

Y CARE INTERNATIONAL



**Impact Report
2018-19**

YMCA

► Welcome



The extent of youth under- and unemployment globally, particularly among young women, is at international crisis levels.

We have responded by strengthening our distinctive focus on livelihoods among the most disadvantaged young people in the poorest parts of the world.

At the request of the World Alliance of YMCAs we are facilitating a new initiative to increase the movement's global impact in youth enterprise and employment: 'Y Livelihoods'.

This collaborative platform of partners and practitioners will draw on the experience of the global movement of which we are a part. It is the backbone of Y Care International's contribution as we work together to create one million opportunities for decent work by 2030.

This will always be a shared endeavour: working in partnership remains a cornerstone at Y Care.

We have also taken difficult decisions to assure the success of this venture - streamlining our staff team and working methods - while continuing to support some 60,000 young people last year through 16 partner projects across 12 countries.

With the support of Yale Divinity School we are finding new ways of articulating the inclusive basis of the Christian faith that underpins the change we seek to effect.

This change is a noble endeavour: working towards a more just world, free from poverty, where every young person can fulfil their potential and realise their rights. If you are already part of it, thank you for your trust and commitment in us. If you have not yet had the opportunity to do so, please join us!

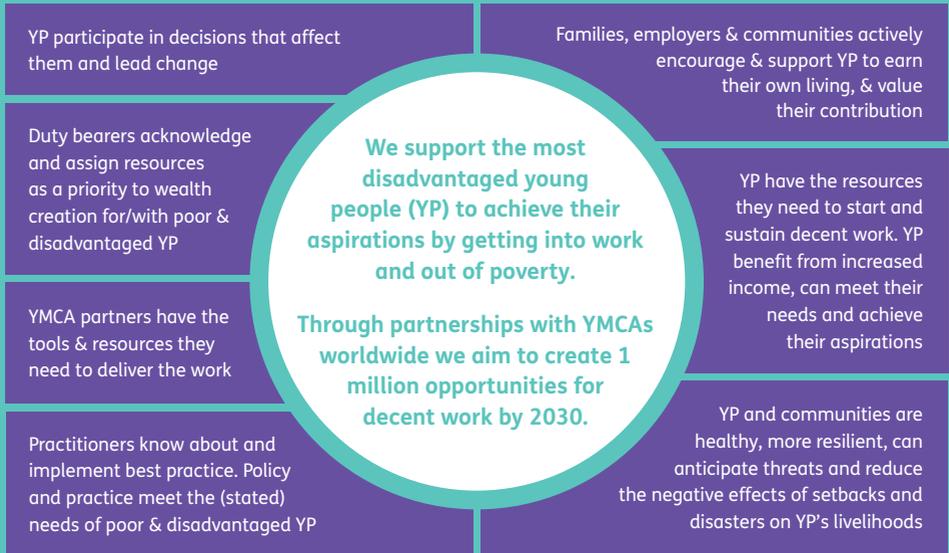
Leigh Daynes, CEO
David French, Chair

► What we do

Outcomes

Goal

Outcomes



Through partnerships with YMCAs and other grassroots youth-focussed organisations we equip some of the world's most disadvantaged young women and men to move into work and out of poverty.

Our Vision

A more just world where every young person can transform their own and others' lives by earning a decent living.

Our Mission

We support the most disadvantaged young people to achieve their aspirations by getting into work and out of poverty. Through partnerships with YMCAs worldwide we aim to create 1 million opportunities for decent work by 2030.

Our Values

Collaborative - Together with our partners we seek to facilitate a global community of practice that harnesses the skills, resources and evidence needed to work at scale.

Expert - We catalyse and deploy expertise to ensure practical, needs-led and rights-based solutions are delivered effectively and efficiently.

Inclusive - We actively challenge stigma and discrimination because every young person has the right to fulfil their potential and contribute fully to society.

Bold - Young women and men inspire us to go further, faster. We believe in the power and potential of all young people to be agents of change in their own and others' development.

► Our overall impact



WE WORKED IN 12 COUNTRIES

LIBERIA, SENEGAL, SIERRA LEONE, TOGO,
MADAGASCAR, ZAMBIA, MYANMAR, COLOMBIA,
NICARAGUA, OCCUPIED PALESTINIAN TERRITORY
(OPT), PAKISTAN AND BANGLADESH



60,283 PEOPLE

NEARLY HALF OF WHOM
WERE YOUNG WOMEN
BENEFITED FROM OUR
PROGRAMMES



WE DELIVERED 16 PROJECTS
THAT HELPED VULNERABLE
YOUNG WOMEN AND MEN
TACKLE INEQUALITY
AND INJUSTICE AND
SUPPORTED THEM INTO
BUSINESS AND
DECENT WORK,
AND OUT OF POVERTY



5,844
YOUNG PEOPLE
GAINED MARKET
RELEVANT SKILLS
AND LIFE SKILLS



4,129 YOUNG PEOPLE
ACCESSED RESOURCES
(FINANCIAL AND
PHYSICAL ASSETS
INCLUDING TECHNOLOGY)

3,047 YOUNG PEOPLE SECURED
EMPLOYMENT OR ESTABLISHED
THEIR OWN SMALL BUSINESS

3,595 YOUNG PEOPLE
INCREASED
THEIR INCOME

3,899 YOUNG PEOPLE
REPORTED IMPROVED
WELLBEING AND CONFIDENCE

916 YOUNG PEER EDUCATORS DELIVERED
AWARENESS AND EDUCATION MESSAGES
ON HEALTH AND SANITATION, REACHING
44,115 PEOPLE IN THEIR COMMUNITIES



1,185 YOUNG PEOPLE
IN RURAL COMMUNITIES
TRAINED IN CLIMATE RESILIENT
AGRICULTURAL TECHNIQUES



8,765 COMMUNITY MEMBERS
RECEIVED TRAINING
ON DISASTER RISK REDUCTION



21,968 YOUNG PEOPLE
ARE NOW ACTIVELY USING THEIR VOICE
TO INFLUENCE CHANGE IN THEIR COMMUNITIES

£££

Evaluations continue
to show young people's
income increases around
3 times once they have
been in employment
or enterprise for
3 to 6 months

“My income has increased 10 times. Before I could not buy anything for myself, now I have been able to build a house for my family.” Anja, 21, Madagascar

“Before the project we didn't take advantage of our land as we thought it was too small but we've learned that we can grow a lot. With the products that we make from our crops, we can teach our children and they can teach theirs. We really are feeding the next generation.” Anna, 24, Nicaragua

► Our Approach

Locally-led and locally-relevant

We work exclusively with and through partner organisations in countries across the Global South, with a focus on sub-Saharan Africa.

The organisations we partner with are rooted in their communities

They have long-standing relationships with young people, community members and other stakeholders, and are owned and run by local people.

The YMCA movement

As part of the largest global movement for youth leadership and empowerment, we have connections and influence with a wide network of youth-serving organisations around the world. We believe that working in partnership adds significant value in delivering our mission. These relationships enable us to connect the most critical issues facing young people in their contexts to wider advocacy and influencing goals.

Working in partnership

We design, deliver and evaluate interventions that seek to deliver the best results for disadvantaged young women and men. We act as a technical knowledge hub for collating and sharing results and learning about what works well for young people in enterprise and employment programming. We use our learning and evidence to replicate good practice through programme design and influencing.

Our commitment

We are committed to strengthening communities and support our local youth-focused partner organisations to build their social relevance and sustainability.



We also collaborate with a wide range of organisations and stakeholders with expertise or interest in youth enterprise and employability to develop scope for innovation, investment and impact at scale.

Our Global Partners

14 YMCAs

Togo, Liberia, Sierra Leone, Senegal, Madagascar, Zambia, Zimbabwe, South Africa, Myanmar, Guatemala, Bogota (Colombia), Nicaragua, Bangladesh, East Jerusalem (Occupied Palestinian Territory).

3 YWCAs

Bangladesh, Palestine, Zambia.

11 other partner organisations including:

IDEJEN (Haiti), Community World Service Asia (Pakistan), CODOHSAPA (Sierra Leone), Women and Law in Southern Africa (Zambia), Slum/Shack Dwellers International (SDI), On Our Radar, Computer Aid International, Global Youth Network for Empowerment and Development (Sierra Leone), Sensi Tech Hub (Sierra Leone), A Call to Business (Sierra Leone), Restless Development (UK Aid Connect consortium lead).

► Growing Women's Entrepreneurship

We aim to strike a balance between reaching an equal number of young women and men in our programmes. However, in prioritising work with the most vulnerable, much of our work is with young women and girls who all too often are left behind.

In 2018-19, young women and girls made up more than half of our programme reach. The gender split of our impact varied between regions with Asia and the Middle East being the highest with women's economic empowerment interventions in Pakistan and Occupied Palestinian Territory, followed by Latin America where nearly three quarters of our project participants are young women.

Many young people in rural villages, particularly women, are not provided with the training they need to access business markets. We are enabling young women like Amerah in Palestine to fulfil their potential and improve their employment opportunities, in turn offering them greater economic and social independence.



“In the West Bank and Gaza, we are prisoners of geography, conflict and politics. Blockades restrict our movement making it hard to work, earn a living, visit family and live a truly free life. Security forces on all sides affect where we can go, what we can do, and what we can say. There is no place of safety. No sense of freedom.

“At any moment the electricity or water supply can be cut off without warning. Food supplies are intermittent. Young people make up almost one-third of the population here but almost half of us are unemployed. Many of us feel alienated because we have so little say in our lives. Recently, a youth movement called ‘We want to live’ was ruthlessly shut down by our own Palestinian security forces. Sometimes it’s difficult to have hope.

“Young women in particular can face isolation and exclusion. Many are still often caught in a patriarchal culture where women are expected to stay at home and out of work to raise their children. However, with your help, it’s now part of my job to help change that.”

► Meet Amerah

With your support Y Care has helped YWCA Palestine train 38 business graduates of Bethlehem University, mostly young women, as Business Coaches. Amerah was one of the first to complete this life-changing training.

“Using our skills in marketing, manufacturing, and logistics we now mentor local women who own their own businesses. This project is the first of its kind in Palestine. Now over 210 local female honey producers, sheep farmers, grape-growers, hairdressers and fashion store owners are accessing new markets, improving their finances and increasing profits. It’s expertise they would never have been able to call on otherwise. In return, these remarkable business owners have helped graduates like me gain invaluable experience. Being a business coach builds our confidence and gives us hope for the future.

“It’s been a real turning point in my life. The women we work with have built their businesses with love and with passion, despite living under occupation and in a male-dominated society. With our help they can earn a decent living, assert

their independence in their family and live with dignity. We’re not just getting people into work. We’re challenging stigma, stereotypes and discrimination.”



“Working with young women and building their confidence and self-esteem gives me a positive energy to do even more.” Amerah, 24

► Youth at Work

Building Economic Opportunities for Youth in Slum Communities



Globally, 85 per cent of the world's young people live in developing countries; an ever-increasing number are growing up in cities.

All over the world, young people are finding it increasingly difficult to break into the labour market. Youth make up one quarter of the global working age population but disproportionately account for almost half (43.7%) of unemployed people. This means that almost every other jobless person in the world is between the age of 15 and 24. Their exclusion from the economic, political and social life of their communities breeds disillusionment, hopelessness and upheaval.

Urgent action is required to achieve economic empowerment and prosperity for young people. Although evidence shows that governments and cities are making efforts to tackle youth poverty and improve young engagement in governance, resources to undertake such interventions are very limited.

Project spotlight:

Our programmes focused on empowering young slum dwellers in some of the most densely populated communities in Sierra Leone and Liberia in partnership with local YMCAs, reaching 18,760 young people.

The benefits for young people like George from West Point, Liberia are multiple:

- Apprenticeship and technical skills training
- Entrepreneurship and self-confidence development
- Leadership and life skills training
- Post-training support
- Financial support to establish community savings and credit groups
- Advocacy training to help young people facilitate improvements in their communities

And for the wider community, together we are:

- Strengthening the capacity of local organisations to participate in slum upgrading initiatives
- Establishing small grant schemes for community development initiatives
- Improving access to water and sanitation through new latrines and water points
- Raising health and hygiene awareness
- Building the capacity of communities to prepare for natural disasters

91 per cent of the young men and women trained in technical apprenticeships in West Africa are employed, self-employed, on contract or continue their training. As a result they can contribute to improving their own and their families' livelihoods and are more confident, healthier and happier in themselves.

► Meet George

“I was dependent on my family before the project, but I am now a breadwinner and I am saving for my future through the YMCA saving group ‘something for something’”.

“I live in my father’s house in West Point, Liberia but I support myself. I am a junior student at the University of Liberia. I got to know about the Y Care International project from my friends in the community.

“Thanks to YMCA Liberia I trained to become a plumber at the Salvation Army technical and vocational institution. The skills are helping me earn money and gain independence. I have also become involved in the peer education aspect of the project and I am now a peer educator in my community. Thanks to the training I am now a bold person and I am using my skills to talk to people about the importance of health and hygiene, water and waste management.

“Through the livelihood training I was fortunate to form part of a group who renovated the bath house and I was also part of those who worked on installing tap stands in West Point.

“Before the project I was doing nothing. The project has created a platform for me to learn skills that have changed and transformed my life positively. My biggest change is that the project enabled me to enrol at the University of Liberia through the monthly stipend we received. Secondly, I am grateful to the YMCA because I am able to contribute meaningfully to any situation or circumstances affecting my family and community. Moreover, I am able to contribute financially to friends and family.”



► Investing in the Future

Creating Climate Resilient Jobs

Year after year, disadvantaged young people struggle to cope with the increasing frequency and ferocity of natural disasters and humanitarian emergencies.



By investing in building young people's resilience to deal with and recover from unexpected setbacks we enable them to restore their livelihoods quickly, maintain their dignity and rebuild their lives.

Emergency support is actively built into all community projects, equipping young people with the skills, resources and resilience to protect and support themselves, their families and communities.

We offer a spectrum of programmes tailored to specific local needs – for example, training in health and hygiene techniques so that young people can respond to family health emergencies, or in preparing practical disaster risk reduction plans to anticipate, prepare for and respond to natural disasters like floods or earthquakes.

In Nicaragua we worked with the YMCA to support young people living in rural communities to future proof their livelihoods'.

Young people are learning how to improve their agricultural skills through training in areas such as water management, risk assessment, sustainable farming and adaptation to climate change. We are facilitating irrigation systems, establishing two community seed banks, and installing rain gauges. Young people are being trained in data collection, analysis and application so that they can better prepare for the risks posed by climate change.

They are also working within their communities and learning how to develop a disaster risk action plan to ensure that communities are resilient and prepared to withstand disaster risks.

► Meet Francel

“I’m Francel Ruiz and I’m a young entrepreneur. I come from a very humble and hardworking family dedicated to agriculture, with great economic limitations, but over the years we improved our quality of life a little.



“Currently, I am on the third year of the agronomic engineering career at the National Agrarian University. I have always liked agriculture. When I was 18, I participated in an agricultural entrepreneurs’ workshop where I learned about the experience of many agricultural producers and that made me venture into that business.

“In 2017, with financial support from my parents I purchased 10 beehives and materials for my honey bee apiaries. The beginning was difficult, because of the inexperience. In 2018, I met YMCA Nicaragua and got involved in a project, “Strengthening Resilience and Livelihoods in Nicaragua”, through which they support

business initiatives. I have been trained in rural entrepreneurship and elaborated my business plans. I am part of the community saving and loan group and I am also part of the project’s Steering Committee. Previously, I sold honey to a local cooperative in Boaco. Through my participation in the project, I had developed a label and packaging and I am now selling my own labelled honey in the municipal fairs in Boaco.

“Being part of the YMCA Nicaragua project has been an extraordinary experience and I will continue working to support my community and contribute to meet their basic needs. We have understood that organisation is important for the development of our community.”

► Challenging stigma and creating a safe working environment

We want families, employers and communities to actively encourage and support young people to earn their own living safely and value their contribution.



We do this by challenging negative attitudes among families, employers and communities that prevent young people achieving their aspiration to earn a decent living. We challenge stigma and discrimination and actively promote equality and inclusion.

In partnership with YWCA Zambia we are empowering young female slum dwellers to tackle gender based violence (GBV) in two of Lusaka slums (Linda and George compounds). This project targets both young women who are survivors of and are vulnerable to GBV, and young men who are perpetrators or at risk of becoming perpetrators. Young people are given space to come together to discuss issues, build confidence and broaden their knowledge of GBV and HIV so that they can make informed decisions. Training and mentoring is given in life skills and business skills to help participants become economically independent. Legal training is also provided to local volunteers so that they can offer community support.

We are also working with young men and women in slum areas on two projects to improve life conditions and opportunities for young people. Through our “Karate for a Better Life” initiative, young men and women in Kalingalinga and Lusaka – including many who have dropped out of school – are learning karate as a means of self-expression and discipline. Martial arts are a proven ancient method for developing mind, body and spirit. Those who learn these techniques can benefit in several areas of life. Participants are also receiving training in business and life skills.

In partnership with YWCA Bangladesh we are helping young men and women lead healthier lives and access better economic opportunities in four districts in Bangladesh. The project supports nearly 5,000 young men and women to make positive and informed choices about their sexual and reproductive health, empowering women to delay first pregnancies and take longer breaks in between births. The project is also supporting young women like Mousumi to become active advocates for change in their communities.

► Meet Mousumi

“I am 22 years old and live in Cumilla. I am a very active member of the advocacy group at Cumilla YWCA, being very vibrant, brave and vocal. In the beginning of the project I was not like that. I was introvert and shy. Now I am well known to all in my community for my incredible initiatives about violence against women and corruption.

“For managing my pocket money and study related expenses, I am involved with a private school in my locality as a teacher. I joined without any appointment letter or written contract/agreement that normally the School Authority should provide. I tried to request the School Authority to provide an appointment letter or written contract/agreement but they didn’t do that.

“Then one day, I noticed that this school runs illegally and the school does not have any registration from government. After that, I went to the school Principle along with other colleagues and tried to make him understand that they should get registered for the wellbeing of students. Instead of paying attention to our request, the Principle released us from our responsibilities. When I asked the reason for dismissing us the Principle did not answer my question. The School Authority felt threatened by me raising my voice against such corruption.

“Then I wrote an application to the Counselor and government officers to inform them about this injustice and corruption. The Government authority has taken it very seriously and took the



necessary steps against the School Authority. The Counselor and the Executive Officer appreciated my courageous action. I told them that I could not be so brave and bold without the training on rights that I received from the YWCA.

“The School Authority wanted me to continue the job but at this moment I am unemployed.

“As an advocacy group member, I developed linkages with local decision makers as well. I have learned how and from where I can get help and legal aid support. This information, knowledge and links are the strength that helped me to fight against corruption. Thank you YWCA and Y Care for helping me find my voice and make it worthy to be heard by others. In the future I want to be a lawyer so I can serve and raise my voice for vulnerable and helpless women.”

► Thank you



“We, at Y Care, are incredibly grateful for your support. You, our donors, are intrinsic to who we are – and I remain humbled by that as well as hopeful for what we can achieve together. Thank you.”

Terry Waite CBE, President & Co-Founder
– Y Care International



“It’s easy to think we can do nothing about extreme poverty. But we can, if we equip young people with skills to support themselves. Growing up in West Africa, and working more recently in South Africa, I have seen first-hand the struggles facing young people who want nothing more than a chance to succeed. Y Care International provides this opportunity, by equipping them with skills to secure a job or develop a business.”

Lord Paul Boateng, presenting a
BBC Radio 4 Appeal for Y Care International
on Easter Sunday 2018

Institutional Supporters

Big Lottery Fund
Comic Relief
Department for International
Development (DFID)
European Commission
Guernsey Overseas Aid Commission

Major Supporters

Fresh Leaf Charitable Foundation
Genesis Charitable Trust
Medicor Foundation
Stiftung Drittes Millennium
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Charitable Settlement
Thoolen Foundation
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Westcroft Trust

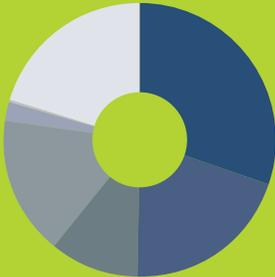
YMCA Support

Cardiff YMCA
Dulverton Group YMCA
German YMCA
National Council of YMCAs of India
One YMCA
World Alliance of YMCAs
Y’s Men International
YMCA England & Wales
YMCA Ireland
YMCA Leeds
YMCA Porthcawl
YMCA Scotland
YMCA Tollcross

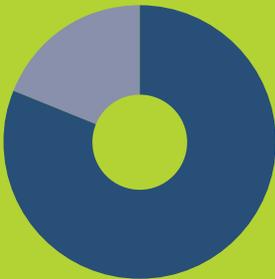
Corporate

Conrad Capital
Deloitte Southeast Asia
KKR & Co L.P.
Minerva Search
Sidley Austin LLP
United Bank of Switzerland (UBS)

► Financial summary



Income	£'000	%
● Institutional Grants	827	30.3%
● Individual Giving	552	20.2%
● Legacies	287	10.5%
● Trust, foundation & companies	446	16.3%
● Local YMCAs and other groups	63	2.3%
● Emergency appeals & other income	7	0.3%
● International Citizenship Service	550	20.1%
Total Income	2733	100.0%



Expenditure	£'000	%
● Charitable Activities	2602	81.2%
● Fundraising	602	18.8%
Total Expenditure	3204	100.0%

Income

Total income was £2.7 million, a decrease of 50 per cent from the previous year attributable largely to the planned end of the International Citizen Service (ICS) in September 2018.

Restricted income for YCI's development programmes was £1.3 million and unrestricted income was £1.4 million in the year. Whilst unrestricted individual and legacy income remained at approximately the same level the closure of the ICS programme resulted in reduced contract income from £2.2 million to £0.6 million from the UK Department for International Development.

Whilst fundraising conditions were challenging during the year under review the organisation remains stable, having an

unrestricted reserve of £1.3 million at 31st March 2019.

We are very grateful to all our supporters for their commitment to our work throughout the year.

Expenditure

Total spending was £3.2 million.

Of our expenditure, 81 per cent went on our charitable activities; of this, 92 per cent was spent on our core international programmes and managing well the closure of our youth volunteering programme (ICS). The remaining 8 per cent was invested in advocacy and communications. 19 per cent of expenditure was invested in ensuring our charity is a well-managed, responsible and financially sustainable organisation.

Y CARE INTERNATIONAL

**Support young people
into work and out of
poverty today**

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September 2019.

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