

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 non-judgmental 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

The future.

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

Those being: -

Allenton Boxing Academy, Derby

Peter Webster Centre, Chesterfield

We are currently using the mobile gym to produce sessions within the local community to provide exercise for local groups, such as young mothers, refugees, army cadets, young farmers, youth clubs, mining villages youth, housing associations youth; to name a few.

We have given Langley Mill boxing club some of the equipment from the vacating of the Mandela centre and Normanton Park and retaining the rest for usage in the Peter Webster Centre, having applied to the board to allow us to use this equipment on more days of the week, than at present, to continue to produce free exercise sessions for the community.

We are looking towards training further volunteers either through a level one England Boxing course or a PCGB contender course.

On February 24th, 2023, fourteen youngsters attended and passed the Police Clubs of Great Britain Boxing Leaders course.

These youngsters are expected to assist in both gyms.

This would enable us to provide a flexibility to support the mobile gym whilst sessions in the centres are also running.

A local authority grant which we are hoping to receive would enable us to provide twelve sessions throughout the next year at different venues within Derbyshire utilising the mobile gym, volunteers and our regular trainers over and above providing our regular sessions in our gyms along with the other committed visits by the mobile gym.

This grant has been received and the subsequent external daily sessions have taken place in hard to reach communities in Derbyshire.

Stephen Osbaldeston MBE

EXPENDITURE

TOTAL EXPENDITURE £26,739.98

Date	Cheque or Code	Amount	Payee/Source	Rent	PPS	Travel
		26,739.98		4,226.00	19.10	1,325.80
06-Apr-22	DPC	35.00	SPITAL INV 58	35.00		
06-Apr-22	147	760.00	DAZ EXS			
07-Apr-22	DEP		HARTINGTON YPH			
07-Apr-22	148	720.00	STEVE OZ 12 SESSIONS			
07-Apr-22	DPC	35.00	SPITAL INV 61	35.00		
08-Apr-22	DPC	35.00	SPITAL INV 60	35.00		
08-Apr-22	150	300.00	ROCKEY EXS			
14-Apr-22	151	70.00	RENT MICKLEY	70.00		
19-Apr-22	DPC	35.00	SPITAL INV 64	35.00		
20-Apr-20	149	40.00	D BUNGAY EXS			
21-Apr-22	POS	132.84	ESSO BIRDHOLME			132.84
22-Apr-22	POS	40.86	EBAY COMMERCE			
22-Apr-22	POS	59.43	BRITISH GAS			
29-Apr-22	DEP		DCCT			
06-May-22	152	300.00	ROCKEY EXS			
06-May-22	POS	21.99	EBAY COMMERCE			
09-May-22	156	675.00	STEVE OZ SESSIONS			
10-May-22	154	40.00	D BUNGAY EXS			
10-May-22	157	11.40	STAMPS		11.40	
11-May-22	155	296.00	DAZ EXS			
12-May-22	DPC	35.00	SPITAL INV 70	35.00		
16-May-22	DPC	247.20	OXBOX PENS			
16-May-22	POS	23.18	EBAY COMMERCE			
16-May-22	POS	13.95	EBAY COMMERCE			
17-May-22	POS	619.20	LINDLEY & SONS			
17-May-22	POS	40.26	BRITISH GAS			
20-May-22	POS	125.10	TESCO FUEL			125.10
26-May-22	DPC	35.00	SPITAL INV 72	35.00		
06-Jun-22	DPC	35.00	SPITAL INV 75	35.00		
06-Jun-22	162	675.00	STEVE OZ SESSIONS			
08-Jun-22	161	565.00	DAZ EXS			
09-Jun-22	159	306.80	ROCKEY EXS			
09-Jun-22	160	40.00	D BUNGAY EXS			
13-Jun-22	DPC	42.25	BRITHS GAS			
13-Jun-22	POS	16.75	EBAY COMMERCE			
14-Jun-22	POS	290.00	VAN TAX			290.00
22-Jun-22	POS	74.25	SAINSBURYS FUEL			74.25
24-Jun-22	POS	142.43	TESCO FUEL			142.43
29-Jun-22	166	415.00	DAZ EXS			
30-Jun-22	153	40.00	RENT MICKLEY	40.00		

30-Jun-22	158	30.00	RENT MICKLEY	30.00	
01-Jul-22	DPC	DEP	FROM ACCT 76476022		
04-Jul-22	POS		PAID IN ERROR		
04-Jul-22	167	525.00	STEVE OZ SESSIONS		
08-Jul-22	164	300.00	ROCKEY EXS		
11-Jul-22	DPC	41.70	BRITISH GAS		
12-Jul-22	POS	20.23	EBAY COMMERCE		
12-Jul-22	POS	7.99	MICROSOFT STORE		
18-Jul-22	POS	6.99	EBAY COMMERCE		
21-Jul-22	DPC	105.00	DANCE AND FITNESS	105.00	
21-Jul-22	POS	23.99	EBAY COMMERCE		
22-Jul-22	POS	7.99	MICROSOFT STORE		
25-Jul-22	DEP		BOLSOVER DC		
25-Jul-22	DPC	200.00	TR TO ACCT 33007705		
25-Jul-22	POS	5.99	EBAY COMMERCE		
25-Jul-22	POS	7.84	EBAY COMMERCE		
29-Jul-22	DPC	35.00	DANCE AND FITNESS	35.00	
29-Jul-22	DPC	35.00	DANCE AND FITNESS	35.00	
29-Jul-22	DPC	35.00	DANCE AND FITNESS	35.00	
29-Jul-22	POS	25.88	BROBOT FUEL		25.88
09-Aug-22	172	150.00	STEVE OZ SESSIONS		
09-Aug-22	173	5.70	STAMPS	5.70	
12-Aug-22	170	350.00	ROCKEY EXS		
17-Aug-22	171	590.00	DAZ 2 MONTHS EXS		
18-Aug-22	POS	23.33	EBAY COMMERCE		
19-Aug-22	DPC	48.83	BRITISH GAS		
22-Aug-22	POS	7.99	MICROSOFT STORE		
24-Aug-22	DPC	35.00	SPITAL LANE STUDIOS	35.00	
24-Aug-22	DPC	35.00	SPITAL LANE STUDIOS	35.00	
31-Aug-22	DPC	5,000.00	ALLENTON BOXING AC		
07-Sep-22	177	170.00	DAZ AUG EXS		
07-Sep-22	178	180.00	OZ SESSIONS		
08-Sep-22	175	90.00	DAVE B EXS 2 MONTHS		
09-Sep-22	176	300.00	ROCKY AUG EXS		
15-Sep-22	POS	45.36	BRITISH GAS		
16-Sep-22	POS	5.20	CHESTERFIELD BC		
20-Sep-22	POS	13.99	G & J DAUGHTER		
21-Sep-22	POS	7.99	MICROSOFT STORE		
27-Sep-22	DPC	40.00	SPITAL LANE STUDIOS	40.00	
27-Sep-22	DPC	40.00	SPITAL LANE STUDIOS	40.00	
06-Oct-22	168	40.00	MICKLEY RENT	40.00	
06-Oct-22	174	60.00	MICKLEY RENT	60.00	
10-Oct-22	POS	40.00	SPITAL LANE STUDIOS	40.00	
14-Oct-22	POS	45.00	FAST TRACK MOT		45.00
14-Oct-22	POS	2.00	NYA AIR SERV	2.00	
17-Oct-22	180	40.00	DAVE B SEPT EXS		
18-Oct-22	DPC	40.00	SPITAL LANE STUDIOS	40.00	
18-Oct-22	DPC	40.00	SPITAL LANE STUDIOS	40.00	
18-Oct-22	POS	45.80	BRITISH GAS		

19-Oct-22	165	40.00	DAVE JUNE EXS		
21-Oct-22	179	150.00	ROCKY SEPT EXS		
24-Oct-22	POS	7.99	MICROSOFT STORE		
31-Oct-22	BACS	DEP	DCCT		
02-Nov-22	169	50.00	DAVE B SESSIONS		
08-Nov-22	DPC	40.00	SPITAL LANE STUDIOS	40.00	
08-Nov-22	DPC	80.00	SPITAL LANE STUDIOS	80.00	
08-Nov-00	182	75.00	S OZ PWC SESSIONS		
10-Nov-22	183	45.00	DAVE OCT EXS		
11-Nov-22	POS	11.00	ALEX WESTON		
11-Nov-22	184	415.00	DAZ OCT EXS		
11-Nov-22	185	200.00	ROCKEY OCT EXS		
21-Nov-22	DPC	50.00	SPITAL LANE STUDIOS	50.00	
21-Nov-22	POS	7.99	MICROSOFT STORE		
23-Nov-22	POS	279.95	A PLAN EASTLEIGH		
24-Nov-22	DPC	40.00	SPITAL LANE STUDIOS	40.00	
24-Nov-22	POS	107.00	SAINSBURYS FUEL		107.00
28-Nov-22	POS	12.65	COSTA COFFEE		
28-Nov-22	POS	9.10	COSTA COFFEE		
06-Dec-22	C/R	DEP	C SHEPLEY		
07-Dec-22	BACS	1,000.00	BIDS SUPPORT		
07-Dec-22	BACS	DEP	DERBYSHIRE CCC		
08-Dec-22	BACS	500.00	BIDS SUPPORT		
09-Dec-22	DPC	200.00	JADE REIMBURSEMENT		
09-Dec-22	186	200.00	ROCKY NOV EXS		
12-Dec-22	POS	66.58	RIVERSIDE SERVICE		66.58
15-Dec-22	187	40.00	DAVE NOV EXS		
16-Jan-22	DPC	DEP	REFUND -D MOORE		
19-Dec-22	POS	165.48	MAREHAY GARAGE		
20-Dec-22	POS	6.50	COSTA COFFEE		
21-Dec-22	DPC	9.70	TO ACCT 33007705		
22-Dec-22	DPC	100.00	TO ACCT 33007706		
21-Dec-22	POS	7.99	MICROSOFT STORE		
29-Dec-22	POS	8.00	SUM UP PHONE		
19-Jan-23	189	198.85	J OZ		
19-Jan-23	190	40.00	D BUNGAY		
23-Jan-23	POS	94.10	TESCO PFS		94.10
23-Jan-23	POS	7.99	MICROSOFT		
23-Jan-23	192	140.00	ROCKY		
01-Feb-23	191	40.00	DAZ		
07-Feb-23	DPC	40.00	SPITAL LANE STUDIOS	40.00	
07-Feb-23	DPC	40.00	SPITAL LANE STUDIOS	40.00	
09-Feb-23	DEP				
09-Feb-23	194	140.00	DAZ		
10-Feb-23	193	40.00	D BUNGAY		
10-Feb-23	195	110.00	ROCKY		

13-Feb-23	POS	21.60			
15-Feb-23	DPC	40.00	SPITAL LANE STUDIOS	40.00	
16-Feb-23	196	200.00	S OZ (2 SESSIONS)		
21-Feb-23	POS	7.99	MICROSOFT		
23-Feb-23	POS	77.88	BOOKER		
24-Feb-23	DPC	40.00	SPITAL LANE STUDIOS	40.00	
27-Feb-23	POS	100.83	TESCO PFS		100.83
28-Feb-23	200	225.00	S OZ (4 SESSIONS)		
02-Mar-23	PDP	2,771.00	DLS HOMES	2,771.00	
03-Mar-23	POS	2.00	NYA AIR SERV		
03-Mar-23	POS	2.00	NYA AIR SERV		
03-Mar-23	POS	1.00	NYA AIR SERV		
03-Mar-23	POS	121.79	TESCO PFS		121.79
03-Mar-23	199	180.00	ROCKY		
07-Mar-23	POS	242.67	BRITISH GAS		
07-Mar-23	POS	75.39	EON NEXT COVENTRY		
08-Mar-23	201	190.00	MELISSA LEADERS CSE		
09-Mar-23	198	140.00	DAZ		
10-Mar-23	197	40.00	D BUNGAY		
15-Mar-23	DPC	40.00	SPITAL LANE STUDIOS	40.00	
15-Mar-23	DPC	40.00	SPITAL LANE STUDIOS	40.00	
20-Mar-23	POS	36.29	EBAY		
22-Mar-23	POS	7.99	MICROSOFT		
23-Mar-23	DPC	40.00	SPITAL LANE STUDIOS	40.00	
29-Mar-23	DEP				
29-Mar-23	DPC	947.00	ERGO SPORT INV-113		
30-Mar-23	203	40.00	D BUNGAY		

INCOME
TOTAL INCOME

Coaching	Gas/Elec	Sundries + Equipment	TOTAL	SOURCE DESCRIPTI	CHESF"D BC	C SHEPLEY	DCCT
10,327.80	691.69	12,161.12	26,739.98		100.00	5,000.00	375.00
			35.00				
760.00			760.00				
720.00			720.00				
			35.00				
			35.00				
300.00			300.00				
			70.00				
			35.00				
40.00			40.00				
			132.84				
		40.86	40.86				
	59.43		59.43				
				DCCT			195.00
300.00			300.00				
		2,199.00	21.99				
675.00			675.00				
40.00			40.00				
			11.40				
296.00			296.00				
			35.00				
		247.20	247.20				
		23.18	23.18				
		13.95	13.95				
		619.20	619.20				
	40.26		40.26				
			125.10				
			35.00				
			35.00				
675.00			675.00				
565.00			565.00				
306.80			306.80				
40.00			40.00				
	42.25		42.25				
		16.75	16.75				
			290.00				
			74.25				
			142.43				
415.00			415.00				
			40.00				

			30.00	
				15.50
525.00			525.00	
300.00			300.00	
	41.70		41.70	
		20.23	20.23	
		7.99	7.99	
		6.99	6.99	
			105.00	
		23.99	23.99	
		7.99	7.99	
		200.00	200.00	
		5.99	5.99	
		7.84	7.84	
			35.00	
			35.00	
			35.00	
			25.88	
150.00			150.00	
			5.70	
350.00			350.00	
590.00			590.00	
		23.33	23.33	
	48.83		48.83	
		7.99	7.99	
			35.00	
			35.00	
		5,000.00	5,000.00	TRANSFER FUNDS
170.00			170.00	
180.00			180.00	
90.00			90.00	
300.00			300.00	
	45.36		45.36	
		5.20	5.20	
		13.99	13.99	
		7.99	7.99	
			40.00	
			40.00	
			40.00	
			60.00	
			40.00	
			45.00	
			2.00	
40.00			40.00	
			40.00	
			40.00	
	45.80		45.80	

40.00		40.00			
150.00		150.00			
	7.99	7.99			
			DEPOSIT		180.00
50.00		50.00			
		40.00			
		80.00			
75.00		75.00			
45.00		45.00			
	11.00	11.00			
415.00		415.00			
200.00		200.00			
		50.00			
	7.99	7.99			
	279.95	279.95			
		40.00			
		107.00			
	12.65	12.65			
	9.10	9.10			
			DEPOSIT		£5,000.00
	1,000.00	1,000.00			
			DEPOSIT		
	500.00	500.00			
	200.00	200.00	2 MUSIC CENTRES		
200.00		200.00			
		66.58			
40.00		40.00			
			DEPOSIT		
			£165.48		
		165.48	PAID IN ERROR		
	6.50	6.50			
	9.70	9.70			
	100.00	100.00			
	7.99	7.99			
	8.00	8.00			
	198.85	198.85	ADMIN		
40.00		40.00			
		94.10			
	7.99	7.99			
140.00		140.00			
40.00		40.00			
		40.00			
		40.00			
			HARTINGTO		
140.00		140.00			
40.00		40.00			
110.00		110.00			

		21.60	21.60	REFRESH MENTS	
			40.00		
200.00			200.00	HART	
		7.99	7.99		
		77.88	77.88		
			40.00		
			100.83	HART + DALE ABBY	
225.00			225.00		
			2,771.00		
		2.00	2.00		
		2.00	2.00		
		1.00	1.00		
			121.79		
180.00			180.00		
	242.67		242.67		
	75.39		75.39		
		190.00	190.00		
140.00			140.00		
40.00			40.00		
			40.00		
			40.00		
		36.29	36.29		
		7.99	7.99		
			40.00		
				CHESTERFI ELD BC KIT	100.00
		947.00	947.00		
40.00			40.00		

£20,940.50

HARTINGTON YPH	DCC		
250.00	15,200.00	15.50	0.00
150.00			

15.50

200.00

15,000.00

100.00