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# ST KILDA PCYC ANNUAL REPORT 2020

## CONTENTS

President's Report	01
General Manager's Report	02
Board Reports	04
Youth Report	06
Operations Report	10
Fitness & Marketing Report	14



EMPOWERING  
YOUTH  
FOR LIFE.

- > Gym
- > Boxing Hall
- > Basketball Court
- > Youth Programs

*Gym  
Community  
Youth*



# PRESIDENT'S REPORT

**It's no secret that 2020 has been a challenging year for St Kilda PCYC due to the COVID-19 pandemic. Our Strategic Plan has meant that we've been well placed to strengthen our foundations.**



This has allowed us to literally build for the future. Although our ambitions were slowed by the pandemic, our planning and investment in the team has enabled us to survive and upgrade our facilities during the lockdown.

Earlier in the year, we achieved some considerable success despite COVID-19. Over the warmer summer period, we expanded our 3-on-3 St Kilda Foreshore Basketball competitions after last year's successful trial with the support of the City of Port Phillip and Victoria Police. This program targets our key priorities of community, youth and increasing social inclusion set out in our Strategic Plan.

Our purpose will always be focused around young people and we must always ensure our programs are flexible and relevant to suit their changing needs. Throughout the lockdown we have embraced new ways of engaging young people through Zoom and other social media platforms. We have been exploring new relationships to expand our youth programs into new locations and we have commenced our latest fundraising campaign to raise funds for a new minivan for our youth programs. Being able to continually invest in young people has been made possible thanks to our generous donors and ongoing support from the community.

I am very grateful and appreciative to all those individuals and businesses that have single-handedly funded one of the largest capital works projects at the PCYC gym. These generous donors have enabled the St Kilda PCYC to provide more space and better services for gym users. We will now be able to provide a disability compliant entrance, provide increased and improved office space, have increased storage and essentially eliminate our high energy costs through installation of solar panels. I must highlight that these generous donations mean that we can provide an improved and enhanced space for **all the community**. In some ways,

the lockdown has been a blessing in disguise as it's meant that we've been able to undertake these capital works during this time while minimising the disruptions to members later down the track.

I am extremely proud to be part of an amazing community with such a rich culture. The St Kilda PCYC continues to not only empower young people but it continuously builds and strengthens our local community. I hope we can continue to grow and develop on our solid foundations and I hope that all our young people, members and community feel a sense of ownership and care for the club.

Thank you for your help and support throughout a trying year, not just for St Kilda but for everyone in Victoria. It's reassuring to know that we can continue to count on one another.

**Charlie McFadden**  
President

# GENERAL MANAGER'S REPORT

**What an extraordinary year 2020 has been so far – and what an unknown future we face in 2021. The COVID-19 Global Pandemic has been one of the most significant challenges in recent memory.**



As the year ends this is still a very confronting issue for all. The key lesson learned is that resilience and adaptability are crucial when confronted with challenges – and resilient we have been.

In this environment St Kilda PCYC remained focused on achieving the goals and objectives of our Strategic Plan and did not lose sight of our mission of empowering youth for life.

Despite the challenges imposed by restrictions, re-openings and lockdowns, it has been an extremely busy year and we developed our STAYING CONNECTED Strategy as part of a Covid-19 Business Continuity Plan.

2020 began with a strong sense of excitement at our programs and the opportunities available. The Summer 3 on 3 Basketball competition held on the St Kilda Foreshore proved an outstanding success and highlighted both the diversity of our programs and strength of our community connections. This also earned the City of Port Phillip and St Kilda PCYC

a place as a finalist in the Excellence Parks and Leisure Awards section of the Community Based Initiative of the Year Award.

However, it quickly became clear that we were confronting one of our most serious challenges – that of COVID-19. We had to close our doors and shut down our youth programs. We adapted quickly, developed a Business Continuity plan and stayed working (with JobKeeper assistance) and Fitness Classes were provided to on-line, youth programs via social media including Facebook and Instagram.

We took the opportunity provided to upgrade the gym during lockdown. Our wonderful staff worked hard and long painting, patching, cleaning and making the gym safe for when we could re-open. We did open briefly when restrictions were lifted mid-year, but then it was clear that COVID-19 was with us for a long time.

The silver lining with Lockdown gave us the opportunity to do more than an upgrade. We installed solar panels on the roof. Then, thanks to the extraordinary generosity of a large number of building industry donors, commenced extension works upstairs area and a total renovation of the gym area on the ground floor. The Gym is now brighter, bigger and a more inviting experience – but the warmth and ambience and inclusiveness remain.

Fundraising became and remains a priority and major fundraising activities included the preparation of the fabulous St Kilda PCYC

Neighbourhood Cookbook. Superb recipes came from members, friends, foodies, and some of the best restaurants in Australia as well as our neighbourhood hotels, cafes and stores. The hardworking Cookbook Committee ensured that the Cookbook will be ready for Christmas.

So many people to thank, our very generous donors and supporters, our members who joined the on-line classes and whose emails gave great enjoyment and kept up our spirits. Our staff who while complying with ensured we could keep working. Our thanks to Board Members who continued to volunteer their time for St Kilda PCYC.

Thanks, must go to our management and administration staff, Donny, Lee, Natasha, Mabel and Eugene (and our honorary Dennis). We thanked and farewelled Jacob who left our shores to return home to New Zealand. Thank you also to a great team of reception and youth staff and volunteers who remain committed to making St Kilda PCYC a special place.

I feel very privileged working with such a supportive and talented group of people that comprise our staff and Board and look forward to a strong and vibrant future as we continue to grow and serve our community.

**Christine Fitzherbert**  
General Manager



# NEW BUILD 2020



# BOARD REPORTS

## Board Members throughout the year and at the date of this report are:



**Charlie McFadden**  
**President**

Started - 16 February 2017  
Elected - 24 November 2017

Charlie has been involved with St Kilda PCYC for over 13 years and has become a familiar face to all members of the club. Furthermore, Charlie's passion for community development has given him experience across many different sectors including youth, aged and disability. As president, Charlie strives to ensure the voice of the young and new generations will continue to be heard, understood and included.



**Dagmar Andersen**  
**Vice President**

Started - 16 February 2017  
Re-elected - 25 November 2017

Dagmar is a highly respected member of Victoria Police with a strong commitment to the community and the work of St Kilda PCYC. Having worked locally for more than 6 years, Dagmar has developed a wide professional network aligned with her portfolio roles of youth, mental health and family violence.



**Christine Perkal**  
**Treasurer**

Started - 12 May 2016  
Co-opted as Treasurer - December 2018

Christine's passion and commitment for community involvement goes back to 1996 when she became a committee member and then treasurer of the Elwood Park Tennis Club Inc for over 22 years. In addition, Christine lends her financial skills as the Treasurer of St Kilda PCYC and brings with her 32 years of experience as a CPA accountant. Christine is a keen participant of St Kilda PCYC Masters' Class and has been attending since 2014.



**Joy Hawkins**  
**Board Member**

Started - 12 May 2016  
Re-elected - 24 November 2017

Joy is a dedicated participant in the Masters' classes and has been a member of St Kilda PCYC for many years. Joy brings over 35 years of experience in Advertising, Graphic Design and Packaging Design (FMCG) to the Club. Her passion is to build, shape and grow the St Kilda PCYC Brand.



**Dennis Edlin**  
**Board Member**

Started - 12 May 2016  
Re-elected - November 2016

Dennis has contributed well over 25 years of time, energy and passion to the St Kilda PCYC. He brings 35 years of experience in advertising/marketing and has contributed 17 years as a physical trainer. He is a visionary who has been an integral force in the development and success of our Club.



**Callan Young**  
**Board Member**

Started - 12 May 2016  
Re-elected - 24 November 2018

A primary school teacher, Callan has been involved with the St Kilda PCYC since he was 15, as a participant in the youth activities, then as a volunteer. The Club helped give structure to his life and allowed him to explore an interest and passion in health and fitness by becoming a personal trainer.



### Pierre Te Angina

#### Board Member

Started - 12 May 2016

Re-elected - November 2016

Pierre is an ex-member of both the New Zealand and British armed forces. He has been a member of the St Kilda PCYC since 2010. Actively involved in the community, he enjoys volunteering at Sacred Heart Mission, Back2Bikes and is a member of the recently established Port Phillip BUG (Bicycle Users Group)



### Ian Wright

#### Board Member

Co-opted to the Board - 20 March 2019

Ian is a highly respected builder with over 42 years' experience in the residential, industrial, commercial and retail sector via Ian's construction company BMF. Ian's expertise and passion will continue to drive further improvements to the Club's facilities. Ian has been a member of various gyms for over 35 years and is an enthusiastic PCYC member and supporter.

## Principal Activities

The principal activities of the Association for the year ended 30 June 2019 included delivering youth programs that mentor and engage disadvantaged, at-risk and disengaged youth of all ages and backgrounds, through outreach and recreational activities.

In addition, the Association operates a fully serviced gymnasium.

Our mission is to **'Empower Youth for Life'** and to be recognised for excellence in youth development through the provision of recreational, sporting, culture and welfare programs to our target groups.

The Association is registered with the Australian Charities and Not-for-Profit Commission (ACNC) under the following main activities:

- > Other recreation & social club activity
- > Culture and arts
- > Economic, social and community development
- > Other philanthropic intermediaries and voluntarism promotion.

## Significant Changes

- > Retirement of Board Member since last Annual Report

## MEETINGS OF BOARD MEMBERS

During the financial year 2019-2020 several Board meetings were held.

Attendances were as follows:

Board Members Name	Number Eligible to Attend	Number Attended
Charlie McFadden	10	10
Dennis Edlin	10	9
Christine Perkal	10	10
Dagmar Andersen	10	7
Joy Hawkins	10	8
Pierre Te Angina	10	9
Ian Wright	10	9
Callan Young	10	7



**We have successfully engaged online with young people in a space that they feel comfortable, to keep them connected to their community and to their peers.**



2020 has presented many challenges for youth programs, including connecting young people to positive PCYC staff through online platforms.

Our youth programs cater to young people mostly aged between 10-17 years old residing in the cities of Port Phillip and Stonington. The programs are facilitated by at least two youth workers and two volunteers. We offer fresh fruit and chilled water to our youth participants and the aim of the programs is to enhance community engagement and the wellbeing of young people. All programs are free of charge for youth participants. youth participants and the aim of the programs is to enhance community engagement and the wellbeing of young people. All programs are free of charge for youth participants.

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## Girls Group

Youth staff Alyce and volunteer Juliet facilitated Girls Group in-person for term 4, 2019, and online in 2020. The face to face program averaged 8 girls per session, aged between 10 and 14 years of age, and ran for

10 weeks on Monday afternoons. The girls would discuss important topics such as friendships, healthy relationships, positive body image, and healthy use of social media. Some creative and exciting activities in girls group included making mosaic art for plant potters to create a cactus garden, tie dying t-shirts, and creating slime. Girl's Group had to transition to an online platform due to the COVID-19 restrictions, and continued on Instagram Live every Monday of the school term. The online program was facilitated by Alyce and Natasha, and demonstrated a healthy way to connect with family and friends online through interactive conversations, drawing classes, making protein balls, playing music and much more. Each Instagram Live session averaged 12 youth participants.

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## Tuesday VibeZ

Tuesday VibeZ ran upstairs at our fully equipped studio in the youth room. The very experienced and talented staff, Dom and Jacob, facilitated the program every Tuesday from 5-6:30pm. An average of 8 young people aged between 10-17 years of age were supported and taught how to DJ, produce music, write lyrics, engineer music, and film music videos. The youth participants also had access to the basketball courts to play informal games of basketball, soccer, hockey, and dodgeball. In late March, 2020, Tuesday VibeZ moved online through Instagram Live, where Donny and Jacob would run workshops for young people to learn the more technical aspects of creating music and music videos.

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## MAC Port Melbourne

MAC Port Melbourne was held at the Skate Park at Graham St for young people residing in the local housing estates. The program ran on Monday's from 5:00- 6:30pm during school terms until mid-March when COVID-19 restrictions were introduced. They averaged 10 youth participants per session aged 10-17 years old. The young people participated in fun sporting activities such as soccer, basketball, kick to kick football, and 40 40 base. The two staff members and two volunteers were positive role models who provided mentoring, and referrals to youth support services when needed. Fresh fruit, healthy snacks, and water was provided to all participants.

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## MAC Prahran

MAC Prahran was facilitated at the Horace Petty Estate Youth Hub for 10-17-year old's residing at the Horace Petty housing estate. Every Wednesday and Saturday an average of 12 youth participants joined in activities such as basketball, kick to kick football, 40 40 base, board games, card games, and trampoline fun. There was two staff and two volunteers to facilitate the activities and sports games, and provide food from the kitchen such as fresh fruit platters, veggie pasties, pizza, toasties, and chilled water. The MAC program encouraged healthy social connections for young people with positive adult role models.



# MUSIC STUDIO 2020





# YOUTH REPORT

## Wicked Schools Program

The Wicked Schools Program was held at Stonnington Primary School each Tuesday, and St Kilda Primary School each Wednesday during the students' lunch time break. The grade five and six students at Stonnington Primary School participated in fun indoor activities, board games, and card games, and discussed the transition from primary school to high school. There was an average of 10 school students per lunchtime activity. St Kilda Primary School grade five students participated in exciting sporting games in their basketball hall. Their favorite activities were basketball, dodgeball, soccer, ultimate frisbee, octopus tiggly, and scarecrow tiggly. External service providers also ran activities such as karate, boxing, and judo. At both primary schools, our youth staff were able to provide young people with referrals to support them with wellbeing or other essentials. The Wicked program was put on hold due to COVID-19 restrictions and will resume in term 1, 2021.



## Koori Youth Bootcamp

Each Thursday between 5:00-6:00pm, Koori Youth Bootcamp was held at our St Kilda PCYC gym facilities. There was an average of 12 young people participating per session. The first half of the program was informal sport such as basketball, hockey, soccer, and dodgeball. The second half of the program was run in the boxing hall and included strength and fitness activities led by a qualified personal trainer. Every program finished with a large fruit platter and water, and a 10-minute group chat and reflection of the day's activity.

## Holiday Program

The St Kilda PCYC holiday program ran in January and July, 2020. This free of charge program ran on week days from 9am-3pm with two staff members facilitating lots of activities for twelve young people. The highlights from these days was the Geelong Water Park, surfing at Torquay, the nature walks in Torquay, and the high ropes tree top adventure. The youth participants were provided with healthy lunches, snacks, and water. These programs were a huge success and a highlight for many young people in 2020.



## Youth Boxing

Every Monday and Wednesday from 4:30- 5:15pm Seamus ran the youth boxing program. This program was specifically for young people aged 10-17 years old to learn boxing skills, strength, and conditioning. The boxing skills focused on footwork, skipping, punching techniques, weaving, pad work and bag work. Junior youth boxing, also facilitated by Seamus, was held every Monday during the school term from 4-4:30pm, and focused on the basics of boxing for young people aged 7 to 9 years of age. The Youth boxing programs continued throughout COVID-19 restrictions with the inclusion of Instagram Live, and Zoom classes.



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## Witness the Fitness

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Witness the Fitness was run until March when the COVID-19 restrictions came into place. Each program averaged 6 youth participants aged 10-17, and focused on strength and conditioning training alongside a qualified fitness instructor. Witness the Fitness ran on Wednesday's between 4:30-5:15pm and included basic gym and lifting techniques, strength and fitness skills and training. Each program would challenge the youth participants mentally and physically with healthy fitness skills, and the session was completed with a fresh fruit platter and water.

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## Hip Hop Holiday Program

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The Hip Hop Holiday program was a very exciting three-day event facilitated by qualified music teacher and producer Jase Beatheadz, along with DJ and producer Dom Cork, and producer Kid Vicious. The three-day intensive Hip Hop music program was held for 8 young people aged 12- 19 years of age. The young people were supported to create a beat, write lyrics, record, mix, and master their songs, and create a video clip for their music. The outcome of this intensive workshop was creating a song and music video from scratch, which was then released onto Youtube.



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## 3 on 3

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Our 3 on 3 basketball program was held during January and February 2020, with an average of 27 young people per activity. There were 10 sessions held on the St Kilda foreshore. The set up included the basketball floor and basketball hoop, a live DJ, and a BBQ. There were two competitions, one for 12 to 15-year old's, and the other for 16 to 19-year olds. The young people would choose their team of three and battle it out for the Footlocker and Nike store vouchers. There was a strong community presence of service providers from the City of Port Phillip, Stonington, The Victorian Police, Star Health, Indigenous support workers and case workers, and the St Kilda Life Saving Club.



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## Yaluk-ut Weelam Ngargee festival

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St Kilda PCYC took their basketball hoop and floor to the Yaluk-ut Weelam Ngargee festival for a day of basketball games, activities, and live music with predominantly Indigenous young people. The festival was in St Kilda Shakespeare Grove, where fifty young people participated in the basketball and activities. The Victorian Police and Australian Defence Force attended and participated in the activities. There was rain during the day, but that did not seem to deter the young people from joining in with the fun.



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## MAC Park Towers and Bayside - Growth

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We have been successful in receiving funding to start two new MAC programs. Each Friday we will run MAC at the Park Towers Housing Estate in South Melbourne, and each Thursday we will run MAC at the Bluff Rd Housing Estate in Hampton. Data shows that the youth cohort at both estates has increased significantly in the past few years and there is a growing need for support and positive community engagement. As soon as COVID-19 restrictions are lifted we will begin facilitating the MAC programs. Activities will include basketball, soccer, football, hockey, youth service referrals, and lots of positive social interactions.

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### Donny Pelsoczy

Youth Programs Manager



# OPERATIONS REPORT

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## St Kilda Pcyc Gym (Pre-Covid-19 Restrictions)

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Pre-Covid St Kilda PCYC, in the period to March 23rd, was progressing positively with memberships steady. However, with the imposition of restrictions in March, Memberships were suspended and remained so for the remainder of the financial year. This situation has continued and the suspensions will be lifted once patrons are able to access the gym again.

The restrictions imposed under COVID-19 directions have significantly affected the Gym operations and this is likely to continue until conditions normalize.

The first eight months of the financial year (July 2019-March 2020) operated as usual with the following classes and programs in action:

- > **2 x Youth Boxing Classes**  
**Monday and Wednesday**  
**at 4:30pm**
- > **1 x Junior Youth Boxing Class**  
**on Monday at 4:00pm**
- > **1 x Youth Strength Training**  
**(Witness the Fitness) on Thursday**  
**at 4:30pm**
- > **3 x Masters Classes per week on**  
**Monday, Wednesday and Friday**  
**at 11:00am**
- > **2 x City Of Port Phillip Chair**  
**Based Classes each week on**  
**Wednesdays and Thursdays**  
**at 10:00am**
- > **2 x Rock Steady Boxing**  
**group for people living with**  
**Parkinson's Disease.**

Low cost passcards were provided to the following local services:

- > **Sacred Heart Central, Taskforce, Hester Hornbrook Academy, Galiamble Men's Aboriginal Rehabilitation Centre, Mind Australia, Salvation Army Youth & Family Services, Opening Doors, Department of Justice, First Step, Melbourne City Mission, Tipping Foundation, Uniting Prahlan, Alfred Health St Kilda Road Clinic, Alma Road Community Care Unit, Launch Housing.**
- > **Fitness Passport program was offered to Emergency Service workers**

Basketball Court and Boxing Hall hired by:

- > **St Kilda Boxing Club, Playfit, Caulfield Park Community School, Red Dragons, Port Stars under 12's, 14's, 16's and 18's, St Kilda Primary Superstars, St Kilda Force, Banditos Basketball, St Kilda Sapphires, Hammerheads, Sabretooth Sneakers Basketball, Panthers Basketball, St Kilda Flames, The Werewolves**



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## St Kilda Pcyc Gym (During Covid-19 Restrictions)

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In March we were forced to close our doors due to the State Government's Covid-19 restrictions which significantly affected the way we delivered our programs and connected with our members and gym users. We implemented the following programs and activities:

St Kilda PCYC fitness classes were launched on Youtube and aired live on Facebook most weekdays. A total of 45 classes were filmed and uploaded to the Youtube Channel which included a variety of twenty minutes workouts from Pilates and Tai Chi to Boxing, H.I.I.T, Yoga, Stretch, Foam Roller and body weight classes. The Youtube channel boasts 79 subscribers.

Each Wednesday our trainer's Dennis and Lee would get together to deliver the 'Wednesday Chats' program live on Facebook. The program allowed our members and followers to chat with us live on line and hear stories about the Club's history and upcoming events. Members who celebrated their birthdays were acknowledged and a Dennis and Lee would sing them Happy Birthday.

Many of our youth classes and programs went online (further information in the Youth Report)



# WORK IN PRO GRESS 2020







# NEW RENO 2020



# OPERATIONS REPORT

In July we reopened for approximately 2 weeks. During this time, we provided the following programs and services:

- > **The gym was sectioned off into four square meter workout zones which were marked off clearly with fluorescent tape. People training were required to work out in one training zone at a time and wipe down the equipment before proceeding to another zone.**
- > **Covid safe stations were placed in key areas around the gym, basketball court and boxing hall allowing people access to hand sanitiser, face masks, alcohol wipes, gloves, disinfectant spray and paper towel.**
- > **We created an online booking system which required participants to book and pay for their workout sessions prior to arriving at the club.**

- > **Some classes were available onsite and booking for them was done through our website.**

Lockdown 2.0 came in to action from July and we had to re-adjust. The club shut its doors once again and more stringent regulations came into play. We were able to provide the following:

- > **We began running Zoom classes during the weekdays to provide our members and patrons with a variety of live workout options.**
- > **Youth Programs and classes went back online (more information in the Youth Report)**

Then thanks to some very kind and generous donations we were able to begin our major renovations in September. We anticipate re-opening post-renovations by mid-November.



## **175 Inkerman Street** St Kilda PCYC Rooming House



A Memorandum of Understanding with the Salvation Army Youth & Family Services ensures tenants receive ongoing Case Management and support.

Monthly house meetings including all tenants, PCYC Rooming house Manager and Salvation Army case workers.

The rooming house requires ongoing maintenance and during the year the following work was done:

- > **Repaired an ongoing leak in the ceiling near kitchen**
- > **Front of house shower resealed and the taps tightened.**
- > **Back of house shower and sink taps resealed**
- > **We have housed 8 tenants over the past 12 months requiring varying levels of support. We have had two successful transitions out of the house to more permanent and private housing.**
- > **Front garden weeded and revamped with fresh top soil, fertiliser, and fruit and vegetable seedlings planted.**

Two Elwood Primary School teachers very generously give their time to provide weekly food donations for the housemates. Meals include pasta bakes, spaghetti Bolognese, apple and rhubarb crumble, and fresh eggs from the Elwood Primary school food garden.

# FITNESS & MARKETING MANAGER'S REPORT

**At our Christmas Party in December 2019, there was much enthusiasm and excitement surrounding the prospect of the New Year, 2020. Our board of classes was fuller than it had ever been.**

We had several new trainers whose skills had allowed us to run a diversity of classes therefore attracting new members and visitors to the Club. These classes were: Stretching, Yoga, Hiit, Boxing for Parkinson's - Tuesday & Thursday, Youth Boxing, Move Your Mood, 150i Mobility, Masters - Monday, Tuesday, Wednesday & Friday.

Our numbers in classes had grown, in some cases to 40 people with little room to spare in the Boxing Hall. Then, the unthinkable happened in the form of a virus, COVID-19. Sadly, our doors closed on 23 March as mandated by the Victorian Government.

## Staying Connected

Our members are our lifeblood and staying close to them during these uncertain times was vital for us and them. To this end, we filmed classes for them to access online at home. We broadcasted them live and then uploaded all 37 of them to YouTube. Offering these classes free of charge was our way of saying thank you to our members for their loyalty. Masters, Stretching, Yoga, Pilates, Tai Chi, Witness the Fitness, Youth Boxing, Koori Bootcamp and Meditation were all topics covered in the classes.

In addition, Dennis Edlin and I worked with Donny Pelsoczy to perform a 45-minute segment each week where we talked to people on Live Facebook, about the history of the gym, works being carried out in the gym while in lockdown (painting and much needed repairs to walls and windows), individual members were spoken of

and those members having a birthday were sent best wishes. This worked well as a way of staying connected to members, particularly the Masters. We called many of our members on a regular basis to check in on them and to break the isolation for those people living alone.

## Classes

Sadly, all of our face to face classes ceased with the closure of the gym and the total lockdown of the City of Melbourne.

## Masters

When it became clear that Melbourne would be in lockdown indefinitely, we had to think differently. We needed to make money, provide classes and keep people engaged and moving. Many people had lost condition and fitness levels were low. Once again, we used technology to take Masters classes to our members and went on-line via live Zoom, Monday, Tuesday, Wednesday, Thursday and Friday. Donny, Tash and Mabel set up a booking system through the Acuity platform. Members could book and pay their \$5 per class through our website and the system sent them a link to participate. Thank you to you Dennis, Eugene and Willem for your enthusiasm in making these classes interesting, challenging and different. Class numbers as high as 14 have been attained.

It is envisaged that these classes will be offered on an on-going basis as not everyone will be happy to attend the gym in person at the conclusion of lockdown.



## Boxing 4 Parkinson's

After a long break for the COVID lockdown Boxing 4 Parkinson's classes were resumed via Zoom on Friday 24 April at 11am. These classes are continuing now until the Club re-opens.

Typically, 10 people attend this class, for all it is the highlight of the week, jokes are shared as is information about treatment and symptoms. Most participants do not have any gym equipment at home. We were able to secure a grant through the City of Port Phillip to purchase a medicine ball, a resistance band and a set of dumbbells for each person. This way they could exercise at home outside of the weekly classes. It also enables the trainer to make the classes more varied and more challenging for the participants. In a COVID safe manner the the equipment was delivered to each person at their home.





## St Kilda PCYC Neighbourhood Cookbook

The idea of producing a Cookbook came to me one day while talking to one of our members.

She had been spending her time baking bread, cakes, biscuits and all sorts of new and exciting dishes. Many of my friends were doing the same thing. They had retreated to their kitchens to make comfort food for themselves and their families in lockdown. This was also another reason to call our members to ask them for a favourite recipe for the Cookbook. And importantly, we needed to raise funds to keep the gym going, to be able to resume the Youth programs when things got back to COVID normal when Melbourne opened up. Joy Hawkins volunteered to design the book.



As producer of the Cookbook, I sought printing quotes for a 152 page book. When the idea and costs were approved by the Board, the Cookbook Committee comprised of Christine Fitzherbert (General Manager), Donny Peloschy (Youth Manager), Joy Hawkins (Art Director) and Lee Renfree (Fitness & Marketing Manager), then set about asking our members and local businesses for donations of a recipe. Donations to fund the production were made by Rod and Deb Carmichael, Remedy Recruitment, tenLawson and STA. We were able to recruit the help of 3 photographer friends, Ryan Creevey (Food) and Stuart Curnow (Exteriors) to take the shots necessary for the production of the Cookbook. Joy's

daughter, Holly, a talented food photographer, helped us to set the photographic style to follow and provided wonderful food shots

Recipes, 93 of them, were donated by 50 members, friends and 11 local businesses, Attica, Charcoal Lane, Cafe Nord, Rumi's, The Espy, The Little Hen, The Dick, The Grosvenor, The Post, Tulum, Windsor Castle.



By way of a thank you, a photograph of each contributor is featured in the book.

My job of managing the overall production has been made very easy with the help of a fabulous team of people.

- > Deb Carmichael, as Production Assistant who read, typed the recipes and prepared many of the dishes to be photographed and styled.
- > Joy Hawkins (Art Director) designed the Cookbook, illustrated the section dividers, whipped up her dishes for photography, prepared the artwork for the entire 152 page book, art directed the shoot as well as inviting us to shoot for 3 days in her home.
- > Steve Gill wrote the copy for the local areas sizzle pages and all supporting marketing materials.

- > Louise Maskell volunteered to edit the book, reading every line and making sure it all made sense.
- > Special thanks go to the two Stephen's, Hawkins and Renfree, for their help with pickups and deliveries during the shoot days.
- > Our photographers, Holly Hawkins, Ryan Creevey and Stuart Curnow gave us wings to make the book look fabulous.
- > Mark Rosser, from the City of Port Phillip, helped us to find shots of our neighbourhood to give the book relevance and a sense of place.

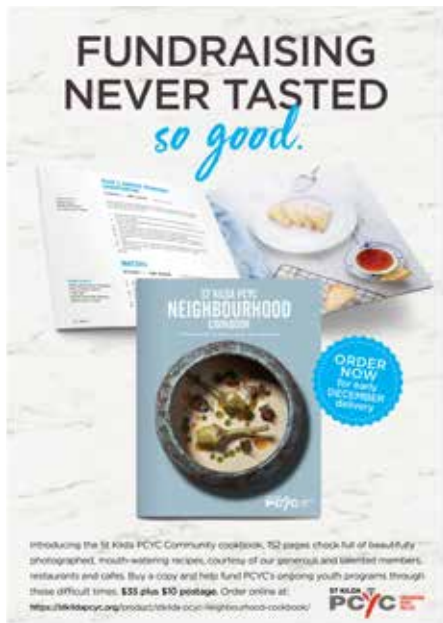


- > Thanks to all our guest chefs for cooking their dishes for us to shoot: Deb Carmichael, Judith Cook, Christine Fitzherbert, Christine Grange, Peter Gourlay, Joy Hawkins, Lillian Hendriksen, Bronwyn Kaaden, Marion MacQueen, Agatha Sarantinos and Mounya Wise.

To pre-sell the book we set up an online shopping cart on our website.



# FITNESS & MARKETING MANAGER'S REPORT



People were encouraged to make their purchase by posters designed by Joy that were sent via email to members and posted on socials. The sale price of \$35 with \$10 postage and handling has thus far given us sales of 75 copies. Delivery of the Cookbook will take place in early December, in time for Christmas.

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## Re-opening The Gym

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Thanks to the generosity of some very special people, the gym has had a complete makeover. Welcoming people back to the gym after COVID 19 and the lockdown will be an exciting and challenging time.

We have a great story to tell because we have a new look, a new layout that enables a COVID safe environment and research by Fitness Australia suggests that 60% of gym goers are ready to come back to train.

If 2020 has taught us anything as a team, it has shown us to be resilient, resourceful and ready to take on any challenge thrown at us. Bring it on and watch in 2021 as we see our membership grow. We will devise a strong Marketing Plan with campaigns rolling throughout the year to attract new members who no longer have a gym membership through the closure of our local competition and those people who now understand the importance of moving and exercising as a result of the lockdown and being forced to stay at home unable to exercise. Most importantly the social aspect of working out in the gym has been missing in people's lives and many can't wait to get back.

### Lee Renfree

Fitness and Marketing Manager



# ST KILDA PCYC ANNUAL REPORT 2020



EMPOWERING  
YOUTH  
FOR LIFE.

- > Gym
- > Boxing Hall
- > Basketball Court
- > Youth Programs

*Gym  
Community  
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