

For the last week, PCYC Port Macquarie has acted as a recovery centre, providing residents with vital support services following the recent flooding across the Mid North Coast.

As the community recovers, PCYC Port Macquarie is marking a milestone - it's first anniversary.

For more than 12 months, the community has benefited from state-of-the-art facilities which hold gymnastics sessions, indoor sports competitions, school holiday activities, Safer Drivers Courses, and PCYC's life-changing Youth Programs.

It's the first of PCYC's 67 Clubs that is co-located in a school, at Hastings Secondary College – in collaboration with the NSW Department of Education.

Deputy Principal of Hastings Secondary College, Kim Burton said “Having the PCYC on site has been invaluable to both staff and students, Youth Programs like Fit for Life and Fit for Change have made a real difference in supporting our students' wellbeing and growth.”

‘Fit for Life’ provides a safe space for young people aged 10 to 17 to kickstart their day with group activities, a nutritious breakfast, and a lift to school. It's designed as an early intervention initiative to divert young people from antisocial behaviour or crime, through the youth charity's partnership with NSW Police. There have been more than 150 attendances since January.

17-year-old participant, Reiley Wheeler says “At PCYC we feel welcomed and relaxed. I enjoy Fit for Life because it lets me get away from stress and meet new people. Meeting the Police has also given me an idea of their role in the community. I enjoy chatting and having breakfast together.”

Club Manager, Erin Perkins said “It has been fantastic to see young people in our community positively engaging with Police, staff and volunteers, through sport and recreation. We have children who have very rarely missed a session.”

NSW Police also act as mentors as part of the ‘Fit for Change’ program, fostering resilience and self-reliance in at-risk young people in need of support.

More than 5,000 people have become PCYC members since the Club's grand opening, and its impact on Port Macquarie is only growing.

The Club anniversary comes in line with the release of PCYC NSW's 2024 Impact Report, revealing the mark the organisation has made on its 88,059 members across the state.

To request an interview, club visit, local case study, or further imagery/assets to support your story – please contact PR and Communications Specialist, Amber Griffin.

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About PCYC NSW

PCYC is a leading Australian youth charity dedicated to empowering young people and building stronger, healthier communities. Established in 1937, PCYC provides a wide range of youth programs, including sports, recreation, education, and personal development opportunities, with a focus on creating safe spaces where young people can thrive.