



**YMCA OF
SOUTHWEST
NOVA SCOTIA**

ASSOCIATION OVERVIEW
2024

Let your potential *Shine On*

IMPACT SNAPSHOT



children were registered in licensed child care and BAP throughout the Southwest of Nova Scotia, where they grew and developed through out play-based learning curriculum.



Community Members accessed health, fitness and child care services through YMCA memberships, approx. **45,000** times. A total of **3,686** day passes were sold.



ongoing Joint Memberships with the Lunenburg County Lifestyle Centre.



youth accessed the King Street Youth Centre, and **363** accessed the Liverpool YMCA Youth Centre

*No punch-cards, includes 1-month memberships, 2-week visitor pass
* All data collected reflects up until January 31st



members participated in Contactless Food Pick-up and delivery services (**26 total**) and (**57 total**) members participated in the Food Bank Delivery.

Since June of 2023, The YMCA of Southwest Nova Scotia supported individuals & families through \$40,000+ in Membership Assistance



times youth ages 12-24 accessed Y Our Safe Space



hours volunteered to help build strong communities



“With the help of the Y we can all Shine.”

THE YMCA OF SWNS is a charity Igniting the potential in people, helping them grow, lead, and give back to their communities. There is potential inside all of us. But obstacles can get in the way: fear, doubt, a lack of affordable housing, isolation, discrimination. The Y believes everyone has the skills and ability to achieve. Every obstacle can be met with support, positivity and guidance. Every single person is worthy of the opportunity to shine. And when each of us shines, the collective strength of an entire community can be realized.



“I am very happy to get my groceries delivered free through YMCA. I am almost 94 and live alone. I’ve been house-bound for 8 years and it’s hard living on a fixed income; so I appreciate someone picking up my groceries, plus delivery! On this day, the way the world has changed, it is nice to know there are people that work through the kindness of their heart!

Ps. The girls who deliver are so friendly and helpful!”

- Valerie Walker, Y Home Delivery participant

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This is a place where I can have fun, I belong, it’s interesting and I got to meet a lot of cool people through it ... I love the Y because it’s a safe space. It’s a place where I can come, not be afraid to be myself, because as an autistic person, you know, and especially for autistic females or girls, we make a lot ... there’s not really many chances where we can really be ourselves, but the Y gives me a place where I can feel I can be myself.”

- Youth Centre Program participant, age 15

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“In the past I've had times without food as there was no one who could take me to town to get groceries. All the people I have dealt with have been friendly, polite and helpful. Thank you for providing this much-needed and appreciated service.”

Communities we provide services



BAP (Before & After School Program, 4-12 years)

Our licensed school age program creates a fun, entertaining and educational experience for all children. This program provides interesting opportunities for science & math activities, drama, fitness, reading, games, and much more! Nutritious snacks provided.



Child Care (18mo - 5years, Full Day Program)

Our fully licensed Child Care Centre provides an emergent style and semi-structured play environment to meet the individual needs of the children.

AND

Child Mind (6mo - 10years, \$3.15/hour or included in membership)

Well-trained staff and volunteers will care for your child(ren) while you take some time to work on your health and fitness.



Youth Programs

Our FREE programs, thanks to our funding partners, include: Youth Outreach Program, Youth Leader Program, YMCA King Street YMCA Youth Centre, Y Our Safe Space - Empowering Youth, Liverpool YMCA Youth Centre, Youth Conditioning & Youth Basketball, Drop-In Street Hockey & Outdoor Basketball, YThrive, (offered at our Wellness Centre), Cook It Up! Shop, Cook & Learn, Food & Fun, It's Your Choice - Teen Dating & Peer to Peer Violence Intervention & Prevention Program.



YMCA Wellness Centre (11yrs +)

Offers a wide-range of fitness services to meet the needs of all its members - Fitness Centre, Live Well for people living with Chronic Diseases, Youth Programs, Drop-in Programs and Membership Assistance for those in financial need. We also offer joint-membership with the Lunenburg County Lifestyle Centre to access services at both facilities.



Immigrant Programs (Y Reach)

For YMCA SWNS, we are based in Lunenburg County and Digby. YREACH provides information, orientation and **settlement support** Immigrants and Temporary Foreign Workers and their families who are new to communities across the province of Nova Scotia.

Champlain Elementary School (BAP)

Clark Rutheford Elementary (BAP)

Digby County (YReach Settlement Services)

St. Mary's (BAP)

Greenwood YMCA (Child Care Centre)

Berwick YMCA (Child Care Centre)

Lawrencetown Consolidated School (BAP)

Pentz Elementary School (BAP)

Petite Riviere Elementary School (BAP)

Greenfield Elementary School (BAP)

Hillcrest Academy (BAP)

Newcombville Elementary (BAP)

West Northfield Elementary School (BAP)

Hebbsville Academy (BAP)

Lunenburg County YMCA (Health & Wellness Centre)

King Street YMCA Youth Centre (Youth Program)

Lunenburg County YMCA (Childcare Centre)

Y Our Safe Spaces - Empowering Youth (Drop-In Youth Support & Outreach Support)

Y Reach Settlement Services (YReach, Lunenburg Co.)

New Germany Communities (Drop-in Youth Program)

New Germany Elementary (BAP)

Liverpool YMCA Youth Centre (Drop-In Youth Program)

Liverpool YMCA Child Centre

North Queen Elementary School (BAP)

The obstacle:

Not all families in the Lunenburg County and Queens County areas have access to high-quality, inclusive, affordable Child Care needed.



The Y's response:

The YMCA of Southwest Nova Scotia wants to ensure families can easily access quality, affordable, flexible, and inclusive Early Learning and Child Care. That's our YMCA opened a new Childcare Centre in Liverpool, and an Infant Space in the Lunenburg County YMCA in Bridgewater.

The Y is among the child care providers that advocated for and opted into the Canada-Wide Early Learning and Child Care System, which will deliver child care fees of \$10-a-day by March 2026.

YOUTH LEADER PROGRAM

With funding generously donated by United Way Lunenburg County, aspiring youth volunteers are provided an opportunity to participate in leadership training, gain developmentally appropriate skills, learn to get along with and appreciate others, gain self-confidence, and volunteer with YMCA led youth programming and community events.

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Testimonial from Youth Leader age 14:

There's a lot of things I appreciate about the Y. For example, I appreciate that the YMCA is welcoming and open as it is... Anyone can be a leader if they, you know, want to. Youth leaders do so much to help around the community, and mostly just be a positive influence...I appreciate getting to go out and help people...around school, I've noticed that I've started to lead a little bit more...I've gotten a little more confident. I would most definitely recommend that others join the youth leader program. It is incredible to join this program, and get to talk to people, and...learning how to be a leader, learning new skills.

”



The obstacle:

At the YMCA we are challenged by lack of space, and to help make Camp happen for local families, we would require somewhere campers can use as a Homebase; somewhere in-between their outdoor adventures, for their meals, indoor play or to safely store their personal items.

The Y's response:

The YMCA of Southwest NS partnered with the NSCC Lunenburg Campus to give the gift of Camp by giving us access to two classrooms over the summer, as well as exclusive access to the NSCC Gymnasium.

We have a strong focus on supporting at least five Newcomer families in the Lunenburg County area, and 250 Newcomer children at camps across Atlantic Canada. We're working closely with our Newcomer Program Leaders to help remove any financial barriers for those new to Canada and our community.





Senior Management

- **Yvonne Smith**, CEO
- **Jennifer Keating-Hubley**, CFO
- **Kim Roy**, Childcare Manager
- **Samantha Green**, Centre Manager
- **Kim Whitman-Mansfield**, Youth Director
- **Leanna Tacda**, Childcare Director
- **Bronte' James**, Director of Funds Development & Community Relations
- **Carol-Ann McLain**, Finance Clerk
- **Karen Jodrey**, BAP Coordinator
- **Samir Upadhyay**, YREACH Settlement Staff
- **Joy Chiekwe**, Clinical Exercise Physiologist
- **Bayleigh Mansfield**, Childcare Director Liverpool YMCA Childcare Centre
- **Samantha Taylor**, Childcare Director, Berwick YMCA Childcare Centre & Greenwood YMCA Childcare Centre
- **Lee Ryerson**, Assistant Childcare Director, Greenwood YMCA Childcare Centre
- **Michelle Cashen**, Assistant Childcare Director, Berwick YMCA Childcare Centre
- **Maddi Dobie**, BAP Coordinator
- **Megan Beliveau**, Assistant Youth Director
- **Bernice Williams**, Womens Entrepreneurship Coordinator

2022-2023

Board of Directors

- Lawrence Garner
- Janice Rahme
- Jordan Armstrong
- Lynn Wagner
- Elspeth McLean-Wile
- John Wright
- Alan McMullin
- Ken Bucholz
- Mark Kaiser

Financial Statements

Statement of Financial Position As of December 31st, 2023 (in thousands of dollars)

	Lunenburg Operating Fund	Lunenburg Building Fund	Fundy Legacy Fund	Greenwood Operating Fund	Berwick Operating Fund	Liverpool Operating Fund	2023	2022
ASSETS								
CURRENT								
Cash	\$327,861	\$ -	\$ -	\$ -	\$ -	\$ -	\$327,861	\$451,997
Cash held in trust	-	-	-	-	-	-	-	68,656
Short-term investments (note 4)	900,000	50,000	-	-	-	-	950,000	654,862
Accounts receivable (note 5)	245,019	-	-	8,876	35,000	-	288,895	144,474
Prepaid expenses	2,075	-	-	-	-	-	2,075	6,927
	1,474,955	50,000	-	8,876	35,000	-	1,568,831	1,326,916
RESTRICTED CASH	-	4,860	79,120	-	-	-	83,980	80,354
PROPERTY AND EQUIPMENT (note 6)	278,830	-	29,135	52,166	121,361	-	481,492	158,130
	\$1,753,785	\$54,860	\$108,255	\$61,042	\$156,361	\$ -	\$2,134,303	\$1,565,400
							2023	2022
LIABILITIES AND NET ASSETS								
CURRENT LIABILITIES								
Accounts payable and accrued liabilities (note 7)	\$198,459	\$ -	\$ -	\$ -	\$ -	\$ -	\$198,459	\$125,045
Government remittances payable	103,214	-	-	-	-	-	103,214	85,737
Deferred revenue (note 9)	21,855	-	-	-	-	-	21,855	21,078
Deferred contributions (note 10)	383,681	-	-	26,086	16,120	5,200	431,087	303,560
Current portion of long-term debt (note 12)	-	-	-	-	-	-	-	40,000
	707,209	-	-	26,086	16,120	5,200	754,615	575,420
DEFERRED CAPITAL CONTRIBUTIONS (note 11)	205,065	-	28,359	-	118,496	-	351,920	64,425
Total liabilities	912,274	-	28,359	26,086	134,616	5,200	1,106,535	639,845

YMCA OF SOUTHWEST NOVA SCOTIA

STATEMENT OF FINANCIAL POSITION AS AT DECEMBER 31, 2023 (continued)

	Lunenburg Operating Fund	Lunenburg Building Fund	Fundy Legacy Fund	Greenwood Operating Fund	Berwick Operating Fund	Liverpool Operating Fund	2023	2022
NET ASSETS								
Unrestricted	767,746	50,000	-	(17,210)	18,880	(5,200)	814,216	751,496
Internally restricted (note 13)	-	4,860	79,120	-	-	-	83,980	80,354
Invested in capital assets	73,765	-	776	52,166	2,865	-	129,572	93,705
	841,511	54,860	79,896	34,956	21,745	(5,200)	1,027,768	925,555
	\$1,753,785	\$54,860	\$108,255	\$61,042	\$156,361	\$ -	\$2,134,303	\$1,565,400

Commitments (note 14)



Our Mission

The YMCA of Southwest Nova Scotia is a charity that ignites the potential in people, helping them grow, lead and give back to their communities.

Our Mission

Vibrant communities where everyone can shine.

Our Values

Inclusiveness, Integrity, Kindness, Optimism, Respect, Well-Being.

Connect with us:

 @LunenburgCountyYMCA

 @ymcalunenburg

ymcasouthwestns.ca/donate

ymcasouthwestns.ca/Governance

YMCA of Southwest Nova Scotia

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