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PRESIDENT'S REPORT

The COVID-19 pandemic has remained with us for another year but we can now start to see some green shoots of optimism growing within the community. We are extremely thankful and appreciative to all those who have helped keep the lights on, so to speak, by continuing to financially support us or stay connected.

There are still so many people in our community that we know are still negatively impacted by the pandemic, whether it be through loss of employment, housing, mental health, education or their physical health. We know we have a big job ahead of us and St Kilda PCYC is more committed than ever to work hard to improve the lives of young people and our community.

Our newest social enterprise project, Olive's Lane, has recently opened. Located in the re-purposed driveway of St Kilda PCYC, you will find young people making coffee with a purpose. It started as an idea to create real life work experiences for young people many moons ago and only recently has it been realised. Olive's Lane would not be possible without the generous contributions from our sponsors, members and community. Olive's Lane gives young people valuable training and experience in the hospitality sector by giving them hands-on experience working in a cafe setting, equipping them with lifelong skills. It brings back memories of me applying for my first set of jobs as a young person only to be told that I don't have enough experience.

We are currently evaluating our Strategic Plan 2018-2021 and can already see some great outcomes with our youth programs. We have started new programs including the Bayside MAC Program, Young Leaders Program and online engagements programs. We are currently in the planning and consultation stage of our strategic plan that will drive our next five years.

We kicked off on our new Marketing and Communications Strategy to showcase our impact and share our story while embarking on fundraising activities. We recently welcomed AFLW footballer, Tarni White, aboard as our ambassador as part of our 'Going the Distance' campaign to raise awareness and help us reach our fundraising goals.



Charlie McFadden
President

A big thank you to all our staff who were all impacted by our operational decisions during the uncertainty of the pandemic. St Kilda PCYC plays a vital role in supporting and inspiring young people in the community. With your ongoing support, we will continue to rebuild and invest in our young people, our community and our gym.

Finally, I would like to say a heartfelt thank you to our General Manager, Christine Fitzherbert, who has been instrumental in working towards our long term strategic goals while pivoting through various lockdowns and Government directives during the pandemic.

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”



CEO/GENERAL MANAGER'S REPORT

2021 - another extraordinary COVID-19 Pandemic year, globally, locally and for the St Kilda PCYC Community. Professionally and personally, it has affected us all whether through lockdown, the impact on our health, mental wellbeing, interconnectedness with family, friends, and our community as well as financially and economically. It has been incredibly difficult but also a challenging and motivating time that made us look at doing things differently. Despite this, 2021 was for us a vibrant, energetic, and challenging year.

Somehow, the second year of COVID-19 restrictions and lockdowns was much harder as having anticipated a return to a semblance of normality, it was difficult to accept this was not happening and that we would need to continue operating in an exceptionally difficult environment.

At St Kilda PCYC, sadly we had to continually lock our doors to our youth, our patrons, friends, and the community, but we remained focused on staying connected with you through a variety of on-line activities and programs. Surprisingly, this meant that we were incredibly busy in ensuring that we continued to provide support for and engagement with our youth and our patrons.

There were many achievements, we delivered on-line classes, activities, and just good fun to our community whether our youth, our Masters' group, or our overall community. Our social media postings were extensive and highlighted our ongoing work. We continued the process of renting out gym equipment to enable those at home to remain as fit as was possible in the current environment (a very popular service).

Our doors remaining closed did have an enormous impact on the mental health and wellbeing of many of our youth and patrons. This also significantly affected our finances and economically affected our very loyal and hard-working staff. To ensure that our members were not disadvantaged we 'suspended' all memberships so that when we could open, members could come back and join us again with 'unused membership' times.

Our doors remaining closed did have an enormous impact on the mental health and wellbeing of many of our youth and patrons. This also significantly affected our finances and economically affected our very loyal and hardworking staff.



Christine Fitzherbert
CEO/General Manager

To ensure that our members were not disadvantaged we 'suspended' all memberships so that when we could open, members could come back and join us again with 'unused membership' times.

We have learned much from 2020 and developed strong COVIDSafe plans and procedures to ensure the health and safety of staff and patrons. This prepared us well for reopening at the end of October 2021.

There were many exciting moments despite the restrictions. In August, we launched Olive's Lane Coffee shop/window – in a beautifully re-purposed driveway. We are grateful to all who were able to take a walk and enjoy the fabulous coffee being served.

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Olive's Lane also provides an opportunity to train some of our youth as baristas, providing them with new skills and experiences.

As always, a silver lining when, following an extensive period of upgrades and renovations thanks to BMF Builders and a very large number of supporting donors, we moved into the magnificent newly renovated gym and offices. Our history now adorns the gym wall in the front area – and highlights a story that remains unwaveringly committed to **empowering youth for life**.

The financial impact of lockdown has affected so many people, including St Kilda PCYC. We relied heavily on fundraising opportunities and sought financial support through a range of fundraising strategies including the fantastic St Kilda PCYC neighbourhood Cookbook. This proved so successful that we had to print more. Don't forget this wonderful cookbook is still available and a perfect gift for any occasion.

To continue providing activities, services, and gym operations, we rely extensively on fundraising and on the generosity of all our donors. Without your support we could not continue.

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 restrictions, ensured we could keep working and those who were not able to work during closures but who remained loyally connected with us and whom we so sadly missed.

Thanks to our volunteer Board Members who give so much time and support to this special organisation.

My thanks to all our management and administration staff, Donny, Lee, Jacob, Natasha, Tamara, Mabel, and Eugene (and our honorary Dennis). Thank you also to a great team of reception, youth staff and volunteers who could not be with us for much of the year but remained committed to making St Kilda PCYC very special.

It is a great privilege working with a supportive, talented, and engaging group of people comprising our staff, our volunteers and our Board. I look forward to ensuring that we continue our work and purpose for our youth, and our community.





BOARD REPORTS



Charlie McFadden

President

Started - 16 February 2017

Re-elected - November 2020

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.



Dennis Edlin

Vice President

Started - 12 May 2016

Re-elected - November 2019

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.



Christine Perkal

Treasurer

Started - 12 May 2016

Co-opted as Treasurer Dec. 2019
Elected November 2020

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.



Pierre Te Angina

Board Member

Started - 12 May 2016

Re-elected - November 2019

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)

“

A heartfelt thank you to our General Manager, Christine Fitzherbert, who has been instrumental in working towards our long term strategic goals.

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RETIRED BOARD MEMBERS 2020-2021

Dagmar Andersen

Board Member

16 February 2017, Elected 25/11/2017

Retired – October 2020

Ian Wright

Board Member

Co-opted to the Board 16 December 2019

Appointed to vacant position December 2020

Retired February 2021

Callan Young

Board Member

12 May 2016, Re-Elected November

Retired December 2020

MEETINGS OF BOARD MEMBERS

During the financial year 2020-2021 the following meetings were held. Attendances as follows:

Board Members Name	Number Eligible to Attend	Number Attended
<i>Charlie McFadden</i>	11	10
<i>Dennis Edlin</i>	11	11
<i>Christine Perkal</i>	11	10
<i>Dagmar Andersen</i>	4	1
<i>Anne Budgen</i>	N/A	N/A
<i>Andrew Green</i>	4	4
<i>Kim Gammon</i>	3	2
<i>Joy Hawkins</i>	11	9
<i>Pierre Te Angina</i>	11	11



Joy Hawkins

Board Member

Started - 12 May 2016

Re-elected - November 2018

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.



Kim Gammon

Board Member

Co-opted 17 March 2021

Kim is a dedicated member of Victoria Police with a strong proactive commitment to the communities she works with, with particular focus on family violence, youth and multicultural communities. Prior to a career with Victoria Police, Kim lived overseas in England and Taiwan for 10 years where she was an English Teacher and Teacher Trainer. She has also had careers within Child Protection and Aged Services. Kim's passion has always led to working with marginalised communities to ensure that they are able to access services and supports. Kim has a strong and established relationship with PCYC through our youth programs and particularly our Koori Bootcamp program.



Anne Budgen

Board Member

Co-opted 16 June 2021

Anne is a CPA Accountant and has over 20 years' experience in the financial industry working for medium to large size corporates and specialising in regulative and statutory reporting. Anne brings to PCYC a multi-faceted skillset as a result of exposure to a wide range of company structures, sizes, and industries. Anne is looking forward to helping the club achieve its goals for the benefit of its members and the greater community.



Andrew Green

Board Member

Co-opted 17 February 2021

Andrew Green is a partner with a city law firm and is a commercial litigator with over 25 years of experience. He has extensive litigation experience in Australian jurisdictions at all levels, in tribunals (particularly the Building Appeals Board and the Victorian Civil and Administrative Tribunal), first instance trial work at all levels (particularly the Supreme Court of Victoria and the Federal Court of Australia), intermediate appellate work (particularly the Court of Appeal of the Supreme Court of Victoria and the Full Court of the Federal Court of Australia) and in applications for special leave to appeal and appeals to the High Court of Australia. He also has a wealth of experience in alternative dispute resolution, including in arbitration (particularly under the ICC Rules) and mediation, and in acting for and advising entities in the not-for-profit sector.



GYM OPERATIONS & FACILITIES REPORT

This last year has seen major upgrades to our front reception area, and the introduction of a brand new office space. The pre-existing office space at the front of the building was demolished and created room to expand our cardio area. We also removed the existing floor and poured a new concrete floor. The reception area was revamped to create space for a waiting area just inside the front door. A new automatic door was also installed at the front entrance. A small office was built next to the reception area for the Gym Manager. We demolished the existing downstairs staff kitchenette and made space for a coffee shop fit out. We removed the walls in the stretch area and installed new windows. This was complemented by new LED lighting in the ceiling and the result is a bright, spacious and welcoming front entrance.

The new staff workspace on level one which boasts a large open office, kitchen, balcony and CEO/General Manager's office. This has created ample room for all staff to have individual work spaces, and the addition of a large table has made staff (and Board) meetings far more comfortable and productive.

- An 'Our Story' mural was painted by renowned street artists Jamie Hocking and Heesco. This is located on the wall opposite the reception desk and tells the story of St Kilda PCYC. The mural celebrates our founder Olive Johnston and key individuals who shaped our history.
- The Basketball court was given a fresh coat of paint on the ceiling and walls above the surrounding artwork. A complex job requiring scaffolding and professional painters. The damaged ceiling boards above the Basketball Court were also repaired, and the existing wall heaters decommissioned. The stairs leading to Basketball court were painted black and bright yellow safety tape was mounted. The handrails on the staircase were extended with a curved piping for increased safety. The waiting space at the top of the staircase next to the basketball court was also revamped and new benches were installed, thus providing more room for spectators.
- The decking at the back of Gym next to the cable machines was removed and replaced with a new



Donny Pelsoczy

St Kilda PCYC Gym & Rooming House Manager

bin storage space and cleaner's cupboard. The cleaner's cupboard has allowed us to store all our cleaning products and equipment in a safe and organised manner.

- A new storage cupboard was built next to the downstairs male bathroom. This has created a space for us to keep all our bathroom stock in one safe place.
- Feedback from our members who frequent the Boxing Hall resulted in purchasing a Punch uppercut teardrop bag and an Aqua Bag water punching bag. Both have been well received. We also purchased and installed a new speedball and floor to ceiling ball.
- A new ramp was built between Olive's Lane and Outdoor gym. This allows for safe and easy access from back of building to the front.

“

An 'Our Story' mural was painted by renowned street artists Jamie Hocking and Heesco.

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- Steel housing built for exposed gas and hot water system at side of building.
- 'Gym Youth Community' signage on the façade of the club repainted by Jamie Hocking.
- Weights and exercise equipment were available for rent throughout lockdowns.
- Marketing specialists 'Social Garden' donated 80 hours of data collection, customer analysis and client retention strategy service. They helped us better understand our members and patrons needs, and designed strategies to enrich user experience.
- Our Basketball Court is in high demand, and hirers' include:

St Kilda Primary	Port Stars
Masters Class	Koori Bootcamp
Red Devils	Red Dragons
St Kilda Flames/Sapphires	Playfit
Playfit	St Kilda Skulls
Caulfield Park	St Kilda Ninjas
St Kilda Primary Superstars	Star/Alfred Health
Tuesday VibeZ	Vipers
Jess Izak	Playfit
St Kilda Seahorses	Sneakers Basketball
Enrique Saldana	Enrique Saldana
Koori Bootcamp	

- Passcards provided to local services: Sacred Heart Central, Hester Hornbrook Academy, Galiamble Men's Aboriginal Rehabilitation Centre, Alma Road Community Care, Salvation Army.

ST KILDA PCYC ROOMING HOUSE

St Kilda PCYC operates a registered rooming house for youth in the ages 17 to 25. Over the past 12 months considerable upgrades have occurred improving the facility for all tenants.



- We have had 8 tenants over the past 12 months. Tenants residing in the front four rooms of the house have individual support workers from Salvation Army Crisis Centre who assist with teaching living skills, work and training opportunities and pastoral care.
- We had a working bee from the staff of Moose Toys. They cleaned the entire exterior of the building and weeded the front and back gardens.
- Previous bathroom unit at the rear of the house was demolished and replaced with a portable bathroom unit. The upgraded bathroom boasts two toilets and a shower.
- Wooden decking installed at the rear of the building to connect the two back rooms with the bathroom and Pod communal recreation room. This has been a very well received addition to the rooming house, creating a safer and more enjoyable communal gathering space.
- Rear fence was removed and replaced with an automatic roller door and carport. This provides two sheltered car parking spaces and a much better use of the existing space. It also allows us to store our trailer and other large items safely.





- We were very kindly donated new carpet and carpet installation for room 5. Another generous donor supported us with the purchase of a new queen size bed frame, mattress, doona, pillows and sheets. Our latest room 5 tenant is very happy with their revamped room.

OLIVE'S LANE COFFEE SHOP

For many years the idea of creating a social enterprise coffee shop at St Kilda PCYC was discussed. We spoke about providing more workplace training opportunities for young people and generating more income streams for our youth programs. During the 2020 renovations we took the opportunity to revamp the existing staff kitchen and were kindly donated the funds to start building the basic structures for an operational coffee shop.

Throughout late 2020 and early 2021 we formed a business plan for the coffee shop and decided to name it in honour of our founder Olive Johnston. A number of very generous parties loved our plan so much that they donated the set-up costs, and we got to work! We transformed an old driveway into a cool Melbourne laneway, struck deals with coffee roasters and pâtisseries' and received advice from some of our most successful restaurateurs. After many months of persistence and hustle we proudly launched Olive's Lane on August 7th 2021

Since then we haven't missed a beat and have been serving delicious St Ali coffee everyday from 7am – 2pm. We have four experienced and skilled baristas working our La



Marzocco machine, serving fresh Noisette pastries, and sandwiches from Medi cafe. They are also responsible for teaching our two youth trainees the tools of the trade. Our current trainees are both young people who have been involved in our youth programs and showed an interest in learning how to make coffee and work in hospitality. We are currently developing a formal trainee program which will include a Certificate in Hospitality. We are so excited about the potential of Olive's Lane and the workplace training opportunities it will provide young people.







YOUTH REPORT

St Kilda PCYC welcomed youth from all backgrounds and experiences during 2021- both online and in person.

MOBILE ACTIVITY CENTRE (MAC) PRAHRAN, PARK TOWERS, AND BAYSIDE

February – December 2021

The MAC program was our most successful program in 2021 engaging with youth located over three external locations. The Horace Petty Housing Estate would come alive twice a week with an average of 12 youth participants playing sports and board games. 10 enthusiastic young people participated in our new MAC program at Park Towers including experiencing an NBL game and taking a trip to the skatepark. This year, we were also able to take our MAC program to the Dunkley Fox Estate in Hampton alongside Victoria Police for an average of 6 youth participants. Our MAC programs reach across 3 local government areas, Port Phillip, Stonnington and Bayside.



Tamara Mancuso
Youth Programs Co-ordinator

During the COVID-19 lockdowns Tuesday VibeZ went online for the purpose of checking in with youth and supporting their wellbeing. These sessions were a lot of fun and included online games and talking about the latest music trends.

GIRLS GROUP

April – November 2021

The inspired Girls Group would turn our Youth Room into an art studio every Monday after school. An average of 6 girls participated in the program and had a shared interest in Disney music and being creative. To ensure we stayed connected with the group, the positive vibes continued



TUESDAY VIBEZ

February – December 2021

Our Tuesday session was a lot of fun for youth, providing a range of activities with a focus on creating music. Our team collaborated with the Indigenous Outreach Projects to host a music festival for the Yaluk-ut Weelam Ngargee festival. Ten of our young people performed at the festival and were apart of a music video celebrating St Kilda.

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”

during the COVID-19 lockdowns through online games and chats through Instagram.

KOORI YOUTH BOOTCAMP

February – December 2021

Koori Youth Bootcamp has always been high energy. Held on the St Kilda PCYC basketball court and in our boxing hall, an average of 10 young people would participate in the program. Many of the youth participants reside in the Dandenong municipality and were transported to St Kilda PCYC by the Victorian Police from the Multicultural Liaison Unit. A special activity for a great group of young people.

YOUTH FITNESS

February – December 2021

Youth Boxing and Witness the Fitness provided fun physical activity for our youth participants facilitated by our charismatic and qualified personal trainers. Youth learnt boxing techniques, strength, coordination, and endurance through a holistic approach towards supporting health and wellbeing.

WICKED SCHOOLS PROGRAM

February – June 2021

The students would come running when they saw us at their school during lunchtime. Our youth workers facilitated lunch time games at St Kilda Primary School and Windsor Primary School for the grades 5 and 6 students. The most popular of activities being dodgeball, basketball, and painting. This program was severely affected by lockdowns as it could not be replicated in any form on-line.

HOLIDAY PROGRAMS

January & July 2021

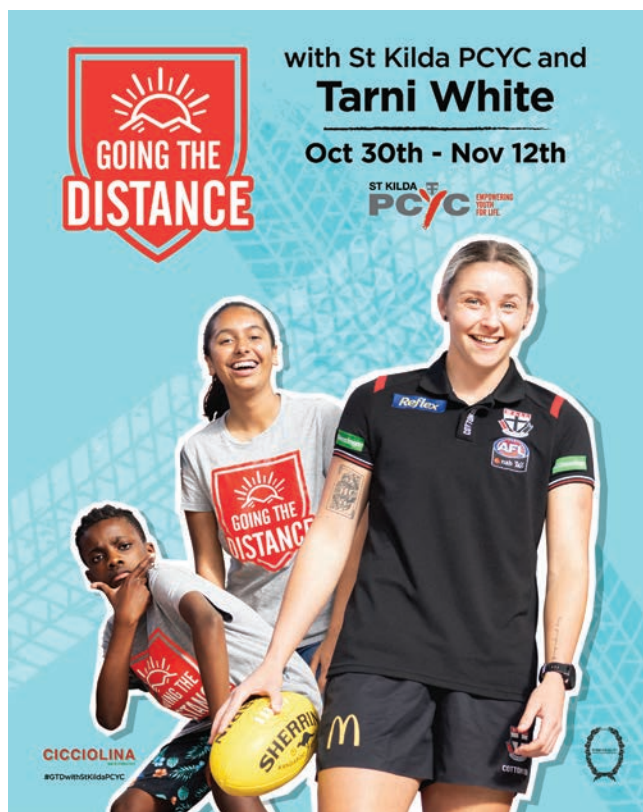
We connected with more than 20 youth through our Summer and Winter Holiday Program. Activities included Roller-skating, Bounce Inc, Tree Top Adventures, Cinemas, Ice Skating, Painting, and Hip-Hop Dancing.



YOUNG LEADERS PROGRAM

July – September 2021

8 of our youth participants challenged themselves with the Young Leaders Program. Youth volunteered in the community by cleaning St Kilda beach and protecting penguin habitats. The dedicated youth participants will continue to learn and grow in our community as leaders by participating in a mental fitness workshop and attending a four-day camp in the Grampians National Park next April. One youth participant shared their experience of the Young Leaders Program so far- 'The Young Leaders



Program allows me to make new friends and be confident in what I say.'

ONLINE ACTIVITIES

September – October 2021

St Kilda PCYC Youth Workers kept spirits high during the COVID-19 lockdowns by facilitated online activities and games for our youth participants. Once a week the youth participants and youth workers would click on the Zoom link and join in with conversations and online games. We laughed through Trivia, Drawful, and Celebrity Heads. This was the perfect way for everyone to stay connected.

MACVAN

Our generous community raised \$51,000 so that we could purchase a fantastic new MACVAN (Mobile Activity Centre Van- also known as a Toyota Hiace Commuter GL). This allows us to get back on the road and deliver outreach work with young people in the community. Our Van enables our Youth Team to bring meaningful support, recreational activities, and games to youth in the community around us.

Thank you to Igniting Change, Carman's, Social Garden, Urban, BMF Builders, Community Bank Windsor, Moose, Light Warrior and our donors for your generous support.

Total Registered Youth

- Participants 189
- Average Age 12
- Average Participants Per Activity 10
- Male Participation 56%
- Female Participation 43%
- Other Gender Participation 1%



SOCIAL MEDIA REPORT

This year our social media has seen a lot of activity, growth, and improvements, all being welcomed with positive feedback. Some of the improvements completed this year include:

- Better communication, responses and building stronger relationships.
- Streamlining Social Media Accounts for easy navigation.
- More frequent posting and story updates.
- Better quality posts.

ACTIVITY

Due to Global Pandemic and Victorian lockdown's the St Kilda PCYC has seen an increase in the need for an online presence that is engaging. We were able to achieve this by increasing the number of posts and programs we were hosting per week. Moreover, by providing a wide scope of activities that range from weekly Chats, Girls Group, Tuesday Vibe, Youth Boxing, Cooking Classes and Trivia. In addition to this we have provided multiple online fitness classes: 3 Masters, 1 Tai Chi, 1 Pilates, 1 Stretch and 1 HiiT Class per week.

By providing a variety of classes throughout the week we have been able to remain in contact and relevant within our community.

GROWTH

Growth on social media is always essential as it lets us know that we are extending our reach and ability to help and raise awareness in our community. Growth is stimulated by maintaining these three key elements:

Content - What kind of posts do our Audience want to see.

Engagement - Are we asking the right questions, stimulating conversation, responding to our community?

Consistency - How often are we posting, what days and times and are we posting a good variety of captivating content.

Overall, this year we have seen an increase in weekly posts, live streams, and an organic growth of followers starting



Jacob Kernahan
Social Media Co-ordinator

in February with 720 followers to October this year with 1,111. These are great results.

When we look at our statistics over a 3-month period we can see fluctuation in the numbers however a lot of what we see is positive results and room for improvement.

Our main area requiring improvement is our overall engagement. Ensuring our members are seeing our most important posts and staying connected in future.



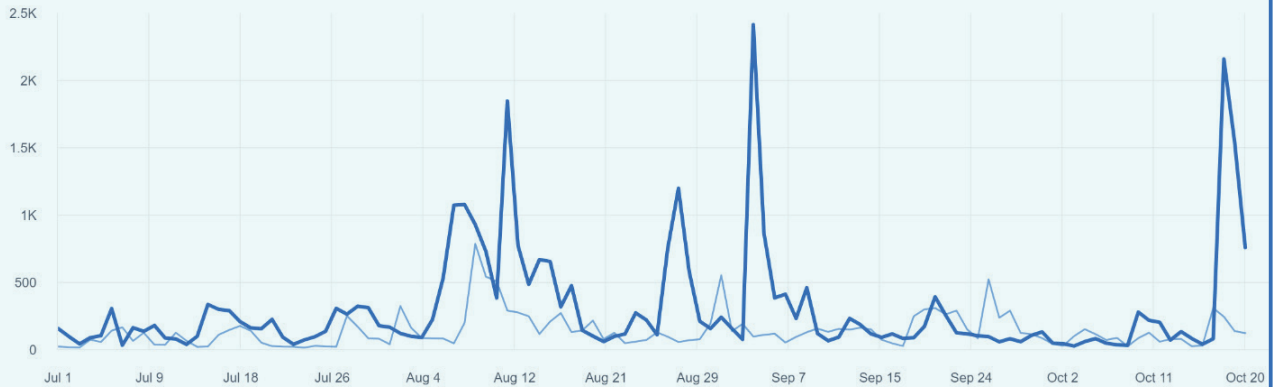
Growth on social media is always essential as it lets us know that we are extending our reach and ability to help and raise awareness in our community



People Reached

Jul 1, 2021 - Oct 20, 2021

18,242 People Reached 6,888 Previous Period



IMPROVEMENTS

Improvements to our Social Media platforms have focussed on aesthetic and streamlining accessibility, especially during covid.

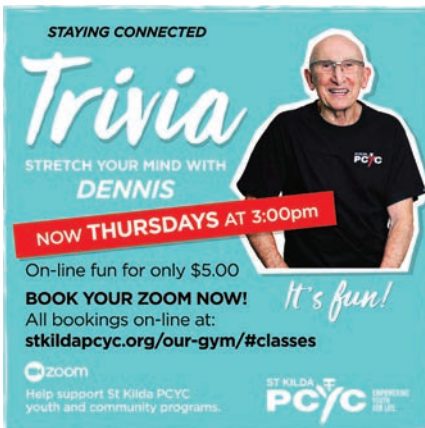
In the interest of aesthetic, we have updated cover photos and highlight reel covers to reflect the building and our website. Our profile bios were updated and made more current of our time.

We added an online shop to our social media accounts. We currently have our cookbook available for purchase directly from our Instagram and Facebook accounts.

Accessibility is key, we have created a link tree to assist our community to easily access important updates and information. Our link tree consists of fundraising campaigns, class bookings, youth projects, St Kilda PCYC websites and other social media accounts ad much more.

FUTURE OUTLOOK

We aim to increase our audience engagement, growth and stay relevant. In addition to this, we will be adding more products to our online store.



Keeping our community connected through an online presence.



FITNESS & MARKETING REPORT

Here we are 2021 in the second year of Covid 19. Who would have thought it? Our world has changed forever. Melbourne broke the world record for the longest time in Lockdown. Heartbreaking indeed for our city but devastating for our business that had to be closed for most of that time. The amazing thing about human beings is that as a species, we will always find a way to get by. We are hard wired to problem solve on the fly. Eventually our need to survive overrides disappointment and despair and we find a way to get back on top. That's what we, at St Kilda PCYC, worked through this year. The community of the PCYC family needed us to be there for them and we were and still are. Our management threw everything at it.

We sent newsletters to stay in touch, offered classes on-line every day of the week at a very low rate, reprinted our Cookbook and even opened a café, Olive's Lane, as all around us businesses were closing.

That is the definition of resilience. Ramping up our social media activity further enhanced our presence in the marketplace and community.



Lee Renfree

Fitness & Marketing Manager

CLASSES

With extreme speed, we were able to pivot once more to offering classes on-line via Zoom. The major marketing change was to ask participants to pay for their right to attend rather than giving them away. Although not a big money spinner, at least some money was coming in. It is clear, that moving forward, we should consider to offer by online and offline classes. This allows those that may be hesitant to return to gym the ability to keep exercising and to stay connected to the gym community.

“

Eventually our need to survive overrides disappointment and despair and we find a way to get back on top.

”



MASTERS

The indestructible will of the Masters and our Members to stay fit, to stay connected and support the gym, has seen us being able to run paid sessions on Zoom: three fitness sessions per week, one Stretch, one Pilates, Trivia, Tai Chi and Meditation and HiiT. Hats off to all instructors for conquering Zoom.



BOXING 4 PARKINSON'S

We had few short weeks back in the gym. The classes were well supported with up to 22 people attending. The instant lockdown commenced again in earnest, twice weekly classes were offered and continue to date on Tuesday and Thursday at 11.30. Participation is as high as 17 people for most of the classes. The word is spreading about the classes and we are now receiving recommendations from Parkinson's Victoria. This has meant the joining of 2 new members. Recent publicity in the Jewish News can only see further growth.

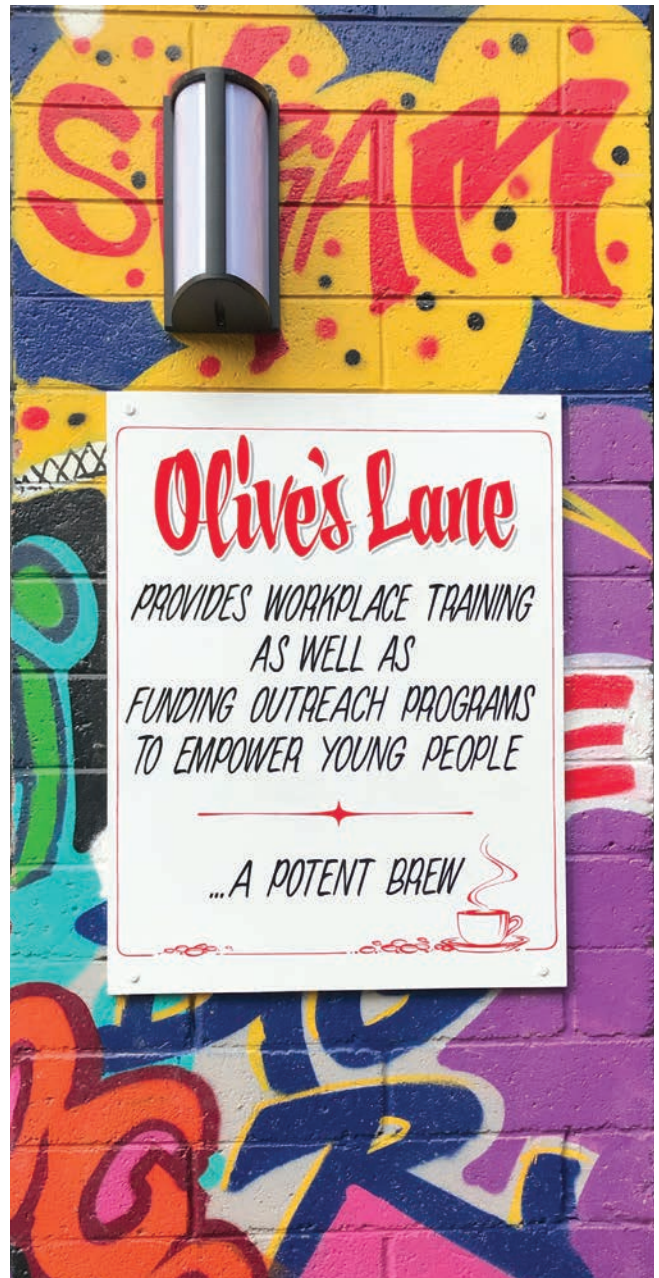
STRETCH

Due to popular demand, we are still offering stretch classes on Zoom with the fabulous Virginia Cowley working on her magic and helping to improve the flexibility and mobility.

PILATES

Janie's classes are always well supported, many people choosing to continue her classes online on regular basis.

If nothing else, the events of the past 2 years have taught us anything that people need exercise for mental health, not just their physical health and that we, as a business have a great opportunity to be there for them.



MEET CARL

In 2011 a fourteen year old Carl moved into the Horace Petty Estate in Prahran with his mother. He didn't know anyone in the estate and was hoping to meet some local kids. He saw a group of people running sports activities at the Prahran skate park which looked really fun so he headed over and asked if he could join in. He was greeted by St Kilda PCYC youth workers who got him involved in the MAC program, and from then on Carl attended the MAC program weekly. Carl said that the MAC program had a 'Good sense of community, lots of games, food and nice people'.

He was introduced to the St Kilda PCYC gym by our youth workers and as all MAC kids do, was given a free membership to the gym. He started using the gym and said 'It was positive radiation that kept me onboard and coming back'.

Carl was also involved in the PCYC Leadership camp to Tasmania and said that 'The beach at Wineglass Bay was soooooo good. I had an opportunity to spend time with the PCYC community. At the national park a Red Belly Black Snake slithered past me, I saw it and no one believed me. I found a ranger and told him about the snake, and it was found. I think it was quite poisonous. I must have saved some lives that day'.

Carl moved into the PCYC rooming house 2017. He said 'It exposed me to independent living and grounding myself into the real world, and preparing me for what I have to do next'. During that time Carl was given the opportunity to start working at PCYC on the front of house reception desk. He said 'that job taught me about team work, organisational skills, and customer service. I'm actually still working there'.

Carl is about to finish a Bachelor of Information Technology at RMIT. He is in his final year and looking to get into software engineering next year. One day Carl would love to own a matt black Jeep Wrangler with tinted windows, and would also love to film and produce a full length feature film.



Carl Karama
St Kilda PCYC Member

Carl is one of our super star young people who is well on the way to achieving his dreams and making the most of his life. He is a stand out success story and the reason why St Kilda PCYC continues to empower youth for life.

Carl would like to finish by saying "St Kilda PCYC was there for me at my darkest times, they helped me stand on my own two feet by extending generosity and care".

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It exposed me to independent living and grounding myself into the real world, and preparing me for what I have to do next

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