

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 2nd 2024, we were informed by the owners of our Allenton gym that we had four weeks to leave due to the owner wishing to turn the gym into flats. We removed all of our equipment and vacated the premises within the time limit.

In August 2024 Derbyshire County Council put our Chesterfield based gym (Peter Webster Centre) up for sale and allowed to remain in the premises until new owners were found.

On the 10th January 2025 the new owners The Autistic Society met with me at Peter Webster Centre and confirmed were safe to continue delivering sessions for the foreseeable future.

At this present time we are undergoing the training through England Boxing of three of our regulars in order that they can complete outside sessions to the local community as well as assist in the running of the Peter Webster Centre.

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

At this moment in time we are awaiting an update from Sport England regarding a submitted bid in order to finance sessions in the community by the new trainers.

Stephen Osbaldeston MBE

EXPENDITURE							
TOTAL EXPENDITURE			£13,353.80				
Date	Cheque or Code	Amount	Payee/Source	Rent	PPS	Travel	Coaching
		13,353.80		1,944.00	-	1,981.05	8,985.00
15-Jan-24	S/O	36.00	DCC	36.00			
15-Jan-24	242	215.00	ROCKY DEC EXS				215.00
16-Jan-24	POS	32.13	EBAY			32.13	
22-Jan-24	DPC	89.00	S OSBALDESTON			89.00	
22-Jan-24	POS	7.99	MICROSOFT				
22-Jan-24	S/O	36.00	DCC	36.00			
23-Jan-24	DPC	113.90	EBAY			113.90	
24-Jan-24	POS	34.99	EBAY			34.99	
29-Jan-24	S/O	36.00	DCC	36.00			
01-Feb-24	250	120.00	D BUNGAY JAN EXS				120.00
02-Feb-24	251	140.00	OZ JAN EXS				140.00
05-Feb-24	S/O	36.00	DCC	36.00			
06-Feb-24	249	240.00	ROCKY JAN EXS				240.00
07-Feb-24	DPC	94.30	S OSBALDESTON			94.30	
09-Feb-24	DPC	80.00	VAN TOWED			80.00	
12-Feb-24	DPC	57.99	VAN BRAKE PARTS			57.99	
12-Feb-24	S/O	36.00	DCC	36.00			
12-Feb-24	248	155.00	DAZ JAN EXS				155.00
19-Feb-24	S/O	36.00	DCC	36.00			
22-Feb-24	POS	7.99	MICROSOFT				
26-Feb-24	DEP						
26-Feb-24	S/O	36.00	DCC	36.00			
01-Mar-24	DPC	1,900.00	S OSBALDESTON SES				1,900.00
04-Mar-24	DEP						
04-Mar-24	S/O	36.00	DCC	36.00			
04-Mar-24	255	305.00	OZ FEB EXS				305.00
06-Mar-24	253	180.00	DAZ FEB EXS				180.00
07-Mar-24	254	80.00	D BUNGAY FEB EXS				80.00
08-Mar-24	DPC	115.59	VAN DIESEL			115.59	
11-Apr-24	DPC	400.00	OZ CRESS SESSIONS				400.00

11-Mar-24	S/O	36.00	DCC	36.00			
18-Mar-24	S/O	36.00	DCC	36.00			
18-Mar-24	252	400.00	ROCKY FEB EXS				400.00
22-Mar-24	POS	7.99	MICROSOFT				
25-Mar-24	S/O	36.00	DCC	36.00			
27-Mar-24	DPC	17.00	OZ CRESS PRIZES				-
02-Apr-24	S/O	36.00	DCC	36.00			
02-Apr-24	258	100.00	OZ MAR EXS				100.00
04-Apr-24	259	420.00	ROCKY MAR EXS				420.00
08-Apr-24	S/O	36.00	DCC	36.00			
08-Apr-24	257	80.00	D BUNGAY MAR EXS				80.00
15-Apr-24	S/O	36.00	DCC	36.00			
16-Apr-24	DEP	DEP	w E AMIES & CO				
18-Apr-24	DPC	86.11	VAN DIESEL			86.11	
18-Apr-24	256	180.00	DAZ MAR EXS				180.00
22-Apr-24	DPC	50.00	VAN DIESEL			50.00	
22-Apr-24	POS	7.99	MICROSOFT				
22-Apr-24	S/O	36.00	DCC	36.00			
29-Apr-24	S/O	36.00	DCC	36.00			
02-May-24	261	60.00	D BUNGAY APR EXS				60.00
02-May-24	263	80.00	OZ APR EXS				80.00
07-May-24	S/O	36.00	DCC	36.00			
09-May-24	DPC	50.00	OZ MARATHON				50.00
10-May-24	262	285.00	ROCKY APR EXS				285.00
13-May-24	S/O	36.00	DCC	36.00			
17-May-24	DPC	6.57	JO CHALK TORCH				
20-May-24	S/O	36.00	DCC	36.00			
12-May-24	POS	7.99	MICROSOFT				
24-May-24	DPC	111.16	OZ VAN DIESEL			111.16	
28-May-24	S/O	36.00		36.00			
29-May-24	260	135.00	DAZ APR EXS				135.00
03-Jun-24	POS	24.00	ENGLAND BOXING				
03-Jun-24	S/O	36.00	DCC	36.00			
04-Jun-24	267	120.00	OZ MAY EXS				120.00
06-Jun-24	265	60.00	D BUNGAY MAY EXS				60.00
10-Jun-24	S/O	36.00	DCC	36.00			
10-Jun-24	266	280.00	ROCKEY MAY EXS				280.00
11-Jun-24	POS	53.07	FUEL			53.07	
17-Jun-24	DPC	80.00	VAN DIESEL			80.00	

17-Jun-24	S/O	36.00	DCC	36.00			
21-Jun-24	BAC	DEP					
21-Jun-24	DPC	60.00	FIRST AID COURSE				
24-Jun-24	POS	7.99	MICROSOFT				
24-Jun-24	POS	20.00	REGISTRATION EBA				
24-Jun-24	S/O	36.00	DCC	36.00			
24-Jun-24	264	75.00	DAZ EXS MAY				75.00
01-Jul-24	S/O	36.00	DCC	36.00			
04-Jul-24	DEP	BAC	ELMTON DONATION				
04-Jul-24	270	80.00	D BUNGAY EXS JUNE				80.00
05-Jul-24	271	255.00	ROCKY JUNE EXS				255.00
08-Jul-24	POS	335.00	VEHICLE TAX			335.00	
08-Jul-24	S/O	36.00	DCC	36.00			
08-Jul-24	272	120.00	OZ EXS JUNE				120.00
11-Jul-24	POS	62.35	VAN PARTS			62.35	
11-Jul-24	269	80.00	DAZ EXS JUNE				80.00
15-Jul-24	S/O	36.00	DCC	36.00			
22-Jul-24	DPC	150.00	VAN PARTS			150.00	
22-Jul-24	S/O	36.00	DCC	36.00			
29-Jul-24	DPC	123.60	KIT EQUIPMENT				
29-Jul-24	POS	7.99	MICROSOFT				
29-Jul-24	S/O	36.00	DCC	36.00			
30-Jul-24	DPC	12.95	VAN ABS WIRE			12.95	
02-Aug-24	274	155.00	ROCKY JUL EXS				155.00
02-Aug-24	275	40.00	D BUNGAY JUL EXS				40.00
05-Aug-24	DPC	50.00	GYM CLEANING				
05-Aug-24	DPC	15.00	EQUIPMENT				
05-Aug-24	S/O	36.00	DCC	36.00			
05-Aug-24	276	160.00	OZ JUL EXS				160.00
12-Aug-24	S/O	36.00	DCC	36.00			
19-Aug-24	S/O	36.00	DCC	36.00			
21-Aug-24	POS	7.99	MICROSOFT				
27-Aug-24	S/O	36.00	DCC	36.00			
02-Sep-24	C/R	DEP	HOLLINGWOOD DAY				
02-Sep-24	S/O	36.00	DCC	36.00			
03-Sep-24	279	160.00	OZ JUL EXS				160.00
05-Sep-24	273	100.00	DAZ JUL EXS				100.00
05-Sep-24	277	100.00	DAZ ARMED F DAY				100.00
05-Sep-24	278	240.00	ROCKEY JUL EXS				240.00

05-Sep-24	280	100.00	DAZ HOLL FUN DAY				100.00
09-Sep-24	S/O	36.00	DCC	36.00			
10-Sep-24	281	80.00	D BUNGAY JUL EXS				80.00
13-Sep-24	DPC	18.00	PWC KEYS				
16-Sep-24	S/O	36.00		36.00			
23-Sep-24	POS	7.99	MICROSOFT				
23-Sep-24	S/O	36.00	DCC	36.00			
30-Sep-24	S/O	36.00	DCC	36.00			
07-Oct-24	S/O	36.00	DCC	36.00			
07-Oct-24	283	80.00	ROCKY SEP EXS				80.00
10-Oct-24	284	60.00	D BUNGAY SEP EXS				60.00
10-Oct-02	285	50.00	OZ SEP EXS				50.00
14-Oct-24	S/O	36.00	DCC	36.00			
14-Oct-24	282	40.00	DAZ SEP EXS				40.00
21-Oct-24	POS	7.99	MICROSOFT				
21-Oct-24	S/O	36.00	DCC	36.00			
28-Oct-02	S/O	36.00	DCC	36.00			
04-Nov-24	S/O	36.00	DCC	36.00			
05-Nov-24	289	60.00	OZ OCT EXS				60.00
07-Nov-24	287	60.00	D BUNGAY OCT EXS				60.00
11-Nov-24	POS	323.62	VAN INSURANCE			323.62	
11-Nov-24	S/O	36.00	DCC	36.00			
11-Nov-24	289	40.00	DAZ OCT EXS				40.00
11-Nov-24	288	40.00	ROCKY OCT EXS				40.00
11-Nov-24	S/O	36.00	DCC	36.00			
11-Nov-24	286	40.00	DAZ EXS				40.00
18-Nov-24	S/O	36.00	DCC	36.00			
22-Nov-24	POS	7.99	DPC				
25-Nov-24	S/O	36.00	DCC	36.00			
26-Nov-24	ONLINE	50.01	OZ PETROL			50.01	
02-Dec-24	S/O	36.00	DCC	36.00			
01-Dec-24	DEP		HAR COMM				
04-Dec-24	294	70.00	OZ EXS				70.00
05-Dec-24	292	60.00	DB EXS				60.00
09-Dec-24	S/O	36.00	DCC	36.00			
09-Dec-24	291	40.00	DAZ EXS				40.00
11-Dec-24	OT	115.00	OZ ONLINE				115.00
11-Dec-24	293	100.00	ROCKY EXS				100.00
12-Dec-24	DCT	48.88	FUEL			48.88	

14-Dec-24	S/O	36.00	DCC	36.00			
23-Dec-24	POS	7.99	MICROSOFT				
23-Dec-24	S/O	36.00	DCC	36.00			
27-Dec-24	OT	150.00	OZ ROCKY EXS				150.00
30-Dec-24	S/O	36.00	DCC	36.00			
06-Jan-25	S/O	36.00	DCC	36.00			
06-Jan-25	296	30.00	DC EXS				30.00
06-Jan-25	298	100.00	OZ 10 SESSIONS				100.00
06-Jan-25	300	13.70	REFS				
09-Jan-25	297	110.00	ROCKY EXS				110.00
09-Jan-25	299	10.00	ROCKY EXS				10.00
13-Jan-25	S/O	36.00	DCC	36.00			

				INCOME		
CHECK	£13,353.80			TOTAL INCOME	£8,300.00	
Gas/Elec	Sundries + Equipment	TOTAL	SOURCE DESCRIPTION	OTHER INCOME	CHRIS SHEPLEY	
-	443.75	13,353.80		3,300.00	5,000.00	
		36.00				
		215.00				
		32.13	VAN GLO PLUGS			
		89.00	VAN BATTERY			
	7.99	7.99				
		36.00				
		113.90	VAN BRAKE SHOES			
		34.99	VAN SPARES			
		36.00				
		120.00				
		140.00				
		36.00				
		240.00				
		94.30				
		80.00	VAN TOWED			
		57.99	VAN BRAKE PARTS			
		36.00				
		155.00				
		36.00				
	7.99	7.99				
			BOLSOVER DC	1,900.00		
		36.00				
		1,900.00				
			BOLSOVER DC	400.00		
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		180.00				
		80.00				
		115.59				
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			CHRIS SHEPLEY		5,000.00	
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		285.00				
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	7.99	7.99				
		111.16				
		36.00				
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	24.00	24.00	REGISTRATION			
		36.00				
		120.00				
		60.00				
		36.00				
		280.00				
		53.07				
		80.00				

		36.00				
			DONATION-CBC	200.00		
	60.00	60.00				
	7.99	7.99				
	20.00	20.00				
		36.00				
		75.00				
		36.00				
			ELMTON & CRESS	600.00		
		80.00				
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		36.00				
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		10.00				
		36.00				