

PCYC | IS LIFE CHANGING

2021

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.**





GOVERNMENT HOUSE
SYDNEY

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

In another year of twists and turns, PCYC NSW demonstrated grit and resilience, rapidly adapting to changing circumstances and resolutely delivering on its mission to empower young people through Police and community partnerships.

When clubs were closed during lockdown, programs were taken online so that young people would not miss out on their life changing benefits. Rising to meet the challenge of the times, PCYC worked with the NSW Police Force and sporting partners Parramatta Eels and the GWS GIANTS, to deliver food hampers to people hit hard by the impact of restrictions. And in 2021, eleven Clubs opened as vaccinations centres, supporting the public health effort and caring for community.

These extraordinary efforts have made Dennis and I, as joint Patrons, enormously proud.

However, 2021 was so much more than just responding to the circumstances of COVID. Exciting developments expanded capacity for current and future impact, particularly in our State's regional areas. In July there was a sod turning ceremony to mark the construction of the new \$23 million multi-function facility on Crown land at Wagga Wagga. In November, PCYC became part of the Queanbeyan community after taking over the lease of an existing Indoor Sports Centre and offering a broad range of indoor sporting activities and programs. And then, in December, the newly constructed Multi-purpose Youth and Community Centre was opened on Gamilaroi Country in Walgett. The future is looking bright.

PCYC continues to be a dynamic force for good at the frontline of child and youth issues in New South Wales, just as it has been for over eight decades. We offer our congratulation and thanks.

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

Mr Dennis Wilson

Government House, Macquarie Street, Sydney NSW 2000
telephone: 02 9228 4111 | website: www.governor.nsw.gov.au

Chair & CEO's message

2021 was another challenging year but once again PCYC NSW showed resilience, teamwork and passion by continuing to meet the changing needs of the community during the pandemic. We are particularly proud of the way PCYC and the NSW Police Partnership rebounded strongly once restrictions had eased.

We are honoured to present the 2021 PCYC NSW Impact Statement which clearly demonstrates the positive Social Impact that PCYC has across NSW.

We acknowledge the sterling efforts of our staff who worked in partnership with the NSW Police Youth Command and Police and General duties to serve our community and families in need despite the numerous challenges of responding to COVID-19. Our achievements are significant, and we know made a life changing impact on some of the most disadvantaged families in our communities.

Our people are the core reason PCYC is life changing. We are grateful for their commitment and service throughout 2021.

We are particularly proud that as we near the end of our 2017-22 Empowering Youth Strategy we can mark another year of success despite the shadow of the COVID-19 pandemic.

In 2021 we:

- Impacted over 7,962 Young People in Life Changing Rise Up, GRIT and other PCYC Programs
- Had over 1.6 million individual visits to our 66 Clubs
- Opened two new clubs:
 - A brand new benchmark sport, health and wellbeing facility in Walgett, and

- A partnership with the Queanbeyan - Palerang Regional Council in Queanbeyan - our 66th Club

- Served the community through months of COVID-19 shutdowns by:
 - Delivering 75,000 food hampers
 - Providing 16 Vaccination Centres, dispensing over 100,000 vaccinations in disadvantaged and at-risk communities
 - Hosted several (3) multicultural vaccination engagement sessions to connect young people to the health advice

In every sense 2021 was a significant year for PCYC NSW and our partnership with NSW Police.

Unfortunately, December 2021 also marked the departure of our respected Chair, Alex Harvey. Alex served PCYC for over 6 years and was instrumental in establishing our Empowering Youth Strategy, starting our Corporate Sponsor journey, and setting the foundation for a sustainable future. Alex's strategic expertise has prepared us well for the future. We are grateful for his leadership and commitment. He has left an amazing legacy and we wish him well in the future.

Importantly we continue our connection with the Macquarie Group as we transitioned to our new Chair, Nicole Sorbara, Global Chief Operating Officer of Macquarie Group who commenced her handover in December. We welcome Nicole and her stewardship as we launch of our 2022-2027 Strategic Plan.

Now in its 84th year PCYC's founding mission to get young people active in life continues to resonate loudly as we deal with the aftermath of COVID-19 and its detrimental impact on the mental health and wellbeing of young people and the community.

PCYC's partnership with NSW Police has never been more relevant as we look to continue to provide a safe place for young people to belong and deliver life changing programs that empower young people to reach their potential.

It is a privilege to serve with you. Better Together.

Nicole Sorbara
Chair



Dominic Teakle
Chief Executive Officer



Better Together

Assistant Commissioner, Youth Command's message

I would like to thank Assistant Commissioner Gelina Talbot APM for her leadership throughout 2021 which was another challenging year for all our communities, and particularly for young people across NSW. I commenced in this role in January 2022, as the COVID 19 pandemic continued to disrupt daily routines and had a major impact on school and social interactions. The partnership between the NSWPF and PCYC was even more vital than usual and greatly assisted in providing support and building resilience, by remaining a constant right across the state.

Youth Command and PCYC continued to work closely with external agencies to engage young people at risk. This was completed using several platforms including Youth Action Meeting (YAMs) in some of the Police Area Commands and Police Districts, with the ongoing support of our partners from the Office of Regional Youth, the Short-Term Remand project, Bail Assistance project and Missing Person pilot, to name a few amongst many initiatives the partnership assisted.

Youth Command and PCYC continued to be industry leaders in delivering the RISEUP strategy that saw over 8000 young people participate in one of the eight Fit4 or Fit2 programs and over 450 young people gain employment across several industries – an even greater achievement given the challenges COVID 19 presented for employment opportunities. The partnership completed a review of the RISEUP strategy at the end of the year to build on the opportunities to further engage and support young people at risk.

Our Police continued to support schools throughout the year and deliver presentations online addressing emerging trends and risks, such as cyber bullying and mental health. Youth Command and PCYC forged a dynamic working relationship with the Department of Education and Independent and Catholic school executives throughout the last two years, which enhanced our ability to provide timely support and guidance as required. The end of 2021 saw the transition of our team to Youth Engagement Officers, commencing in January 2022, to provide greater service delivery across all key aspects of Youth Command business, including more police in PCYC clubs supporting young people.

I look forward to further developing the partnership with PCYC and the delivery of programs and initiatives to have a positive impact on the lives of young people and communities across NSW in 2022.

Mr Gavin Wood (APM)
Assistant Commissioner, Youth Command



Partnership with NSW Police Youth Command

Commander's message

As I take up the role of Commander, Youth Command I would like to acknowledge the work undertaken under the direction of Superintendent Mark Wall. The programs, new initiative and partnerships with government and non-government agencies has certainly had an impact on the way in which Youth Command has been able to deliver outcomes in partnership with PCYC.

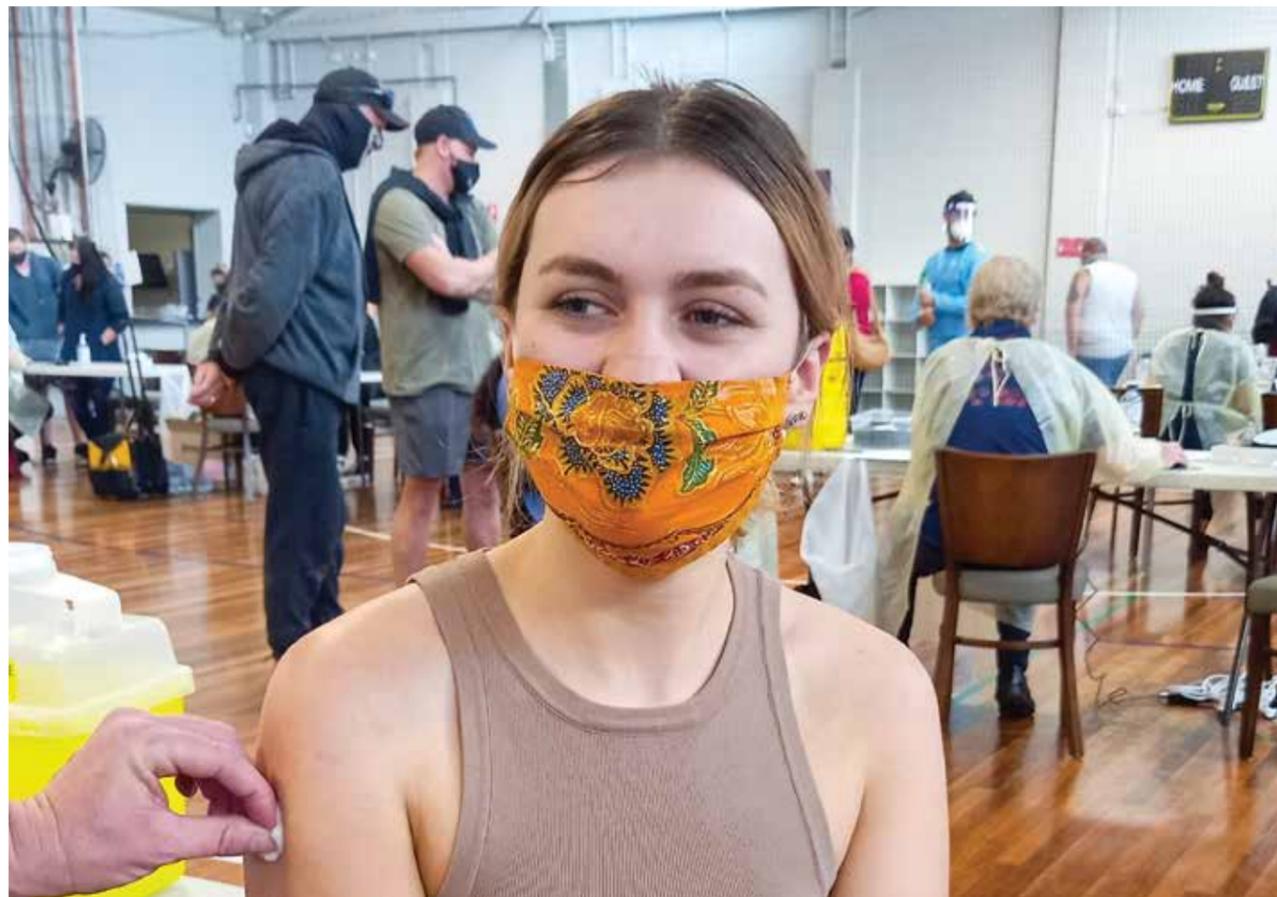
I am looking forward to continuing the partnership with PCYC and the delivery of the RISEUP program and other initiatives to reduce youth crime and enhance the safety of vulnerable young people.

In 2021, a key achievement was the ongoing delivery of 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 ongoing support from the Advocate for Children and Young People (ACYP) and NSW Health for their assistance in this initiative. Sadly, the challenges of the last few years and increased use of social media by young people has seen a rise in mental health-related incidents, where research calculates a large percentage of the younger population at risk presenting with a mental health condition. This training and ongoing focus will provide our teams with the skills to talk to young people about these issues and intervene early by providing support and referrals to highly trained specialists. The GRIT project initiated by PCYC is another example of the partnership leading the way in providing programs to address the emerging needs of young people.

Once again, I wish to sincerely thank the PCYC Board, PCYC Executive, staff, volunteers and members of PCYC NSW and the NSW Police and civilian staff of the Youth Command for their support through another challenging year. We look forward to further successes in 2022 with our ongoing partnership, and commitment to empowering young people right across NSW.

Sam Crisafulli
Youth Command Superintendent





Awabakal vaccinations.

PCYC NSW COVID response

2021 was another difficult year for everyone with the second wave of a global pandemic, ramped up COVID-19 restrictions and further calls for remote work and learning.

Through several lengthy lockdowns, PCYC NSW continued to deliver services to our young people when and how we could despite many of our clubs being closed for months.

We joined with other organisations and charities to help out when we saw assistance was needed.

Remote Learning

While challenging, the shift to remote learning allowed PCYC NSW and NSW Police to continue to serve young people signed into our Fit For Work programs. Our facilitators adapted the program to be 100% online so that no young person would miss out on the connection and learning they needed during the difficult lockdown.

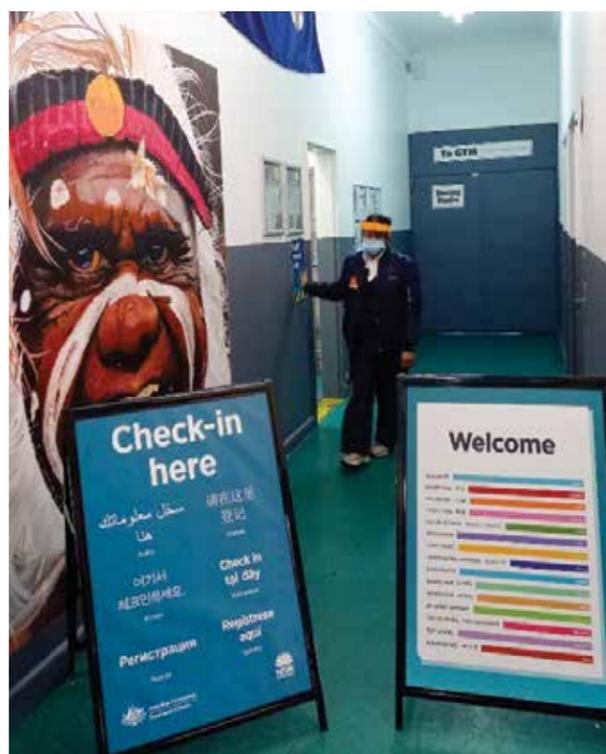
August: 16 clubs convert to community vaccination centres

PCYC staff, Youth Engagement Officers and School Liaison Police from the greater Sydney area helped NSW Health provide support to HSC students attending Qudos Bank Arena as part of the mass vaccination effort. More than 15,500 students rolled up their sleeves and got their jab during an intensive week of first round vaccinations.

In July, when it became mandatory for NSW businesses to collect details of patrons for possible contact tracing, PCYC NSW complied with QR code check-ins by displaying posters throughout all clubs.



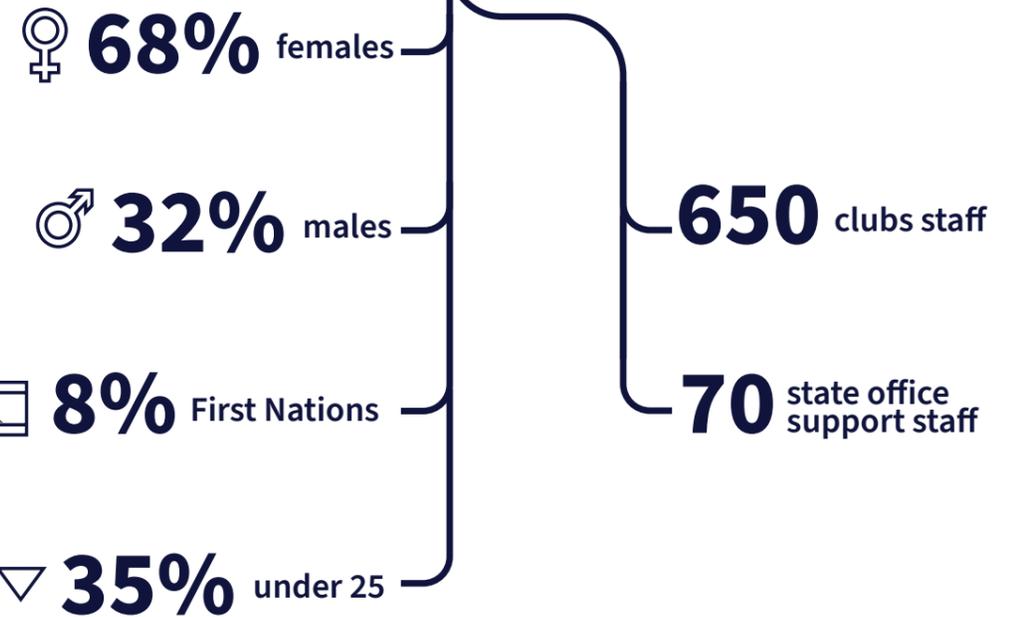
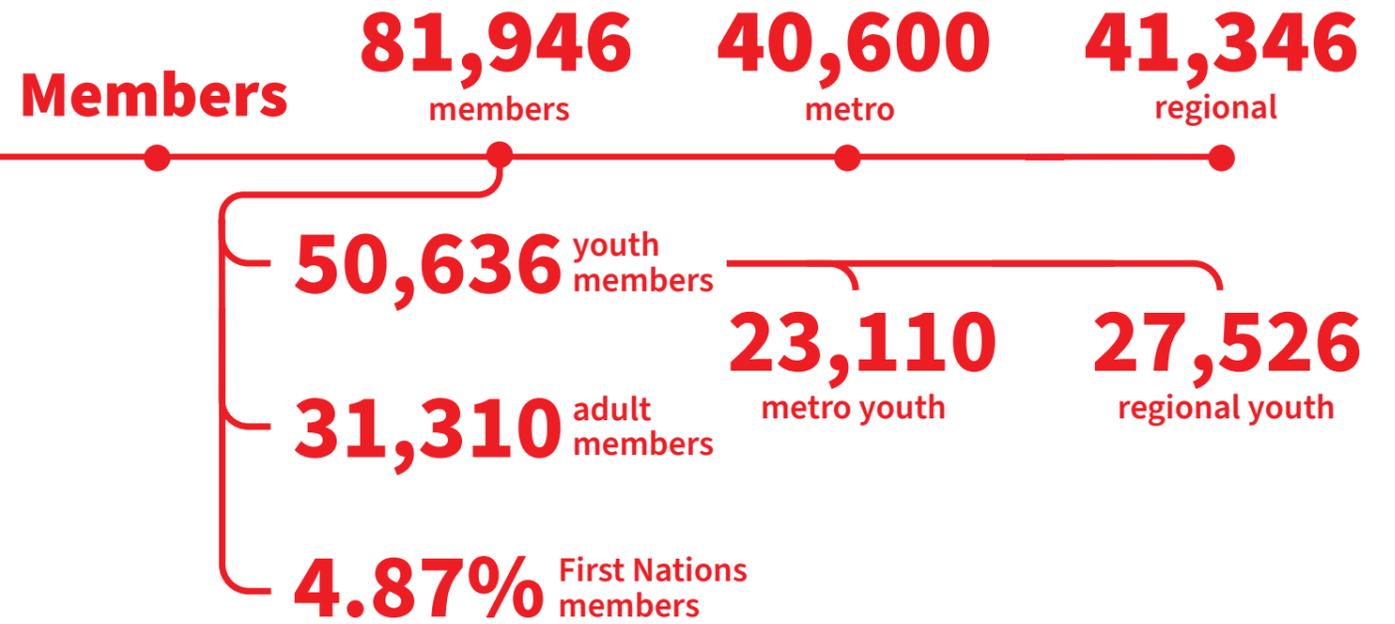
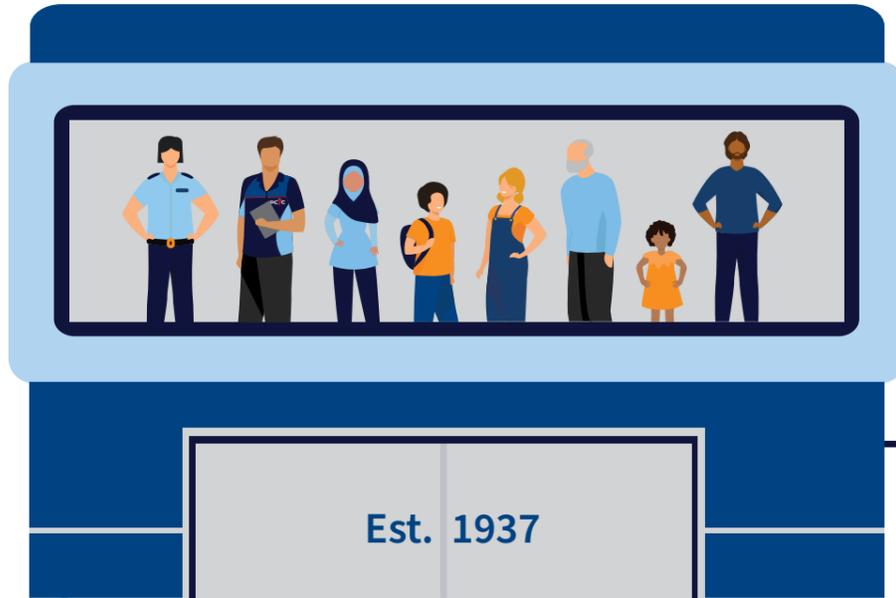
Awabakal vaccinations que.



PCYC South Sydney vaccination centre entrance.



During September, Parramatta Leagues Club cooked hundreds of meals to help families in Western Sydney. Each week 100 individual meals were prepared, distributed, and collected by PCYC NSW. NSW Police Force Youth Command and PCYC NSW identified families doing it tough during the COVID-19 lockdowns and distributed the healthy meals to case managed young people, at-risk youth and their families. In total 550 individual meals were delivered to 500 families!



Reach

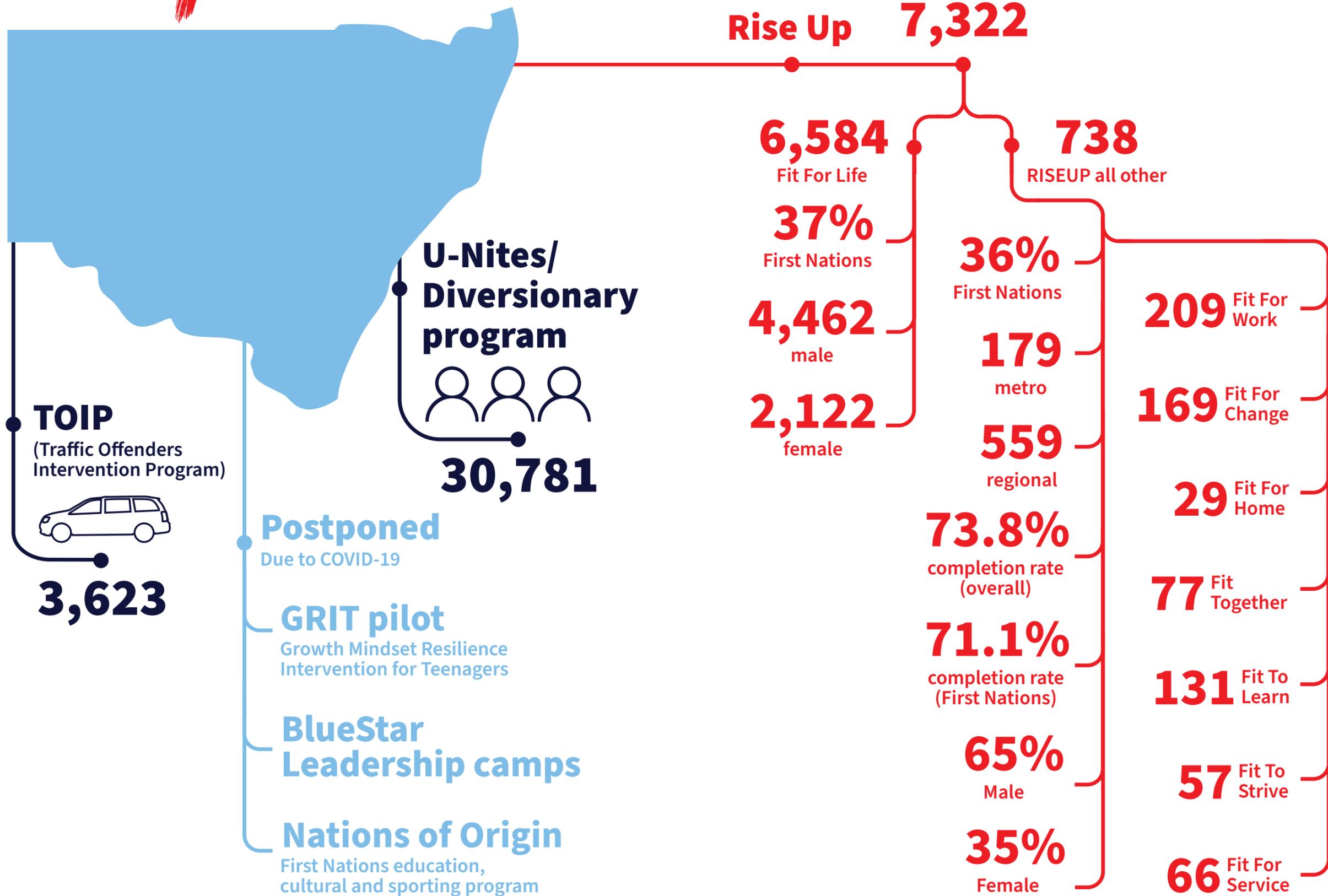
66 clubs

- 22** Sydney metro locations
- 11** Western Sydney

- 44** regional NSW locations

1.6 million visitations

PCYC | PROGRAMS





Midjaburi Ballers

Teaching skills and culture to Indigenous basketballers at PCYC Marrickville

At PCYC Marrickville, shooting hoops has always been a favourite activity for the Indigenous boys who drop into the club. When Indigenous basketballer Patty Mills led Australia to an historic Bronze medal at the Tokyo Olympics, the sport’s popularity among the community only continued to grow. Ryan Johnstone, PCYC Marrickville’s Club Manager saw an opportunity for a new program at his club for Indigenous kids who already loved the game.

“We have quite a big Indigenous following here at Marrickville. On Friday nights we run a basketball comp as a way to make sure kids are here and not out and about. We give them a safe space to hang out, keep an eye on them and they play a couple of games of basketball a night,” he says.

“I had noticed a lot of the kids had raw talent and was told that with some coaching, they could improve and be a lot better.”

Using PCYC’s Fit For Life model, Ryan worked with PCYC Marrickville colleagues and Ben Ireland from basketball not-for-profit The U-League to develop an early morning basketball program for Indigenous teens. The program includes a pick-up service from home, one hour of basketball training, a short workshop with a social worker, a healthy breakfast and drop off at school. Running on Friday mornings, two weeks of the program are dedicated to cultural incursions aimed at connecting the boys with their Indigenous background.

“Talking to the boys, I realised many of them don’t know a lot about their culture. As a trade-off for playing basketball, I thought we could also teach them something about their background,” Ryan said.

After a successful pilot in Term 4 of 2021, Ryan secured grant funding from Inner West Council and West Connex to continue the program in 2022. To help connect participants to their area, Ryan named the program “Midjaburi Ballers” which means LillyPilly.

“The kids absolutely love it. They can’t wait to come. They are so pumped and that just makes us feel good,” he says, adding that in just one term he has already seen positive impacts from the program.

“The first thing you see is how quickly kids improve with some coaching rather than just playing. Some of these kids have never played in a team before; they are usually late for school, or go to school hungry.”

Ryan says the program is teaching the boys discipline and responsibility, as well as giving them a sense of belonging – not only to a team but also their culture.

“The buy-in has been great. The kids can’t wait for next week. They like that it is an Indigenous only program and the sense of belonging that it gives them. We’ve also had really good feedback from parents.”

Yvette’s sons Maliyan (15) and Pharrell (12) have been coming to PCYC Marrickville to play basketball for several years. The pair enjoy participating in Fit For Life on Wednesday mornings, but being part of Midjaburi Ballers is something extra special for them.

“My sons love basketball. Friday morning is their favourite day of the week. The program gets them up and motivated. It connects them with culture in a way that they really relate to and they have met lots of other Aboriginal kids in the area,” Yvette says.

“For me, the fact that the PCYC is connecting kids through basketball to each other and to Aboriginal culture is what is so magical about it. Teenage boys have this place they feel they belong which is really powerful.

Teams from the Midjaburi Ballers play in the PCYC Marrickville Youth Competition on Friday nights, as well as in a local adult competition on Sundays. Ryan also has plans to enter a team in the Indigenous Championships later in 2022 and PCYC’s Nation of Origin.

Dubbo Fit For Work provides PCYC pathway for Ally

For Dubbo high school student Ally Motton, PCYC Dubbo has been a place to grow, learn and kick-start a career.

Ally met NSW Police Youth Engagement Officer, Senior Constable SC Sally-Ann Treacey, when she dropped into her school to talk about the RISEUP Fit For Work program run in partnership with Police and PCYC NSW.

Ally was keen to sign up! She wasn't sure where she'd be after school and Fit For Work was an opportunity to learn, get an understanding about the workforce and hopefully be in the position to look for employment.

She got all of those things thanks to her commitment to the 10-week program and her leadership qualities.

"I didn't expect to learn things that I would take with me into the rest of my life, but I really did," Ally said.

"I learnt more than just how to get a job, but the interview skills were very useful and led to the job I have now! Practising mock job interviews meant I wasn't blindsided

by the process. It made me a lot more confident and able to present myself."

PCYC Dubbo club manager, Emily Ross, was so impressed with Ally's maturity and work ethic that she hired her to work at the club as an Activities Officer.

"Ally was always well presented and has maturity beyond her years – hiring her was an easy choice," Emily says.

"The confidence and relationship building seen in Ally since she started the role is inspiring. She has grown from a quiet and reserved young person into an employee that has an understanding of their role and takes pride in what they do. She gets jobs done before I even see something needs to be done and she continues to learn and absorb information every day."

Two months into the job, and Ally is already a highly valued member of the PCYC Dubbo team.



Fit For Work graduate Ally Motton with PCYC club manager Emily Ross and SC Sally Treacey.

Eden Brae Homes helps build tradies Fit For Work

When the RISEUP program launched in 2018 the first industry employer to jump on board was residential property builder, Eden Brae Homes.

The award-winning NSW residential property builder was looking for job-ready apprentices eager to learn a construction trade when they learnt about the Fit For Work program's mission to increase employment opportunities for disengaged young people.

Eden Brae Homes Bricklaying Supervisor, Bruce Kirby, said the program fit in well with the company's own Pathways Apprenticeship program.

"Our goal is to make a trade career a high-profile option for students and young people seeking other alternatives should they be disengaged from mainstream school or feeling like they need to attend university to succeed. Right from the start we saw that perfectly aligned with the goals of PCYC's Fit For Work program," he said.

"Eden Brae is proud to employ apprentices where we can through the program, building their skills and knowledge to give them the capability to complete their apprenticeship successfully. They are taught life skills as well as trade skills that will help them with future employment opportunities. We pride ourselves on helping and developing as many young people as we can through the program – there is nothing better than changing the path of someone's future. Eden Brae knows that with the PCYC Fit For Work program, successful change can occur, and we can do it together."

Bruce said their first Fit For Work success story came from one of the very first program participants.

"Wayde Cameron was one of the first PCYC students to participate in the Eden Brae Pathways Apprenticeship Program," he said.

"Wayde joined Eden Brae as a bricklaying apprentice, and he worked hard over the years to become a great bricklayer. During his time as an apprentice,

many people commented on how good he was and that he had a lot of natural talent. He was placed with a great mentor who taught him the skills he needed to succeed."

Four years on and the PCYC and NSW Police Youth Command Fit For Work program empowers hundreds of disengaged young people every year to access work opportunities and get a start on the path to becoming independent adults.



Bruce Kirby, Eden Brae Homes Bricklaying Supervisor – Parramatta Fit For Work.



Bricklaying.

Refugee finds her feet and her voice in Wagga Wagga

Stepping out of her comfort zone is not easy for Elvein Ibrahim, but it's something the Wagga Wagga High School student is very used to.

In 2014 her family fled violence in their native Iraq and lived in a number of countries before settling in Australia in 2016.

Elvein remembers the day she first set foot in PCYC Wagga Wagga. It was on the 20 of October 2016, the day after she first arrived in Australia. She was there bright and early and eager to join the Fit For Life program after a friend on the local Multicultural Council recommended she give it a go.

After lots of early mornings, hard physical workouts and countless hot breakfasts, Elvein achieved an amazing milestone. Her dedication to fitness saw her attend more than 100 sessions of the Fit For Life program, making her the first young person in the state to achieve that total.

At last year's ceremony marking the official start of construction for the new PCYC Wagga Wagga club, Elvein again stepped out of her comfort zone and spoke in front of invited guests and VIPs about the impact the morning fitness program has had on her life.

She told everyone she wasn't sure what to expect when she arrived at the club, but right from the first session she knew she was going to love it. Despite waking up at 6am (and sometimes sleeping in) Elvein kept going to the Fit For Life sessions and soon started to prioritise the program in her week.

"I was always interested in sports but suddenly I became serious about it," she said.

"We can find all sorts of excuses to avoid tasks that are hard. So I ignored those excuses and in two years, without really realising, I found myself waking up not only Tuesdays and Thursdays, but every other day as well, to do my own sport that is fitness and soccer related.

"So far, I have attended more than 100 sessions in Fit For Life. I have gained a lot in these sessions. I have been able to make a routine and be more stable, which added more meaning to my life.

"It's not just about the sport, I have also met so many PCYC and Police staff members that are so kind and supportive. And I've made friends. I appreciate all their hard work and the time they spend with me. I think I'm still coming to PCYC because I want to keep the bonds I've made with the people I have met. I still enjoy myself every time I'm at the club. I'm really thankful!"

The Fit For Life program runs at every PCYC NSW club across the state, giving young people the chance to take part in physical exercise, make friends and connect with their community.



Elvein Ibrahim speaking as construction begins on the new PCYC Wagga Wagga.

Active Citizen program helps First Nations student

A lot can change in a few years and young Dharawal student Aylish knows this better than many. Two years ago, Aylish was a good student, but she was struggling to find the relevance of school for her future. She felt lost and didn't have a plan for life after school.

Seeing her potential, in 2020 Aylish's school principal nominated her for the Commander's Active Citizens Program at PCYC Lake Illawarra. This rewards program is for a small group of Year 10 Aboriginal students from local high schools who are identified as showing potential to become community advocates for their peers. The main purpose of the program is to promote and encourage positive interaction between local police and Aboriginal youth through mentoring. Over a term, participants take part in fun, social activities, cultural experiences and workshops, as well as a leadership camp.

Aylish says taking part in the program was a turning point for her.

"Before the program, I wasn't really sure what I wanted to do. I was a bit lost with school. I wasn't really engaged," she says. "Now I'm definitely more motivated and I actually want to try and succeed in life.

"During the program I learnt about connections and what other people have been through. I realised how lucky and privileged I am to have what I have and that I need to take advantage of that because there are others out there who don't have that opportunity."

Through the Active Citizens Program, Aylish connected with PCYC Lake Illawarra and joined the club's Fit For Life morning fitness program. She made new friends and learnt more about her Aboriginal culture and the importance of connecting with country and people.

"The program was a lot of fun but along the way I think I learnt the meaning of connections. The program opened my eyes about who I am and what the land we are standing on really means.

"I also learnt there's a lot more to being a good student than just being rewarded for it. There is the fun of going on camp and doing the activities, but the connections I made were the most important thing for me.

Meeting new people and learning about their experiences and what they have been through was eye-opening for me."

Aylish says the program inspired her to think more about her future.

"Before, I wasn't really interested and I couldn't be bothered about anything. Now I'm definitely more engaged and I have goals in life. I now have a Certificate IV in Early Child Care and I aspire to go to university and become a teacher. I have more of a path in life."

Now in Year 12, Aylish is proud to be School Captain, a role that she hadn't considered before her involvement in the Active Citizens Program. She is also excited to have been invited back to the program as a mentor.



Aylish at Fit For Work with SC Jane Keating.

Haka Warriors: building leaders in Western Sydney

The performances in PCYC Blacktown’s Haka Warriors Championships held in April 2021 certainly looked powerful. However, it’s the values learnt during the program that are having a lasting impact on young participants.

Haka Warriors, which launched in 2019, is an initiative developed by PCYC Blacktown to ease tensions between schools and teach students leadership skills, respect for each other and the importance of identity. Joanne Lee, PCYC Blacktown Club Manager, says the program’s success comes from the use of Polynesian culture and the haka to engage students and earn their respect.

The program involves PCYC staff, local police, community leaders and volunteers visiting high schools to facilitate mentoring and leadership sessions, while also teaching the students about culture, including how to perform the haka. After 20 weeks, schools come together to perform and compete against each other. Two students from each school also take part in a separate leadership program, aimed at peer models for school communities.

Year 11 Blacktown Boys High School student, Justice has participated in Haka Warriors since 2020 and was selected for the leadership stream. He led his school to reach the final four in the competition and last year stepped up to run a Learn to Play Basketball program at PCYC Blacktown when the pandemic impacted staffing.

“The program helped me understand my culture more, especially my Māori side. It really did give me a lot more confidence,” Justice says, adding, “it’s been very good for our school. There are more students connecting better with each.”

Justice says the competition was the best part. “Leading is a very big thing. I can’t explain it. It’s pretty special to know that I was the one who was leading our school.”

David, a teacher at Blacktown Boys High School who joined in the program, says he couldn’t any prouder of Justice.

“Before Haka Warriors, Justice was a good student, but he hadn’t figured out his place in the world. From the moment he started the program in Year 9, he was the one leading and encouraging others. He very quickly stepped into the role of a leader,” David says.

“The change Justice has gone through over the past 12 months is phenomenal. He has stepped up in so many ways. While he didn’t have a negative attitude, he is now trying to be the best he can in everything.”

David says it’s not only Justice who has benefitted from the program.

“Our students’ attitudes towards everything has become more positive. They are more engaged with school; their attendance is up. There was a definite improvement. The benefit of having the students more engaged, and the flow-on effect of that to other students, can’t be understated,” he says.

“The success is all down to PCYC Blacktown. In the sessions, it wasn’t just about practicing the haka. They got the boys talking about resilience, identity and decision-making.

“There’s been a huge impact on so many people. It’s not just the school, it’s the whole community,” David says.



Competition Day.

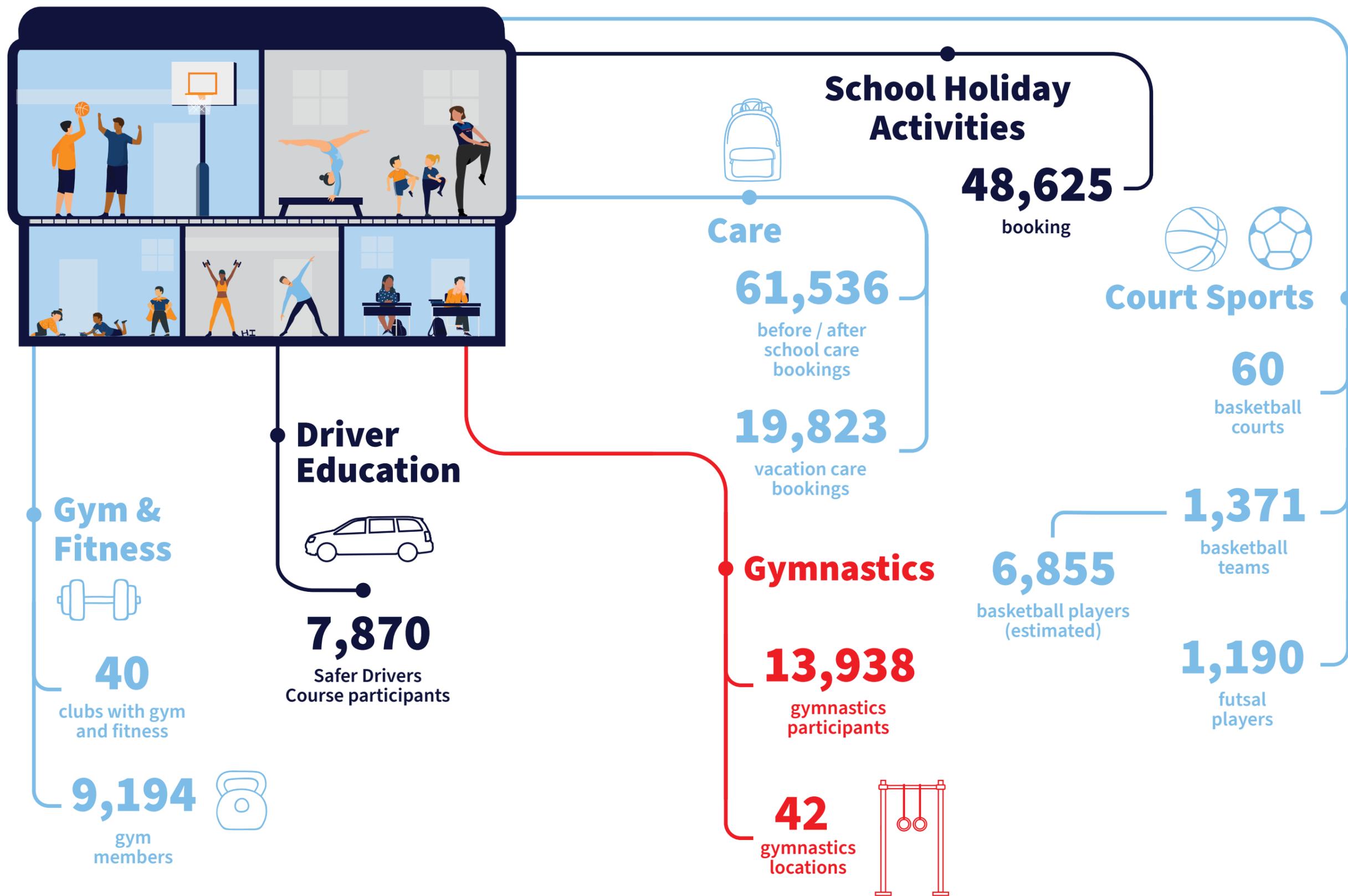


Justice at Haka Warriors leadership development day.



Competition Day.

PCYC | ACTIVITIES





Tyla

PCYC Taree gymnast appointed to Youth Panel

Tyla was an active three-year-old when her parents enrolled her in gymnastics at PCYC Taree. More than 10 years later, the talented gymnast and intermediate coach is one of nine young people selected for Gymnastic Australia's inaugural Youth Advisory Panel.

As the largest provider of gymnastics programs in Australia, PCYC NSW is delighted and proud that Tyla will be representing both PCYC NSW and youth on the panel. Excited about the opportunity, Tyla says her experiences with PCYC Taree have helped her to grow in confidence – and develop a love for gymnastics.

Tyla is part of PCYC Taree's Gyमारoo performance team and competes in tumbling and team gym. She has represented PCYC Taree at regional, state and national level gymnastics competitions and performed at the World Gymstrada and PCYC NSW's Gala Ball. Since she was 11 years old, Tyla has been volunteering with PCYC. At 16, she became an intermediate accreditation coach and now coaches younger kids, when she is not training for her own competitions.

"I love the atmosphere and environment at PCYC Taree, and how friendly everybody is. I've been going there for so long, it has turned into a home environment for me," she says.

"When I was little I was very shy. PCYC has made me more confident. I feel very comfortable there. It's taught me how to show my skills to the younger groups and how to be involved in a team environment," Tyla explains.

Tyla applied to be on Gymnastic Australia's Youth Advisory Panel after her gymnastics manager suggested she would be a great youth representative. She is honoured to be named alongside other young people from all across Australia.

"I was really surprised because I come from a small rural country town in NSW, but I'm really excited. The panel is trying to find youth perspectives on things to help gymnastics grow for kids. My role is to go out and see what youth want," she says.

"I'm trying to focus on youth mental health as well as the pressure that goes with the sport and how we can fix that. Because I come from a rural area, I also want to make sure all rural areas have the same opportunities as major cities."

Establishing the panel was a recommendation of the Australian Human Rights Commission's Change the Routine Report into the culture and practice of gymnastics in Australia. With her future goal to become an advanced coach, Tyla wants to be part of bringing about positive change for the sport she loves and her club, which has given her so much support.

"I'm so grateful that I've found this space. It's amazing to be part of PCYC. With our club, we strive to make it a safe place, a happy place, not just for gymnastics, but all the other sports as well, like basketball, boxing and hockey," she says.

"[Through the advisory panel] I hope I can help to change some things for youth involved in gymnastics...so we can make gymnastics an even better space – not just at PCYC but in clubs all over Australia."



PCYC NSW went on a BBQ & Beats tour in December as part of the Office for Regional Youth Holiday Break program. Bringing sports and activities into town, PCYC NSW helped young people hardest hit by the isolating impacts of COVID-19 restrictions get active and re-engaged in their community.



PCYC Cowra staff and NSW Police Youth Engagement Officers hit the road and headed to Grenfell's Henry Lawson High to hold an outreach program for students. The high school is 56 kms from the nearest PCYC club, so the early morning fitness program, Fit For Life, went to them.



Surf was up during summer at North Wollongong Beach for a special beach-side Fit For Change session with PCYC Wollongong and Youth Engagement Officers.



PCYC volunteer, Nathaniel West, reunited with Paul Gaffney. Nathaniel saved Paul's life by performing CPR on him after he collapsed at a footy game in Wollongong. Nathaniel learnt his first aid skills when he participated in RISEUP programs at PCYC Wollongong.



Boys in the PCYC Gunnedah Didge Group program gave a performance to show their family and community how much they learnt during the 10-week program. Under the mentorship of cultural leader and didgeridoo master, Uncle Mark Atkins, the boys made their own didgeridoos, decorated them and learnt sound techniques.



We were proud to join forces with the Office of Sport to help address negative spectator behaviour through the Shoosh campaign. The state-wide campaign aligns with one of our fundamental PCYC NSW values – Respect.



The PCYC NSW BBQ & Beats team got into the Christmas spirit at Temora with festive games, Christmas music and prizes from Santa.



PCYC Auburn holiday program took part in Snowy Hydro's new 'Science of the Snowy Scheme' and designed their own model of a renewable energy power station of the future. PCYC clubs around NSW took part in the program, with one lucky family winning a trip to the Snowy Mountains.



Excursions are different in the outback! PCYC Broken Hill vacation care kids travelled even further west to the former silver mining town of Silverton for a day out with camels.



Our annual fundraising event went virtual this year, with a Gala held at the Sydney Cricket Ground for PCYC NSW Board members, supporters, and guests. Channel 9 presenter Peter Overton was MC for the evening. The event raised money for PCYC NSW's new youth mental resilience program, GRIT (Growth Mindset Resilience Intervention for Teenagers).



PCYC Maayuma-Li GEM (Growing Early Mindset) Lightning Ridge started in November bringing PCYC activities to the outback opal town. Youth Case Manager, SC Sinead Linton, and staff from PCYC Walgett distributed sporting equipment to engage local young people and promote the program ahead of the launch.



In February, Her Excellency the Honourable Margaret Beazley visited PCYC Parkes to learn more about the club's Fit For Life program. She toured the club, spent time talking to locals, and joined in a game of archery tag.

Walgett upgrade is a win for the community

PCYC NSW is helping address youth and community disadvantage in remote areas of the state with the unveiling of a new \$7.6 million PCYC Walgett facility in December.

The facility, which includes an indoor court and multipurpose sports hall, a gym and activities space, offices, meeting and police rooms, a café kiosk, and a youth hub, was officially opened by the Governor-General of Australia, David Hurley.

The new club funded by the NSW Government, with co-funding from Walgett Shire Council, will help address

disadvantage in the remote northwest town by providing recreation, community outreach and sporting activities for young people in the area.

The club will continue to partner with NSW Police to deliver the RISEUP strategy, providing a safe space for the community to gather and feel supported.



PCYC Walgett opening – ribbon cutting.

PCYC opens in Queanbeyan

In November, PCYC NSW moved into the Queanbeyan-Palerang Regional Council's (QPRC) indoor sports centre, a move that has been long awaited by the local community.

Following calls to establish a club in Queanbeyan, PCYC NSW was finally given approval to operate from the centre in July and establish a centre to support youth in the community.

After months of community consultation, PCYC Queanbeyan opened its doors to the public in

mid-November and will run a drop-in centre, a range of creative and sporting activities, and NSW Police programs under the RISEUP strategy.



PCYC Queanbeyan opened its doors on 11 November with an inspiring Welcome to Country from Dr Mathilda House and speeches by PCYC NSW CEO Dominic Teakle, Assistant Commissioner Gelina Talbot and the Hon Kristy McBain. The club is being run out of Queanbeyan-Palerang Regional Council's (QPRC) indoor sports centre.



City of Sydney StarJump group.



StarJump Challenge 2021 on The Today Show.



Twinkle at PCYC Auburn.



Twinkle visiting schools.



Sydney Kings match day, supporting StarJump.



Parramatta Eels at Fit For Life PCYC Parramatta.

PCYC StarJump Challenge

In Youth Week (16-24 April), we ran our first ever StarJump Challenge to raise funds for our newly developed youth mental resilience program, GRIT.

Featuring the PCYC NSW mascot, Twinkle, the challenge asked people of all ages and abilities to sign up to star jump every day of Youth Week to raise funds – and awareness – for youth mental health.

More than 1,500 fundraisers including PCYC NSW staff, participants and volunteers as well as representatives from local sporting groups, businesses, councils and schools got behind the event, raising more than \$350,000 in donations!

A key aspect of the challenge was to invite all clubs to star jump together at a nominated time in Youth Week. We wanted to give clubs and their members and partners something they could all get behind at the same time, while also creating an annual event to help raise the profile of PCYC NSW as a charity and youth organisation.

Our thanks go to every participant in the challenge, sporting partners Sydney Kings and Parramatta Eels, and media outlets including Channel Seven, Nine Network, Channel 10 and the Sunday Telegraph who all helped to promote the StarJump Challenge and youth mental health issues to a wider audience.



PCYC is a charity



PCYC receives approximately 10% of operational funding from government.

To run life changing programs for young people, and provide a safe space for sport, recreation and education activities, PCYC must apply for contestable grants from a range of government and private funders. In addition, PCYC relies on the support of generous individual donors and corporate partners, including these amazing organisations.

Gold Partners

**Macquarie Group
Snowy Hydro/Red Energy**

Silver Partners

**Newcastle Permanent Charitable Foundation
Officeworks
St George Foundation**

Bronze Partners

EFEX
Parramatta Eels
Hope Estate
Geoff King Motors
AJ+C Architects
Southern Design
Rotary

Grassroots Partners

My Supply Store
Lipman
Sydney Kings & Flames
TOMRA
Coca Cola
NovoFit



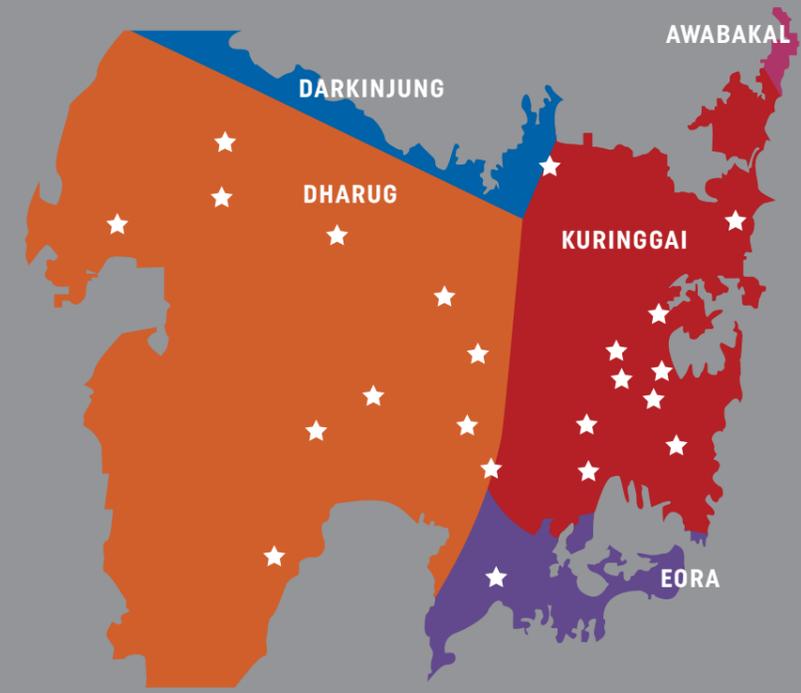
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PCYC NSW acknowledges Aboriginal and Torres Strait Islander peoples as Australia's First People and Traditional Custodians of the land. We pay our respects to Elders – past, present and emerging. We value their identity, culture and continuing connection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



A charity empowering young people
through Police and community partnership

Police Citizens Youth Clubs NSW Ltd | ABN 89 401152 271

L2, 6B Figtree Drive, Sydney Olympic Park NSW 2127

Phone: (02) 9625 9111 | Fax: (02) 9625 9333

Email: stateoffice@pcycnsw.org.au

www.pcycnsw.org.au

