

YMCA TRINITY GROUP



**COULD YOU CHANGE LIVES?  
BECOMING A TRUSTEE**

2024 - 25

[www.ymcatrinitygroup.org.uk](http://www.ymcatrinitygroup.org.uk)



# Welcome to YMCA Trinity Group



Jonathan Martin  
CEO

We are a local charity that has been at the heart of community transformation in Cambridgeshire and Suffolk since 1852. Above all our focus has always been on building proactive and sustainable communities with an emphasis on supporting Young People and helping them to realise their full potential on their journey from dependence to independence.

We work with individuals and families to build better futures through our extensive range of programmes and interventions. This includes Housing, Health & Fitness, Youth Projects, Youth Justice Services, Mental Health Counselling, Employability Programmes, Volunteering and much more.

Our services provide opportunities for all young people, whether they're facing difficult and challenging issues or simply looking for a new direction. We deliver our programmes across the whole of Suffolk and Cambridgeshire, with key local provision across the region.

This YMCA is also proud to be part of a global family, operating in over 140 countries, forming the world's oldest and largest youth charity.



Steve Mallinson  
Chair

Volunteers are the backbone of the third sector and being a Trinity Group trustee is a great opportunity to give something back in support of a charity that delivers so much for young people in the East Anglia region.

YMCA Trinity Group trustees meet as a full board six times a year, and in those meetings we spend two to three hours encouraging, developing and overseeing the work of the organisation. The scale of the group's activities means that some of our work takes place in Board committees which usually meet quarterly – most Trustees are members of one committee.

for greater reflection and focus. These Away Days are invaluable in that they give us space to consider the fundamentals and the bigger picture, and they produce a great sense of cohesiveness as a result.

Being a trustee requires commitment, but it is also rewarding and fulfilling. By joining our team, you can help create new possibilities, applying your skills, talents and energies to make a real and tangible difference for young people and their families - a difference that can last a lifetime. If you think you're ready to take that step, please get in touch - we'd love to talk to you.

Towards the end of the year we take two days away with the executive team – a time

The data in this document has been selected from our last annual report which is available to view in full at [www.ymcatrinitygroup.org.uk](http://www.ymcatrinitygroup.org.uk)

Peterborough

Cambridge

Ipswich



We now cover  
communities across  
**7,100 km<sup>2</sup>**  
with a population of over  
**1.4 million**  
people



**438**  
bed spaces



**254**  
Childcare spaces  
across 5 settings

# Inspiring communities, transforming young lives.



Our vision is to help create supportive, inclusive and transforming communities where young people can truly belong, contribute and thrive. At the heart of how we work are strong and committed relationships rooted in our inclusive values, approach and heritage.

As a federation of over 83 YMCAs, YMCA England and Wales has developed a strategic plan, covering five core areas of work which all YMCAs follow. Our approach is based on having a national presence with local relevance, and spans five key areas of work, as shown in the following information from our last annual report.

## SUPPORT & ADVICE:



We are there for every young person in the community, supporting them and their families through difficult times with a wide range of programmes and services.



Our main aim is to enable every young person to grow and develop in every aspect of their life and we have developed support and advice schemes, including youth engagement programmes, youth reparation projects, mental health interventions, domestic abuse and crisis support.

## HOUSING:



YMCA is the largest provider of safe, supported accommodation for young people in England and Wales. In YMCA Trinity Group we have 438 units across our region, with sites in Peterborough, Cambridgeshire, and Suffolk. These units offer a range of housing solutions for young people and adults including supported and emergency housing.

Our aim is to provide holistic support which means we provide not only a bed, but we also help people transition from dependence to independence by giving support, training, life skills and building resilience in order to lead to independent living.

## FAMILY & YOUTH WORK:



We believe that every child deserves the best possible start to their education. Across YMCA Trinity Group we offer a range of support to families including five fully operational childcare settings providing Ofsted registered places for 254 children on a daily basis.



We believe that every young person should be able to develop their full potential in body, mind, and spirit. YMCA Trinity Group's youth work delivers youth programmes in Lowestoft, local RAF stations, and following the successful Youth Investment Fund bid, will expand into Peterborough. Communities in Lowestoft continue to be supported through hot meals provision, community fridge, and the accessible allotment.

## HEALTH & WELLBEING:



As a youth charity we recognise that health and wellbeing is a contributing factor to people developing other areas of their lives, from education and employment to relationships and social networks.

We currently own two state-of-the-art gyms in Peterborough and Cambridge, which are open to the communities we serve at affordable prices. We provide sessions for people with long-term conditions and disabilities, and we work closely with local GPs, NHS stroke teams and community nurses who refer their patients to us. We also offer a range of physical activity programmes for all ages including young person-led health education projects.



Mental health is a key priority for us. We have built a comprehensive and holistic programme of both clinical and preventative mental health services to support a wide range of audiences including schools, supported housing, parents/carers, youth organisations and early years. We also recognise the importance of supporting those who support young people, and so we provide counselling, self-care support and supervision to staff at all levels in a variety of settings.



# Is it you we're looking for?

At YMCA Trinity Group we are always on the lookout for people who share our passion for the work we do, and who believe they can make a contribution to our Board.

People are at the heart of YMCA. We believe the best way to find the right trustees for our Board is by talking and meeting people; we deliberately work slowly to ensure that you and we are both comfortable that together we will be a good fit. Our hope is that you will gain from being part of a talented and dynamic Board, and also that our other trustees will benefit from your perspective, experience and skills. We are a good team and we are looking for team players.

YMCA Trinity Group is an organisation that has served local communities since 1852. We recognise that we support community life in three of the most multicultural and diverse communities in the Eastern Region, and we'd like our board to reflect this accordingly.

Young people under 30 years of age who would like to gain a taste of Board experience are encouraged to apply. If you have a passion for what we do and would like to add to your experience and skills, please get in touch.



**YMCA Trinity Group**

[www.ymcatrinitygroup.org.uk](http://www.ymcatrinitygroup.org.uk)

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Company Registration No: 3561613 (England and Wales)

Charity Registration No: 1069810

HCA No: H4179

# YMCA

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

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