



HERE FOR GOOD

TODAY • TOMORROW • TOGETHER

YMCA ALLIANCE OF NORTHERN NEW ENGLAND
2023 NEW HAMPSHIRE COMMUNITY IMPACT REPORT

TOTAL YMCAS IN
NEW HAMPSHIRE

8



TOTAL YMCA BRANCHES
& CAMPS

26



TOTAL MEMBERS

95,400



TOTAL EMPLOYEES

1,200



TOTAL VOLUNTEERS &
DONORS

16,400



TOTAL FINANCIAL
ASSISTANCE PROVIDED TO
FAMILIES

\$2M



OUR MISSION

To support collaboration amongst the YMCAs and community partners in Maine, New Hampshire, and Vermont to increase our impact and advocate for positive change in our communities.

OUR PRIORITIES

- Youth Development
- Chronic Disease Prevention
- Mental Health
- Hunger Relief



YOUTH DEVELOPMENT

TOTAL CHILDREN IN EARLY CHILDHOOD EDUCATION

1,500



TOTAL CHILDREN IN BEFORE/AFTER SCHOOL CARE

3,200



TOTAL CHILDREN IN DAY CAMP

8,100



TOTAL CHILDREN IN OVERNIGHT CAMP

10,000



The YMCA provides children with safe, nurturing and enriching care, and is a critical component of the state's infrastructure to support working parents and our economy.

TOTAL CHILDREN IN SWIM LESSONS

8,900



SUPPORTING WORKING FAMILIES

Freedom, a small rural town in Carroll County, was struggling with the absence of quality, affordable after school care. YMCA Camp Huckins recognized the importance of this need and partnered with the school district to secure funding and design a program that would provide a safe and fun environment for local students of working parents. The result was overwhelming gratitude from parents, guardians, and school administrators who benefited from this vital service to fill a community need.



CHRONIC DISEASE PREVENTION

TOTAL SERVED IN EVIDENCE-BASED HEALTH PROGRAMS*

350



*PROGRAMS OFFERED

- ▶ BLOOD PRESSURE SELF-MONITORING
- ▶ DIABETES PREVENTION
- ▶ FALLS PREVENTION
- ▶ LIVESTRONG



MANAGING DIABETES

The Granite YMCA's Diabetes Self-Management Education Support Program recently received accreditation from the Association of Diabetes Care & Education Specialists. Accreditation processes help ensure that programs offer quality education. Diabetes education is a collaborative program through which people with diabetes gain the knowledge and skills needed to modify behavior and successfully manage the disease and its related conditions.

MENTAL HEALTH

TOTAL Y STAFF TRAINED IN MENTAL HEALTH FIRST AID

100



WHOLE PERSON WELLNESS

The YMCA of Greater Nashua opened its Well-Being Center earlier this year and has partnered with wellness practitioners and other social service agencies to offer a variety of programs, services and seminars to expand offerings addressing spirit, mind and body. The Y is not just a place for physical wellness, it's where whole-person wellness is addressed. Learn more here.



HUNGER RELIEF

TOTAL MEALS & SNACKS PROVIDED

446,000



TOTAL CHILDREN SERVED MEALS & SNACKS

11,250



PARTNERING FOR A PURPOSE

The Southern District YMCA, serving 15 communities in the southern coastal region of NH, created a healthy snack station program to feed local teens throughout the year. In partnership with the Community Fridge, a local grassroots mutual aid organization, the Y is also able to help alleviate food insecurity in the community with 24-hour access to a fridge on site. Y-led cooking programs help create awareness and alleviate the need by feeding participants and also filling the fridge.





THANKS TO OUR PARTNERS



Member FDIC



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