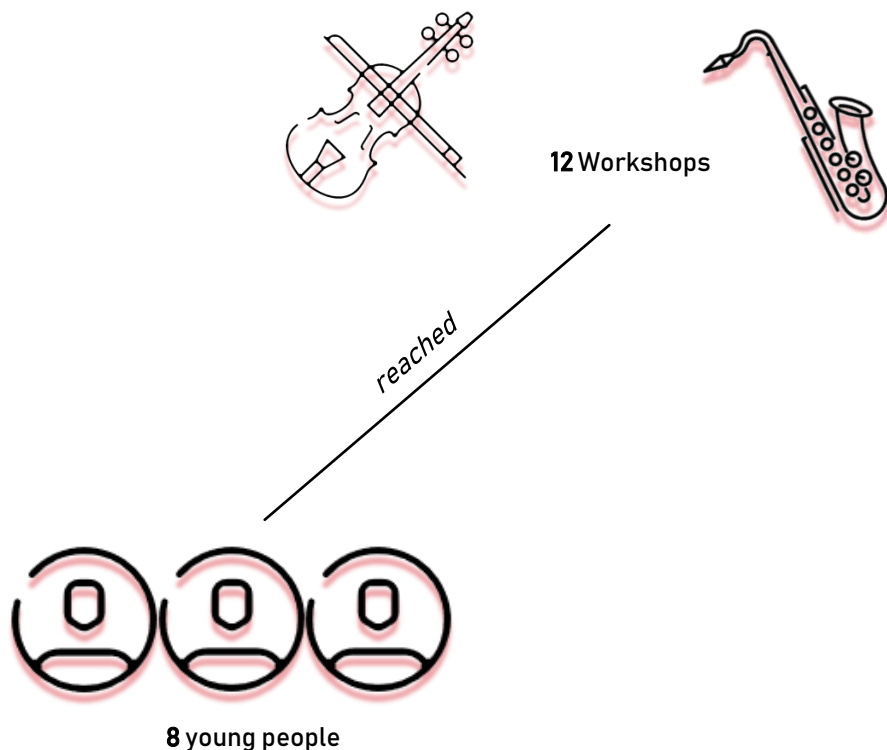
In 2019, this project was relaunched with the assistance of Agenzija Zgħazagħ through the (Assistance For You) funding scheme. Through the scheme, a number of traditional and electronic musical instruments were bought. This youth-led youth work project reached out to teenagers and empowered them to express their abilities and build genuine relationships through the use of performing arts.



Soundlabs are workshops that give young people the opportunity to explore sound in all its shapes and forms. These workshops provide a space for free experimentation for youths to get together and explore different elements of sound - from its creation using electronic or acoustic instruments and creating sounds from the found environment to materializing soundscapes based on self-expression or thematic exploration. Workshops are carried out from YMCA's Youth Facility Centre in Valletta every Friday on a fortnightly basis. Contact us on 27674278 if you would like to request more information and/or join these workshops.



RHYTHM OF LIFE



'Rhythm of Life' is a project that was launched in 2019 in collaboration with the Sharing Lives service from Agenzija Support, and Youtheme Foundation as part of YMCA TENSING Malta. The project is an extension of the mission of YMCA Malta Tensing to use sound experimentation and creativity as a means of empowerment and emotional expression. The workshops are carried out at YMCA's Youth Facility Centre in Valletta on Friday' every fortnight.



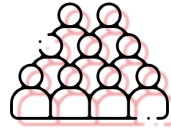
CLEAR MINDS, BETTER LIVES



8 topics covered

reached

40 Youth Clubs



400 young people



50 people reached



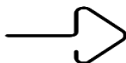
156 Counselling & Psychotherapy sessions

This project entailed collaborating with young people for young people to increase their knowledge and understanding of mental health and wellbeing through mental health and wellbeing informed activities. This was carried out primarily through several outreach activities; outreach talks at St. Theresa Primary School, Dun Gorg Preca Middle School, and MCAST. A yoga sunset session by the name 'Know Your Wellbeing' held with the general public reached over 50 participants whilst the distribution of mental health material reached 40 local youth clubs. This project was sponsored by Agenzija Zgħazgħ supported by the BA - Be Active funding scheme.

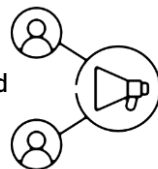
'STRENGTHENING THE Y'



Official website:
www.ymcamalta.org



26,500 people reached
through promotion



Vivid green: the color of hope, solicits calm and rest. Represents health, stability and balance



Strawberry Red : warm and dynamic color that shows a strong action potential. Reflects power, determination and passion



Cobalt Blue: represents trust, reliability and responsibility



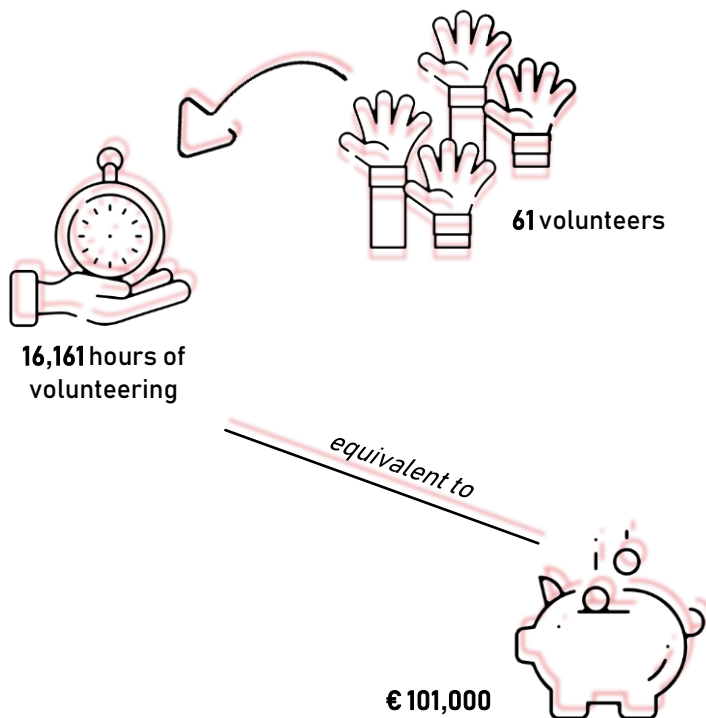
Tangerine Orange: expresses optimism, generosity, endurance and strength

'Strengthening the Y' fulfills Key-Action 3 of YMCA 2019-2020 Strategy. This was a 12-month project whereby YMCA embarked on a branding process resulting in an official website. YMCA is now able to promote its 4 main programmes and several active projects in the community allowing to create a platform for active volunteering. It has consolidated YMCA to be more visible in the local and foreign communities and to achieve organisational strengthening, which is one of the key-areas YMCA has been working on.

Through this website community projects such as Y'PAUSE support group, Food Schemes, etc... are given a voice, creating more accessible information. Youth Activities such as Talks, Educational and Cultural Events, Youth Exchanges are showcased to the public to raise more awareness of the youth empowerment programme. With this official website, YMCA is also showcasing the collaboration with private enterprise in CSR activities and several research and resources in this work of 'homelessness' and wellbeing in society. This project was sponsored by the Malta Council for the Voluntary Sector under the Small Initiative Scheme (SIS).



VOLUNTEERING IN 2019

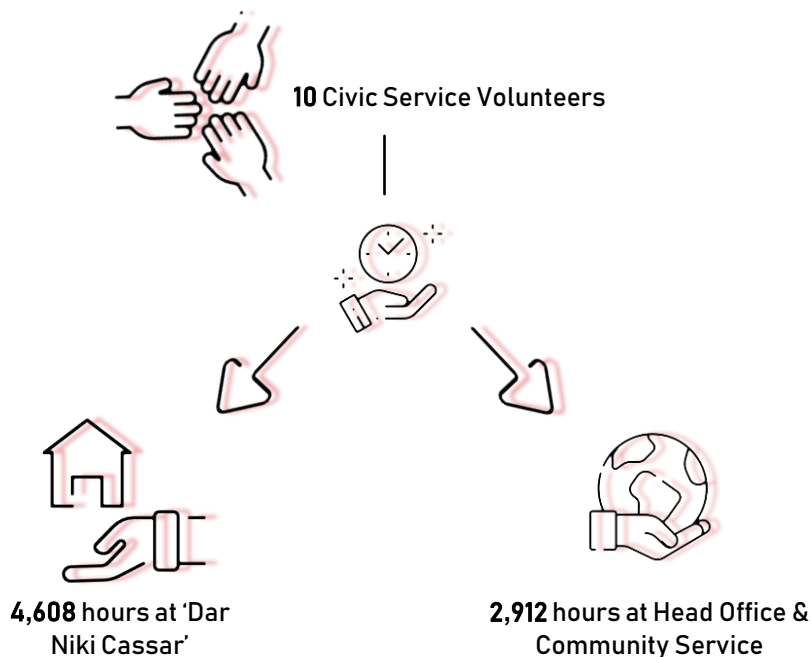


Whilst in 2018 the YMCA volunteers gave a total of 11,625 hours of volunteering In 2019, the total number of volunteers has increased. Volunteers at YMCA are assigned a mentor that can be either a staff member or a volunteer that has been of service to the organisation for more than 6 months.

Volunteers are supported through periodical group guidance meetings that serve as a space for the young person seeking guidance in relation to their placement experience, seeking collaborations with other volunteers on projects to be carried out for the benefit of society and to share any queries they might have with regard to their learning.



CIVIC SERVICE VOLUNTEERS



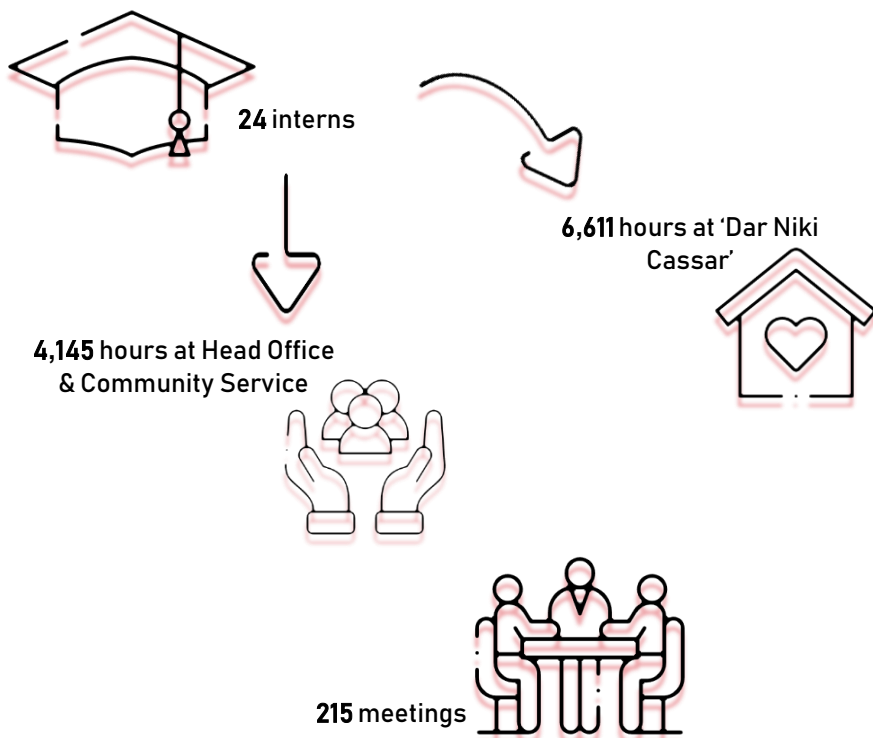
The French Civic Service allows young people aged 16 to 25 to make a voluntary commitment for a fixed period to serve the community. YMCA Malta has been collaborating with YMCA France since 2016 on this project.

Youth & Non-Formal Education are achieved through this project by engaging young people for a period of 12 months in the various projects YMCA Malta has, particularly 'Dar Niki Cassar'. Students and Volunteers carrying out an internship with the YMCA avail themselves of a support that includes mentorship, guidance, support sessions, supervision & continuous development.

Mandatory monthly individual support sessions are provided by one of the YMCA's psychotherapeutic team members. These sessions are the space where the individual can process any emotion/thoughts arising from their daily work with vulnerable people, as well as any other personal challenges that can interfere with their work.



STUDENTS PLACEMENTS & INTERNSHIPS



YMCA Malta's Internship & Volunteering programme was further consolidated by formalising its Training and Development procedure for young people joining the organisation. Students and unpaid work interns were mentored in the following areas:

- Social Work
- Psychology
- Youth Work
- Care Work
- Administration
- Business & Management
- Maintenance

All students whose placement exceeds 20 weekly hours and lasts more than 6 months are appraised through a team-based system whereby peers of the intern are requested to evaluate him/her in various areas that are related to tasks specific to the role as well as other areas such as teamwork. The feedback is thereafter discussed during the one-to-one supervisory meetings YMCA offers.



LOCAL VOLUNTEERS



12 volunteers



585 hours head office &
Community services



60 hours 'Dar niki Cassar'



134 project meetings

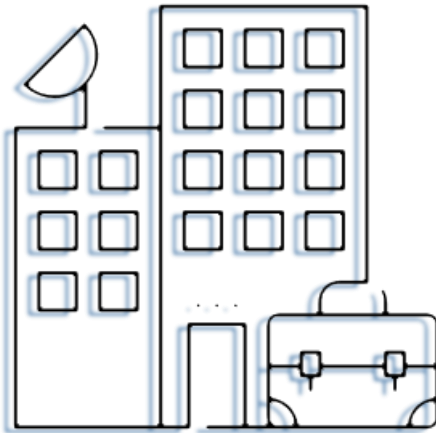
All students, interns and volunteers are supported by introductory sessions that cover YMCA's origin, mission and values including a general overview of the work carried out by the YMCA in Malta and the fundamental aspects related to the area/locality where the individual will be working/volunteering in. Following the increase of projects undertaken by volunteers, a new working mode was introduced where the various small teams met once or twice a month together with the Coordinator to specifically update each other and delegate tasks accordingly.



CORPORATE SOCIAL RESPONSIBILITY



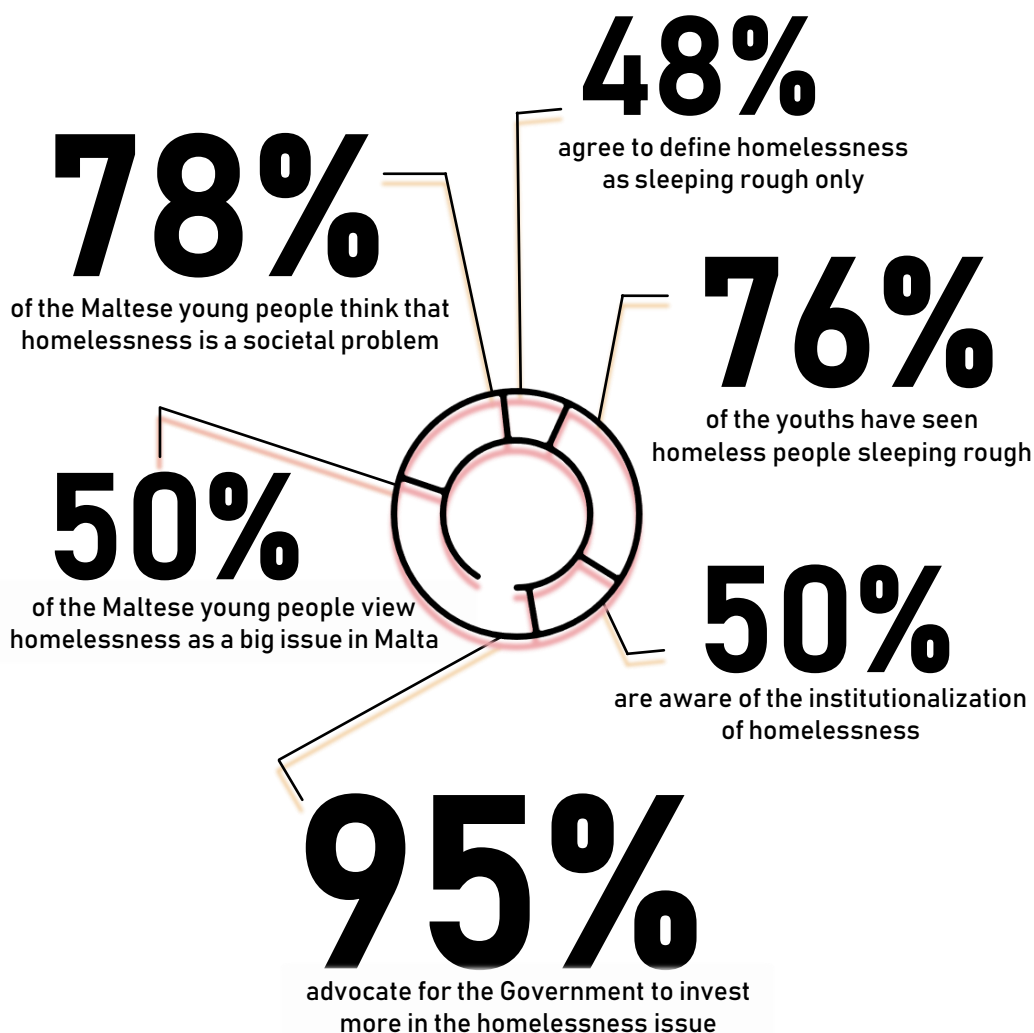
15 Companies



YMCA has always believed that Corporate Social Responsibility activity is a two-way beneficial process as it not only helps our organisation to actualize projects which would not be possible unless for the private enterprise but it also gives a purpose to the employees of the company participating. This meaning goes beyond volunteering or monetary help - we call this the 'Bridge' that allows 'us' and 'them' to connect, meet and actively actualize a meaningful purpose. All the companies that help us through this activity are listed as benefactors on our website www.ymcamalta.org



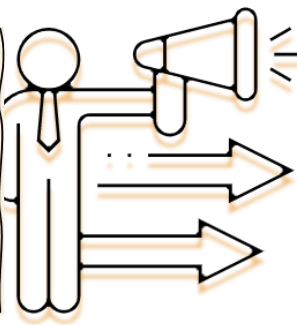
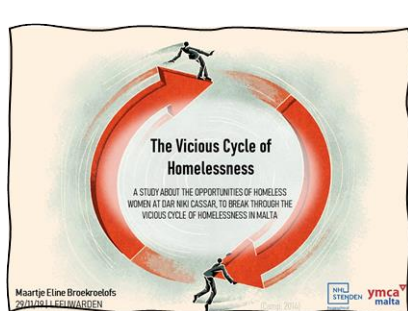
THE PERCEPTION OF THE MALTESE YOUTH ON HOMELESSNESS 2018-2019



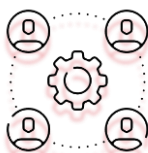
This research commissioned by the YMCA Youth Empowerment Programme was carried by Mr. Arno Sissau, a youth work student and YMCA volunteer. Malta has seen an incline of homelessness over the course of these past few years. This qualitative research has been conducted with 74 participants. The research delves into economy, unemployment, migration, individualization, tourism, housing & rental market.



THE VICIOUS CYCLE OF HOMELESSNESS 2019



1. Reduce Stigmatization

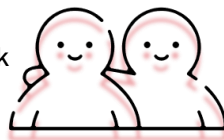


3. Coordination



2. Encourage Institutional Climate

4. Social Network



5. Financial Situation

This Qualitative Research study was carried out by social work student Ms Maartje Broekroelofs. The research delves into the opportunities homeless women have at 'Dar Niki Cassar' to break the vicious cycle of homelessness in Malta. Access the full report from the YMCA Malta Resource Centre online.



EXPLORING HOMELESSNESS THROUGH ARTS-BASED PARTICIPATORY ACTION RESEARCH AT THE YMCA HOMELESS SHELTER IN MALTA, 2019



1. What is life and learning like with people experiencing homelessness in Malta?

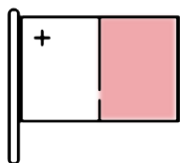


2. What affordances do arts-based Participatory Action Research (PAR) methods offer as praxis?

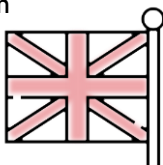
This arts-based, Participatory Action Research (PAR) project was about a community of people learning to better understand each other and the social and material reality in which we were living and learning. The 21 participants included residents, staff and volunteers at the YMCA shelter in Malta. Participants voluntarily engaged with each other in action learning, dialogue and art-making to verbally and visually explore reality, knowledge and lived experience, based upon the generative theme of 'housing and homelessness in Malta'. This research was conducted by Ms. Kelly-Marie Roberts YMCA Volunteer & Master student in Adult Education for Social Change. It was also presented officially at the 14th European Research Conference on Homelessness by FEANSTA in 2019. Access to the Poster Presentation can be found on the YMCA Malta Resource Centre website.



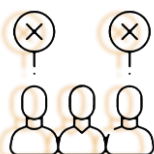
HOMELESSNESS AND ADULT EDUCATION IN THE UK AND MALTA



Homelessness in
Malta and UK



Education Policy
and Inclusion



Engaging the
'Hardest to Reach'

Participatory & Arts-Informed
non-formal Education



Formal Education



Employability for
Young People

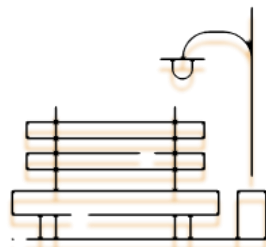
Student Finance &
Community Outreach



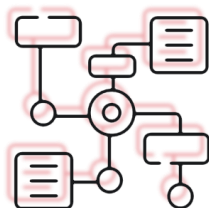
This article, published in the Malta Review of Educational Research; Volume 12, No 2, 260-277 was written by Ms. Kelly-Marie Roberts, YMCA Volunteer & Master student in Adult Education for Social Change. The article is a critical commentary on the relationship between adult education and homelessness in the United Kingdom and Malta in comparison. Access the full report from the YMCA Malta Resource Centre online.



EUROPEAN STRATEGIES TO FIGHT HOMELESSNESS AND HOUSING EXCLUSION, EUROPEAN SOCIAL POLICY NETWORK, 2019



The Nature and Extent of
Homelessness and Housing Exclusion



Relevant Strategies and Policies



Analysis of current patterns
of Service Provisions

In 2019, YMCA together with Fondazzjoni Dar il-Hena supported this report by Profs. Mario Vassallo to the European Social Network (ESN). The ESN was established in July 2014 on the initiative of the European Commission to provide high-quality and timely independent information, advice, analysis and expertise on social policy issues in the European Union and neighbouring countries.



VIOLENCE IN THE LIVES OF HOMELESS WOMEN



1. Information
Dissemination



2. Social Housing



3. Other Services
Required

4. Police & the Judiciary



5. Policy Making &
Service Provision

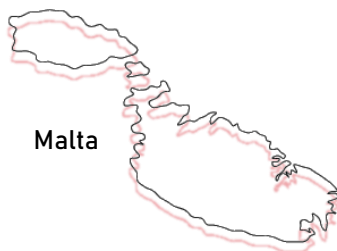


6. Further Research

This research commissioned by YMCA and conducted by Outlook Coop was funded by the Malta Council for Voluntary Sector under the Voluntary Organisations Project Schemes (VOPs). This Qualitative research examined the lives of 10 homeless women to shed light on domestic violence as an entry pathway into homelessness. Access the full report from the YMCA Malta Resource Centre online. Call us on 27674278 to obtain a hard copy of the report.

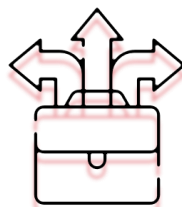


THE CITIZEN'S BOOKLET



Malta

Identity and citizenship



Employment



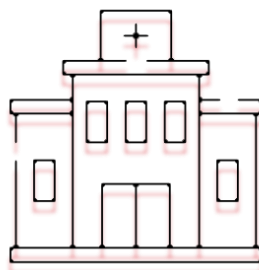
Housing



Education



YMCA services



Maltese Public Health System

This YMCA booklet published in 2019 was the coordinated work and research by Ms. Marine Zamora, a Special Educator Volunteer at YMCA. It covers a list of services available in Malta. Access the full publication from the YMCA Malta Resource Centre online.



YMCA HOMELESSNESS & TRAUMATIC STRESS TRAINING PACKAGE FOR PROFESSIONALS



Domestic Violence



Homelessness



Mental Health

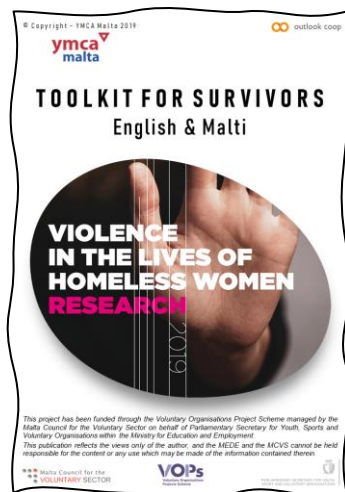


Other services

This YMCA publication was created from the results of the 'Violence in the Lives of Homeless Women' research conducted in 2019. This package serves as information for professionals to disseminate to their staff and volunteers working with homelessness and domestic violence. This publication has been funded by the Malta Council for Voluntary Sector under the Voluntary Organisations Project Schemes (VOPs). Access the full publication from the YMCA Resource Centre online.



YMCA SURVIVAL TOOLKIT



Domestic Violence

Forms of Domestic Violence



Seeking Professional Help



Seeking Shelters

Shelters Information



Other Services:
helplines, etc.



Mental Health Services

Childcare Facilities



This infographic publication was created from the results of the 'Violence in the Lives of Homeless Women' YMCA research conducted in 2019. This 'Survival Toolkit' serves as information material for professionals to disseminate with service-users coming from the background of 'homelessness' and 'domestic violence'. It is also a prevention tool that YMCA disseminated in local Health Centers. Access the full report from the YMCA Resource Centre online. Access the full infographic toolkit from the YMCA Resource Centre online. Call us on 27674278 to obtain a hard copy of the report.



'HOME IS...'



United Nations
Agenda 2030

Sustainable
Development Goal 1

1 NO
POVERTY



3 GOOD HEALTH
AND WELL-BEING



Sustainable
Development Goal 3

Sustainable
Development Goal 11

11 SUSTAINABLE CITIES
AND COMMUNITIES

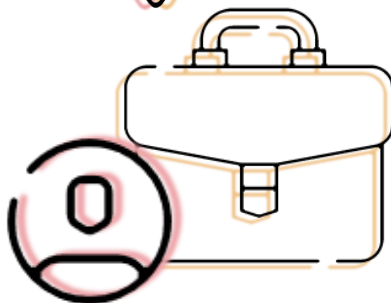


*Home is...
Where I can be myself*

In July 2019, YMCA issued the first series of 'Home is...' written by Ms. Therese Cini Sarreo, presided by H.E. Marie-Louise Coleiro Preca President Emeritus of Malta. 'Home is...' depicts in photography by Ms. Gwennaëlle Viard the strong wish for homeless people that goes beyond having their own house and what it means for them.



CONFERENCE 'HOMELESSNESS THE HIDDEN SCANDAL'



120 Professionals

This was the first-ever conference on homelessness organised in Malta. The collaborative symposium sought to highlight the prominent socio-economic issues affecting homeless people in Malta and included a range of multidisciplinary workshops that delved into particular subjects in greater detail. The symposium helped in raising even greater awareness on this delicate subject whilst imparting knowledge to professionals, volunteers, students, and aid workers to inspire collaboration. YMCA organized this symposium in collaboration with the Faculty of Health Sciences & the Faculty for Social Well-Being, University of Malta.



EUROPEAN YOUTH WEEK

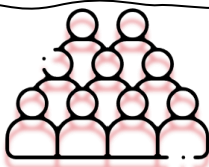
SUSTAINABLE DEVELOPMENT GOALS



SDGs



6 direct beneficiaries



5 indirect beneficiaries

Funded by EUPA, during the European Youth Week, YMCA conducted a half-day workshop for young people. Act Local, Think Global, was the motto for our workshop, hence, using the SDG's as a launchpad, young people were assisted in reflecting on their surrounding environment and daily routine. *'Make Malta Green Again'* and *'Malta Needs to Breathe'* were the results of the online advocacy campaigns created by the young people themselves. Follow YMCA Malta Facebook Page and/or YMCA Malta Youtube Page to view these online campaigns.



SUMMER WORKSHOPS FOR CHILDREN IN-CARE

1- day workshop - Environmental
Sustainability



1-day workshop - 'Say it Differently'
- Communication in all its forms



1 -day workshop - 'A Day of Self Discovery'
- Self-Awareness and Careers Paths



Total reach: 15

These activities were planned out to be small size workshops for children who are living in care homes. The purpose behind these workshops was to impart knowledge in innovative ways by using as many mediums as possible; including the use of musical instruments, group work, and reflective exercises.



SCHOOL WORKSHOPS



45 students reached

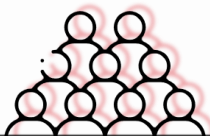
**Topic: Homelessness
in Malta**



These workshops were delivered to students attending the De La Salle middle and St Theresa junior schools. The purpose of these workshops was to educate children on the reality of the homelessness phenomena in Malta, including its main causes and consequences. Children's perceptions of the homelessness identity was challenged through reflective exercise and hands-on group work.



NON-FORMAL EDUCATION WORKSHOPS



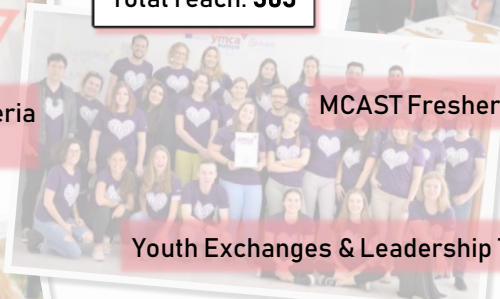
Total reach: **303**



Workshop for YMCA Siberia young members - **5**



MCAST Freshers' Week - **30**

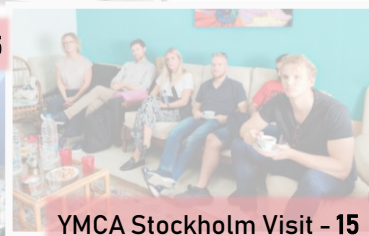


Youth Exchanges & Leadership Training - **13**



Germany Girl Guide Visit - **25**

Visit of students from Norway - **30**



YMCA Stockholm Visit - **15**

AM Language School -
YMCA's Services - **30**

BPW - **40**



Stars Group Presentation - **25**



Homelessness & Mental Health;
Faculty of Health Sciences Talk - **30**

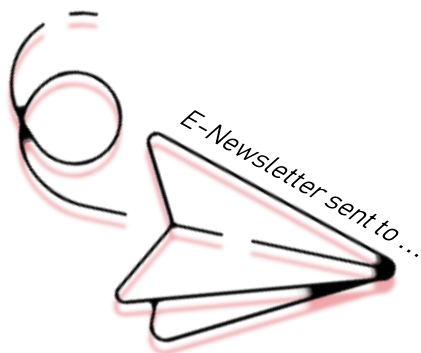
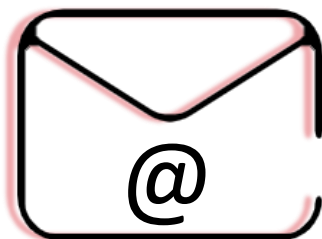
Slovenian Adult Educators Workshop - **10**



Italian students visit - **30**



Workshop by International Musician
Caroline Eyck in collaboration with
Electronic Music Malta - **20**



335 individuals

'Highlights from YMCA Malta' first e-publication was in June 2017. Since then, YMCA issued 28 publications with informative events, services, and highlights happening at YMCA. Access the e-publications from the Newsletter section on the YMCA Malta website or contact us on info@ymcamalta.org to receive our monthly newsletter.



YMCA'S WEEKLY PROPERTY & JOB BULLETIN



Total reach:



17 NGOs



59 individuals

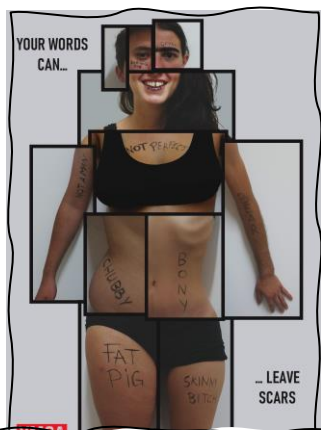
YMCA is invested in providing residential accommodation at 'Dar Niki Cassar' and aids people with psychosocial difficulties, with a specific focus on people who are experiencing homelessness. Informing the professionals in the social field and also the individuals at-risk upon cheaper housing opportunities and work vacancies that are beneficial is one of the main services YMCA gives on a weekly basis. Contact us on info@ymcahomeless.org to receive our weekly bulletin.



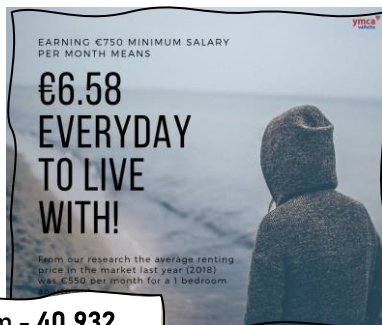
SOCIAL MEDIA CAMPAIGNS



Total reach: **271,888**



The Power of Words' YMCA's Anti-Bullying Campaign - **15,428** reach



€6.58/diem - **40,932** reach

Violence in the Lives of Homeless Women Research - **28,271** reach



This is how YMCA saved Me' - **10,585** reach

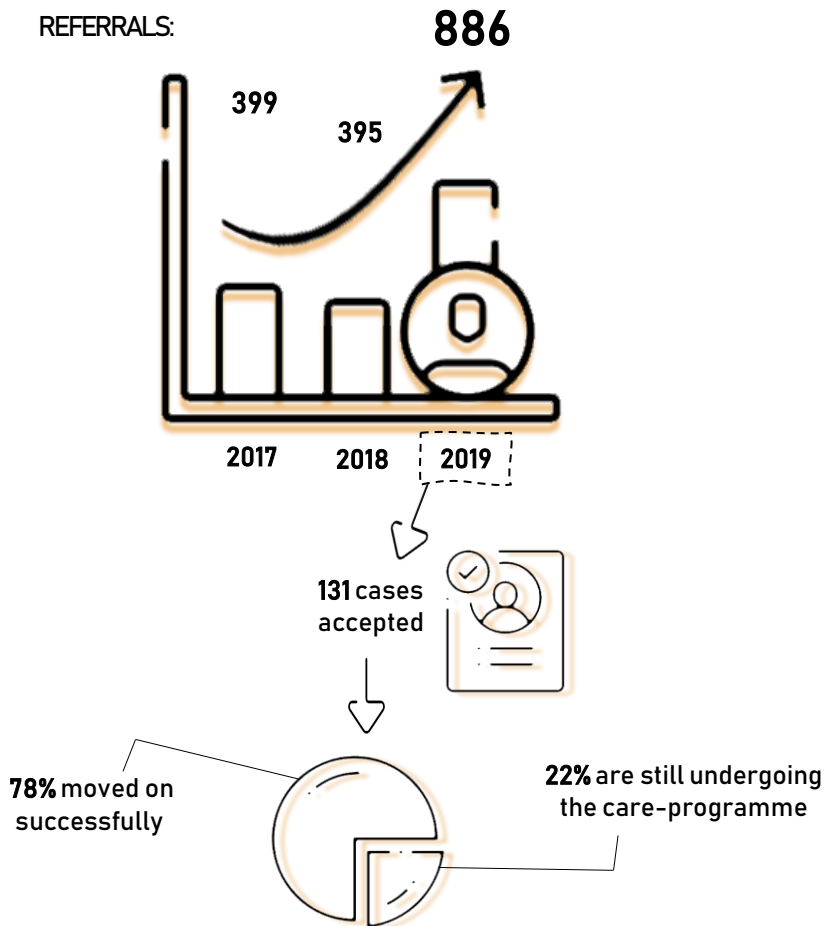


YMCA's top 4 social media campaigns in 2019 shed light on the actual €6.58 per day an individual on minimum salary renting a 1 bedroom apartment is left to live on, the research conducted on domestic violence as an entry pathway to homelessness, the anti-bullying campaign in collaboration with B-Brave NGO and the homeless campaign stories on successful homeless people that moved onto independent living and how YMCA helped them. Visit our Facebook Page - YMCA Malta, Facebook Group - YMCA Community and our new Instagram Page - YMCA Malta.

'DAR NIKI CASSAR', RESIDENTIAL FACILITY FOR THE HOMELESS



REFERRALS:



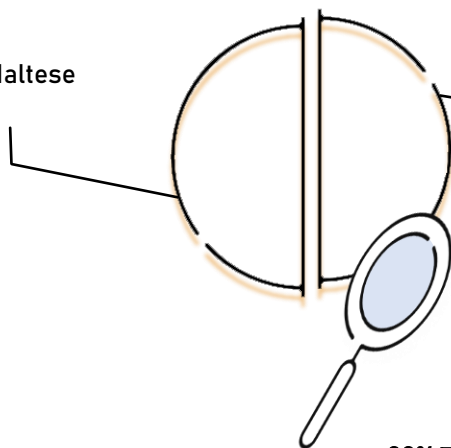
'Dar Niki Cassar' shelters individuals, families and children experiencing homelessness and they enter through 2 pathways; residential admissions for a maximum period of 18 months or emergency admission for a maximum period of 4 nights. Every individual is allocated a Residential Support Officer and together they formulate an individualized care plan for the resident's journey towards independent living. This involves the formulation of weekly SMART goals during weekly key-working sessions, monthly case reviews with their social workers from FSWS, support sessions with their counselors/psychotherapists and ongoing support.

'DAR NIKI CASSAR' DEMOGRAPHICS



886 referrals:

45% Maltese



55% Foreigners

33% EU cases

67% Migrant cases



16% under the age of 18

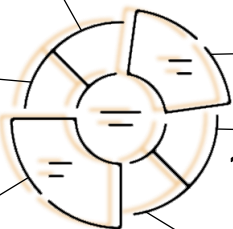
22% between the ages of 40-59

7% cases of 60+

15% between the ages of 18-24

27% between the ages of 25-39

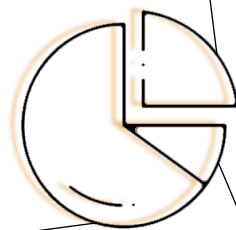
13% cases the ages were incomplete



28% Females

56% Males

16% Children

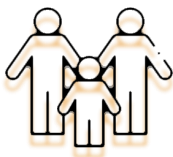


HOMELESSNESS PATHWAYS



2019

1. Financial Problems -
34%

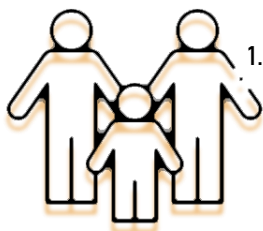


2. Family issues -
19%

3. Renting Problems -
13%



2018



1. Family issues -
22%



2. Financial Problems -
10%



3. Immigration -
8%



3. Housing problems -
8%

Service-users that seek YMCA's services face different other pathways of entering into homelessness; domestic violence, stranded travelers, hospital discharge, sexual abuse, emotional abuse, legal issues, housing problems, immigration, mental and psychological health issues, substance abuse, pregnancy issues, human trafficking, house under construction, termination from previous shelters, health issues, other addictions, and physical abuse.



36 residents
approximately

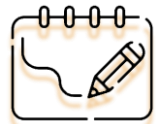


English



Cooking

Cleaning



Drawing

'ProjectABLE: Acknowledge, Believe, Learn & Empower' is a project at 'Dar Niki Cassar'. YMCA created a space where residents identify and teach each other their skills or talents. This aims to help the residents to Acknowledge their strengths, Believe in themselves, Learn new skills (from others living with them) and Empower each other and be empowered within the community. The residents were involved in the creation, implementation and feedback of the project and have been fully cooperative at filling each class.

'DAR NIKI CASSAR' RESIDENTIAL ACTIVITIES



Total Activities - 41



**Out of Premises
Activities - 6**



IT Course - 4



**Communal
Lunch/Dinners - 10**



Residents' Meetings - 6

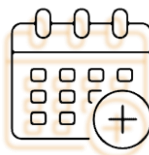


Spiritual Activities - 4

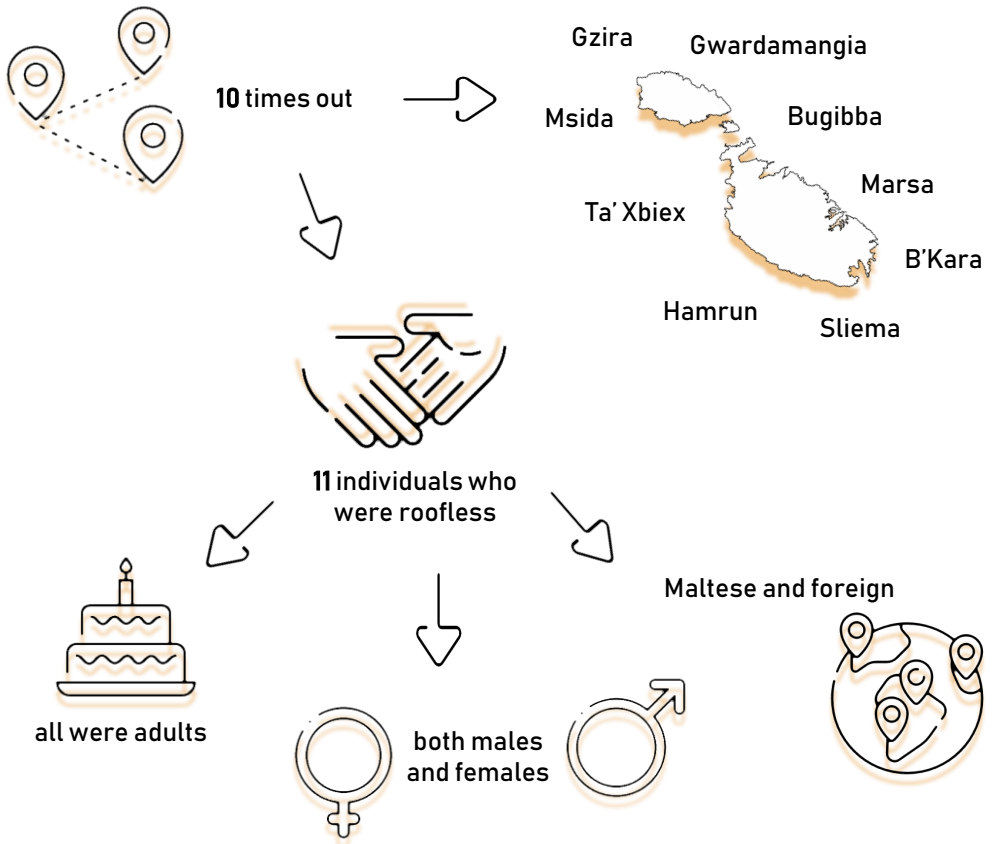


Sports Activities - 3

Other Activities - 8



Creating a community spirit within Dar Niki Cassar is just as important for the individual's journey as much as for the welcoming, collaborative atmosphere between the residents and the team. Through the organisation of activities, the residents are given the opportunity to enjoy time with other residents and team members, increasing understanding and bonds between each other and enhancing social skills. The residents have an active choice in suggesting activities that they enjoy or will benefit from. This has resulted in giving them a voice both through suggestions and activities like resident's meetings, increasing educational resources like through the IT course, and aiding their physical and mental wellbeing through spiritual and outdoor activities.

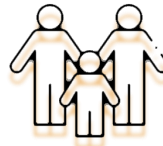


Y'Visible has been launched in the last quarter of 2019 to tackle visible homelessness in Malta, that is roofless people who are actually living without a roof over their head. YMCA team and volunteers now allocate weekly slots where they visit various locations in Malta in an attempt to reach out to people who are sleeping rough, with the provision of food, blankets, clothing, and information of services.

This project is still in its initial stages and we are still building an understanding of popular localities and peak times. We are also in the process of liaising with the general public regarding people they have encountered and also working with departments who may also have received reports. YMCA is always in need of provisions to supply in these cases and other services in the community. The public can donate through either calling 27674278 or sending an e-mail on info@ymcahomeless.org.



Reach - 8

Parental
Guidance - 1

Activities - 9



Crafts



Cooking

Storytelling



Planting



Drawing

Trick or
Treating

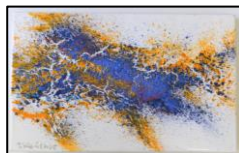
'Because your Children's Happiness is our Priority' is a periodical service within YMCA's shelter whereby parental educational presentations and discussions take place with parents residing at 'Dar Niki Cassar'. The service aims to highlight the obstacles and situations parents encounter in relation to their children whilst living in shared accommodation, and also aims to provide them with a platform to share their thoughts and contribute ideas. This gives YMCA the ground to then create activities for the children living within the shelter. Parents also take an active role in deciding on activities for their children, appropriate times and in giving feedback on how they are progressing.



EXHIBITION: 'YMCA ART LOVERS', PAUL VELLA CRITEN



12 Artworks



The artist Mr. Paul Vella Critien, ceramist, sculptor, painter and conservator in collaboration with YMCA exhibited 12 pieces of art in aid to support YMCA's Homeless Solar Energy Project in 2019. The latter project was then sponsored by APS and YMCA's shelter gained solar panels to help reduce the energy bills by 42%.



EXHIBITION: 'THOUSAND COLOURS BY CHARMY', CHARMAINE XUEREB



61 Artworks



The artist and painter Ms. Charmaine Xuereb in collaboration with YMCA assisted in exhibiting her work which was sold in aid of the services given by YMCA. This exhibition was held at the YMCA's Youth Facility Centre in Valletta.



MUSIC: 'SPREAD THE LOVE, HELP THE HOMELESS'



'...be a part of a breakthrough and
make someone's dream come true...'

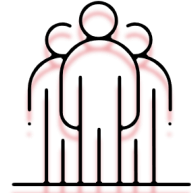


'...But I'm homeless, a refugee, just out of
jail, I'm all alone, just begging for a home...'

In 2019, YMCA issued an official song by the songwriter and author Philip Vella. The singers are Destiny, Ozzy Lino, Annabelle Vella and Sylard. The music video can be viewed on YMCA's Youtube channel YMCA Malta.



MUSIC: 'ISMA' RAP SONG



6 young people
reached

Topics:



Culture

Immigration



Environment

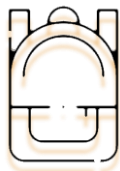
'Isma' (Listen) is a rap song that tackles challenges and frustrations of young people in relation to culture, immigration and the environment. The song was a project created by young people from three different countries who met as part of a larger group during a youth exchange that took place in Bochum, Germany. The song plus video clip of the youth exchange can be heard on YMCA Malta's Youtube channel.



ANIMATION PROJECT: 'ON THE WAY TO A SAFER PLACE'



Homelessness



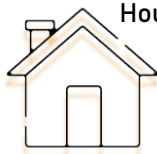
Referrals



APPOGG



Support



Housing

Independent



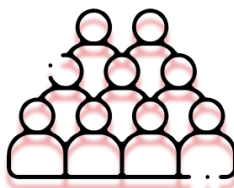
This project was a collaborative effort between volunteers to describe the journey of a person who becomes homeless. The idea was to create a video clip that was simple and visually eye-catching so as to raise awareness with the public on YMCA's residential service. The video clip can be watched on YMCA Malta's Youtube channel.



YOUTH EXCHANGE: BOCHUM, GERMANY



Germany



Total number of
participants: 21

Beneficiaries from Malta: 7



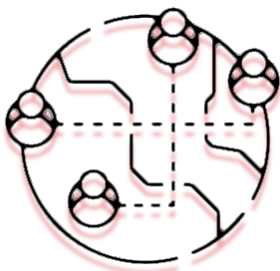
This youth exchange closed a 3-year project cycle in which young people from Malta, Germany, and France met for a one-week long experience.

Three young people from Malta with fewer opportunities were given the chance to participate in this youth exchange.

The youth exchange taking place in Bochum centered around themes of civic engagement. The participants worked on an (a) urban plan to convert an old football ground into a multigenerational hub for the community in Bochum and (b) the writing and recording of a rap song named 'Isma' (Listen).



LEADERSHIP TRAINING: NORWAY



Total number of participants: **50**

Beneficiaries from Malta: **2**



Theme:



Youth, Peace
and Security



Organised by the word alliance of the YMCA-YWCA, this yearly leadership training gave the opportunity to young leaders from 11 countries, to get a feeling of how small the world is and to get a better understanding of how the world works and how, together, we can work for justice and peace.



PSYCHOTHERAPEUTIC SERVICES

Total Sessions - 506



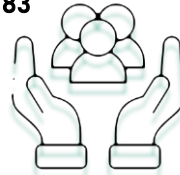
**Residential
Sessions - 274**



**Staff & Volunteers
Sessions - 49**

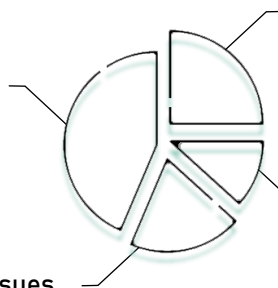


**Community
Sessions - 183**



42% - Relationship Issues

21% - Loss Issues



29% - Anxiety Issues

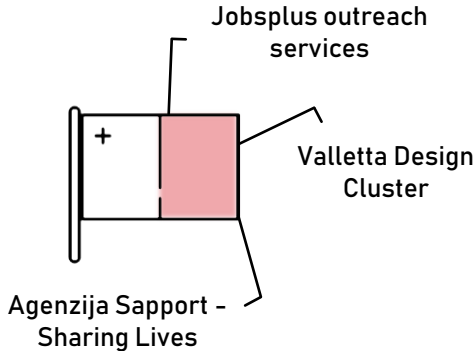
8% - Addiction Issues

This service has been operating at YMCA since 2016. This service is mostly given by volunteering psychotherapists and counsellors and reaches vulnerable people not able to pay for the service privately. In 2019, YMCA started to collaborate with the Local Council of Pieta whereby it is now operating in Pieta as well. YMCA also collaborates with YWCA Malta where few of the sessions are given from their premises in Msida.

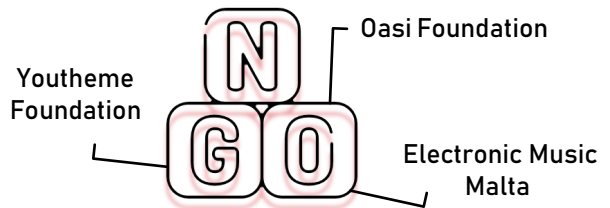


COLLABORATIONS

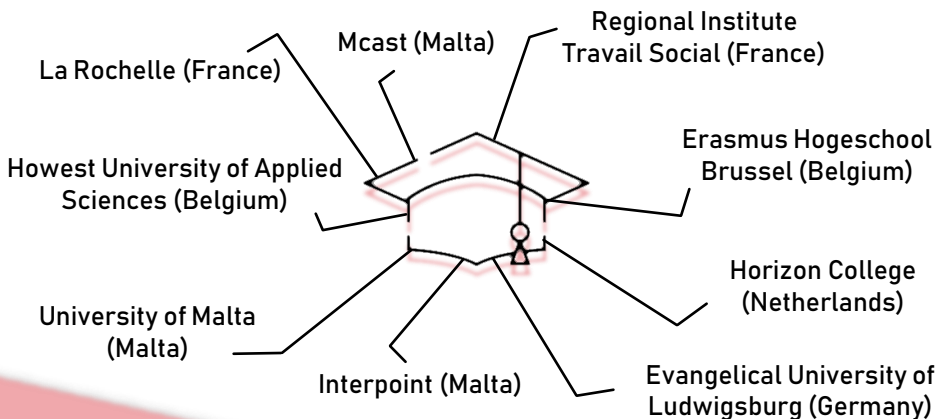
State Agencies



NGOs

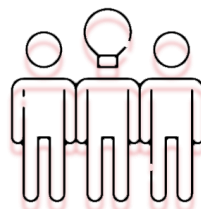


Student Placements Education Institutions

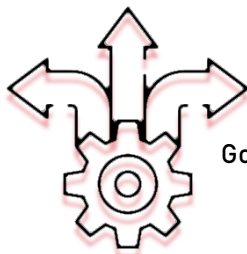




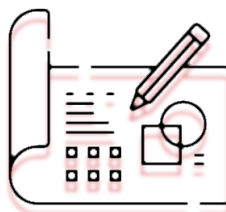
YMCA EUROPE LEADERSHIP ACADEMY



Leadership

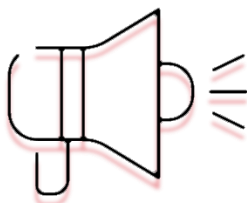


Governance



Strategic Planning

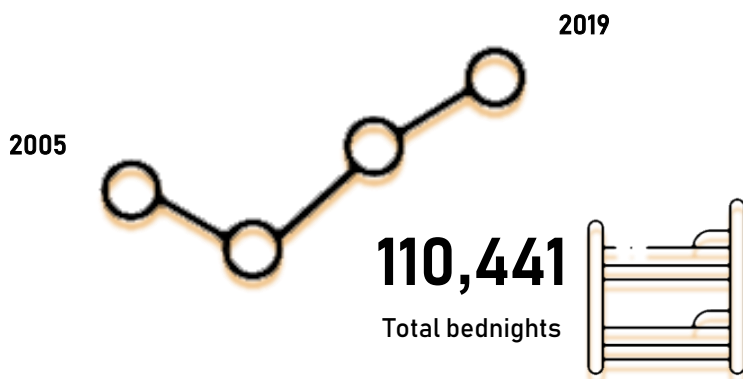
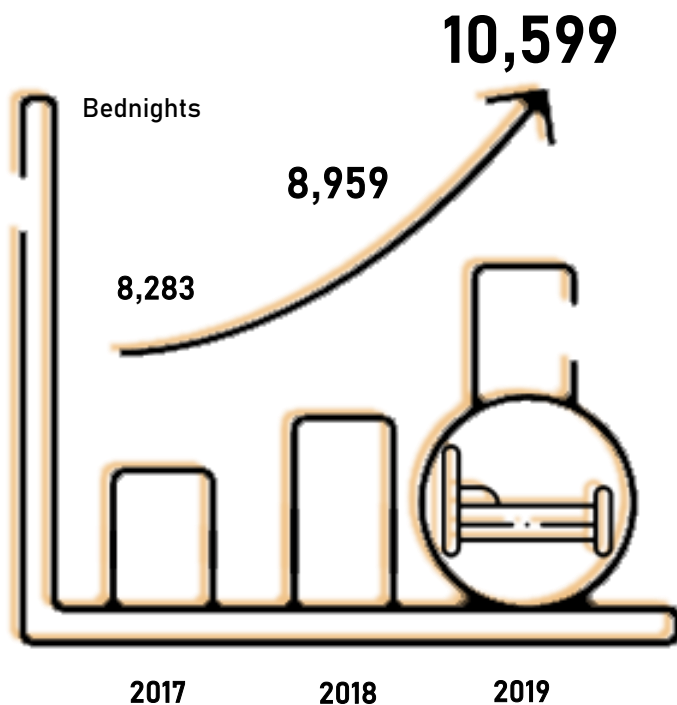
Advocacy



International
Cooperation



The “Leadership Academy” project is a tool of YMCA Europe, created to assist YMCA National Movements in developing talents and skills of their young leaders. The training course reached 30 young leaders working in local, national and international contexts for three training sessions (Paris, Svjaty Jur, Valletta). The last session was held in Malta in collaboration with YMCA Malta.



HOW CAN YOU SUPPORT US IN 2020?



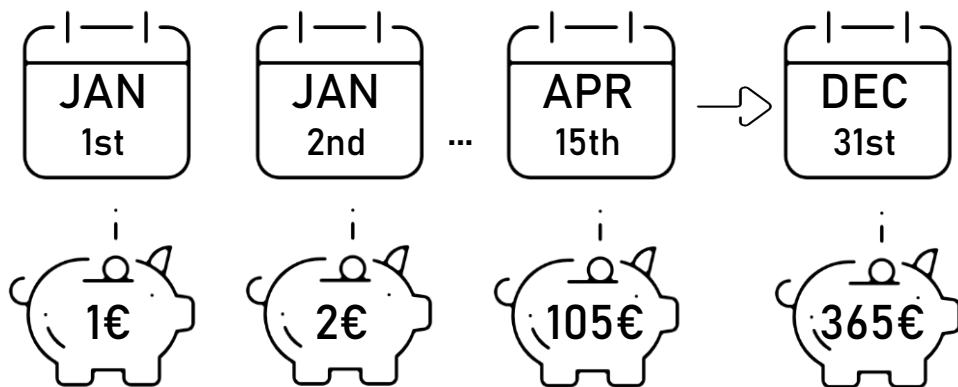
12
MONTHS

52
WEEKS

365
DAYS

365 OPPORTUNITIES TO HELP OTHERS...

1 DAY = 1€



Follow this campaign on our social media ...



178 Merchant Street, Valletta
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+356 27674278

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