

2020 Annual Impact Statement Report



PCYC Vision

Australia's pre-eminent youth organisation working with Police and the community to empower young people to reach their potential.



PCYC Mission

We get young people active in life.

We work with young people to develop their skills, character and leadership.

We reduce and prevent crime by and against young people.





Message from
Her Excellency the Honourable Margaret Beazley AC QC
Governor of New South Wales

It is often said that our response during tough times reveals our true character. Following a challenging year, as Co-Patrons of Police Citizens Youth Clubs NSW (PCYC NSW), Dennis and I are delighted to convey our congratulations to PCYC NSW for its response to the events of the past number of years.

The drought, followed by bushfire emergencies and the ongoing pandemic, required adaptation and re-imagination of PCYC's work. The success of its planning and implementation of its many new initiatives is obvious.

2020 commenced with the Drought Break BBQ & Beats tour to regional communities affected by the prolonged drought. This program engaged with more than 2000 young people in 24 regional towns.

It was followed in February by a partnership agreement between Sport NSW and PCYC NSW to deliver more inclusive sport and recreational programs in facilities across the state.

Building a traditional bark canoe was an achievement of participants in the new PCYC Bulli Fit Together program, before delivery of the canoe to NSW Police Force headquarters in Parramatta.

March, April and May saw the commencement of the deep cleaning of clubs, virtual engagement with young members through the posting of online work-out videos, and PCYC NSW staff working alongside NSW Police to deliver care packages to people in the local community affected by COVID lockdowns and isolation.

In July and August, amid the excitement of the lifting of restrictions on gyms and recreational facilities, PCYC Hawkesbury and PCYC Grafton were opened as new clubs.

October's triumph was the unveiling of the wonderful collaborative art project, the Unity Wall at PCYC City of Sydney. It represents the Club's close connection with its local community and the NSW Police Force.

The work of PCYC NSW is of such importance to the community and the resumption of its programs, including the Nations of Origin tournament, in 2021 is a huge achievement and welcomed by all. Thank you, PCYC NSW, for being at the forefront of youth issues in New South Wales for more than eight decades.

Her Excellency the Honourable Margaret Beazley AC QC
Governor of New South Wales

Mr Dennis Wilson

Chairman's Message

2020 was a year of great change for so many organisations across NSW, and PCYC NSW was no exception. One thing that did not change, however, was our organisation's commitment to empowering young people to reach their potential.



I would like to personally acknowledge each and every PCYC NSW staff member for the role they played in ensuring we continued to be there for young people and communities throughout the COVID-19 pandemic. I thank you for your resilience and for remaining true to PCYC's core mission: to change the lives of vulnerable young people by providing them with support, a safe place to belong, and the tools they need to make positive life choices.

While COVID-19 restrictions prevented many of our programs and services from running throughout much of 2020, PCYC NSW adapted and found innovative ways to continue supporting struggling families and

young people. This included initiatives such as providing Wi-Fi access to vulnerable students so they could keep up with their school work. Small acts of service like these have made lasting impacts across communities in NSW, during what was difficult year for many.

Alongside our success in supporting young people, I would like to congratulate the PCYC NSW Board and Management Team for exploring new opportunities for the business through a structural redefinition over the last 12 months. While this process has involved some difficult decisions, it has positioned us to rebound from the COVID-19 pandemic in a positive way. All indicators show PCYC NSW ended 2020 in a strong position and can look to 2021 with optimism.

I would like to acknowledge the NSW Police team for their contribution to PCYC NSW this year. Your passion, commitment and adaptability have been vital to maintaining the bonds between PCYC NSW, police, young people and communities that are so important to the life-changing work we do together.

I warmly thank my fellow Board members for their strength and

support over this past year. Your generosity and wise counsel were critical to surviving one of the most difficult periods in PCYC NSW's history.

I would also like to acknowledge our government and business partners, community sponsors, donors and volunteers for the generous contributions provided throughout this difficult year. Now more than ever, your support is critical to the life-changing programs and services PCYC NSW offers to young people across the state.

Finally, I would like to restate my deep appreciation to PCYC NSW's passionate and hardworking team of staff and volunteers. Without your incredible efforts, our organisation simply would not be in the strong position we find ourselves in today. It is a pleasure and a privilege to serve as your Chair and I am inspired by what we will achieve together for the young people of our state in the future.

Alex Harvey
Chairman of PCYC NSW



Reach

83
years in
operation

65
locations

1,029,606
PCYC member
visitation



250,000
young people
reached (estimated)

22
Sydney
locations

43
regional,
rural, and
remote
locations

Staff
652
staff
members

130
police
youth
command
stationed
in clubs



65
school
liaison
police
connected
to clubs

750
volunteers

POLICE CITIZENS
YOUTH CLUBS NSW

COMMUNITY

Members

92,510
members



54,939
youth
members



8%
Aboriginal and
Torres Strait
Islanders

67%
females



33%
males



33%
under 25



5.3%
Aboriginal and
Torres Strait
Islander Peoples



0.013%
non-binary

34%
females



66%
males

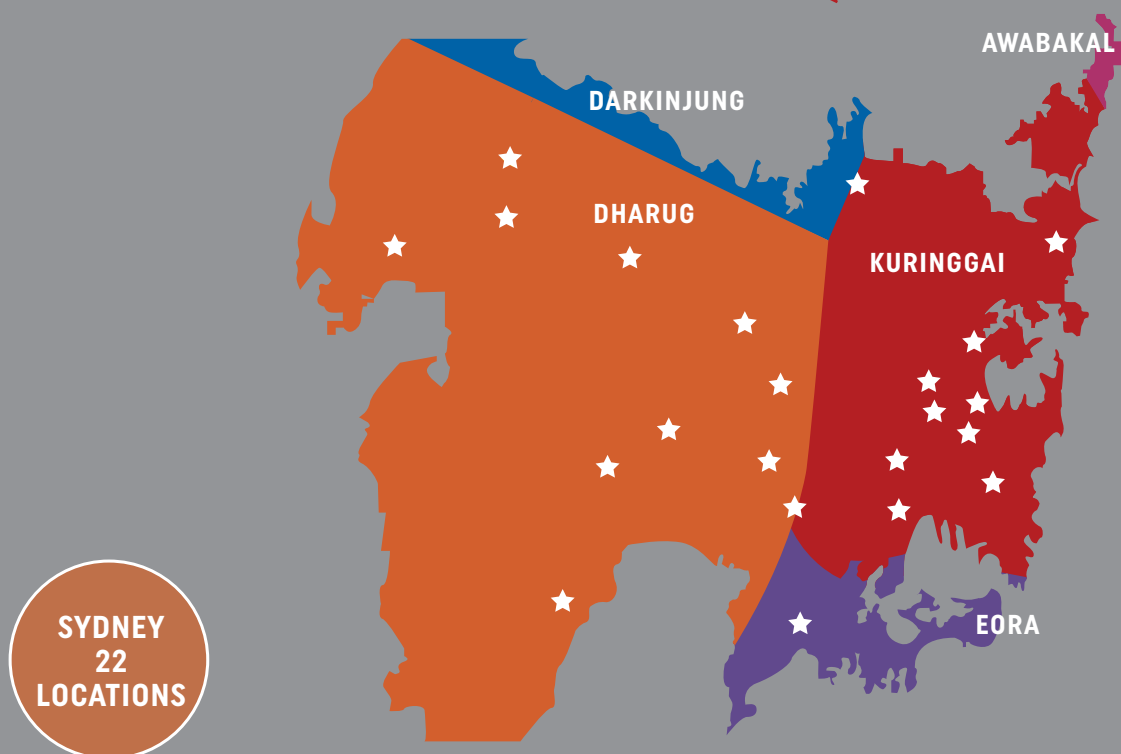




NSW
65
LOCATIONS



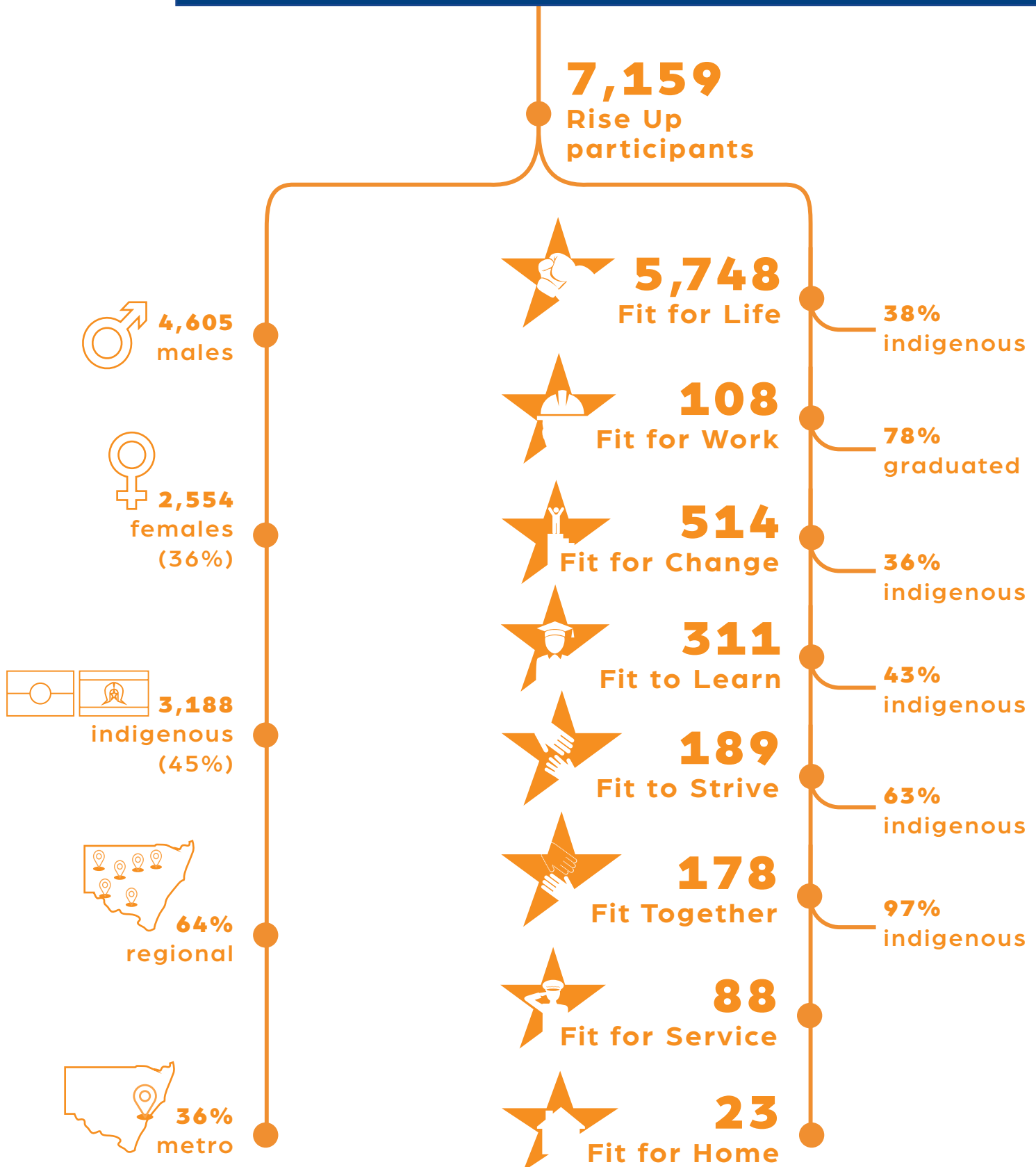
SYDNEY
22
LOCATIONS



PCYC NSW acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians of the land. We pay our respects to Elders – past, present and emerging. We value their identity, culture and continuing connection to country, sea, sky, waterways, family and community. We are committed to providing a safe cultural place for all First Nations youth to flourish.

PROGRAMS

EMPOWERING YOUNG PEOPLE



TO REACH THEIR POTENTIAL



2,185

Traffic Offender
Intervention
Program



30,781

vulnerable youth
in safe education,
welfare and
diversionary
programs



Fit For Life program - PCYC Parramatta, October 2020



Fit For Work graduation - PCYC Campbelltown, November 2020

RISEUP 2020

The collaboration between NSW Police Force and PCYC in delivering the RISEUP Strategy resulted in another successful year, despite the challenges presented in 2020.

About PCYC RISEUP

PCYC RISEUP programs were developed in collaboration with NSW Police Commissioner Mick Fuller, in order to connect disengaged young people to workplace opportunities.

RISEUP is a vital part of PCYC NSW commitment to youth education, as it incorporates job ready programs, mentoring and vocational training for at-risk youth aged between 15 and 18. For these young people, the opportunities offered via RISEUP can be life changing. The program helps to build their engagement with education, open up the possibility of employment and reconnect disengaged youth with the community.

The primary focus of the RISEUP strategy is to return young people into the education system and give them a new lease of life when it comes to learning and personal development. As well as an improved attitude to education, these individuals also benefit from assistance facilitating them into employment. This is one of the major successes of the RISEUP Strategy.

Fit For Programs In 2020

A total of 1,169 young people participated in "Fit For" programs in 2020 (excluding Fit For Life) with 161 employment positions gained by young people during that period. Of those positions, 43 were apprenticeships and eight were traineeships. Out of the total of 116 participants in Fit For Work in 2020, 81 males graduated and 35 females.

While Term 1 started strongly for RISEUP, the impact of COVID-19 restrictions in March 2020 meant that an online strategy was quickly developed to maintain contact with participants. This proved successful in reaching a cohort of participants who were already enrolled in Term 2 programs. However, due to reduced resourcing, with Police conducting state border checkpoints and quarantine hotel operations, unfortunately twelve Term 2 programs had to be cancelled.

Thankfully, programs resumed in Term 3, with 25 programs being run across the state. RISEUP programs were able to function under the government exemption as an essential education program. Throughout this period, the RISEUP team's continued liaison with the Department of Education reassured schools that COVID-19 precautions were being adhered to, so that participants could move between school and clubs safely. In Terms 2 and 3 RISEUP participants assisted Police in packing and distributing care packages to vulnerable members in the community. These people were isolated by the COVID-19 restrictions, and included RISEUP families well known to Police.

A return to full programming took place in Term 4, with 39 programs rolled out and three Fit For Work programs run in Campbelltown, Auburn and Penrith. Penrith PCYC Fit For Work had an especially successful program with nine graduates gaining employment (six of the positions in apprenticeships). In an added bonus, two successful graduates of the Auburn Fit For Work were featured in a story on A Current Affair.

PCYC Walgett tackles the RAW Challenge

Each year PCYC hosts a private Raw Challenge obstacle course for all ages and fitness levels. The muddy cross country challenge has more than 40 obstacles and offers non-stop action across the entire 6km circuit. A contribution from each ticket sale supports a PCYC club of the participants choosing.

In 2020, a record 32 young people from PCYC Walgett put their strength, stamina and mental toughness to the test at the 2020 Raw Challenge, held on October 9 in Doyalson on the NSW Central Coast.

To complete the event, participants had to overcome a series of demanding obstacles including balance beams, climbing walls, tunnels and mud pits.

PCYC Walgett has been represented in all but one Raw Challenge since its inception in 2016.

Club Manager Amanda Cheal and her team use the event to reward young people for their effort and encourage them to keep up their attendance at school and PCYC programs. She says it is a powerful incentive to encourage young people to make positive choices.

"Getting to participate in the Raw Challenge has inspired lots of our young people to strive to achieve their goals and stay on the right path.

"One young man was in a fair bit of trouble at school and was being case managed. We had to work really hard with him so he could reach his goals and come on the trip. He hasn't been in trouble since and has even started volunteering at the club. He's doing so well that we're now looking to employ him at the club."

Amanda says just being part of the Raw Challenge was a significant achievement for her club.

"For kids from regional areas, it's a big commitment to go to one of these events. It's an eight-hour drive for us to get there."

While some young people competed individually, most of the Walgett crew chose to participate as a team. For the third year running a team from the club won the Challenge Cup for Fit For Life participants. But Amanda says the Raw Challenge is about much more than winning for young competitors.

"It's more about fun and participation for our guys. A lot of strong friendships and bonds have formed as young people help each other through the course.

"They are challenging themselves and stepping out of their comfort zone and doing something they wouldn't otherwise get to do. The self-belief that comes from that as well as the teamwork is great for them."

Participants in the 2020 Raw Challenge got to enjoy a couple of nights away at Budgewoi, where they were walking distance from the beach. Amanda said it was a huge thrill for a group of kids from the bush.

PCYC Walgett would like to thank Walgett Shire Council and the Lightening Ridge Opal Festival Committee for generously helping to cover the cost of the trip.

Congratulations to all the brave and muddy Raw Challenge competitors from PCYC Walgett and PCYC NSW.





This program is proudly supported by Macquarie Group.

Nixon gains skills Fit For Work and life

Two years ago school wasn't enjoyable for Nixon. Although he was attending classes, Nixon was struggling with his assessments and felt disengaged. He was regularly in trouble with the police, felt picked on and didn't think he had much of a future.

This all changed for Nixon when he started participating in Fit For Work at PCYC Campbelltown. With a whole new perspective on life and multiple opportunities thrown his way, Nixon finally got an idea of what he could achieve.

"Before the program, I had been in trouble with the police multiple times. It felt like the police were always picking on me. Now I have a more positive attitude to school and the police," Nixon says.

Fit For Work is a joint program between NSW Police and PCYC NSW. The program is designed to address a young person's disengagement from family, education and community, and prepare them for employment. The program includes education, fitness, numeracy and literacy, life skills, employment certificates, qualifications and work experience. Local Police serve as mentors for participants, building positive relationships with young people who might otherwise be at risk of offending.

For Nixon, PCYC Campbelltown's Youth Case Manager, Elise Carter, made all the difference.

"Elise wanted me to achieve my goals for the future. She helped with everything. My goal now is to be a cop. I want to help other kids."

Alex Glasgow, Acting Principal at Leumeah High School where Nixon is currently in Year 12, is a strong advocate of the Fit For Work program for students like Nixon. He says students graduate from the program far more employable than when they started, but also with the knowledge that

it's possible for them to achieve success – with some hard work.

"Before the Fit For Work program, Nixon was a kid who didn't trust authority. He was incredibly shy and disengaged from his schooling," Mr Glasgow explains.

"Since connecting with PCYC Campbelltown, there's been a huge improvement in Nixon. He now has a support network of police officers and people at PCYC who see the value in him and the contribution he can make. He can see he has a future, and he's excited about that."

Mr Glasgow says the greatest change in Nixon has been his attitude to the police and the way he has become a leader within the Pacific Islander community at his school.

"I'm proud that Nixon finished the program and was asked to give a speech at the graduation. Nixon doesn't like attention or public speaking. For him to get up in front of police in uniform, people he didn't know, parents and his peers, shows how much improvement the program makes in kids. Nixon was a disengaged kid who didn't trust authority figures. Now within his group of friends and the community, he has become a leader."

Nixon graduated from Fit For Work in December 2020, giving a graduation speech on behalf of his peers, and in front of his proud family. He is continuing to volunteer at PCYC Campbelltown and is being supported to work towards his goal of getting into the Police Academy.

PCYC gives Lachlan a future vision

In 2020, PCYC Broken Hill achieved great results with their Vision Program. Developed by Club Manager, Heather Smith, the program offers young people the opportunity to participate in vocational learning, educational support programs, driver education, sports and fitness events and basic life skills lessons. On top of all of this, participants also gain experience raising money for activities and volunteering in the community.

The Vision Program aims to integrate children within the community, and capture the minds and hearts of those who are struggling with mainstream education. One of these teenagers whose life has been turned around by the program is PCYC Broken Hill Club member, Lachlan.

"Before I started Vision I was lost. I didn't know what I was going to do," says Lachlan, who was one of the first participants in PCYC Broken Hill's Vision Program.

"Now I've got a job, I've got my license. I've done Blue Star Leadership courses and learned life skills. I feel like I'm going somewhere and I'm making myself into a better person."

Lachlan's mother passed away when he was just 15 years old. After struggling to fit in at mainstream school, Lachlan started attending the Alesco Learning Centre, an alternate school in Broken Hill for troubled kids. He began participating in sports with PCYC Broken Hill, building good rapport with Heather.

Then when he was in Year 10, Alesco closed, leaving him – and many other local kids – with limited options to continue their education. Knowing she had to provide

support for students like Lachlan who didn't fit into mainstream schooling, Heather developed the Vision Program.

Lachlan started the Vision Program in 2018 with two other boys, drawn to Heather's promise of learning skills and getting a driver's license.

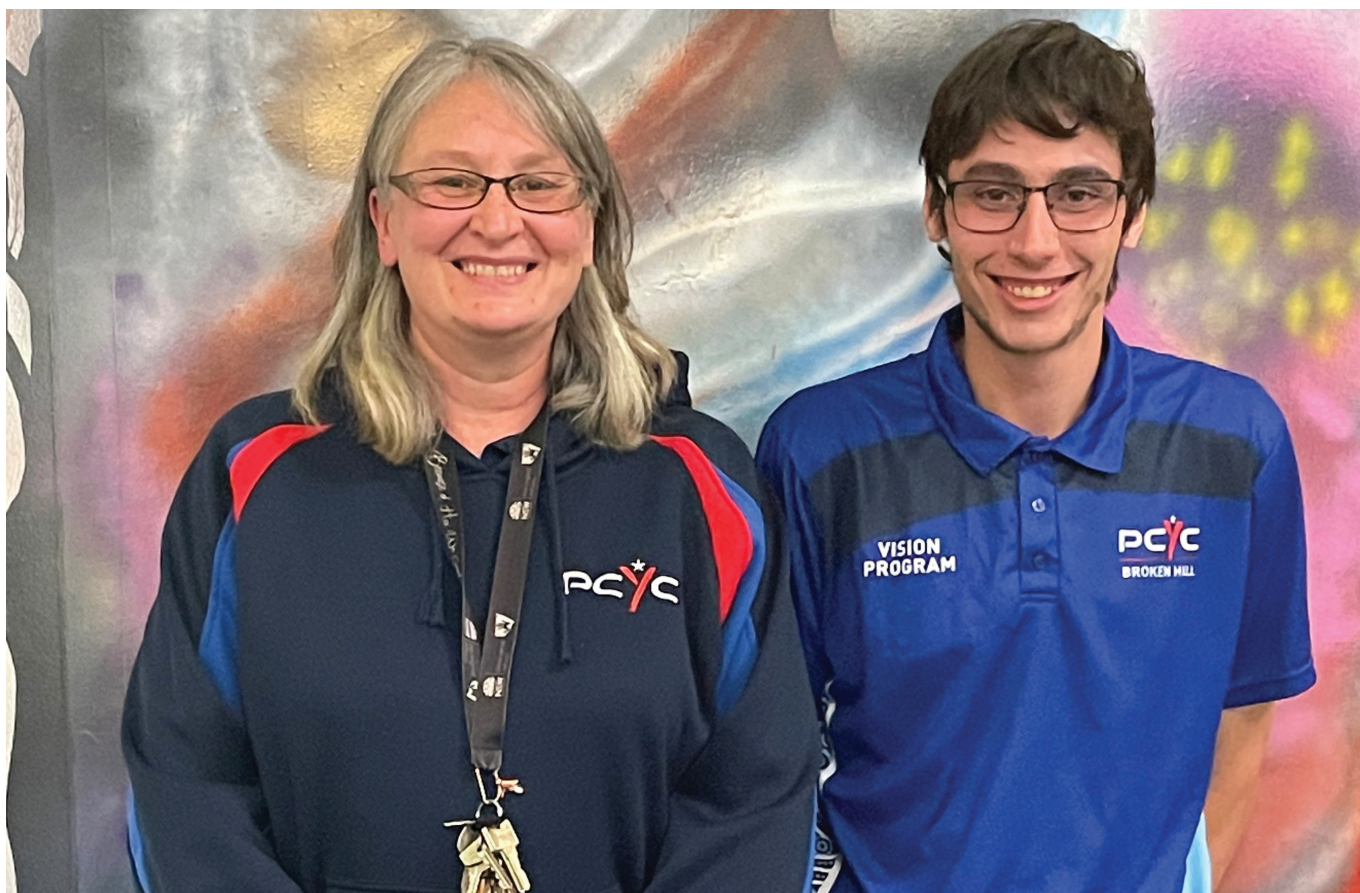
"The main requirement was that we had to do at least two days at TAFE. Heather then encouraged us to get a job and helped us with our resumes and learning skills."

In that first year of the program, Heather says two out of her three participants landed jobs. Lachlan is now working at a local club, while also volunteering at PCYC whenever he can. He has continued to be supported by Heather to develop a vision for his future.

"Heather has been better than a mentor to me. She's like a second mother. I now want to become a copper and work closely with kids through PCYC and the police. I want to give kids someone to go to or somewhere to go when they feel they have nothing, let them know there is light at the end of the tunnel. Give them a family away from their family," Lachlan explains.



Participants in PCYC Broken Hill's Vision Program proudly wear the new uniforms they worked so hard for.



PCYC Broken Hill club manager, Heather Smith, with Vision Program participant Lachlan.



Fit to Learn Griffith

A group of young students from Murrumbidgee High School are feeling inspired after graduating from the RISEUP Fit to Learn program at PCYC Griffith.

Eight out of the 11 young people who participated in Fit to Learn at PCYC Griffith in Term 4, 2020 successfully graduated and are now more engaged with their schooling. Several graduates are participating in Fit to Work at PCYC Griffith, with one student having moved back into the mainstream schooling system, and another having landed an apprenticeship as a diesel mechanic. PCYC Griffith Youth Case Manager, Senior Constable Jodie Millar, couldn't be prouder of the cohort she mentored last year.

Fit to Learn helps young people struggling with school to reengage with their education and develop a positive attitude to life. The program aims to encourage young people to attend school, treat their peers and teachers with respect and appreciate the importance of getting a good education. Teens in the program spend one a day week at PCYC, completing classroom components focussed on reconnecting them with their schooling, and taking part in fitness activities.

SC Millar says many of the participants in the Term 4 program were from disadvantaged backgrounds or were experiencing mental health issues such as anxiety and depression. They were disengaged from school because they felt targeted.

"After the program, they displayed an improved attitude towards schooling and felt more comfortable around the police," she says.

"They learned to trust the police and realised that PCYC is a safe place for them to come, a place where they can participate in activities and not be arrested or treated in a bad way."

While SC Millar is proud of the growth she saw in all eight graduates, the benefits of the program really stood out for one particular student.

"This student has come on in leaps and bounds since the start of Fit to Learn. I'm so proud of the growth I've seen in him," she says, adding that the student had previously come under the attention of the police.

"When he started the program, he was very shy and withdrawn. Over time, he started to come out of his shell and I was really impressed with his improvement. He really progressed in terms of his attitude towards school. He's now one of the stars of the Fit to Work program. He is doing TAFE and wants to be a welder. He wants to be someone in life."

"I think the police programs at PCYC have really helped him change his life. He's had really difficult personal challenges in his life and he hasn't had the same opportunities that other kids his age have, but he's got a fantastic attitude and he never stops trying. I feel Fit to Learn really has been life changing for him."

ACTIVITIES



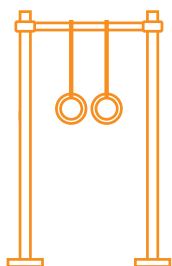
60
basketball
courts

4,776
basketball
players



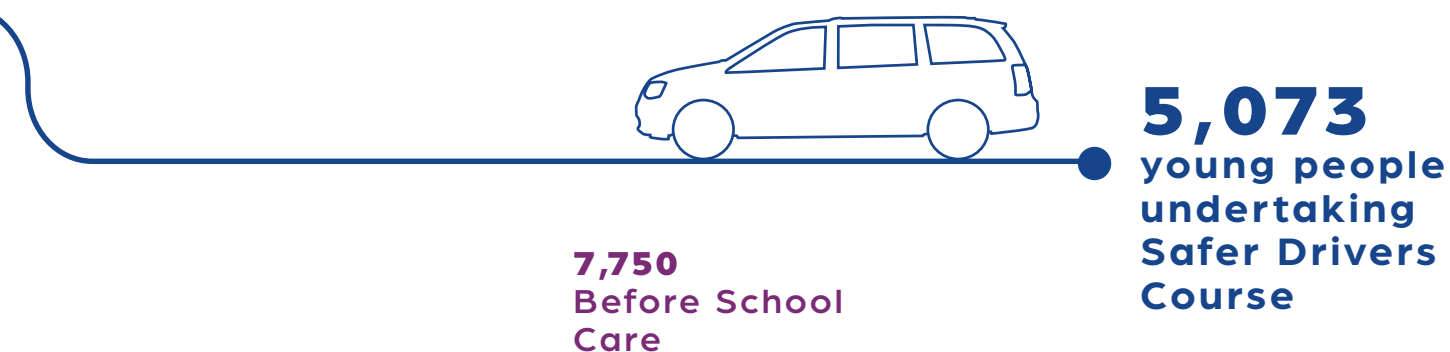
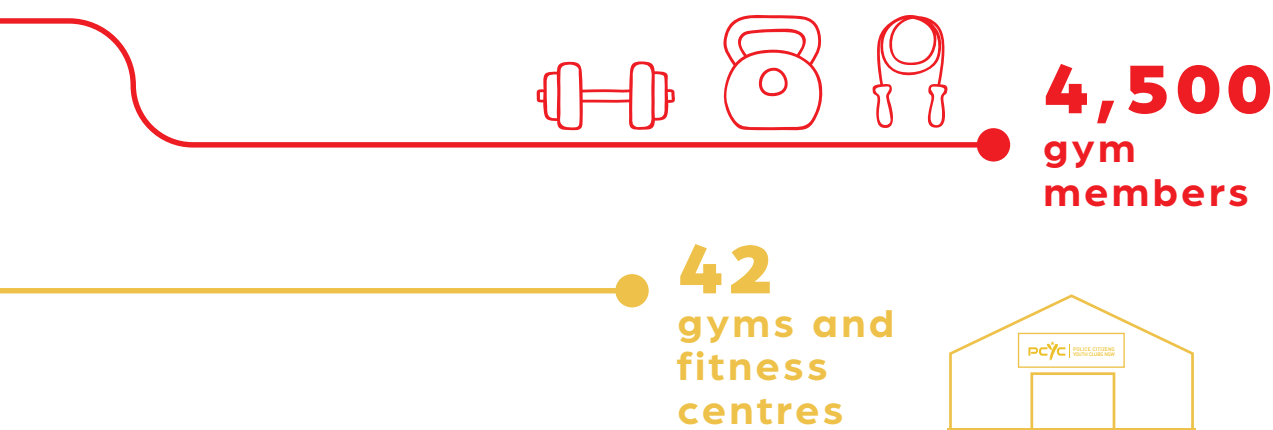
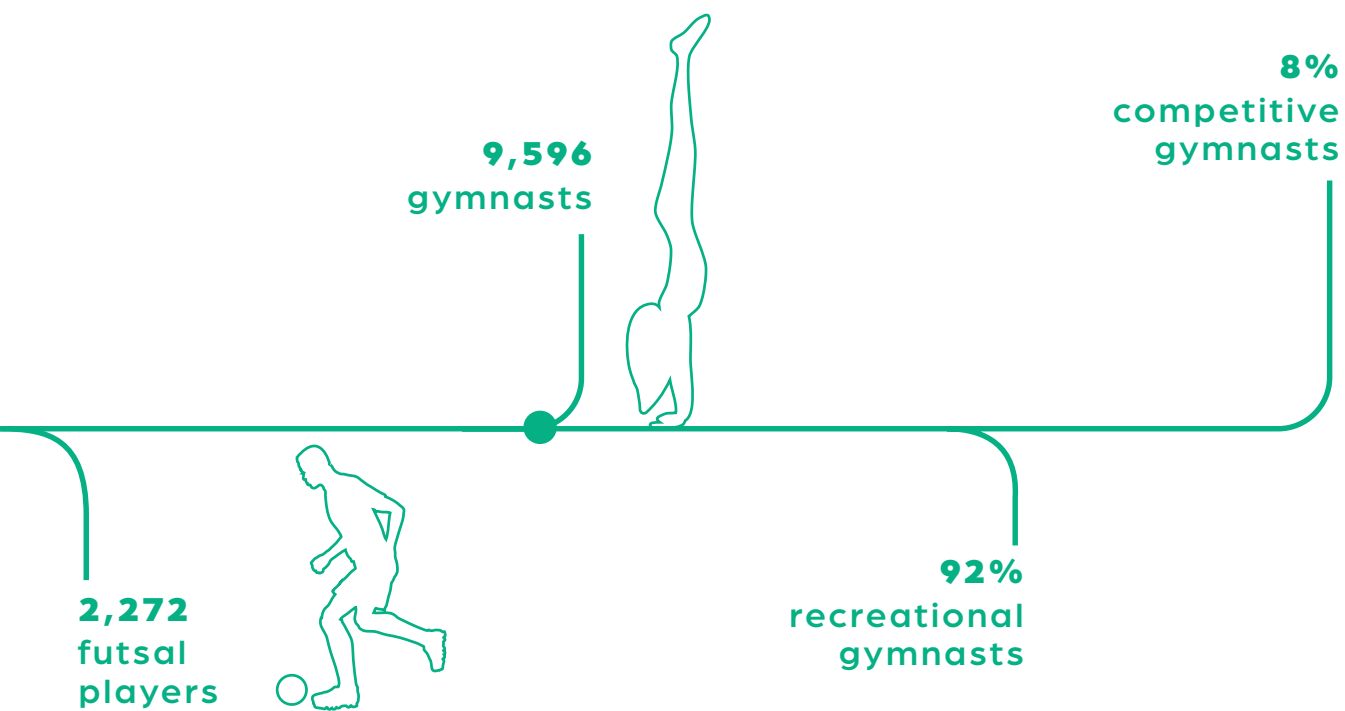
• **Sports**

**WE GET KIDS
ACTIVE IN LIFE**



40
clubs
running
gymnastics

• **CARE**



Girls Boxing at PCYC City of Sydney

Boxing is one of PCYC NSW's most popular sports, with a history dating back to 1937. In 2020, this rich legacy is still continuing, with stories of success from young women like Cody Puohotaua.

Through the Girls Boxing program, PCYC City of Sydney has given 17-year-old Cody Puohotaua confidence and a sense of purpose.

When Cody first walked into PCYC City of Sydney seven years ago, she says she was struggling for direction in life.

"I was just running around without much to do. Going to PCYC was a way to do something without just hanging out on the street."

Cody soon gravitated towards the girls boxing program, where coach Bruce Collins said she showed obvious natural talent.

"It was clear she had all the basic skills. Then she just progressed and progressed. We kept throwing challenges at her and she kept meeting them."

Bruce says it has been rewarding for him to see how far Cody has come during her time in the boxing program – both in and out of the ring.

"Boxing has had a big influence on her. The discipline has been really good for her. She's matured really well. She's become a better person as well as a better boxer."

Cody agrees that the boxing program has had a positive impact on all aspects of her life.

"Training with Bruce taught me how important it is to have a routine. I know I have to go to school if I want to go to PCYC and box."

Cody had her first competitive fight in May 2021 at an event at PCYC Hawkesbury. While she didn't win on the day, Bruce insists she can hold her head high.

"We were all very pleased with her performance. The first fight always saps your energy. She just needs to learn to control her nerves, but that will come with time."

Cody's dedication and strong work ethic are reflected in the fact she was back in the ring training for her second fight the day after her first one. It's that sort of commitment that has Bruce believing she has the potential to achieve whatever she sets her mind to in boxing.

"She'll go all the way if she wants. She's got incredible ability, the right attitude and commitment. I wouldn't be surprised to see her at the Olympics one day."

When she's not training, Cody volunteers as a coach for the gymnastics program at PCYC City of Sydney and sits on the Committee Board. She has also become a mentor for the younger girls in the boxing program, something she says she gets great enjoyment out of.

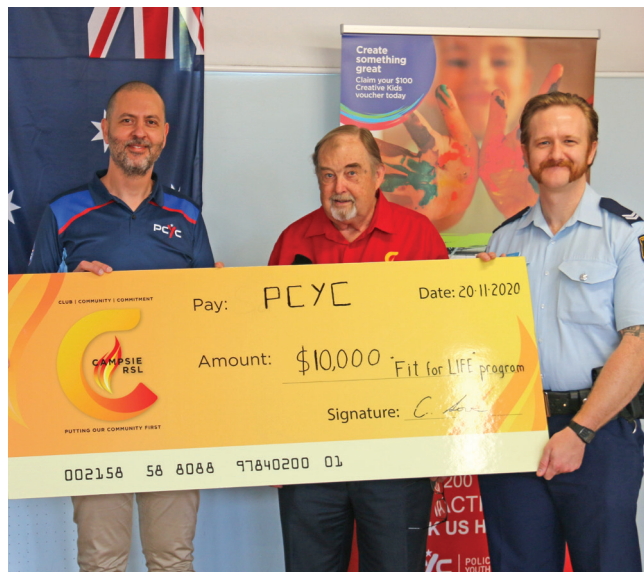
"It's great to see how the girls progress from when they first step in the ring. I really encourage them to get involved and to spread themselves around the club."

Away from PCYC, Cody is in her final year of school. She's studying hard to get the marks she needs in her HSC to go to college and get a good job in the sports industry.





PCYC Belmore celebrated the club's 65th birthday in November with members of the local community, Campsie Police Area Command, City of Canterbury Bankstown Mayor Khal Asfour, PCYC staff and lots of shared memories.



PCYC Belmore foundation member, Gordon Bryan, presents a cheque to Club Manager Andrew Shenouda and YCM SC Angus Humphrey from Campsie RSL Group.



From 1970 to 2020, PCYC Dubbo has been an important part of the local community. The club celebrated its 50 year anniversary with staff, Orana-Mid Western Police officers and members of the community.



Phillip Ross from PCYC Nelson Bay with PCYC NSW CEO Dominic Teakle at the club's 40 year anniversary celebrations.



Five years in the community and 20 years in the making, one of our newest clubs PCYC Southern Highlands celebrated its milestone anniversary in November.



PCYC Broken Hill turned 75 this year and celebrated with invited guests, staff, members of Barrier Police District, club members and young people.

2020 PCYC Club Milestones

In 2020, PCYC NSW decided it was time to start celebrating our club's amazing milestones! Each club birthday represents another year of involvement in the local community, another year of helping young people change their lives, and another reason to celebrate in a tough year. When celebrations were allowed under COVID restrictions, we held events for PCYC Belmore, PCYC Dubbo, PCYC Port Stephens – Nelson Bay and PCYC Southern Highlands.

PCYC Belmore

In November, PCYC Belmore celebrated its 65th birthday!

To honour this milestone members of the community, including Campsie Police Area Command, City of Canterbury Bankstown Mayor Khal Asfour and PCYC staff came together to celebrate.

Club founding member, Gordon Bryan, shared stories from the club's early days and presented manager Andrew Shenouda with a donation from the Campsie RSL Group.

Gordon said the club was a popular place to hang out, play sports and attend dances and concerts when he was at school.

"PCYC Belmore was a really important part of my teenage years and it's great to see it is still keeping young people safe and happy," he said.

PCYC Dubbo

In a similar fashion, PCYC Dubbo celebrated 50 years of helping young people stay active and engaged in the community. To celebrate, past and present staff joined community members and officers from the Orana-Mid Western Police District to cut the cake.

The first brick was laid on Erskine Street in 1970. The club has now expanded and grown from a boys-only club to one that welcomes everyone in the community.

PCYC NSW CEO, Dominic Teakle, said the 50 years milestone illustrates how connected and relevant PCYC Dubbo still is to the local community.

PCYC Port Stephens – Nelson Bay

PCYC Nelson Bay celebrated 40 years in the Bay with Meryl Swanson, Member for Paterson, marking the milestone. While there she enjoyed a quick game of Pickleball – one of the club's favourite sports!

PCYC NSW CEO Dominic Teakle attended the event with members of the club committee, including PCYC Life Governor Laurie Toscano, who has been involved with the club since it's door first opened, initially as a gymnastics instructor then later on the committee. They were joined by volunteers and members of the Rotary Club of Raymond Terrace.

PCYC Southern Highlands

After more than 20 years of trying to make it a reality, PCYC Southern Highlands was excited to celebrate its fifth anniversary in 2020. It may be one of our newer clubs but the impact it has on young people in the region is wide reaching.

PCYC Broken Hill

In 2020, one of our most remote clubs, PCYC Broken Hill, celebrated 75 years in the local community.

PCYC NSW CEO Dominic Teakle travelled to Broken Hill to help celebrate with invited guests, staff, members of Barrier Police District, club members and young people.

The anniversary gave everyone time to reflect on the club's past, celebrate the present and be excited for the future. At the centre of celebrations was a visitor's book, which has entries from the day the club opened on 19 July, 1945.

PCYC Grafton opens its doors

After 10 months of building work, PCYC Grafton's multi-million dollar club officially opened in August 2020.

The \$6.5 million facility is PCYC NSW's 65th club and is the largest outside metropolitan Sydney. It sits on the site of the former Grafton Sports Centre and includes a high performance gym, classrooms to facilitate the Safer Drivers Course and Traffic Offenders Intervention Program for Transport for NSW, a youth hang-out zone, upgraded basketball courts and a members gym.

At the opening on 25 August, Coffs/Clarence Police District Chief Inspector Joanne Reid said the new PCYC facility was a game changer for Grafton and all the Clarence Valley.

"It's an opportunity for us to get structured, coordinated, engagement and program support for young children so that they can make better choices and have better outcomes in life," Chief Inspector Reid said.

More NSW Police Force RISEUP programs are planned to join the popular Fit For Life sessions.

Together with Coffs-Clarence Police District we look forward to being a place where the Grafton community comes together to get active, meet friends and learn new skills.



PCYC Grafton. Opened August 2020.

PCYC Hawkesbury opening

PCYC NSW took over operations of the former Hawkesbury Indoor Stadium in July and quickly established a strong membership base and valuable links with the local South Windsor community.

The club is now delivering a broad range of youth and community activities in partnership with NSW Police.

Thanks to help from Rotary, NSW Police, local MPs and Hawkesbury Council, government funding was secured to establish the club. Early renovations to the building improved the basketball courts, home to the popular local team the Hawkesbury Jets, and upgraded the gym facilities, foyer, kitchen and office spaces.

PCYC Hawkesbury is now the community's largest indoor sporting precinct and there are big plans to further expand activities, programs and facilities in the future.



PCYC Hawkesbury Indoor Stadium. Opened July 2020.



Glebe Gymnastics

Overcoming the challenges of 2020, PCYC Glebe Leichhardt launched a new gymnastics program providing local young people with new ways to be active.

Club Manager, Brett Roberts, noticed there was a lack of opportunities for young people to participate in gymnastics in Sydney's Inner West. Together with Gymnastics Coordinator, Jess Fagan, and their team he built up a full program of activities to help encourage early participation in healthy exercise.

The new activities that have been added to the program include Kindy Gym, Recreational Gymnastics, Teen Gymnastics, Free G/Parkour, Cheerleading and Adult and Acro Dance. These exciting activities cater for all abilities and from the ages of 18 months to 60 years old.

Brett says the new club programs have been a great success and have brought new members to the club.

"The revenue raised from new memberships allows us to continue offering our outreach programs and change the lives of more people in the inner west of Sydney. We're delighted to be able to provide young people with the opportunity to learn a new activity and showcase the good things happening at PCYC to the community".

The program has helped to entice more young people into PCYC Glebe, continuing their 78 year history of serving the community.

Club Manager, Brett, comments: "It's great to see more young people coming through the door ready to get active and try new things. I would say the expanded program is responsible for a 90% increase in new youth members coming through the door."

Gymnastics is one of PCYC Glebe's strongest activities, providing a great precursor to other sports.

"It's a great activity for strength, conditioning and flexibility. Some of the boys who might be playing other sports like soccer and rugby league don't realise how much they're strengthening their bodies."

Despite only operating for a year, Glebe's gymnastics program is already sending members to compete at state titles in a range of disciplines including cheerleading, aerobics and Women's Artistic Gymnastics (WAG).

On top of their exciting new programs, PCYC Glebe Leichhardt also went mobile in 2020 with the arrival of a new bus! Brett says the bus has been very important for the club to help more young people participate in activities.

"We were running youth programs and struggling to transport kids to and from activities. The bus allows us to help those kids who might never get the opportunity to participate because they can't afford the cost of the programs, or they just can't get to them. Now we can pick them up from school or home and drop them back again."

The bus was purchased thanks to generous donations from local supporters and donors.

9596 YOUNG PEOPLE
registered for gymnastics in 2020

40 LOCATIONS
offering gymnastics across the state

PCYC NSW
is the largest provider
of gymnastics in Australia

PCYC NSW Staff



A return to his roots for new Gunnedah manager

Saying yes to the job at PCYC Gunnedah was all about returning home for new Club Manager, Peter Altona.

Peter grew up in Tamworth and after playing professional rugby union in Australia and overseas he has retired from the sport and returned to Quirindi to lead the team at PCYC Gunnedah.

Peter most recently played for the Melbourne Rebels and ACT Brumbies. He also played in England for Bath Rugby and remains a development officer for the NSW Waratahs.

Peter is a proud Gomeroi man and has big plans for expanding the club and turning it into a sports and community hub for the Gunnedah area.

It was a challenging year, but Pete has stayed focused on the wellbeing of the young people in the Gunnedah area and on delivering much-needed youth programs and activities.



Prestigious medal for Savannah Pride founder

PCYC Blacktown's Savannah Pride founder, Mayor Chagai, was awarded a prestigious NSW Premier's Multicultural Community Harmony Medal for 2020.

Mayor was recognised for his inspiration and commitment to fostering community harmony through Savannah Pride's youth basketball and welfare programs in Western Sydney at PCYC Blacktown.

Multicultural NSW CEO, Joseph La Posta, presented Mayor with the award and congratulated him on his efforts to change the lives of young people through basketball and mentoring.

Like many sports teams, the Savannah Pride team was hard hit by the COVID-19 shutdown of community sport. 100 days without playing as a team put a strain on the young players who see basketball as a way to stay mentally and physically fit. Once the restrictions were lifted in NSW, Mayor brought the team together again and they are now training and competing together stronger than ever!

Organisational Funding Support

State Government

- NSW Government – Ministry for Police and Emergency Services
- NSW Government – Premier and Cabinet
- NSW Government – Communities and Justice
- NSW Government – Planning, Industry and Environment (Crown Lands)
- NSW Government – Health (Public Health Districts)
- NSW Government – Regional NSW
- NSW Government – Office of Sport
- NSW Government – Multicultural NSW
- NSW Government – Transport for NSW
- NSW Government – Office of Responsible Gambling
- NSW Government – Primary Industries
- NSW Government – Education

Federal Government

- Australian Government – Regional Development, Infrastructure and Cities
- Australian Government – Industry, Innovation and Science
- Australian Government – Department of Social Services
- Australian Government – Prime Minister and Cabinet (Indigenous Advancement Strategy)
- Australian Government – Home Affairs
- Australian Government – Australian Sports Commission
- Australian Government – Australian Defence Force

Foundations and Trusts

- St George Foundation
- Newcastle Permanent Charitable Foundation
- Macquarie Group Foundation
- Foundation for Regional and Rural Renewal
- Phillip Bushwell Foundation

- Matana Foundation
- Bendigo Bank Foundation
- Sony Foundation

NSW Local Councils

Clubs NSW – ClubGrants

Rotary International

Commercial supporters

- AGL Macquarie
- Benevolent Society
- TEG - Fire Fight Australia Concert
- The Smith Family - Bankstown Families Connect program
- Tower Holdings
- BHP Billiton
- Glencore
- Bengalla Mining Company
- Mach Energy
- BlueScope WIN
- Riverina Water
- Newcrest Mining
- St Vincent de Paul
- Bodangora Wind Farm

efex

red
energy

snowyhydro



PCYC Youth Committee gives young people a voice during COVID-19

When the COVID-19 pandemic forced PCYC Clubs across NSW to shut, the PCYC Youth Committee stepped up to provide a voice for young people in need of support. In a meeting with the NSW Mental Health Minister, Bronnie Taylor, the Committee made a powerful case for clubs to remain open as an essential service for young people.

The Youth Committee's key mission is to empower young people to represent the voice of youth in NSW. That is exactly what Committee members remained focused on during 2020, despite the challenges posed by COVID-19.

Deputy Chairman, Lachlan Daniel, says the Committee was determined to continue their vital work during the lockdown.

"For the first few months of COVID-19, we were really active with the Committee. We knew the pandemic was going to make a bad situation worse for a lot of young people. We worked really hard and had a lot of meetings while everyone was in lockdown about what PCYC could do to help young people throughout COVID-19."

During the lockdown, PCYC NSW CEO, Dominic Teakle arranged for members of the Committee to put forward their case for why PCYC Clubs should remain open. The debate was watched by Minister Taylor and the CEO of the Advocate for Children and Young People, Zoe Robinson. Lachlan says it was a great opportunity to let those in power know what the situation was like on the ground for youth.

"It felt good to be heard by people who could actually make a difference."

While time constraints forced changes to the debate format, Lachlan and his fellow Committee members got the chance to present their key arguments to Minister Taylor and Ms Robinson.

"A lot of what we talked about focused on mental health and health in general for young people," Lachlan says. "We talked about the fact that even though PCYC had to close its doors, there were still kids waiting outside our clubs because they are safe spaces."

Lachlan says the reaction to the presentation was overwhelmingly positive.

"The Minister and Ms Robinson seemed genuinely interested in all the points we were making and took everything on board. They took a lot of our arguments and the data we provided and put it towards their action plan.

"PCYC also used a lot of what we presented in their action plan for how they would roll out support for youth."

Lachlan says it was an honour to represent the voice of youth on such an important issue.

"I found it really good from a personal development perspective. It felt good knowing what I was bringing up could help other young people out there."



Development of GRIT: Youth mental health in focus

Mental health is a growing problem for young Australians. Never before have so many teenagers, and pre-teenagers experienced anxiety, depression and other mental health challenges. PCYC NSW is taking action, building on our 84 years of experience working with young people at risk to help build resilience, grit and an optimistic approach to daily life.

A key focus during 2020 was the development of GRIT, a new mental wellbeing program prioritising positive early intervention and prevention in response to the youth mental health crisis. GRIT (Growth-mindset Resilience Intervention for Teenagers) will blend physical fitness, nutrition education, and specific mental resilience skills training to develop more well-rounded, resilient young people better equipped to cope with life's ups and downs.

2020 was an incredibly challenging year for everyone, but it was especially uncertain and isolating for young people. With the headlines of floods, fires and a global pandemic causing huge amounts of insecurity, resilience and optimism was tested.

In fact, rates of psychological distress in young people have risen 5.5% in the past seven years, and the NSW Health Commission now estimates that one in four young Australians lives with a mental illness. On top of that, one in three young people are estimated to experience moderate to high levels of psychological distress.*

PCYC NSW works with young people across metropolitan, regional and rural NSW in a wide range of community settings, including disadvantaged and isolated communities. Every day young people come to our clubs and feel safe to share their fears, anxieties and concerns about their futures

with our staff, and the message is clear – they are asking for support and seeking tools to help them cope.

The GRIT program was developed by PCYC staff with expertise in program design and delivery, youth education, health promotion, research and evaluation. These specialists have been working in consultation with young people on the PCYC NSW Youth Committee to create a comprehensive mental health program.

The Committee conducted focus groups during 2019 and in 2020 helped design and run an online survey to identify issues that affect young people. It is clear from our consultations that young people want to improve their resilience in the face of an ever-changing world, and to increase their sense of wellbeing in safe and supportive environments. These findings fed into the development of the framework for the new pilot program.

The program will bring together three evidence-based approaches to building resilience and wellbeing skills for youth:

1. Physical activity – increasing social connection, positive mood and overall wellbeing
2. Growth-mindset training – mindfulness and creative practices to develop resilience, emotional regulation, and self-awareness

3. Nutrition training - linking how foods can impact moods

The other element of the program is staff training to empower PCYC employees. At PCYC NSW, we have become increasingly aware of the need to support our frontline staff to be better equipped to integrate resilience and wellbeing approaches into their work.

To become a GRIT Facilitator, PCYC staff will be trained in the principles, theory and methods underpinning the three approaches. Training will also include Youth Mental Health First Aid, so staff can identify emerging signs of emotional or mental distress in young people and provide supportive

referrals to appropriate professional health services, should this be needed.

The program will be piloted and evaluated in several PCYC NSW clubs in late 2021, before being rolled out incrementally across our Club network from 2022.

We know that if we can teach young people resilience skills, we can make life-changing differences to not only that person's life, but also their family and community too.

**All of the data cited by PCYC NSW is taken from reputable government and/or research sites and publications.*



Commander's Message



2020 was a year like no other. The COVID-19 pandemic required enormous resilience from us all. Through the unbreakable collaboration between the NSW Police Force and PCYC, I am proud to report we successfully delivered the objectives under the RISEUP Strategy and empowered young people across the state, reengaging them with family, community, school and employment.

In 2020, 1169 young people participated in "Fit For" programs (excluding Fit for Life), with 161 gaining employment. Of those positions, 43 were apprenticeships and eight were traineeships. Of the 116 participants in Fit for Work, 81 males and 35 females graduated.

Term 1 started strongly for RISEUP, but the impact of COVID-19 in March meant an online strategy was needed. This was successful in reaching participants already enrolled in Term 2 programs. However, due to reduced resourcing with Police conducting state border checkpoints and quarantine hotel operations, 12 Term 2 programs were cancelled.

Programs resumed in Term 3, with 25 run across the state. They were able to function under the government

exemption as an essential education program.

Term 4 saw a full return to programming, with 39 programs rolled out across all clubs and three Fit for Work programs run in Campbelltown, Auburn and Penrith. PCYC Penrith saw with nine graduates gain employment. Two graduates from Auburn Fit For Work were featured on A Current Affair.

RISEUP participants helped Police pack and distribute care packages to people isolated because of COVID-19 restrictions, as part of a joint PCYC and Youth Command strategy to assist vulnerable communities.

Mr Paul Pisanos (APM)
Assistant Commissioner



Youth Command continued to work closely with government and non-government agencies throughout 2020. With the availability of 65 "safe place" PCYC facilities, we participated in initiatives to build resilience across communities and provide support to those in need. We also continued with

our Youth Engagement Strategy, which supports young people at risk through Youth Action Meetings (YAMs). Meetings ran in pilot locations at Campbelltown and Coffs Harbour and at five trial sites in Wollongong, Mt Druitt, Nepean, the Hunter Valley and the Riverina.

Online learning was challenging for many students. School Liaison Police worked tirelessly with high school leadership teams to make sure young people had the resources they needed to continue their education.

We also delivered Mental Health First Aid training to Youth Command and PCYC staff to help them engage with young people struggling with mental health issues. We are grateful to the

Advocate for Children and Young People (ACYP) and to NSW Health. Thanks to their help, we were able to train 24 Youth Mental Health First Aid Instructors. We look forward to providing training to more Youth Command and PCYC staff in 2021.

Thank you to the Board, Executive, staff, volunteers and members of PCYC NSW and the NSW Police and civilian staff of the Youth Command for their support throughout this difficult year. We can now optimistically approach the future and continue in our combined efforts to empower the young people of NSW.

Mark Wall
Youth and Crime Prevention
Command Superintendent

CEO's Message

2020 was a challenging year for PCYC NSW. Like so many organisations across the community, we had to make big changes to our operations very quickly in response to the COVID-19 pandemic. I could not be prouder of the resilience shown by the entire PCYC NSW team in getting our organisation through this very tough time.



March 23, 2020 was the most gut-wrenching day I have experienced in all my time here at PCYC NSW. That was the day we had to close our clubs to protect the health and safety of the community. While the decision was out of my hands, delivering the news to our hardworking staff members and the young people who attend our clubs was one of the hardest things I have ever had to do.

Despite these challenges, PCYC NSW staff remained true to our core mission and values and continued to provide critical support services to police and young people throughout 2020. I sincerely thank them for enthusiastically adopting new work practices and enduring the tough

decisions that had to be made for the betterment and the future of PCYC.

I would also like to thank all PCYC NSW staff members for embracing the steps that needed to be taken as we emerged from COVID-19. The success of their hard work was reflected in the increased participation in our School Holiday Programs and strong attendance at our BBQ and Beats Tour once restrictions were lifted.

One of the positives to come out of the last year was the outpouring of support from young people who missed the sense of connection provided by our clubs when they were closed. It was a powerful reminder that PCYC is an essential service which contributes a great deal to the social fabric and the mental wellbeing of young people across the state.

I extend my deepest thanks to the PCYC NSW Board, and in particular Chair Alex Harvey, for the leadership and wisdom they showed in helping us navigate the last 12 months. Their contribution ensured our organisation emerged from the lockdown in good health and set us up for a stronger future.

I would like to acknowledge the leadership shown by NSW Police in responding to the COVID-19 pandemic. The vital role they played in border patrol and hotel quarantine has helped keep our communities healthy and safe.

I would also like to thank the federal government for the much-needed support they provided to PCYC NSW through JobKeeper and the stimulus package. Together, these programs played a key role in keeping us operational over the last 12 months. I would also like to thank the NSW Police Minister, the Hon. David Elliott MP, and the Office for Regional Youth for their ongoing support throughout this period.

Finally, I would like to say an extra special thanks to PCYC NSW's wonderful staff and volunteers. We simply would not have made it through the last 12 months without your resilience and dedication. Having survived a global pandemic together, I truly am inspired by what we will achieve for the young people of NSW in the months and years ahead.

Dominic Teakle
CEO of PCYC NSW



A charity empowering young people
through Police and community partnership

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