



Austin's story

Sixteen year old Austin Gendler from Essex is the proud winner of a Jack Petchey Achievement Award for volunteer work, having turned away from a life of crime.



Austin received his award in recognition of his many hours volunteering for a local Active Health Project, which provides health and fitness opportunities for people over the age of 50.

Austin's work has included creating allotments in sheltered housing and helping to deliver a range of fitness sessions including Boxercise and Movement classes.

As well as a medal and certificate of achievement, Austin was awarded £200 by the Jack Petchey Foundation, to spend on his project. He chose to put the money towards the allotment he had been involved in, covering the cost of an entire year's worth of seeds, and some much needed gardening equipment.

Austin says: "I was very proud to be nominated for the Jack Petchey Achievement Award as I never believed that it would be possible for someone like myself to be worthy of this type of thing. The volunteering opportunity and mentoring that I received from David Hogg and the Sports & Health Development team (Epping Forest DC) helped me change my life and showed me that with the right attitude you can reach your dreams and aspirations.

"The award has been part of a 'turning point' in my life because before I was given this volunteering opportunity with the Active Health project I was heading towards a life of crime due to a lack of self-confidence and belief in being able to achieve anything positive.

"I have displayed my certificate on my bedroom wall as a constant reminder that with the right attitude and motivation you can achieve greatness in whatever you set out to do in life! I have now also arranged with David Hogg and the Sports & Health Development team to work towards the qualification to become a Sports Development Coach and Personal Trainer. I know it will be a difficult journey but I now have the right mindset and motivation because of what I have achieved so far!"

For more information or to arrange an interview with Austin, please contact Amazon PR on 020 7700 6952 or email jackpetcheyfoundation@amazonpr.co.uk