



# ANNUAL REPORT

**2022**  
**CANBERRA POLICE COMMUNITY  
YOUTH CLUB INC.**





Who we are  
**TODAY**

Canberra PCYC is committed to seeing lives changed. Whatever journey people may have been on, it is our mission to empower people to create pathways to a better future for themselves.

**OUR VALUES: Engage, Belong, Respect**

Our values encompass what we believe to be critical in bringing about lasting change for individuals and for community edification. We engage people in a range of services in an inclusive manner, led by our vibrant and passionate staff. We teach self-respect and respect for others, which are the cornerstones for achieving fulfillment.

We create a place of belonging and safety for people, not just at PCYC, but as we link people into broader community support networks, which provides a platform for people to build meaningful and supportive relationships.

#### **Our Story**

Founded in 1957, the Canberra Police Community Youth Club Inc. (Canberra PCYC) was established by ACT Police Sergeant Harry Luton, and a committee of dedicated police officers and citizens who wanted to make a positive difference in the lives of young people in the ACT.

Following incorporation, the Canberra PCYC provided a platform for ACT Police and the Australian Federal Police to engage with young people and the community. While community engagement originally focused on sports activities and social events, our services have now evolved into an holistic approach to social edification.

Today, the Canberra PCYC provides leading and innovative services for young people and their families across the ACT. The Canberra PCYC have an enthusiastic case management team who are dedicated to client driven outcomes. Our case management framework encompasses a flexible, creative, strengths-based approach to supporting individuals and families in need.

The Canberra PCYC run recreational-based early intervention, crime prevention and reduction, and youth crime diversion programs for vulnerable young people. These are targeted programs for young people who are exhibiting anti-social behaviour, disengagement from school, or are engaging in low-grade petty crime.

Personal development outcomes for participants include improved resilience, leadership skills, teamwork skills, a sense of belonging, fostering better social skills, a sense of identity, skills to manage emotions, practical skills, understanding of healthy choice making, goal setting skills, and building positive self image.

Our sport and recreation programs and activities form a part of our community engagement strategy. These programs and activities are a low cost, high quality service run out of our Erindale Centre. Our wide range of sporting and recreational options cater to the diverse local community and provide our members with an inclusive environment, sense of belonging and an increase in health and mental well-being.

Canberra PCYC continues to work closely with police and takes pride in the police history of the organisation. Our outcomes meet the needs of individuals.

# President Report

## Peter Macfarlane



As President of the Board it is my pleasure to present the Canberra PCYC 2022 Annual Report.

This year carried over very much as the past twelve months did with COVID effecting the way businesses delivered across the region, We again worked closely to monitored what was happening overseas to gauge what the effects COVID disruptions would have on our service delivery.

Our services have been in demand again this year with an increase in requests for our support programs. The teams have worked tirelessly over the past twelve months to ensure;

- We would still be able to operate effectively to support families, even under a crisis situation.
- The closure of Wakefield Park Raceway due to non PCYC related issues has caused a lot of disruption for our Cruisin Cafe team, but we are confident that it will reopen in new year, and we will be able to provide more young people with a great opportunity to gain valuable experience and head on a pathway to employment.

The closures due to Covid saw our Erindale Centre closed for the 12 week period, which placed a financial strain on our income streams. Since the reopening business has been steadily returning to a new normal for our business.

I would personally like to thank the other members of the Board who have supported the organisation through another big year, Stella Conroy, Graciete Ferreira, Helen Badger, James Ogg. Dean Chapman and our representatives from ACT Policing, Commander Linda Champion and other representatives from ACT Policing, and we are looking forward to seeing the relationship develop and grow.

I would also sincerely like to thank the PCYC management team and all the staff on the frontline for everything they have done again through some of the worst times in our PCYC history. It is a truly inspiring dedicated team, all of whom have such a strong passion to ensure our young people are provided with the best opportunities in life.

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 once again had the privilege to support in developing and strengthening our service delivery to meet the increasing needs. Our goal is to expand our footprint across the region with the increase in demands for services to provide quality services. The team is working to expand our Social Enterprise Programs with both the Southside Mower Shed and Cruisin Cafe's expanding.

# CEO Report

## Report

### Cheryl O'Donnell



I have the pleasure of presenting our 2021-2022 Annual Report for the past 12 months. Once again we saw major disruptions to the business, but thanks to the hard work put in by all the team, we managed to get through once again. We had our longest lockdown period which was 12 weeks from August 2021.

We went straight back online to continue to support our clients and in the background worked with ACT Government and were given approval to go back out delivering face to face after 4 weeks under strict Government guidelines.

During this time we partnered with YMCA and Oz Harvest and delivered thousands of meals to families across the regional area, supporting a growing list of people who lost their jobs during the lockdown.

None of this could have been possible without the commitment from the team. I want to personally thank the entire team for everything they do every day under some of the most trying and exhausting times we have ever experienced.

The effects of the lockdowns placed added pressure on our finances this year, with the financial support not being available for the 2nd Covid wave, which was our longest period of forced closures. It saw people more reluctant to venture back into sites such as the Erindale Centre, that has led to a decline in business. We have been slowly working our way through it.

I would also like to send our heartfelt appreciation to our Board members, who give up their time to help us achieve our goals. Your dedication to help us through so many periods of unknowns is valued by all the team.

I would like to extend our special thanks to our stakeholders for their support this year, Australian Federal Police, ACT Government Community Services Directorate, 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 our amazing corporate sponsors, who have continued to support us through a tumultuous period. Our sincerest thanks to The Snow Foundation who through the Innovation Funding Round supported us again with additional funding to expand our Southside Mower Shed Program and who have also come on board to support in getting our vision for our Turner Site off the ground. We also thanks The Boorer Foundation and Hands Across Canberra, Honiq and Rotary for their continued support. We also thank other companies and donors for their support throughout the year.

This year also saw us partner with HEZ the new owners of Lovett Tower. This has already seen them come on board to support us with our Cruisin Cafe van being onsite, with the owners refurbishing the cafe onsite which they are handing to CPCYC to operate as a training kitchen for our participants. It will also see our Dare to Plunge fundraiser become an annual event.

We were unfortunately caught up with the sudden closure of Wakefield Raceway where we had been operating the Cafe onsite as a Cruisin Cafe. We are hopeful of a resolution to come earlier than later, as the cafe was really starting to bring in an income for our programs. 11 young people had been receiving training and paid employment whilst working.

Our Southside Mower Shed was finally able to start and has been working well. The business as previously said has been able to expand to increase the business. Thank you to the support from TSF and Honiq.

Our major programs Project 180 and Level-Up continue to be in high demand. The one thing that has been quite noticeable is the intensity of the young people being referred to the programs. We believe a lot of the issues have being due to the COVID lockdowns and increased use of social media.

Our Case Management programs and Fee for Service programs also saw the requests for support increase and the intensity of issues being faced by families. We saw more people affected by employment losses and the increase in cost of living effecting more families. The youngest child referred to our FFS program is just 5yrs of age for one on one support.

This year we have been out and about with our Cruisin Cafe Vans supporting a number of events around the region, including Thank a First Responder days, ACT ESA events, ACT Hospital events and many more.

Once again I would also personally like to send a heartfelt thanks to Terry Shaw, Richard Nash, Chris Wheeler, James Hetherington, Andrew Hannan for everything they are doing in the background with our Turner site, to support Canberra PCYC and hopes for an exciting future for this site. Your support will never be forgotten. There has been a massive amount of work put into the plan and it is now getting closer to approaching Government.

While it has been a year of ups and downs, I am looking forward to the future and what is install for the Canberra PCYC and the Team.

I am fortunate enough to work with some of the most passionate people I have ever had the pleasure to work alongside of. I would also like to thank Stephen and Hayley who have put in long hours this year, with a total revamp of our policies and procedures, HR & WHS systems to stay in front as a professional organisation.

# Executive Director Report Stephen Imrie



It is with great pleasure and pride that I contribute to this year's annual report, mostly to be able to thank the many people that make Canberra PCYC (CPCYC) a fantastic organisation. This past year has been a testament to our commitment to serving the community and making a positive impact on the lives of young people and their families.

At Canberra PCYC we believe in the power of community service to bring about positive change. Through our dedicated efforts and the unwavering support of our staff, volunteers, and stakeholders, we have been able to continue to provide targeted programs for vulnerable young people and their families, and low-cost or free sports initiatives to uplift the lives of those who face significant challenges.

I am always grateful for the staff we have at CPCYC, who are the most passionate group of youth and community workers that Canberra has to offer. Our staff not only contribute and positively impact on the individual lives of those that access our services, but they are leaders in the community sector and regularly contribute to developing better services for all young people in need of support. We continue to provide leading evidence-based programs and relevant support where it is needed, as displayed with our response to covid lockdowns and the aftermath of lockdowns supporting many families in financial distress.

Our youth crime diversion programs (supported by AFP and CSD) are still proving to have significant impact on the lives of young people who access them, with excellent results being achieved in participants rate of return to formal education or employment, and increasing protective factors. We have 84% average completion with significant outcomes.

I must thank our many PCYC volunteers, particularly those who continue to provide hours of coaching at the Erindale Centre. We still passionately believe in providing a safe place for young people to be active, learn new skills, build confidence, build positive community connections, and grow capabilities beyond those associated with sports alone.

With mental health issues plaguing society, particularly in young people, and even more so post-covid, simple things such as exercise and positive social connections are becoming even more important and relevant than ever. We hope to see more people accessing our services to aid their individual growth and collective community journey.

For those who are continuing their sporting and martial arts journey with CPCYC, we have various achievements in wrestling and boxing programs where our athletes represented Canberra PCYC at state and national levels, bringing home medals and accolades to boast on. Our martial arts programs continue to provide quality training and progression of grading.

Our board continues to provide excellent oversight and direction for CPCYC, along with Cheryl O'Donnell our CEO. I sincerely thank you all for your professionalism and for the leadership you provide to the CPCYC team to enable them to do what they do best.

As we move forward, we remain committed to our mission of empowering young people and their families to build their own positive futures. We will continue to innovate and expand our programs, ensuring that we address emerging challenges and provide holistic support to our beneficiaries.



Annual Report

# Canberra PCYC



## Innovative Youth Programs

### who we work with

Provide an innovative approach to working with young people, across the ACT Regional Area. We deliver a real hands on experience for young people to flourish and grow.

The bulk of young people referred to our programs are experiencing trauma related issues and disengaged from education, at risk of or have entered the child protection system or youth justice systems.

### our programs are

Designed to support young people coming from various backgrounds and provide them with a, positive experience, in smaller group settings or one on one support. We offer young people the educational & life skills to move forward into the future, mentoring and teaching them how to manage their trauma. Our aim is to have them reintegrate back into school or we now provide work experience in a variety of fields where they receive training and skills to sustain employment, with employment opportunities in our social enterprise programs

## Impact Snapshot

**650**

Young people or adults supported annually

**480**

Waitlist to enter programs

**120**

Young people successfully completed programs



## Projects

### Project 180

Intensive support program for young people who have disengaged from education, at risk of or have entered youth justice system and or child protection system.

The program is delivered 4 days a week onsite, and 1 day outreach case management to 10 young people over 20 weeks.

The programs provides

- Education
- Trauma Recovery
- Work experience
- 2 x Certificate courses
- LifeSkills
- Adventure based healthy activities

## Details

- 60% returned to education system
- 40% went onto our social enterprise programs for job opportunities or placed into apprenticeships or traineeships with external employers

## Outcome

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### Program cost

# \$507,000

**Current costs to the community as reported in the latest ROGS report indicate a young person costs the community \$2.8m per young person annually**

**The investment of having a young person complete the Project 180 \$12,675.00 per young person annually or when applied against our total funding \$1800.00**



## Projects

## Level-Up

## Details

Early intervention - low level disengagement from education, young people with disabilities, young people experiencing trauma related issues in the home.

Groups of 10 young people, 40 each week based on ages, attend 1 day per week and receive

- Education
- Trauma Recovery
- Theme based lessons e.g. respect, anger management, self-esteem etc
- Low level experience in our social enterprise programs
- Adventure based healthy activities

## Outcome

- 100% reintegrate back into school successfully
- Young people diverted away from further risk taking activities
- Continued support through mentors

## Program cost

# \$327,000

- Early childhood intervention programs have been shown to yield benefits in academic achievement, behavior, educational progression and attainment, delinquency and crime, and labor market success, among other domains.
- Well-designed early childhood interventions have been found to generate a return to society ranging from \$1.80 to \$17.07 for each dollar spent on the program.

• Reported by RAND

**The investment of a young person completing the Project Level- UP**  
**\$4087.50 per young person annually**  
**or when applied against our total funding**  
**\$1800.00**





## Projects

## Step by Step

## Details

A **fee for service** program - Early intervention - low level disengagement from education, young people with disabilities, young people and adults experiencing trauma related issues, in the home.

One on one support worker to work alongside a child or adult to address their needs

- Assist with LifeSkills
- Trauma Recovery
- Theme based lessons e.g. respect, anger management, self-esteem etc
- Low level experience in our social enterprise programs
- Adventure based healthy activities
- Attending appointments etc.

## Outcome

- 100% reintegrate back into school successfully
- Young people diverted away from further risk taking activities
- Clients supported in main stream activities
- Continued support through mentors

## Program cost

# \$-Variable

- **When society provides more opportunities for people to participate and contribute, this has some fantastic psychosocial benefits: Better mental health: There is an abundance of research that strongly argues that social inclusion is central to mental health**

**This program is supporting our vulnerable families to join effectively into the community.**



## Projects

## Empower

## Details

Case Management/referral program supporting families across the region with issues they face on a daily basis

- Domestic and Family Violence
- Homelessness
- Drug & Alcohol
- Mental Health
- Financial Hardship
- Court Support
- Navigating systems

and much more

The case managers work alongside families with issues faced. Staff will provide a suite of supports and where required referrals to appropriate specialist services

## Outcome

- Families were supported and able to cope effectively
- Continued support until Independence is achieved

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## Program cost

# \$480,000

- **When society provides more opportunities for people to participate and contribute, this has some fantastic psychosocial benefits: Better mental health: There is an abundance of research that strongly argues that social inclusion is central to mental health**

**This program is supporting our vulnerable families to join effectively into the community.**



## Projects

## Southside Mower Shed

## Details

Social enterprise program

The Mowershed is providing young people with the opportunity to receive skills based hands on learning

- Young people are inducted onto the program
- Taught all aspects to safe use of equipment
- Receive certifications required to work on jobsites
- Full training on what is required and how to maintain properties
- Paid whilst working
- Moved into traineeships or apprenticeships

## Outcome

- Young people receive full training and experience
- Growth in requirements to sustain employment
- 6 young people moved onto other external employment

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## Program cost

## Fee for services provided

- 'Like any business, there are highs and lows.
- Example: Covid interruption

But in a social enterprise, the whole team can feel proud of what they are achieving, while having a positive impact in our community

This program is supporting our vulnerable young people & families to join effectively into the community and on a pathway to employment  
The project is in the process of expanding its delivery.



## Projects

## Cruisin Cafe's

## Details

Social enterprise program

The Cruisin Cafes are providing young people with the opportunity to receive skills based hands on learning

- Young people are inducted onto the program
- Taught all aspects to safe use of equipment
- Receive certifications courses in hospitality and barista
- Full training onsite and customer services at events and in cafes
- Paid whilst working
- Moved into traineeships or apprenticeships

## Outcome

- Young people receive full training and experience
- Growth in requirements to sustain employment
- 8 young people moved onto external employment

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## Program cost

## Fee for services provided

- 'Like any business, there are highs and lows.
- Example: Covid interruption

**But in a social enterprise, the whole team can feel proud of what they are achieving, while having a positive impact in our community**

**This program is supporting our vulnerable young people & families to join effectively into the community and on a pathway to employment. It has now expanded to 3 vans and 2 onsite Cafe's**



## Projects

## Erindale Fitness Centre

## Details

**Our Erindale Centre Offers A Wide Range Of Sporting Programs For All Ages And Levels**

**Everything from our Tots Tumbling to Martial Arts is on offer each year at the centre.**

Regular physical activity is one of the most important things you can do for your health. Being physically active can improve your brain health, help manage weight, reduce the risk of disease, strengthen bones and muscles, and improve your ability to do everyday activities.

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. Only a few lifestyle choices have as large an impact on your health as physical activity.

Everyone can experience the health benefits of physical activity – age, abilities, ethnicity, shape, or size do not matter

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## Program cost

## Term or day fees

- **'Like any business, there are highs and lows. This past year again we saw the affect Covid had on the business, with many people wary about venturing back into fitness centres. The centre has slowly regained its patronage and back into full swing, with a vast increase in the numbers attending the boxing sessions and other sports.**

**Benefits include improved thinking or cognition for children 6 to 13 years of age and reduced short-term feelings of anxiety for adults. Regular physical activity can help keep your thinking, learning, and judgment skills sharp as you age. It can also reduce your risk of depression and anxiety and help you sleep better**

# THANK YOU TO ALL OUR FUNDING BODIES & DONORS

**We couldn't have done it without your generous support.**

ACT Government    ACT Policing    The Snow Foundation    Hands Across Canberra  
Boorer Foundation    HEZ Hunter Economic Development    Rotary Clubs ACT  
Cosmorex Coffee    College of Transformation Education & Training    Wakefield Park Raceway  
Grill'd    Working Gear Fyshwick    Good 360    Grosvenor Performance Group  
Black Mountain Construction    Lovett Tower

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