

OzBox and the Police Clubs of Great Britain

Strengthening Prevention Strategies

“Not Just a Gym”

OzBox project and the newly developed programs are comprehensive and multifaceted, building on the assets and strengths of young people and assisting them to define goals, complete school, and plan their futures. Youth development seldom tackles isolated problems, such as sexual risk behaviours, but focuses instead on providing support and opportunities for young people. OzBox in conjunction with the PCGB (Police Clubs Of Great Britain) is a strategy that attempts to meet the needs young people themselves identify, to have life skills, to be cared for and safe, to be valued and useful, and to be psychologically grounded, by building on their capabilities, assisting them to cultivate their own talents and to increase their feelings of self-worth, and easing their transition to adulthood.

OzBox is especially important for young people who have little or no support from

their families, schools, and communities. These hard to reach and under- served youth, who frequently report high risk behaviour and often lack access to health services, include:

- Youth who live on the street Low-income young people
- Youth in foster care and group homes
- Young people in the juvenile justice system
- Youth addicted to alcohol or other drugs
- Obesity
- Youth in residential mental health treatment facilities
- Young people who have dropped out of school and are in ECU's, PRU's or are NEET.
- Pregnant and parenting youth
- Gay, lesbian, bisexual, and transgender young people
- Survivors of grooming, childhood sexual, physical, and/or emotional abuse
- Youth with mental or physical disabilities.

OzBox / PCGB programs are built upon six promises outlined here along with effective strategies and teen pregnancy / Sexual Health prevention program.

OzBox focuses on assets and strengths, not problems.

OzBox and PCGB programs provide services such as tutoring, mentoring, developing recreational opportunities, job training, social skills, and volunteering. By tailoring services to meet the needs and build on the assets of the individual, these programs motivate young people to work toward achieving successful futures. Academic competence is measured by grades and standardised test scores provided by the schools, Social or interpersonal competence is measured by communication skills or by participation in recreational and social activities. Creativity is measured by artistic efforts, such as performances. Vocational competence is measured by job skills or employment outcomes, Healthy diet and exercise is measured by exercise tests, Service to others is measured by hours of volunteering and / or participation in OzBox activities.

1.

1. Youth development programs address the real or human needs of young people.

OzBox and PCGB project planners focus on the needs that young people themselves identify and consider the multiple factors of young people's lives in developing an intervention. For example, young boys or girls who have sex with boys or girls most often identify two basic needs—societal acceptance and intimacy in a relationship. Research indicates that a sense of self-worth and community support are factors in lowering STD's or risk behaviours. Young girls / boys most often identify a need for intimacy as being connected to their sexual risk behaviours. A prevention program developed by the PCGB offers an insight to

help them define what they would like in their intimate relationships. Then, increasing their interpersonal, communication, and assertiveness skills would assist them to create the healthy, intimate relationships they want. This strategy might help to promote these youth's academic, artistic, and career skills to nurture their self-esteem.

2. Young people should participate in designing the program and in its activities

OzBox / PCGB programs are designed to meet participants' needs. Participants will

determine whether programs are appropriate and relevant for them, and they can

indicate such by representation to a coach or deliverer. To ensure relevancy to the

target population, young people should participate in programs' design, implementation, evaluation, and modification. Youth can and should be among the leaders in programs, even when that means special training for them. Our programs publicly recognise young people's work and their participation. Finally, our programs involve youth as educators of other youth. Our programs fully engage young people and this has the desired outcome of keeping youth participating because "ownership" of our programs shifts to the young people themselves.

Sexual Health and Pregnancy prevention programs in the OzBox / PCGB program already foster such skills as:

1. Reviewing or illuminating risk behaviours
2. Understanding perceived norms
3. Knowing that one can reduce one's risk behaviours
4. Making decisions, negotiating, and refusing
5. Reviewing sexual health options, such as using condoms, and delaying sexual activity
6. Other important skills, such as the ability to sustain a healthy relationship, the ability to make and hold friendships, and the ability to find and hold a job, may increase the motivation of young people to avoid sexual risk behaviours.

3. Our Programs involve committed and knowledgeable adults

OzBox / PCGB Programs foster trust between adults and youth. In addition to education and professional expertise, our coaches are positive, have a nonjudgmental attitude toward and respect for young people. Our Coaches also possess qualities such as willingness to work in collaboration with others, flexibility, commitment, experience working with young people, interest in youth, a trainer who is a mentor for the Prince's Trust, trained in safeguarding the young

and vulnerable and the willingness to be role models.

4. Youth develop within, and are profoundly influenced by, their environment

The entire community, families, peers, schools, faith communities, businesses, government, and community organisations must participate in fostering the capabilities of the community's young people. Our successful programs consider the realities and developmental needs of the community's young people. Values, attitudes, and beliefs can vary significantly across cultural, socioeconomic, and ethnic groups, and our activities are age- appropriate as well as tailored to the cultural and racial/ethnic backgrounds of participants. Finally, we consider the characteristics of the community as a whole when designing programs.

5. Successful youth development requires community partnerships

Youth develop within the contexts of family, school, peers, and community.
OzBox

/ PCGB coaches actively involve representatives of all these groups in planning, designing, implementing, and evaluating program activities. Our programs tap the

resources of community members, including parents and families, religious and business leaders, local policy makers, educators, youth-serving professionals, and

health care providers. This strategy provides extensive input and helps to ensure the community's commitment to the program.

Coaches assess young participants to determine the developmental opportunities

and services that would benefit each person and ensure participants' access to those opportunities. Ensure access to mental health counselling (Talking Mental Health –Self Referrals) for teens that face issues such as depression, substance abuse, obesity [support offered by primary trust] and family or relationship problems which may affect their ability to thrive in our youth development program. Usually, to offer an array of services, youth development programs make collaborative arrangements with other community agencies. However in collaboration with our partner agencies, effective HIV/STD and teen pregnancy prevention programs links in with our existing youth development programs in order to meet all of the needs of participants and to refer them to services they

need. Many effective programs have a strong commitment to youth and to preventing risk behaviours among youth, including sexual risk-taking, dropping out of school, and using substances.

OzBox / PCGB is a good prevention strategy:

Communities should work together to meet the needs that young people themselves identify. They should focus on the strengths and assets of young people rather than the "problem" behaviours they may demonstrate. Although few communities currently utilise youth development as a strategy to prevent negative health outcomes (Obesity) among young people, concerned adults, parents, professionals, community representatives, policy makers, and funding agencies will work with young people to develop young people's life options and ensure their healthy transition to productive adulthood.

Present

At this moment in time the scheme runs out of two premises within Derbyshire.

Those being: -

Allenton Boxing Academy, Derby

Peter Webster Centre, Chesterfield

With regards to the Mandela Centre and Normanton Park Centre, because of changes in management along with price increases to requested rents, these premises have now had to be emptied and left with new management to work from.

We are looking towards giving the equipment removed or selling it cheaply to Langley Mill Boxing Club in Derbyshire, another charity whose premises was destroyed by Arson.

These centres are run nightly by volunteer trained staff and are free of charge for our customers.

Future

We are looking towards securing a large self-contained building, disused leisure centre or similar in the Derby City area. If such a building can be found, then the objectives would be to house Allenton Boxing Academy there as an initial occupant. Then to grow the building to incorporate other community type groups from within the city.

Stephen Osbaldeston MBE

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EXPENDITURE												
TOTAL EXPENDITURE			£24,306.39									
Date	Cheque or Code	Amount	Payee/Source	Rent	PPS	Travel	Coaching	Gas/Elec	Sundries + Equipment	TOTAL	SOURCE DESCRIPTION	
		24,306.39		11,084.00	90.15	1,756.07	6,235.54	526.66	7,533.61	24,306.39		
18-Feb-20	80	40.00	DAZ				40.00			40.00		
24-Feb-20	DPC	2,771.00	DLS HOMES	2,771.00						2,771.00		
25-Feb-20	POS	92.11	TESCO PETROL			92.11				92.11		
02-Mar-20	POS	260.00	DVLA VEHICLE TAX			260.00				260.00		
03-Mar-20	81	37.94	EON GAS					37.94		37.94		
04-Mar-20	DPC	550.00	B HINCKLEY				550.00			550.00		
19-Mar-20	84	40.00	D BUNGAY				40.00			40.00		
19-Mar-20	85	100.00	ROCKY				100.00			100.00		
23-Mar-20	82	500.00	ERGO						500.00	500.00		
31-Mar-20	83	40.00	DAZ				40.00			40.00		
07-Apr-20	DPC	972.00	T PIOTROWSKI				972.00			972.00		
07-Apr-20	DPC	420.00	B HINCKLEY				420.00			420.00		
07-Apr-20	DPC	190.00	L GAZDA				190.00			190.00		
21-Apr-20	86	114.14	BRITISH GAS					114.14		114.14		
22-Apr-20	BACS		C HANCOCK GIFT AID								C HANCOCK GIFT AID	
23-Apr-20	BACS		DERBY CITY COUNCIL								DERBY CC GRANT	
21-May-20	87	27.75	EON GAS					27.75		27.75		
21-May-20	88	33.24	JO OZ						33.24	33.24		
29-May-20	BACS		LOTTERY GRANT								LOTTERY GRANT	
01-Jun-20	DPC	650.00	DONNA - SPORT ENG						650.00	650.00		
01-Jun-20	DPC	700.00	B HINCKLEY						700.00	700.00	TRACK SUITS	
02-Jun-20	DPC	2,771.00	DLS HOMES	2,771.00					2,771.00	2,771.00		
02-Jun-20	DPC	111.94	BANNERS						111.94	111.94	LARGE BANNERS	
08-Jun-20	89	100.00	D BUNGAY				100.00			100.00		
08-Jun-20	91	100.00	DAZ CUMMINS				100.00			100.00		
09-Jun-20	POS	55.81	TESCO PETROL			55.81				55.81		
11-Jun-20	POS	9.87	G J & DAUGHTER						9.87	9.87	CLEANING EQUIP	
15-Jun-20	90	100.00	A MELLOR				100.00			100.00		
22-Jun-20	POS	64.16	SAINSBURYS PETROL			64.16				64.16		
29-Jun-20	POS	37.50	SAINSBURYS PETROL			37.50				37.50		
20-Jul-20	POS	4.50	NISA LOCAL		4.50					4.50		
20-Jul-20	POS	21.49	CENTRAL COOP						21.49	21.49	CLEANING EQUIP	
20-Jul-20	POS	11.74	BST RETAIL						11.74	11.74	CLEANING CLOTHS	
21-Jul-20	92	114.33	BRITISH GAS					114.33		114.33		
23-Jul-20	93	100.00							100.00	100.00	CLEANING EQUIP	
28-Jul-20	DPC	40.86	OZ						40.86	40.86	CLEANING EQUIP	
30-Jul-20	94	100.00	BRIAN HINKLEY						100.00	100.00		
04-Aug-20	DPC	19.95	HUNT FOR SPARES			19.95				19.95	VAN SPARES	
13-Aug-20	POS	84.50	POPULAR TRADING			84.50				84.50	READ DISC PADS	
14-Aug-20	95	50.00	A MELLOR						50.00	50.00	CLEANING EQUIP	
17-Aug-20	DPC	39.99	TO AC 33007705			39.99				39.99	FRONT DISC PADS	
19-Aug-20	C/L	60.00	NOTEMACHINE			60.00				60.00	REPAIRS TO VAN	
28-Aug-20	DPC	2,771.00	DLS HOMES	2,771.00						2,771.00		
27-Aug-20	C/L	51.99	BMACH						51.99	51.99	GYM EMPTY EQUIP	
01-Sep-20	DPC	76.59	TO AC 33007705			76.59				76.59	DIESELVAN	
03-Sep-20	96	100.00	A MELLOR				100.00			100.00		
07-Sep-20	DPC	388.00	B HINKLEY				388.00			388.00		
14-Sep-20	DPC	78.82	TO AC 33007705			78.82				78.82	DIESEL VAN	
15-Sep-20	BACS		HMRC CHARITIES								HMRC CHARITIES	
15-Sep-20	DPC	448.00	TO AC 33007705			448.00				448.00	VAN REPAIRS	
21-Sep-20	DPC	70.83	TO AC 33007705			70.83				70.83	DIESEL VAN	
21-Sep-20	DPC	14.04	TO AC 33007705						14.04	14.04	CLEANING EQUIP	
23-Sep-20	DPC	10.00	TO AC 33007705						10.00	10.00	NEW LOCK FOR GYM	
23-Sep-20	DPC	32.97	DANNELS PRINTERS		32.97					32.97	PROMO LEAFLETS	
28-Sep-20	DPC	6.50	TO AC 33007705						6.50	6.50	CLEANING CLOTHS	
28-Sep-20	DPC	14.99	TO AC 33007706			14.99				14.99	KEY SAFE FOR VAN	
28-Sep-20	POS	22.68	PAYPAL *HOU			22.68				22.68	SLR LIGHTS FOR VAN	
28-Sep-20	POS	10.15	PAYPAL						10.15	10.15	CLEANING LIQUIDS	
30-Sep-20	BACS		DERBY COM TRUST								DCCT	
01-Oct-20	POS	6.85	PAYPAL		6.85				6.85	6.85	STAMPS	
02-Oct-20	POS	7.39	PAYPAL						7.39	7.39	LEAD FOR MUSIC CTR	
06-Oct-20	DPC	191.07	B HINKLEY						191.07	191.07	Sanitizing Equipment	
06-Oct-20	DPC	600.99	B HINKLEY				600.99			600.99		
08-Oct-20	POS	29.99			29.99					29.99	Printer cartridges	
09-Oct-20	BACS		COVID 19 GRANT								COVID RESPONSE	
09-Oct-20	DPC	910.00	DONNA - SPORT ENG						910.00	910.00		
09-Oct-20	97	212.60	A MELLOR				200.00			212.60	NEW KEY	
13-Oct-20	POS	2.83	EBAY						2.83	2.83	ERROR	
14-Oct-20	POS	3.48	PAYPAL							3.48	ERROR	
15-Oct-20	POS	4.95	EBAY						4.95	4.95	ERROR	
15-Oct-20	POS	106.10	BRITISH GAS					106.10		106.10		
26-Oct-20	DPC		FROM AC 33007705								DEP	
27-Oct-20	DPC		FROM AC 33007706								DEP	
28-Oct-20	DPC		FROM AC 33007707								DEP	
04-Nov-20	99	180.00	D COMMINGS				140.00		40.00	180.00		
05-Nov-20	100	375.00	OZ				375.00			375.00	SESSIONS & FEES	
06-Nov-20	DPC	14.37	B HINKLEY						14.37	14.37	CLEANING EQUIP	
06-Nov-20	DPC	399.00	B HINKLEY				399.00			399.00		
06-Nov-20	101	140.00	D BUNGAY				140.00			140.00		
09-Nov-20	DPC	40.06	DIESEL			40.06			40.06	40.06	DIESEL VAN	
09-Nov-20	DPC	67.14	TO A/C 33007705						67.14	67.14	MEALS	
09-Nov-20	DPC	38.25	TO A/C 33007706						38.25	38.25	GYM EMPTY EQUIP	
13-Nov-20	98	200.00	A MELLOR				100.00		100.00	200.00	COACHING + EXS	
16-Nov-20	DPC	1,040.55	A PLAN EASTLEIGH				1,040.55			1,040.55	TO B HINKLEY	
20-Nov-20	POS	246.15	VAN INSURANCE			246.15				246.15	VAN INSURANCE	
25-Nov-20	DPC	2,771.00	DLS HOMES	2,771.00						2,771.00	Allenton Rent QTR	
24-Nov-20	C/L	50.00	D BUNGAY						50.00	50.00	ELECTRICAL WORK	
27-Nov-20	POS	8.00	WILCO RETAIL						8.00	8.00	PARTS	
02-Dec-20	POS	43.93	CENTRAL COOP			43.93				43.93	DIESEL	
07-Dec-20	DPC	77.30	BRITISH GAS					77.30		77.30	GAS BILL	
08-Dec-20	POS	10.07	SUBWAY						10.07	10.07	MEALS	
21-Dec-20	DPC	732.00	ERGO SPORT						732.00	732.00	EQUIPMENT	
23-Dec-20	BACS		DCCT								DCCT	
05-Jan-21	POS	15.84	WH SMITH		15.84					15.84	STAMPS	
08-Jan-21	POS	49.10	BRITISH GAS					49.10		49.10	GAS BILL	
08-Jan-21	102	100.00	ROCKY				100.00			100.00		