



ENPOWER/NG

KOD-HOO!

SOCIAL

A message from the President

The YMCA's vision is to foster healthier, happier communities through encouraging Healthy Living, Empowering Young People and creating positive Social Impact. We are committed to reaching out to those in our communities who are suffering hardship in an effort to help make their lives better.

In addition to assisting marginalised and 'at risk' young people make a better start to their lives, we also aim to address the wider issues of improving general community health and well-being. In doing so, we do not seek to replicate. Instead we strive to identify gaps in areas of need in an effort to ensure nobody falls through the cracks.

Some of our programs are literally life-changing. Providing safe and affordable housing, feeding people in need, and supporting the long-term educational needs of youth are all vitally important

Every year, YMCA staff perform outstanding work to change the lives of children, young people and the community as a whole. We continually raise standards, as evidenced by our ongoing commitment to comprehensive child protection training and the continuous upgrade of facilities

I would like to sincerely thank all who have helped us over the past year, especially our dedicated staff, volunteers and fellow board members. Additionally we are indeed indebted to our sponsors, donors and partner organisations all of which are instrumental in helping deliver all of the above.

We look forward to the YMCA continuing to enhance its role in creating healthier, happier communities and helping all Australians to reach their full potential

A message from the CEO

It has again been a year of growth and challenges. Whilst economic conditions remain mixed, we have been fortunate to still fulfil many of our We continue to make excellent progress in increasing our reach through a considerable expansion of services. We now support communities we continue to make excellent progress in increasing our reach through a considerable expansion or services, we now support communities in over 130 locations across Queensland, and last year alone had over 2 million visits to our YMCA centres and activities! Some of the notable

 Finally settling our Land Court case, which allows us to intensify events this year include: the search for a suitable alternative site on the north side of Being awarded management of the Warwick Indoor Recreation Completing major refurbishments at Camp Warrawee and the and Aquatic Centre. George Williams Hotel in order to maintain the high standards Commencing new YMCA OSHC operations at Darling Heights, Gumdale, Warrigal Road and Musgrave Hill expected by our customers Celebrating our 150th anniversary in August with a huge Gala ball Establishing the third campus of our Vocational School in Ipswich and numerous events across our organisation Significantly expanding the reach of our Breakfast Club program, now delivering free breakfasts in over 70 schools primarily in the Logan and Ipswich regions. Adopting the new YMCA Branding guidelines which helps to refresh our look and ensure our Mission, Vision and Values are

We continue to focus on creating safer environments and programs for children. Our staff have undergone intensive child protection training and a raft of new policies and procedures have been put in place to ensure we meet the physical, I sincerely thank all of our staff, volunteers and Directors for their continued passion, commitment and dedication to achieving the YMCA Mission. I am extremely proud of the way our teams have responded to challenges and adversity, and we see enormous potential and opportunity on the horizon. We look forward to the YMCA continuing to enhance its role in creating healthier,

happier communities and helping all Australians to reach their full potential.





Ian Smyllie PRESIDENT

HEALPH

HEALTH AND FITNESS CENTRES!



MOTIVATED PEOPLE GOT THEIR HEARTS PUMPING WITH

We believe everyone should have equal access to health & fitness activities.

We seek to cultivate the happiness that comes from feeling fit and healthy and being a valued part of a positive community.

The Story about Liz ||||||||

Having been through many traumas in her life we began training Liz a couple of years ago.

As an anorexic and self-harming mother of a seven year old boy, Liz was admitted to a supportive facility weighing approx 45kg. With the permission of her treating doctor Liz was allowed to attend the YMCA at Bowen Hills for her PT sessions and boxing class every week where we have focused on building her strength, selfesteem and confidence.

After three months she was then discharged and has now stabilised at a healthy weight (57kg) and continues to focus on strength training and boxing with her personal trainer Paula Russell - and thus improving her confidence and overall guality of life for a much brighter future for her and her son.

327,020+ VISITS TO OUR GYMS

Seniors are getting fit in the Far North! The innovative and highly successful

Off Your Rocker

patrons are becoming very fit. These enthusiastic members say we are adding 5-10 years to their lives. "These guys are like teenagers again," says Centre Manager Deb Mills. "We are giving them back their fitness, their strength and their health. The program grows every week, these guys have also lost weight, many 5 to 10 kilos since they started."

Word is spreading fast that the 'Y' is doing great things for the seniors of our community.

I love coming to your gym. The friendly, caring and supportive atmosphere along with your dedicated staff is what brings me back each day!

I anxiously joined the YMCA a year ago wanting to lose some more weight. I had already lost 40kg so this wasn't the start of my journey. In my time so far at YMCA Victoria Point I have attended classes, participated in bootcamp, completed a number of rounds of Dietflex and committed to a number of PT sessions each week for the entire year.

Not only have I lost another 10kg and become fitter than I ever have been before. I have developed a confidence and belief in myself that was non-existent this time last year.

Off Your Rocker program is taking Cairns by storm! It's now the largest senior specific program in Cairns offering a group fit / multi sports style program. Sometimes the gym has more seniors in it than mainstream patrons! Our Off Your Rocker





123.3 VISITS TO OUR GROUP FITNESS **CLASSES!**

Not only do our six gymnastic centres provide fantastic opportunities for our kids to learn new skills, we also reach out to families who are struggling, to ensure their kids don't miss out on the opportunities that we offer.

Cymnastics

Gymnastics increases core strength and flexibility to enhance participation in other sports. It's great for kids' confidence and helps to improve their focus at school!

FRIENDLY GYM CENTRES

One of our most beloved members at **YMCA** Victoria Point is the beautiful Brooklyn Curry.

We have seen four year old Brooklyn become the face of Swimathon and had the privilege to watch her grow and develop both in the water and personally over the last twelve months.

Brooklyn now has two swimming lessons a week with her dedicated teacher Robyn Somers, and is seeing better results in her mobility, flexibility, and gross and fine motor skills.

3 AQUATIC -



AT NATIONAL LEVEL

Did you know that we are the

Biggest Gymnastics Provider in QLD

69 GYMNASTS COMPETED AT STATE LEVEL

16



Thousands of people splashed out for the YMCA Swimathon on Sunday 2 March, raising more than \$336,000 across Australia to support people with disabilities to learn to swim and enjoy the water safely.

These funds will be used to support various local initiatives, including:

- Enrolling thousands of people into swimming lessons
- Installing disability-access equipment
- + Up-skilling swim instructors

40,000+ VISITS MADE BY

CHILDREN AND ADULTS

taking the plunge at one of our swimming lessons!

CANPING

Our beautiful YMCA camp sites cater to a range of guests including primary, secondary and international schools, community groups and university outreach programs. Our guests enjoy our range of facilities, the fantastic locations on the North Pine River and Leslie Dam and a variety of outdoor recreation services. Our camps continue to inspire and challenge guests through exciting adventure programs.

9,481 STUDENTS visited our camps

In the past year we have seen a number of improvement projects take place at Camp Warrawee including a \$200,000 upgrade of the 25 metre swimming pool, refurbishment of some of our accommodation cabins and replacement of all the beds and mattresses.

Camp Warrawee also operated ten weeks of Vacation Care providing local children aged 6 - 13 years with adventurebased vacation care during the school holidays.

With more than 65 years of history in providing camping experiences for children and young people, the YMCA has developed a unique approach that we offer to families and schools through four distinctively different YMCA camps in Brisbane (Camp Warrawee, Camp North Pine and Camp Bundalong)

and Warwick (Camp Leslie Dam).



Camping is about

being challenged

and inspired

through

adventure!

RETURN TO WARRAWEE DAY

An enthusiastic group of old boys and staff turned out to celebrate the 65th Anniversary of Camp Warrawee on 19th September. We heard some interesting stories from the "old days" and learnt more about what went on at camp last century!







Old Petrie Town has had a great year with an increase of weddings booked and a new Manager on board to help bring a whole new vision and energy to the precinct. It continues to be a popular weekend spot for locals and visitors from interstate.



The G20 Leaders' Summit enabled us to showcase the George Williams Hotel. Our flexibility and willingness to adapt to our client's needs was well recognised and commended by house guests.



325 on George continues to be a popular venue for office workers in our local precinct and a complimentary dining venue for the George Williams Hotel. In October 2014 we launched our mobile coffee cart at the front of the restaurant. It has been a successful initiative with customers enjoying our partnership with Di Bella Coffee as our new supplier.



The last year has been another successful one for the **George** Williams Hotel due in part to the hotel's central location together with its growing reputation as Brisbane's best value 31/2 star CBD hotel.







The YMCA takes its commitment to the safety of children and young people extremely seriously. An audit of our Safeguarding Children policies and practices took place in June 2014 with full accreditation being aranted in October.

The accreditation program undertaken through the Australian Childhood Foundation looks at seven key standards.

- 1. Commitment to safeguarding children 2. Personnel roles and conduct
- 8. Recruitment and screening
- 4. Personnel induction and training
- 5. Involving children and parents
- 6. Child abuse reports and allegations
- 7. Supporting a child-safe culture

The YMCA developed and improved a wide range of resources to support the implementation of the Safeguarding Children program and continues to work with staff to ensure safe practices are embedded in all our programs. Ensuring children are safe is part of our commitment to their health and happiness!







students.



1,146 **PEOPLE TOOK THEIR FIRST STEP** by enrolling in one of our training programs

788 STUDENTS COMPLETED SHORT COURSES



At the YMCA we are passionate about the sport, recreation, fitness, and child care industries; we strive to train quality staff that are job ready. This is important to us, because we employ our own graduates too. YMCA offers certificate courses in Fitness, First Aid, Recreation and Child Care.

2015 saw the introduction of Vocational Education Training in Schools program. The YMCA is partnering with supporting schools to deliver quality VET training programs to interested

This year we have introduced online tutorials to help support students in more remote areas and have redeveloped our early childhood training course qualifications.





EMPOWER NG

Our commitment to young people is in our DNA! We value the uniqueness and diversity of young people and seek to support and empower them to reach their full potential and develop resilience.

Today's young people are not just leaders of tomorrow – they are leaders of today.



Givng students a real chance to shape, direct and **OWN** their futures

VOCATIONAL SCHOOL

The YMCA Vocational School offers disengaged students the opportunity to achieve their full potential through positive and empowering educational experiences. At the YMCA, young people take part in student centred programs dedicated to enhancing practical and personal skills, at a pace that ensures school attendance, engagement, and confidence.

The YMCA experience gives students a "Real Chance" to shape, direct, and own their future. Our classroom environment has been given a face lift in line with our Re-BOOT coaching and training program. Each of our four senior classrooms have adopted a 'nature theme' which reflects the personality of the classes that use this room as their homeroom. Planning began for our Junior School pilot class which commenced in second Semester 2015.

The school has participated in two Adventure Camps at YMCA Camp Leslie Dam at Warwick which has been a fantastic opportunity to build and strengthen relationships between staff and students.



Graduation

In 2014, thirty young people graduated from our **YMCA Vocational School** – across the two campuses. Students celebrated at the Senior Formal event held at 325 on George Restaurant, Brisbane.

TRADE SKILLS CENTRE OPENING



The Trade Skills Centre commenced in August 2014 with Hairdressing, Automotive and Hospitality certificate courses offered. In early 2015 we added Creative Industries. Students have been progressing well through their certificate courses with employment outcomes and work experience being offered to some of our students.



ACROSS 2CAMPUSES







Over the past year, YMCA at The Space has continued to provide a safe and fun place for the young people of North Lakes to connect, learn and grow.

This year The Space has completed an analysis of how boys and girls use public space (in and around The Space facility) differently. This then led to the formulation of an action plan around stronger female engagement.

It was decided that a female-centric zone (known as Girl-z-own) would be created during the Easter school holidays. This program was aimed at providing a safe and supportive environment for young women to connect and feel comfortable to express themselves. In addition, we wanted to create a local social space, where young women could connect with each other as well as access support.

> The study has led to further investment in female-centric programming which will continue to take place during school holidays.



Over the last twelve months YMCA School-Based Mentoring has continued to provide a transformational experience for both young people and volunteer mentors who participate in the program.

We have found that program regulars are outperforming their peers with respect to emotional capabilities, future aspirations and employability skills.

The program has also positively impacted our volunteer mentors. Since last year, five mentors have become YMCA staff members, and twelve others gained relevant employment and/ or entry into a postgraduate study program which they directly attribute to the experience gained through the program.

Anecdotal evidence also suggests volunteers have greater self-confidence, more guality relationships, and have improved coping and communication skills.

Paul and Zac epitomise a quality mentoring relationship. Since they were matched in July 2014, the two have been achieving small goals that are yielding big results. Zac's attendance and behaviour at mentoring has improved, whilst his participation during team activities has also increased significantly.

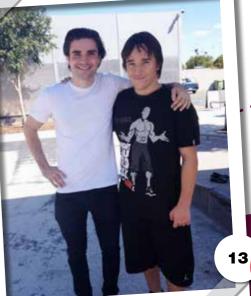
He now regularly leads group activities alongside Paul who acts as a supporter rather than an instructor. Zac has often said that Paul is a major influence for him: helping him aspire for a career.

DEVOTED PEOPLE MENTORED





Paul and Zac have been mentor and mentee since August 2014. Zac was recently offered a carpentry apprenticeship.





«I have developed my confidence and public speaking skills greatly. I will always consider QYP as my home away from home, and I felt privileged this year; that I was able to mentor and guide the first-years. I will forever cherish my experiences at QYP."

QUEENSLAND

66 In the early months of the year I was nominated to attend YMCA Inspired Leaders. With such an incredible opportunity ahead, I couldn't help but be excited. yet nervous about what would be in store for myself and all other 18 participants throughout the 5 day experience.

YMCA Queensland Youth Parliament is a unique life-changing program that brings together up to 93 of Queensland's most engaged young minds to begin the process of writing legislation to solve the issues facing the future of Queensland. Each Youth Member represents an electorate to ensure that every region's local communities are given a voice by the Youth Parliament.

The program is highly valued by our State Parliamentarians.

85PARTICIPANTS **8**YOUTH BILLS 4 MATTERS OF PUBLIC **1** WEEK OF DEBATES

"This is an amazingly run program that thinks of everything and everyone. There is always support on hand and no one is left out."

While learning, engaging and

making new friends, we also made new friends within ourselves. We participated in fun confidence and team building exercises which helped us break out of our shells, and grow together as a team. We were fortunate to have the help of incredible mentors and facilitators

We all started the camp as YMCA employees, we all accomplished different things, worked through ourselves and our thoughts, we all succeeded in different ways and we all left with a new sense of self and a new feeling of empowerment - But most of all, we had left as a stronger part of the YMCA family. Never in my life so far have I worked with a more integral and opportunity providing organisation, because we don't work for the YMCA, we work with the YMCA.



Casey Holloway YMCA CHILD CARE. DUTTON PARK OSHC



Our Youngest People

At the YMCA we believe in the importance of nurturing a child's unique potential through lots of play, fun learning opportunities and a safe and caring environment.

Child Gare

All of our YMCA Child Care services are Approved Services operating in accordance with the National Quality Standards. Our services deliver the Early Years Learning Framework which aims to extend and enrich children's learning from birth to five years. The main learning outcomes for children include;

- a strong sense of identity;
- children are connected with and contribute to their world;
- children have a strong sense of wellbeing;
- children are confident and involved learners.

For school aged children we implement the My Time, Our Place social and recreational learning framework ensuring we provide appropriate and engaging activities for children in our care.

Parents at our YMCA Child Care Centres play an integral part in our centre, assisting in fundraising activities amd donation of resources and equipment. Our families and the

community have always been our priority and we have engaged and celebrated with them through centre events throughout the year including Father's Day Celebrations, Mother's Day Morning Teas, Anzac Day Celebrations, Sports Day and NAIDOC Week.

2.53 HOURS devoted to education, fun & safety at our early education child care centres!

OVER

Home Based CHILD CARE offers the opportunity for young

children to engage in an early education and care program within a small group setting. This can be done in an educator's home, called Family Day Care, or in the family's own home called In Home **Care.** Through these services we are able to offer parents much needed respite and our caring staff often go above and beyond to ensure our families are well looked after.



YMCA Outside School Hours Care (OSHC) is a home-away-from-home for many of our kids - a place to have fun, be active and explore their potential. Our child-focused, stimulating activities reflect kids' interests; nutritious snacks provide fuel for learning and playing with friends and qualified staff ensure safe, nurturing and values-driven care.

A child in OSHC may spend around 1,000 hours per year or 7,000 hours total in the years between starting school and turning 12 years of age in an OSHC service. This is a substantial part of a child's childhood. Therefore OSHC plays an important role in the lives of many children, staff and families.



55,730⁺_{DAYS}

of care were spent with our wonderful family day care and in home care educators



55,948 **VISITS** WERE MADE TO VACATION CARE





The YMCA Charity Golf Day this year was a great success with a highly engaged and supportive field of players and supporters. It was a beautiful winter's day out at Gailes Golf Course and our winners pictured on the right managed an unprecedented score for their

team - with an under 16 par. The winning team include our CEO Alan Bray and the crew from Ridgemill Project Management.

The day raised more than \$28,000 for our unique and life enhancing program - Siblings Reconnect. This program helps kids separated through foster care to reconnect with their siblings.

The YMCA Vocational School hospitality students did a great job catering for our appreciative aolfers.





150th Birthday GALA Ball

More than 200 guests, including staff, volunteers and members gathered at the Brisbane Hilton Hotel to enjoy a wonderful night of celebration to commemorate our 150th Birthday, themed with a "Splash of Red".











⁶⁶ At Eagleby State School the YMCA Breakfast Club provides an opportunity every day of the week, for our students to start the day enjoying breakfast and socialising with friends and adults. Our program has three different local volunteers every day, who help to serve the breakfast and provide an opportunity for the students to chat with someone older and wiser at the commencement of every day. This program has meant that our school has no behaviour issues before school; we commence the

day of learning happy and focused. This was a very difference picture before the YMCA Breakfast Club was introduced. Is is a vital link to student leanring outcomes in our community.

Libby Jordan PRINCIPAL





RESCUED FOOD PROJECT



Our Affordable Housing team has been working on an exciting new initiative called the Rescued Food Project.

The program is developing well and continues to be our most popular community activity with over 35 residents regularly attending every week. Each Sunday Oz Harvest collect and deliver to YMCA Housing, fresh fruit, vegetables, meat and bread left from the local farmers' markets. YMCA tenant volunteers distribute to our tenants who are encouraged to bring a bag to fill for free.

This program is less about giving away food and more about socially checking on our tenants. Many of the tenants using this service are our most vulnerable who rarely involve themselves in activities within the complex or wider community. By giving the incentive of free food, our handpicked volunteers are able to check on their wellbeing and safety in a way that is not seen as invasive to their privacy. It allows tenants to discuss health, wellbeing and nutrition in a friendly, welcoming environment.

SPECIALIST OSHC

Our YMCA Specialist OSHC service is based at Aspley Special School providing services to young people with a disability. The lack of reliable After School or Holiday Care support is preventing many parents from fully participating in the workforce or forcing them to take less skilled positions so t hat they can work during school hours only. Not only does this impact on the family's income, it impacts on the general well-being of the parents, child, and

family through measures of social isolation, high costs, relationship strain or break down and negative social attitudes.

Our dedicated Specialist OSHC team provide a safe, fun and empowering environment for our young people to thrive in. The students develop life skills to help create a healthier future and gain a real sense of connection to a caring supportive community.



sees!

"We see the YMCA as an extension of our family" Benson's Dad - Greg







SPECIAL ATTENDANCES FROM ACTIVE FAMILIES

Benson is a twelve year old who has ASD, hearing impairments and an intellectual impairment. Benson attends vacation care due to the working hours of the family but wakes up every day and asks "How many days until YMCA?". Before attending the service he was socially isolated and during holiday periods, the time and energy needed to manage his disability, was causing the family significant stress.

The service, activities and friendly team environment leave Benson feeling secure, happy and gives him a sense of purpose. Since attending OSHC his confidence has grown and the support and encouragement the staff provide has prompted him to start helping mum in the kitchen and tidving up the house. He talks daily to his family about staff members, Casey, Jenny and Crystal - so much so that when he is out, he shouts their names to every blonde member of the public he

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OUR SERVICE AND A CONTRECT OF A CONTRECT OF

TOP

Gill and Sue are two of our fantastic dedicated volunteers who met while working on the YMCA Breakfast program at Kingston Primary School in 2009. They love volunteering because they feel like they are giving something back to the Community. "It gets us out of the house and doing something meaningful." It has also given them a great friendship where they can talk openly with each other without being judged.

Gill and Sue talk about how there is a great team spirit at the school in which they volunteer, "We share the jobs that need to be done, we help each other. It's a great team". Gill believes they are having a big impact and she can see that the students are really thankful and look forward to breakfast. She sees the positive impact of students eating together and the interaction between them. Sue said they also get treated equally at the breakfast program and that is important. The students get to know the volunteers and love to help them with serving and preparing.

SUPPORTED BY

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Volunteers are a wonderful part of our family. In fact, they have been the backbone of the YMCA throughout our history. We wouldn't be here without the work our volunteers have contributed over the last 150 years!

Our volunteer program exists as part of our mission to connect people to their communities to live happier, healthier lives.

BUSINESS AND AGENCY PARTNERS

Acromat AHI Carrier Alex Milanovic & Associates Anderssen Lawyers Associated Cleaning AustSwim - Brisbane Business Centre **BajAIR Transport Refrigeration** Bayside Print Solutions Beenleigh Auto Dismantling Bendigo Community Bank Acacia Ridge Black and White Cabs Brisbane Strikers Football Club - Strikers Sport, Recreation and Welfare Assn. Ltd Bunnings Warehouse – Underwood Burrito Bar - (Victoria Point) Cadbury Schweppes Callaway Cardno HRP Town Planning **CDI** Architects COBiE Group Coles Supermarket - Logan Central Commonwealth Bank of Australia Commonwealth Bank Staff Community Fund Community Management Services Complete Janitorial Supplies Compuworld Corporate Express Courtice Neilsen Solicitors Craven Ovenden Town Planning Creations Group - Signage CSW-IT De Luca Construction **Dell Computers** Dialog Information Technology Direct Copy Centre DPMA Printers Early Years Centre – Nerang Eastern Food Alliance **Educational Experiences** Elevation Architectural Group Energy Action Essential Services Australia Foodbank Queensland Funky Mexican Restaurant George Weston Foods - Tip Top Bread Grand Slam Gymnastics Qld Hart Sport **Hi-Flow Industries** Interlock

M ION

ROUF

Jason Pannell Kellogg (Aust) Pty Ltd - Breakfast Buddies Kinetic Events Kyocera Leisure Management Services Lion – Dairy Farmers Milk Lions Club, Victoria Point/Redland Bay M&M Tarps Mackays Marketing Macksey Rush Architects Management Options Pty Ltd McDonald's Springfield Medibank Private Microsoft Modern Teaching Aids National Safety Council of Australia Natural Organics Nevlan Architects Norris Motor Group OzHarvest Phoenix Development Group Precor PSA Consulting Q Ford **QikKids** Technologies Qld Police - Bayside Watch House Queensland University of Technology Redland Bay Ambulance **Ridgemill Estate Winerv** Ridgemill Project Management Rubicon Constructions Samsung Communication Centre Savills Project Management SBP Australia SCA Hygiene Australasia Scripture Union School Chaplaincy SecondBite Smart Employment Solutions - Ipswich Southside Bingo Inc. Southside Community Group Southside Sport and Community Club Inc. Southside Toyota Sporting Wheelies and Disabled Sport and Recreation Assn. of Qld Sunfresh Linen Telstra The Benevolent Society The Clem Jones Foundation The Clem Jones Group of Companies The Goodness Inc. Time Target

TT Group Twin Waters Resort University of Queensland Victoria Park Golf Shop Victoria Point Girl Guides Watmek Wavebay World of Sport YMCA E-Store Zurich Australian Insurance Limited

PROFESSIONAL SUPPORT

Adobe Grant Thornton Audit Pty Ltd

AUSTRALIAN GOVERNMENT PARTNERS

Australian Sports Foundation Department of Education, Employment and Workplace Relations Department of Environment Department of Social Services

STATE GOVERNMENT PARTNERS

Department of Communities, Child Safety and Disability Services Department of Education and Training Department of National Parks, Recreation, Sport and Racing Gambling Community Benefit Fund Government House Jupiter's Casino Community Benefit Fund Office of Early Childhood, Education and Care Office of Youth

LOCAL GOVERNMENT PARTNERS

Brisbane City Council Redland City Council Logan City Council Gold Coast City Council Moreton Bay Regional Council Southern Downs Regional Council Ipswich City Council Sunshine Coast Council

YMCA BOARD OF DIRECTORS

L to R: (Back Row) Mark Mugnaioni, Ross Mason, Jenny Chaston, John Mitchell, Barbara Jinks, Joe Goodall

L to R: (Front Row) Tom Stephenson, Toolah Olsen, Ian Smyllie (President), Richard Edwards, Daniel Cheverton









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YMCA

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