

A close-up photograph of a person's hand wrapped in red and white tape. The tape has the words "empire protection" printed on it in a repeating pattern. The person is wearing a red shirt. The background is blurred, showing other people in red and white clothing.

# emerge

Engaged

Encouraged

Empowered

Box Off The Streets

Emerge is a social enterprise organisation for disengaged and at-risk youth in the Toowoomba & Darling Downs region. Utilising a food van, catering business and a dedicated youth hub, we serve up a side of 'social good' for young people doing it tough in our region. We provide unique and appealing youth programs that help young people not only reconnect with themselves, but, just as importantly, reconnect with our community.

## About Box Off The Streets

Box off the streets is a 20 week program for boys and girls between the ages of **15 - 21** . It's aimed at young people aged between **15-21** who are disengaged and/or at risk of anti-social or dangerous behaviour.

Two groups, a dedicated boys' and girls' group, attend two weekly sessions that involve physical fitness sessions, skills based sessions in boxing technique, creative arts such as goal vision board creation and skills in relaxation and stress management. Throughout the program, participants are invited to take part in work experience and training re-engagement in our fully equipped food van and catering business, and the final weeks of the program allow opportunity to engage in a real boxing charity event where participants can utilise their skills and see their goals come to fruition if they choose. Young people have the ability to choose whether they will compete in the boxing event but all participants will be included in the engagement and planning of the event which will raise money for Emerge Toowoomba and create a positive experience between young people and the general community.

We believe in the potential of young people who are facing hardship and disadvantage and aim to provide a unique opportunity that meets young people where they are to develop skills for a positive future.

## Aims & Expected Outcomes

Participants will develop an understanding of the importance of physical, social and emotional wellbeing and the impacts of these on day-to-day living and in achieving long-term goals.

Participants will develop skills and strategies to enhance self-confidence and positive self-esteem.

Participants will have a strengthened sense of engagement with the community with an added layer of the support of program mentors and other participants.

Participants will gain skills and strategies for self care, independent living and being empowered young adults.

Participants will develop strategies and skills to identify personal passion and purpose, create goals and execute plans to achieve success. Participants will develop essential life skills in foundational cooking, nutrition, budgeting, meal planning, problem solving and self care.

# Mentorship

While the program focuses on the development of skills to assist youth in creating a positive future, equally as important is the relatability and support youth can expect from program mentors and the continuity of care that is encouraged well after the program is finished, allowing participants ongoing access to mentors in our dedicated youth space.

Our mentors have all been carefully selected, not only for the expertise in their fields, but for their down-to-earth approach and passion for helping youth - usually motivated by a personal story of their own.

We ensure our mentors have a valid working with children card and are supervised by our program founder Jen Shaw to ensure quality of care.

## Key Mentors



Jen Shaw

Jen is the Emerge founder & and lead program co-ordinator. Jen is passionate about health and wellbeing and helping young people overcome challenges to live an empowered life.

Toby O'Regan

Toby is a lead mentor for the box off the streets program. Toby is a youth worker, personal trainer and is passionate about empowering young men to live their best life.



Tash Zierbarth

Tash is an experienced Chef and has 18 years in the hospitality industry. She is now a trainer for "Designer Life" and teaches skills to maximise job success.

Mick Shaw

Mick is a former professional boxer with over 20 years experience in the sport. He now coaches boxing for fitness and for sport of all ages from his gym, "Premier Conditioning".

Jamie Hilt

Galeb Brothers BJJ  
Professional Fighters  
Kym Breeze Creative



Toni Trace

Toni is a personal trainer focused on holistic health and wellness. She uses practical everyday settings and minimal equipment for physical activity along with music and drumming to build resilience.

# Program Breakdown

## Fitness & Physical Activity

The program is largely focused on physical activity in boxing, martial arts, general fitness workouts and yoga and performance stretching. Each session of the program will include a physical fitness element accompanied by a nutrition, life or employment skills session. Every Friday young people will meet with professional fighters, coaches and other professionals to gain insight into the passion and past stories of fighters and learn skills, discipline and focus for their own journey through the program and life.

## Cooking & Nutrition

There are four dedicated sessions in foundational cooking & nutrition skills throughout the program.

This phase is designed to deliver foundational cooking, nutrition, home and lifestyle skills; often absent for youth who are disengaged from family homes, education or community. During the cooking aspects of the program, participants will be taught how to cook foundation recipes and develop meal plans in line with a budget, as well as understand the importance of good nutrition.

Included in this element are basic kitchen skills, kitchen hygiene, and food storage. Participants will learn the skills required to plan and prepare their own healthy snacks and meals throughout the program. This also promotes the importance of essential planning strategies and skills for independent living.

## Creative Arts

Two dedicated creative arts sessions are included in the program encompassing goal setting, relaxation and stress management skills. During these sessions, participants take part in the creation of goal vision boards and gratitude journals to develop skills and insight into goal creation and pathways for success. These sessions aim to create an environment where purpose and passion can be developed into goals, which can be used to achieve personal success. While these sessions serve as a practical way to create goals and look towards the future, participants will also be encouraged to engage in conversation with mentors about issues that they may be facing and will be guided toward develop practical solutions.

## Job Confidence & Work Experience

Throughout the program participants are encouraged to take part in regular work experience at Emerge, the social enterprise catering business arm of Emerge Toowoomba. They are provided with dedicated sessions that develop skills in resume writing, interviewing, foundational workplace skills and safety as well as hygiene and grooming. In the second half of the program it's a program requirement that young people are engaging with school, alternative education, work experience with Emerge or employment with another business to maintain their place in the program.

## Other Essential Life Skills

The program creates a foundational environment that provides essential long term life skills for young people who are disengaged or at-risk. Additional workshops around automotive repair, real estate knowledge, street safety, family planning and community engagement are provided and encouraged throughout the program.

## Duration & Structure

Participants will meet twice weekly, after school hours, and participate in physical, cooking and lifestyle activities for 2 hours a week for 20. They will be provided with a healthy afternoon tea as well as meals which are prepared in the cooking sessions of the program.

Each element of content will be introduced for a period of 3 weeks and will continue to be incorporated each week for the remainder of the program. This structure aims to build and consolidate skills through practice and repetition in a safe environment, and by applying the skills to real-life situations.

## Key Dates

Program Commencement:

**Meet and Greet - 21st July 1.00pm 2.30pm**

***Start Date: 24th July (Boys) 26th July (Girls)***

**Boys meet Tuesdays and Fridays 4.30pm - 6.30pm**

**Girls meet Thursdays and Fridays 4.30pm - 6.30pm**

Please note: Emerge will take a break over the school term holidays. Young people are still welcome to "drop in" to the youth hub space during this period.

## Let's make sure we are a good fit!

*The program is open to young people aged between 15 - 21 who can relate to any of the following:*

Have an interest in cooking, fitness or health and wellbeing

Are experiencing low self-esteem and confidence

Exiting youth detention, on youth justice orders or at -risk of offending

Require additional support and mentoring while they re-engage in education, training or employment

Living in foster or residential care and transitioning to independent living

Experiencing significant barriers to engaging in employment & training

### Cost

Participant cost in the program is a one time \$40 registration fee and \$2.00 donation weekly while they are a participant in the program.

### Location

Sessions are held at the Emerge Youth Hub in Produce Lane (Behind Sauce Kitchen in Station Street) & Premier Conditioning Boxing Gym (Bellevue Street)

### Need more information?

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