

# ANNUAL REPORT 2020

# Canberra PCYC

Police Community Youth Club, Inc.



**ENGAGE - BELONG - RESPECT**



# CANBERRA POLICE COMMUNITY YOUTH CLUB INC.

**Head Office:**

Canberra PCYC Erindale Centre  
17 Grattan Court  
Wanniassa ACT 2903  
(02) 6296 7822  
admin@pcyc.net.au

PO Box 333  
Erindale Centre ACT 2903

**Fyshwick Skills Centre:**

4/31 Wollongong Street  
Fyshwick ACT 2609

**Website:**

[www.pcyc.net.au](http://www.pcyc.net.au)

**Facebook:**

[www.facebook.com/cpcyc](http://www.facebook.com/cpcyc)

**Twitter:**

[www.twitter.com/canberra\\_pcyc](http://www.twitter.com/canberra_pcyc)





# Contents

President's report	03
Our Patron	04
Executive Manager's report	05
Mission and Values	07
Organisation	08
Funding	09
Programs	10
Covid - 19 Response	14
Erindale Centre	20
General Manager's Report	21
Board	22
Sponsors	24
Financial Report	27



# President's Report

## Robert Wilson



It has been my great pleasure to serve as the Canberra PCYC Board President for the past 12 months. This year has been one of the most trying for most organisations and businesses around the world that has only added additional pressure to young people and families across our region.

In a year of unprecedented challenges, the team from Canberra PCYC have successfully managed to work their way through everything they have been confronted with through unbelievable commitment and passion. The team has constantly monitored the changing environment, planning and developing programs to address these challenges so as to meet the needs of young people they deal with on a day to day basis.

When unable to conduct face-to-face programs, the Canberra PCYC team quickly realised that young people and families were isolated and increasing in need of support. They developed and rolled out on-line programs that ensured we were able continue to reach as many young people and families as possible throughout the region.

The Canberra PCYC team identified a gap in services where some young people were unable to develop the necessary skills and training to successfully integrate into the workforce. The solution was to develop Social Enterprises that allow us to assist young people to gain these skills whilst work towards a more sustainable funding model. The first of these new projects is the Mobile Training Van that will see our young people complete certificate courses in hospitality and barista and obtain valuable work experience.

I would personally like to thank the other members of the Board who have supported the organisation through another big year, Helen Badger, Stella Conroy, Peter Macfarlane, Graciete Ferreira, and our representatives from ACT Policing, Deputy Chief Police Officer Elizabeth McDonald and Detective Superintendent Jamey Bellicanta, for their vision and commitment.

Special thanks to our CEO Cheryl O'Donnell and our long standing Treasurer Steve Merenda, who has recently left the Board. Together we have gone through some difficult times over the last couple of years but their dedication, support and commitment has given Canberra PCYC a strong foundation to deal with the challenges 2020 and beyond.

I would also sincerely like to thank the passionate staff and volunteers for all you do to ensure young people and families are provided with the best opportunities in life. The work you do is not forgotten and much appreciated by Canberra PCYC or the community.

We look forward to the next twelve months and our management team will continue to work with our partners, stakeholders and those young people and families we have the privilege to support. Our goal will be to expand our footprint across the region by developing and strengthening our service delivery to meet the increasing and changing needs of our community. In a year like no other,

I am pleased to present this year's Canberra PCYC Annual Report.



# Our Patron

## His Excellency, David Hurley



His Excellency General the Honourable David Hurley AC DSC (Retd)  
Governor-General of the Commonwealth of Australia

### Canberra PCYC – Annual Report

As Patron of Canberra PCYC, I am delighted to provide this message for the Club's Annual Report. The Canberra PCYC, its partners and supporters do outstanding work in the ACT region and help make a positive difference to the lives of young people and families. Despite the challenges of the past year, the Club has achieved much in 2019-2020.

In October 2019, Linda and I had the privilege of meeting Canberra PCYC participants and hearing firsthand of their struggles and the resilience provided by the Club's programs. What I like about Borealis, Timbally, Intensive Diversion and other programs is that they are evidence-based. And they work! The pride on the faces of almost 100 young people at the Graduation Ceremony last December said it all.

In April, I was an eager participant in a Canberra PCYC online boxing class. Boxing is a great form of exercise, for both the body and mind. In May, Linda and I spoke with participants via video on how they were coping during the pandemic, and in June we hosted a Bike Ride for program participants around Lake Burley Griffin followed by a tour of Government House. One of the highlights of the day for Linda and me was meeting a young man who had been going through a particularly tough time and hearing of how the Canberra PCYC was able to help him. Linda came away from that discussion feeling uplifted.

In November, we had the pleasure of launching the Social Enterprise 'Create Call' Mobile Training Van at Broadbulla Park. The project runs for 20 weeks and, upon completion, participants will gain a Certificate IV in Hospitality. They also receive Business Training and assistance in finding possible paid employment.

As our nation continues to grapple with the impacts of COVID-19, it is the vulnerable who are at extreme risk of falling through the cracks. I congratulate the Canberra PCYC and its partners and supporters on another great year and for creating solutions to help give our at-risk youth a future.

# Executive Manager's Report

Cheryl O'Donnell



This year has been a year unlike any we have ever witnessed before. The entire country has witnessed or been effected in ways none of us ever expected and unfortunately, it is still evolving. This means our lives and the way we run our businesses have had to adapt to enable us to continue to meet the needs of those most vulnerable.

The region itself from June 19 was ravaged by fires, hail, severe storms causing flooding and no sooner had we come up for air and COVID19 hit and changed the world as we know it. We pay our respects to all those who lost their lives and those affected by all these events. We also thank our first responders and the Governments across Australia for the support they provided businesses like Canberra PCYC during these unprecedented times.

We would also extend our special thanks to our key stakeholders for their support this year including the Australian Federal Police, Federal Government, ACT Government Community Services Directorate, and NSW Government. Your support has enabled us to provide valuable support to even more young people and families this year. We would also especially like to thank those from the business sector who provided additional valuable support during this extremely tough year.

For a large period of the past 12 months we had to change the way we provided support especially with the lock down period, due to the COVID19. We were monitoring the situation and, thanks to a lot of team pre-planning, we were able to put the call out to the public who generously donated laptops for our participants, which meant we were ready to go online to continue service delivery the day we had to close our doors. With the support from a grant received through Hands Across Canberra, Snow Foundation and Chief Ministers Fund we were able to operate effectively online with 18 registered Zoom rooms for additional program delivery.

We opened the service support to the public and from 23rd March to the 24th April we had gone from 688 contacts seeking support to 2705 contacts, these came in from all over Australia.

We also opened our programs and had Woden Community Service join in a number of our programs. Our good friends from Mindblank also co-delivered Mental Health Programs online to support the increasing number of young people and families struggling with the shutdown and the effects on their mental health. We also included online events to help people take their mind off what was happening around the world with providing a Comedy-Night, Music Concert which saw over 7000 people online and Weekly sessions from Dr Brad Tucker and a special appearance from Dr Karl.

The PCYC team thought up many new ways to engage people from all over including online Art Therapy, Survival Cooking, all the usual fitness activities and our Tots Tumbling managed to get online to keep the littlest members of the PCYC family involved and entertained.

Our proudest moments were having our Patron His Excellency the Governor of Australia David Hurley join us prior to closures when he invited a group of our young people out to Government House where they enjoyed a bike ride with the Governor and Mrs Linda Hurley, followed by a tour and afternoon tea. His Excellency then joined in a number of our online training sessions including fitness and a talk sessions with young people where he was genuinely interested in ensuring young people were looking after themselves during the closures.

Like everyone else, the team struggled with not being out providing face to face to young people and families and the minute we were able to re-engage the team once again hit the ground running with strict COVID-safe policies and procedures in place.

It has been a year of ups and downs for Canberra PCYC. One of our biggest losses was the discontinuation of funding for our Booyah program. This left a significant gap in the service supports for the 14 - 17yo age group of at-risk young people with over 60 young people on a wait list. While we have put in appeals for re-funding, we are also working on other options to provide more supports for this age group.



# Chief Executive Officer

## Report



Cheryl O'Donnell

Once again our innovative program delivery has ensured many young people's lives have turned around. The young people attending our programs see CPCYC as a safe place and a place where they feel their voices are being heard. They know CPCYC truly advocates for their wellbeing.

Just prior to the the shut downs we were successful in receiving a grant from The Snow Foundation to purchase a purpose built van. This van (Cruisin' Cafe) will serve as a new program for Canberra PCYC participants and, being a social enterprise, all profits will come back into running and sustaining the program.

This program will see young people trained and placed into employment through partnerships formed with CTET (an RTO), Salvation Army, and businesses across the region. The Cert 4 course in Hospitality and Barista will see these young people linked to the employment service to engage potential employers all the while the young people receive on-the-job training and sales experience across the region. We thank everyone who has come on board with supporting this new exciting project.

We are also looking at other opportunities for other social enterprise projects.

To the most hard working team I have ever had the pleasure of working alongside, I have never met such a passionate, dedicated, compassionate group of people in my life, who put themselves out there everyday do get these young people on a better path. The work that you do is second to none and I see everyday the interaction and support you are providing to these young people as their lifeline.

Our Erindale Centre also had a a number of changes throughout the past 12 months with a new heating and cooling system being installed which will make it much more comfortable for families to enjoy their daily activities. The centre also saw a steady increase in numbers coming back to the centre after the closures and we love hearing the laughter and also the watching young people manage their emotions through our sporting and fitness activities.

I would like to give a special thank you to our Board members. It is great to have the backing of a group of people who volunteer their time to ensure we move ahead and continue well into the future. We are excited with the outlook and prospects for new opportunities as we move into the new financial year.

We also said farewell to our President Rob Wilson taking a post overseas with the AFP, while staying on as a member of the Board. We also said farewell to our Treasurer Steve Merenda and we thank both of you for everything you did to move the organisation forward.

I would sincerely like to thank Stephen Imrie our General Manager who works alongside me in getting the best out of the team and in getting programs out there to support so many wonderful people who need the support from our teams. His passion and drive to ensure people are provided so many new opportunities in life is incredible.

There have been so many highlights in this past 12 months even with so many things being out of our control.

- Our programs provide a real opportunity for change
- We have seen 3 of our participants participate in 2 National Conferences for Families Australia as representatives of young people across the region
- We have also been included in research for Juvenile Justice Victoria with our delivery being recommended as model to follow.
- Nominated for an Award through NSW/ACT Achievement for the work we do in the community
- Our Participants interviewed for publications involving issues faced by young people by the Human Rights Commission
- Expanded our service delivery with staff being trained in accredited Trauma Recovery programs

I have the greatest pleasure in presenting our Annual Report and look forward to bringing more innovative programs to you in the next 12months.

A group of people are gathered around a white table, engaged in a collaborative activity. One person is using a white marker to draw on a large sheet of paper. Another person is pointing at a blue document on the table. The table is cluttered with various items, including a bowling ball, a black helmet, a paint palette, and a small container. The background shows a tiled wall and a wooden floor.

OUR VALUES:

**Engage, belong,  
respect.**

OUR MISSION:

**Building positive  
futures**



# Organisation

Canberra PCYC is a non-for-profit organisation whose primary purpose is to build positive futures for vulnerable young people, and their families.

We adopt a strengths-based, client-centred approach to our broad suite of programs, working with families and individuals to enable them to achieve lasting positive change.

We are a trusted stakeholder within the statutory and community services system, giving families, Child and Youth Protection Services, Police, Education, the Youth Justice system and the courts multiple diversionary options to which they can link young people into.

**If we engage vulnerable young people, give them a sense of belonging, give them skills, a sense of purpose, empower them to own their choices and make better choices, we will have helped give our participants the best possible chance to build their own positive future.**



MLA Elizabeth Kikkert making her address at the Graduation, June 2019

# Funding

## **Australian Federal Police**

**\$507,000 inc GST**

## **ACT Government**

### **Community Services Directorate**

**\$698,441 excl GST**

## **Australian Government**

### **Attorney General's**

**\$371,995 excl GST**

## **Fundraising / Other Grants**

**\$329,611**



# Programs for 2020 - 2021

ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**8-12 YEARS**  
Engaging children, their  
parents and active  
environment.

Canberra  
**PCYC**

**PROJECT LEVEL-UP**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT LEVEL-UP**  
Engaging children, their  
parents and active  
environment.

Canberra  
**PCYC**

**PROJECT LEVEL-UP**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT LEVEL-UP**  
Engaging children, their  
parents and active  
environment.

Canberra  
**PCYC**

**PROJECT LEVEL-UP  
8-12 YEARS**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT 100**  
Engaging children, their  
parents and active  
environment.

Canberra  
**PCYC**

**PROJECT 100**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT EMPOWER**  
An outdoor play program  
and service within the ACT

Canberra  
**PCYC**

**PROJECT EMPOWER**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT STEP BY STEP**  
Ask for project programs  
designed to last throughout  
the year.  
Work with us to develop a program  
designed to be active in an  
active environment.  
Project support available.

Canberra  
**PCYC**

**PROJECT  
STEP BY STEP**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT NEXT LEVEL**  
Engaging young people in  
healthy activities in a  
positive, nurturing  
environment.

Canberra  
**PCYC**

**PROJECT NEXT LEVEL**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT NEW LEAF**  
An anger management  
program for young people  
aged 10-18 years who are  
struggling to manage their  
emotions.

Canberra  
**PCYC**

**PROJECT NEW LEAF**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT MENTORED**  
Learned skills from mentors  
are reinforced in a playful  
and fun environment  
with mentoring for a better  
confidence in life.

Canberra  
**PCYC**

**PROJECT  
MENTORED**



FOR MORE  
CONTACT THE PCYC OFFICE OF  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT P.A.R.**  
Designed to help parents  
build positive relationships  
with their teens and  
navigate those challenging  
years.

Canberra  
**PCYC**

**PROJECT PARENTAL  
GUIDANCE  
RECOMMENDED**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT CHOOSE RESPECT**  
A respectful relationship  
program for young people.

Canberra  
**PCYC**

**PROJECT  
CHOOSE RESPECT**



ACTIVITY CAN BE MADE BY  
DEVELOPING AND USE OF  
AN ACTIVATION AND  
ACTIVITY MANAGER BY

IN ADDRESS  
2. [info@pcyc.act.au](mailto:info@pcyc.act.au)



**PROJECT YOUTH MOBILE  
TRAINING VAN**  
Providing young people and  
adults with essential  
health and safety  
training and advice  
through mobile training.

Canberra  
**PCYC**

**PROJECT YOUTH MOBILE  
TRAINING VAN**



# Programs

CPCYC provides recreational-based early intervention, crime reduction and prevention, and youth crime diversion programs for vulnerable young people, including the Adventure Program, Intensive Diversion Program (IDP), Project Booyah, Face Your Anger, Understanding Teens, Choose Respect and Firebelly programs.

These are targeted programs for young people who are exhibiting anti-social behaviour, disengagement from school or formal education, are engaging in low-grade petty crime, or have been in contact with the justice system. Our programs are co-designed with young people and their families so that targeted outcomes meet the needs of the service users.

Our collaborative models build on the skills and experiences gained from our close ongoing relationship with AFP, and provide the community service sector with a wide range of supports to engage some of the most isolated and disengaged young people in the community.

## 27% of participants are Aboriginal or Torres Strait Islander

These programs demonstrate diverse possibilities for lifestyle choices and better pathways by offering high adrenaline, positive, safe risk taking activities that young people can engage in while increasing social skills, social capital, and engaging in personal development.

All early intervention programs seek to identify risk factors and protective factors associated with the participant's lives. CPCYC then work to reduce risk factors, and increase protective factors that will help participants achieve their goals.

## 15% of participants are Culturally and Linguistically Diverse (CALD)

Outcomes include an increase in participants attending regular schooling, a reduction in anti-social behaviour, an increase in meaningful links to community, a reduction in suspension rates of participants, an increase in family cohesion, and a reduction of participants entering or re-entering the youth justice system.

CPCYC also provides case management to vulnerable young people and their families. Through our support frameworks, we ensure that participants achieve tangible outcomes and gain practical skills to effect positive changes, increased resilience, and increased community connections.

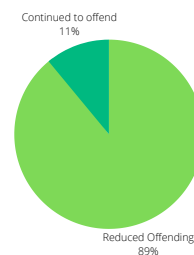
Our sport and recreation programs and activities at Erindale Centre and After School Sports programs held at various locations across Canberra form a part of our community engagement strategy, also providing a soft entry point for young people to gain exposure to further CPCYC support. These programs are low or no cost, and provide an inclusive environment, sense of belonging, and an increase in health and mental wellbeing.



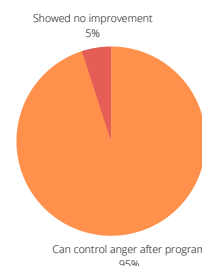


# Programs Statistics

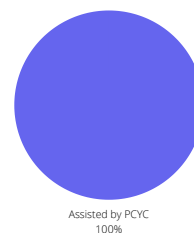
89% of PCYC programs participants reduced their offending behaviour



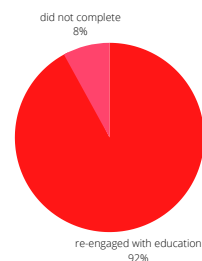
95% of *Face Your Anger* programs participants stated they could now control their anger more



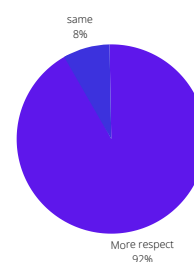
100% of Understanding Teens participants were assisted with their parenting skills



92% of those participants disengaged from education were re-integrated to full-time formal education



92% of Adventure Program participants stated they now had more respect for police



Issue: Unstable, low income, poor budgeting skills, outgoings, house care

Our Goal:

- Stable Housing
- Financial support
- Financial training

Stable Housing  
Financial support

Education

Issue: Disengaged from education

Our goal:

- Linked back into education
- Alternative Education
- Work Experience
- Paid employment

Issue: Poor MH, low self-esteem, no/ or time delay for access to services

Our Goal:

- Access to trailer
- Increase MH well being
- Increase ability to control emotions

Mental Health

Youth/  
family

Family

Issue: Family breakdown, conflict, DFV

Our goal:

- Understanding Teens
- No To Violence
- Case Management referrals

Issue: Smoking, D&A, Poor diet, uneducated on sexual health, Hygiene, sleep habits

Our Goal:

- Smoking cessation
- Nutrition course
- D&A support course
- Hygiene support
- Sexual Health course

Health

Vocation Training

Issue: Not job ready, No skills, No Connections

Our goal:

- Job Ready
- Training-RTD
- Work Experience
- Paid Employment

## Our Focus

Canberra PCYC – is focused on ensuring young people and their families are provided with the best possible opportunities for change.

Our goal is to support young people and families by providing tools and resources to reach their full potential. We provide a holistic approach to support young people and their family in living a positive, healthy life together.

Canberra  
PCYC

Police Community Youth Club, Inc.



# COVID -19 Response

## Others stopped, CPCYC powered on.

Canberra PCYC are proud to report that we were able to continue delivery of programs throughout the lockdown in March and April of 2020, due to the spread of Covid - 19. While our Erindale Centre doors had to shut, and our on-site programs had to cease, our dedicated youth and family workers continued to deliver programs online and over the phone, making sure the participants still continued with their social skills training, mental health check-ups and exercise from home.

## We responded early, we were ready.

In early March, the writing was on the wall that a lockdown was inevitable. We knew that, due to the added pressures and time at home, we would see an increase in domestic violence, mental health issues, and isolation / loneliness, and we didn't want to leave any young person or family without support.

Canberra PCYC went to work with getting donations of lap tops and tablets and organised internet for those who were without it to ensure our young people could remain connected to support networks via the internet..

The team then produced a suite of online services that would help to keep young people engaged, connected, and able to access much-needed supports. Programs continued, albeit with a completely new look.

Every day of lockdown our staff were online with young people from programs, service users from case management, and new service users accessing our nationally available online programs. Our core objective was to remain available for young people and their families, and secondarily, to provide whatever support we could.

## We delivered 2,705 contacts during the lockdown period.

On top of youth work and family support, our staff were also able to utilise their unique skill sets by providing programs including cooking sessions, music lessons, science lessons, art sessions, mental health sessions (with Mindblank) and exercise sessions.

PCYC also engaged with external parties such as comedians, scientists, musicians, artists, and Their Excellencies the Honourable David Hurley and Mrs Linda Hurley, all whom volunteered their time to put on various online sessions for people to engage with. A big thank you to Maddy Weeks, Paul Costa, Dr. Karl Kruszelnicki, Dr. Brad Tucker, Anj Barker, Pjero Mardesic, Nat Walmsley, Shianne Quigg, Chrissy Wallwork, and The Honourable David Hurley and Mrs Linda Hurley, for donating their time and expertise to provide online support for the benefit of others.

The transition back to full-time programs in May was as swift as possible, with staff and participants keen to re-engage in person. We are grateful to have such dedicated staff who continue to put everything into their work, no matter what the circumstances.

Canberra PCYC We've gone Virtual!

**BOXING SESSIONS WITH DENNIS**  
TUESDAYS 2PM  
THURSDAYS 1PM  
CONTACT REFERRAL@PCYC.NET.AU TO SIGN UP

**BACKYARD SCIENCE**  
WEDNESDAYS 3PM  
Go to WWW.ZOOM.US  
Click "Join Meeting"  
Code: 157 390 966  
Password: science

**YOUTH WORKER CHATS**  
WEEKDAYS 10AM  
CONTACT REFERRAL@PCYC.NET.AU FOR INFO ON HOW TO LINK UP

**HOLIDAY PROGRAM ONLINE SESSIONS THURSDAY 16TH APRIL**

10am Youth Worker Chat	11am Face Your Anger	1pm Wodan Youth Centre Trivia Games
2pm Trivia Challenge	2pm Boxing with Dennis	2pm Parents Chat
3pm Art Therapy	3pm Karate Lessons	3pm Parents Catch Up



## Programs

### **Adventure Program - Groups program intervention for vulnerable young people 8yo - 16yo** Funded by ACT Government Community Services Directorate

This year Adventure Program had 76 participants partake in the program. Of these, 80% had issues with aggression, 62% had engaged in offending behaviour, 18% had high drug use, and the average participant stated they could not cope with challenging situations. Participants engage in personal development sessions, positive mentoring, and adventure based activities one day a week for 20 weeks. Outcomes included 77% of Adventure increased engagement with education (decrease in suspensions and increase in meaningful attendance), reduction in offending behaviour (by 49.5%), increase in capacity to cope (increase from 48% to 79%), and an increase in mental health and self-esteem.

77%

### **Intensive Diversion Program (IDP) - Intensive intervention for youth highly at risk of contact with the justice system - Funded by Australian Federal Police**

IDP had 21 young people start the program in 2019/20 with 18 young people finishing the program. Of those, 76% had engaged with the justice system, 90.5% had experienced domestic and family violence, 46% were heavy drug users, and 76% were disengaged from education. Outcomes for these young people included 74.5% of goals set being achieved, an increase in capacity to cope with challenging situations (up 24%), a decrease in drug use (down 54% avge), and increase in family cohesion and a decrease in family violence. 100% of participants that completed the IDP returned to formal education.

10%

Experienced DV

90%

### **Project Booyah - Intensive intervention for disengaged young people aged 14 - 18yo -** Funded by Attorney General's Department

Project Booyah ran from July 2019 - December 2019 with 10 young people participating. Young people were disengaged from school, had high drug use, had experienced domestic and family violence and other family conflict, had encountered the justice system and typically had mental health issues. Outcomes included 9 participants completing a Cert II skills for work (90%), 89% of goals set were fully achieved, an increase engagement with formal education (90%), and an increase in family cohesion (up 40.5 percentage points).

11%

goals achieved

**"I really appreciate the time [my child] has spent on programs. Thank you PCYC, it's been a big help"**

2020 Parent of Adventure Participant



## Programs

**Defusing Family Violence: Face Your Anger** - *An emotional management program for young people exhibiting violent outbursts* - Funded by Australian Federal Police

60 Young people attended the 3 day short-course over the financial year. Participants had been referred by police due to emotional outbursts that had resulted in violence, suspensions, arrests, or extended behavioural concerns. 95% of participants *strongly agreed* or *agreed* that the program helped them to control their anger. "I have learnt how to control my anger when people are calling you names" (FYA participant, 2020).

**Defusing Family Violence: Understanding Teens** - *For parents of teens with behavioural concerns* - Funded by Australian Federal Police

62 parents of teens attended the 6-week course. 100% of participants stated they were assisted by the program. 92% of participants stated they developed skills in parenting, and 73% stated they had improved family cohesion. Outcomes have included reduction in police attendance to homes for domestic related issues.

**Case Management** - *Holistic, client-centered, strengths based support.* - Funded by ACT Government, Community Services Directorate.

Our CYFSP professional Case Management services have reached 142 families. Primary reasons for referrals to PCYC were for domestic violence, trauma and abuse, and homelessness, and secondary reasons for referral were for mental health, parenting and relationship breakdown. Our Case Managers treat each case individually and help service users take control of their lives. 84.6% (avge) stated they were assisted by PCYC Case managers, and 75% of those that left the service after 6-months achieved their goals. Participants reported they increased their capacity to cope in challenging situations (up 41 percentage points).

**"Facilitator delivered a high-quality service during demanding times"**

2020 Uderstandign Teens Service User



## Programs

### **Choose Respect and Love Bites - *Respectful relationships programs for young people.***

This year Canberra PCYC delivered respectful relationships programs in Schools and at PCYC teaching young people about toxic masculinity / femininity, toxic relationships, the roots of domestic violence, and keeping safe in healthy relationships. Over 60 young people engaged in the programs in ACT and NSW schools.

### **Firebelly - *A weekly gym fitness and boxing program focusing on goal making and leadership***

Firebelly continues to provide a safe place for young people to engage in personal development (physical and mental). 45 young people engaged in Firebelly, with outcomes including a reduction in emotional outbursts, a decrease in young people being suspended, 1 young person being linked to employment, and an average increase in engagement with school.

### **Fee-For-Service (FFS) Support - *Individual, targeted support***

Our caseworkers are highly regarded for their ability to engage with people and offer bespoke support plans that achieve lasting outcomes. The FFS support has grown in 2019/20, engaging young people and others who are accessing the NDIS or other support agencies. There were 24 people receiving FFS support.

### **After School Sports - *Martial arts, boxing, wrestling, dance, gym, parkour - all skills and disciplines provided in a pro-social mentoring environment at Erindale Centre, or in outreach settings.***

The foundations of PCYC remain in tact as young people continue to be engaged and mentored through sport. Sports are an excellent medium for positive mentoring, with young people having regular contact with an invested adult, learning new skills and achieving new goals, being provided with an outlet, and having follow up services available when needed. ACT Government provided 30 funded positions at PCYC for people in need.

**"PCYC has done so much for me and my family, Thank you."**

2020 Case Management Participant





## Programs

**Trauma Counselling** - *Therapeutic support for people suffering long-term effects of trauma.*  
Funded by Canberra PCYC

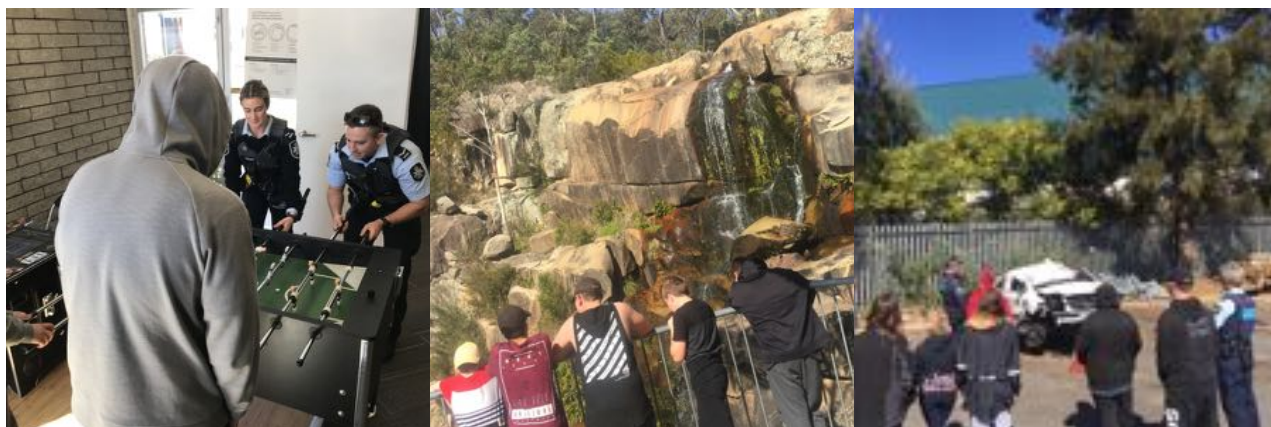
Deb Banks continues to provide trauma counselling services to young people and their families one day a week at Canberra PCYC. This provides immediate access to vital mental health services that our participants often require. Deb has provided over 320 hours of counselling this financial year. The services have resulted in young people reducing anxiety and enabling them to function in social settings and at school, families have been re-united and learned to function effectively, and young and adult people have been able to deal with their history of trauma in order to move towards a place of self actualisation.

**CPCYC Mentoring program** - *Volunteer mentoring for teenagers*  
Funded by Canberra PCYC

Canberra PCYC has a pool of volunteer mentors who offer their time to mentor young people in need of positive role models. Mentors are trained at PCYC and utilise PCYC resources to engage with young people, as well as their own skills and knowledge. Long-term mentoring has been accessed by 6 young people. Outcomes for participants have included an increase in school attendance, an increase in mental health, an increase in community connections and an increase in self-esteem.

**"My life has changed thanks to my worker and her dedication and support. She's given me confidence to achieve my goals"**

2020 Case Management Participant.



## Programs

### **School youth workers - Individual and group support in schools in NSW and ACT.**

Canberra PCYC have placements in NSW and ACT schools, bringing PCYC's wealth of youth work knowledge skills and resources directly to students in schools. Our workers run face your anger, love bites, provide individual support for students who are struggling in mainstream, family case work and engagement, and also provide PCYC resources such as bikes and kayaks for engaging activities. We have programs and workers in 6 schools and over 400 students.

### **Mulliyon off-campus school program - PCYC youth work in alternative education.**

Funded by ACT Education.

Canberra PCYC have a seconded youth workers based within the Mulliyon program. Our workers provide quality youth work services 5 days a week, including short course programs delivery, case work engagement, family engagement, transports for participants, and adventure program activities. Mulliyon students engage in full-time alternative education in a highly supported environment.

### **Mindblank Presentations and Aliveness - Suicide Prevention through forum theatre.**

Funded by ACT Health.

Canberra PCYC partnered with Mindblank to deliver suicide prevention presentations to 3 groups across Canberra, and 2 online presentations during lockdown. Participants learn about mental health and were challenged to re-write the outcomes for people with mental health issues through forum theatre. Following the presentations, PCYC run the Aliveness program over 8 weeks, teaching young people to address mental health issues and trauma.

**"We think the staff and support are amazing."**

2020 Case Managed Family



---

# Erindale Centre





# General Manager's Report

Stephen Imrie



I would like to start by thanking our fantastic team of volunteers and workers, who go above and beyond their call to ensure young people and families gain skills and receive quality support from the many services Canberra PCYC provides. Most importantly, I thank them for upholding the culture of respect, encouragement, mentoring and compassion that we expect to weave throughout the entire organisation. We are proud to say that CPCYC remains a place where young people engage in a pro-social environment and can be linked into a supportive community. We see young people grow in self-confidence and resilience as they learn to better themselves and interact with others in the community. Furthermore, the community links people make can turn out to be an important protective factor in their lives, often leading to future opportunities of friendship groups and/or links to vocation.

The national Covid-19 lockdown forced the Erindale Centre to close its doors for the first time since 1987. Our coaches did their best to continue some form of meaningful training, including zoom classes. Despite the speed bump, PCYC Erindale programs continue to provide sports and recreation programs for over 800 young people and their families each week. The following is a breakdown of the programs and their successes in the 2019/20 financial year.

**Peter Morton Academy for Judo and Jishu Kan (PMAJJK)** continues to run classes from the Erindale Centre and is one of the longest standing programs at the Canberra PCYC. Instructor Kris Arnold has been volunteering with PCYC for over 20 years. The club regularly runs gradings and events resulting in young people and adults progressing and earning higher ranking belts.

**Shobu Kai Karate** is a popular martial art with over 40 young people attending every week. Our skilled instructors have been engaged in Shobu Kai for over 20 years, and similarly to PMAJJK, have done most of their training at CPCYC since the Erindale Centre opened. We thank Sensei Dale Warner, Sensei David Prior and Alyssa Williams for their ongoing volunteer commitment and dedication to Shobu Kai and passing on skills to the young participants.

**Dream Danz** is in its seventh year of operating out of CPCYC Erindale Centre. The Dance school provides over fifteen classes per week for various ages of people studying dance styles including Ballet, Jazz, Contemporary and Hip Hop.

**Aikido** classes continue to operate three days per week. Aikido is based on the principles of non-violence and non-resistance. It involves throws, locks and pins that do not damage limbs. Aikido is non-competitive, and does not involve striking or blocking aggressors. This martial art offers insight and resolution to any conflict situation, including verbal arguments and other non-physical conflict.

Aikido members enjoy a strong friendship base and holistic learning. Scott Burns, Sensei for over 7 years, continues to volunteer his time along with other volunteers Bruce Lowes, Clare Engel, Clint Devaile and Gus Haddad. The club is grateful for their ongoing efforts.

The **Wrestling** program has seen some significant achievements on the national and international fronts. At every event they attended Canberra PCYC brought back gold, silver and bronze medals for various age and weight divisions. Our juniors continue to be primed for olympic status, albeit put on hold due to the global pandemic. We thank the head coach Witold Rejlich for his dedication to the Olympic sport and to seeing young people achieving. We also thank the volunteer coaches Ben Lane, Ben Keaney, and Jackie Hattingh.

**Canberra City Cheerleading (CCC)** continue to utilise Erindale Centre for their Cheerleader training. CCC have worked hard to enter numerous events, seeing some success on the national stage. Cheer have expanded their classes and have enjoyed seeing their club continue to grow.

**Parkour** has been popular with pre-teens and teens, as the excitement of jumping, leaping, rolling, climbing and running over and around obstacles continues to intrigue! Travis ensures the safety of participants as they train in our controlled environment at CPCYC and later take it to the streets. The Parkour program continues to grow with more classes being made available in 2019/20.

**Tots Tumbling** has continued to be a popular program for parents and carers with toddlers. CPCYC's Nicole Luff and Linda Preston have put in a great amount of effort to sustain the program and keep it vibrant. Nicole is an experienced early childhood educator and has been focussing on gross and fine motor skill development for toddlers, putting smiles on the faces of young and old as we see the young participants developing skills and confidence. The parents and children attending enjoy the singing, dancing, tumbling, climbing and jumping that are on offer every week. Nicole and Linda went online during lockdown to keep the kids and parents engaged.

**Insane Championship Wrestling (ICW)** continue to train at CPCYC and utilise the CPCYC hall for competition meets. ICW is based on the World Wrestling Foundation style of wrestling, where competitors co-ordinate crashing, bashing, flipping and grappling together in a timed bout. The ICW events have seen hundreds of spectators attend and be entertained throughout the year.



**Jishukan Ryu 2020** was the 58th year of Jishukan in Australia. For nearly all of those years there has been a Jishukan presence in PCYCs in Canberra. The Lead Instructor for Jishukan at the Erindale PCYC is Rodney Bourke, Third Dan Black belt with the rank of Shidoi within the Jishukan organisation. The Deputy Instructor is Ron Smith, a Second Dan Black Belt with the rank of Jun Shidoi. Other instructors are Tim Bourke, Fourth Dan Black and Shidoi, and Michael McDonald, a First Dan Black Belt. All instructors are volunteers.

During the year, there were up to 15 Jishukaners training regularly at Erindale PCYC. They are a very dedicated and enthusiastic group of children and adults. Covid -19 Lockdown proved difficult to continue to train, but the classes continued with what they could manage. Juniors and Seniors have been progressing well in their respective training programs.

**Boxing** has maintained its strong presence at PCYC with Dennis Arthur and Daniel and their team of volunteers bringing over fifteen classes of quality sessions a week. Covid-19 shutdowns and limits to class numbers were testing through the year, but boxing at PCYC is at an all-time high with classes full. With a brand new 6m ring and a reshuffle of the space we have given the boxing area a fresh new look.

The national limits to competition haven't dulled participant's performance. PCYC's boxing team have performed well with Haidyn Vecera (16yo) and Beau McCarroll (12yo) both being selected in the ACT Futures team. Junior Moala made a successful debut winning a Unanimous decision on debut in the Super Heavyweight division. Jorge Kapeen lost a razor thin decision in a Fight of the Year contender earlier in the year. Some areas boxers have been focusing on this year are youth engagement and increasing numbers of Indigenous young people training with our squads. The elite squad consists of 18 athletes of which 9 identify as Indigenous and 7 of school age (2x 12yo, 2x 14yo, 1x 9, 2x16yo)



Our **Rockwall** enthusiasts continue to challenge themselves on our ever-changing rock wall. We thank Ross Davies for volunteering his time and taking charge of the sport for seniors, and Charlotte Luff for showing the young participants the ropes. Ross is also responsible for changing up the Rock wall moulds and helping maintain the gear.

Well done to the CPCYC Erindale Centre staff of 2019/20 for bringing a new enthusiasm to the Erindale Centre and for helping with implementing new systems and technologies. We have seen more school groups utilising the CPCYC Erindale Centre throughout the day time, enjoying fitness circuits, rockwall, boxing and wrestling round robins.

Our CPCYC Board have invested in the centre with a brand new air conditioning system capable of heating and cooling the entire centre, and a huge solar system that will offset electricity costs.

# Canberra PCYC Board

Our devoted board members continue to volunteer their time and efforts towards governing the Canberra PCYC, building stakeholder relationships, and paving a way forward to a more vibrant and sustainable organisation.



## **Superintendent Robert Wilson**

President (02/18)

AFP representative (10/16)

## **Steve Merenda**

Treasurer (06/16)

## **Helen Badger**

Secretary (03/17)

## **Deputy Chief Police Officer Commander Justine Saunders**

AFP Representative (18)

## **James Bellicanta**

AFP representative (03/18)

## **Peter Macfarlane**

Member 2019

## **Stella Conroy**

Member 2019

## **Graciete Ferreira**

Member 2019



# Corporate Sponsors

Canberra PCYC would like to acknowledge the following supporters:

**Hands Across Canberra** - Funding After School Touch Footy Competitions for disadvantaged youth

**Bendigo Bank** - Funding for Healthy Relationships - Anj Barker events

**Snow Foundation** - Financial support for programs

**IMB Bank Community Foundation** - Funding new trailer

**Parbury** - In Kind support

**Pickles Auctions** - for helping source our fleet

**Canberra Raiders** - Charity Match Day fundraising

**Grill'd, Guzman Y Gomez, Coke Cola, Brumby's, Coles** - Supply of food and drinks for community events

**Wakefield Park Raceway and CMC Motorcycles** - Work experience programs

**Canberra Motorcycle Club** - Access to motorbike tracks

**Urban Descent** - Support major fundraising

We would also like to thank all the services that have provided support on programs, support at events and engagement for CPCYC young people. A big thanks to the ACT Police for their engagement on programs and allowing us access to ACT Policing.

*"Thank you for caring as much as we do".*

# Sponsors and Supporters



We would like to thank those who devote their time, effort, resources, and funds to ensure Canberra PCYC can continue to deliver quality outcomes for young people and their families.



The Cathy Broadbent Estate



# Financial Report



Accountability (ACT) Pty Ltd  
ACN 068 081 000

10/100 The Mound ACT 2612

Telephone: 02 6170 9800

Web: [www.accountability.com.au](http://www.accountability.com.au)  
[www.accountability.com.au](http://www.accountability.com.au)

Entity verified by a company auditor under  
Professional Financial Reporting

## AUDITORS' INDEPENDENCE DECLARATION UNDER SECTION 60.40 OF THE AUSTRALIAN CHARITIES AND NOT-FOR-PROFITS COMMISSION ACT 2012 TO THE COMMITTEE OF CANBERRA POLICE COMMUNITY YOUTH CLUB INCORPORATED

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2020 there have been:

- (a) no contraventions of the auditors' independence requirements as set out in the Australian Charities and Not-for-profits Commission Act 2012 in relation to the audit, and
- (b) no contraventions of any applicable code of professional conduct in relation to the audit.

**Accountability**

**Anthony Wilson**  
Registered Company Auditor  
Canberra, ACT  
12 November 2020

**DARREMA POLICE COMMUNITY YOUTH CLUB INCORPORATED**  
**ABN 71 012 407 608**

**STATEMENT OF FINANCIAL POSITION**  
**AS AT 30 JUNE 2020**

	NOTE	2020 \$	2019 \$
<b>ASSETS</b>			
<b>CURRENT ASSETS</b>			
Cash and cash equivalents	4	1,274,046	1,189,247
Trade and other receivables		3,618	156,496
Held to investment maturities		176,890	174,800
Other assets		62,205	45,171
		<hr/>	<hr/>
<b>TOTAL CURRENT ASSETS</b>		<b>1,536,759</b>	<b>1,575,714</b>
<b>NON-CURRENT ASSETS</b>			
Property, plant and equipment	5	2,872,746	2,665,963
		<hr/>	<hr/>
<b>TOTAL NON-CURRENT ASSETS</b>		<b>2,872,746</b>	<b>2,665,963</b>
		<hr/>	<hr/>
<b>TOTAL ASSETS</b>		<b>4,409,505</b>	<b>4,241,677</b>
<b>LIABILITIES</b>			
<b>CURRENT LIABILITIES</b>			
Trade and other payables	6	271,843	293,701
Borrowings	7	44,297	81,078
Unearned income		95,082	-
Provisions	8	128,243	100,180
		<hr/>	<hr/>
<b>TOTAL CURRENT LIABILITIES</b>		<b>489,395</b>	<b>475,959</b>
		<hr/>	<hr/>
<b>TOTAL LIABILITIES</b>		<b>489,395</b>	<b>475,959</b>
		<hr/>	<hr/>
<b>NET ASSETS</b>		<b>3,920,108</b>	<b>3,765,718</b>
<b>EQUITY</b>			
Retained earnings		1,189,725	2,072,709
Asset revaluation reserve		1,742,383	1,712,383
		<hr/>	<hr/>
<b>TOTAL EQUITY</b>		<b>3,920,108</b>	<b>3,765,718</b>

The accompanying notes form part of these financial statements

**CANBERRA POLICE COMMUNITY YOUTH CLUB INCORPORATED**  
**ABN 71 012 407 608**

**STATEMENT OF COMPREHENSIVE INCOME**  
**FOR THE YEAR ENDED**  
**30 JUNE 2020**

	NOTE	2019	2020
		\$	\$
<b>INCOME</b>			
Grants		1,542,133	1,528,928
Fundraising		344,584	352,588
Fee for service programs		476,874	483,299
Other revenue	2	104,385	243,798
		<hr/>	<hr/>
Total income		2,468,176	2,608,603
<b>EXPENSES</b>			
Accounting and audit		7,000	13,500
Amenities & office supplies		63,717	85,817
Bad debts		23,753	5,746
Communication		15,089	24,413
Computer & software		6,403	30,834
Consulting & bookkeeping		103,496	27,788
Depreciation		118,951	109,804
Employer expenses	3	1,657,219	1,587,861
Fundraising		204,797	266,497
General		32,094	77,248
Insurance		59,961	36,445
Legal fees		46,953	6,378
Meetings & conferences		3,434	7,345
Motor vehicle expenses		45,350	77,781
Other expenses – asset write off		-	29,739
Program costs		68,604	96,172
Rent		109,179	134,674
		<hr/>	<hr/>
Total expenses		2,587,180	2,581,217
		<hr/>	<hr/>
Surplus/(deficit) from operating activities		111,026	(102,614)
Other comprehensive income		-	313,294
		<hr/>	<hr/>
Total comprehensive income for the year		111,026	210,680

The accompanying notes form part of these financial statements





**Canberra**

**PCYC**

**Police Community Youth Club, Inc.**

