



# IMPACT REPORT 2021/22



PAT BENSON BOXING ACADEMY

# INTRODUCTION

Pat Benson Community Sports Foundation uses boxing to underpin its activities, designed to engage, inspire and unite the people in our community. As an organisation, our offer is unique. Whilst we present a competitive pathway to aspiring young boxers, we also provide a safe environment to vulnerable adults and young people who seek alternative opportunities and intervention in a safe space to improve physical and mental health. In order to achieve our desired outcomes, we provide four pillars of operation.

- **SCHOOLS AND EDUCATION**
- **MIND FIT**
- **COMPETITIVE BOXING**
- **HEALTH AND FITNESS**

# OUR ORGANISATION VALUES



**INSPIRE**



**UNITE**



**RESPECT**



**ACHIEVE**

Our programmes are representative of our members and are designed upon the need of our community, partners and stakeholders. The local areas we serve are considered some of the most deprived in the country, with increasing levels of deprivation and reduced levels of mental health. Local wards Bordesley Green and Sparkbrook are ranked within the top 3 most deprived areas in Birmingham.  
*(Economic policy, Birmingham City Council)*

# MISSION STATEMENT

To develop communities through the provision of physical activity, education and personal development opportunities, whilst promoting well-being and social cohesion.



# SCHOOLS AND EDUCATION

Throughout the 2021/22 period we have worked with 14 schools and colleges both primary and secondary, as well as FE/HE institutions, where we have delivered our intervention and behaviour management and health and wellbeing programmes. Our unique offering, focussed on those who don't necessarily learn in the traditional school setting, creates significant positive impact. Our aim is for young people to engage better at school, improve their behaviour whilst increasing their health levels and therefore, their quality of life.

**We have supported schools to develop happier, fitter and healthier children by delivering up to 250 hours of boxing awards to over 350, 8 - 16 year olds on our mainstream school and education provision.**

Ours schools and education provision has partnered with 5 alternative provisions with students completing a 12 week intervention and behaviour management programme where we have successfully addressed the following.

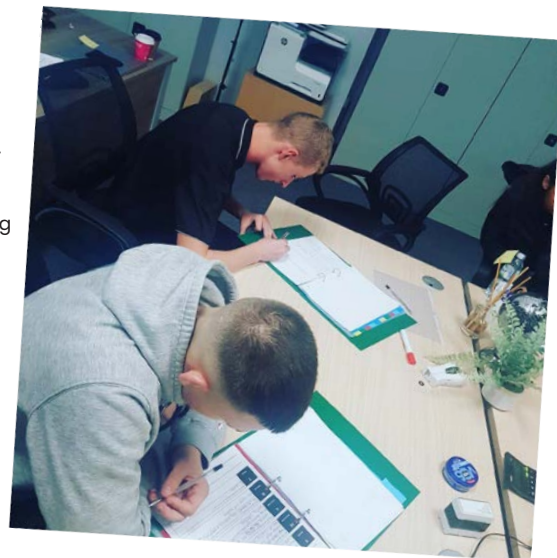
- **Tackling disengagement and anti social behaviour**
- **Supporting young people presenting with challenging behaviours and engaging young people through targeted, boxing-led activities.**
- **Young people have learned to communicate better, improve self-discipline, awareness, whilst improving their knowledge around conflict resolution.**

We have worked with 8 mainstream schools on our health and well-being programme to support learners to;

- **Improve their health and fitness, as well as the quality of their lifestyles.**
- **Tackle obesity levels and health inequalities, both physically and mentally.**
- **Improved concentration and education attainment.**
- **Improved confidence and better social links and friendships.**

We monitored the progress and impact of our delivery sessions by having students complete a baseline evaluation at the start of their 12 week boxing awards programme and another at the end, allowing us to create an impactful evaluation exercise. School leads complete a similar monitoring tool working closely with families to get an accurate incite into the learners progress whilst engaging on the programmes we deliver.

- **100% identified improved positive behaviours in the classroom setting by their learners as reported by teachers.**
- **100% of learners friendships and social activities have improved as reported by the participants and teachers.**
- **85% of learners have improved physical well-being as reported by participants and teachers.**
- **100% of learners have improved emotional well-being as reported by participants and teachers.**
- **30% of learners have enrolled on to projects at the academy outside of their school programme**



# SCHOOLS AND EDUCATION

We have partnered with pupil referral units and alternative provisions, working with St Georges Academy, Orion School and St Paul's school to support and engage young people to positively overcome their barriers to learning on our intervention and behaviour management boxing awards programme.

## WHAT LEARNERS HAVE ACHIEVED...

Upon enrolling on to our schools programme, each student works towards a boxing Award, recognised through England Boxing, which can also be delivered as part of a BTEC or GCSE qualification. This recognises achievement and hard work, improving confidence and provides a progression pathway from Preliminary to Gold awards.

## WHAT THE SCHOOLS SAY...

' I would describe our boxing experience as an incredible learning curve for both the students and staff. The sessions themselves are not only engaging but challenging for students who found themselves sometimes out of their comfort zones and thrived on the competitive edge of each session. On top of this, each week, the priceless experience of attending the boxing academy so that students could get a real feel for the culture and traditions of boxing in a real-life setting. This was an experience and opportunity that these students would never have had without perseverance, guidance and outstanding delivery. '

Ger Noone, Bishop Challoner School





“Levels of psychological distress during the pandemic in adults aged 18 and over reporting a clinically significant level of psychological distress increased from 20.8% in 2019 to 29.5% in April 2020. There was a subsequent increase to 27.1% in January 2021, followed by a further decrease to 24.5% in late March 2021. This has been broadly corroborated by other studies also looking at anxiety, depressive symptoms, loneliness, sleep and stress. There was a subsequent increase to 27.1% in January 2021, followed by a further decrease to 24.5% in late March 2021. This has been broadly corroborated by other studies also looking at anxiety, depressive symptoms, loneliness, sleep and stress.”

COVID-19 mental health and well-being surveillance report



**Mind Fit**

**AND PERSONAL  
DEVELOPMENT**

Our Mind Fit programmes are designed to improve people’s physical and emotional well-being. Running consecutively for the last 5 years, the programme has grown from a pilot project back in 2015, to now being our most consistent and impactful provision, partnering with a variety of organisations to deliver interventions under the Mind Fit brand.

Following the COVID 19 pandemic, the demand on our service has increased substantially with members requiring specialist support and intervention due to a decline in their emotional well-being.

We have worked very closely with referring organisations to support each individual that access our Mind Fit provision monitoring their baseline and point of entry level to regular reviews on the progress of their recovery.



In the 2021/22 period, we delivered over 1050 hours of Mind Fit sessions to 260 members. Of those 260 members, we welcomed 39 new members into the provision. Participants on our Mind fit provision;

- 30% of participants have statement serious mental health illnesses and have been supported by Mind fit in 2021.
- 70% of participants have had some intervention with services with issues and concerns of their mental health.

Our stakeholder and partner relations have increased as part of the growth Mind Fit and we are now supporting participants from over 15 referral agencies in and around Birmingham in various capacities which include;

- Volunteering opportunities internally and externally
- Support in admissions to further and adult education
- CV writing workshops in addition to education and employment opportunities
- Referrals to specialist agencies and health organisations
- First aid and health and safety training
- Safeguarding training

Our Mind Fit pathway is designed to offer a holistic and wrap around approach to up skill individuals by support to address and support emotional and physical well-being of our members.

100% of Mind Fit members have reported improved mental health after 6 weeks of attending the programme

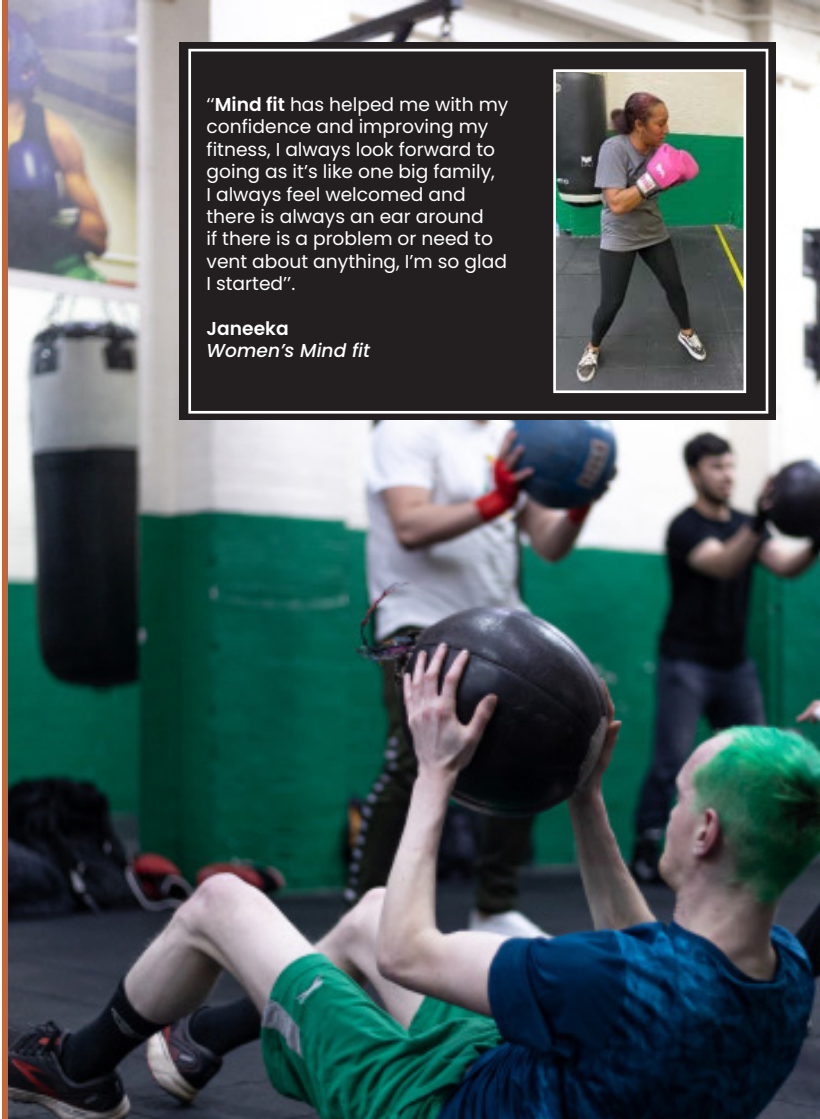
100% of participants reported improved physical health after 6 weeks of attending the programme consistently

85% state that their social networks and friendships

100% of Mind fit participants state that they feel optimistic about their future

“Mind fit has helped me with my confidence and improving my fitness, I always look forward to going as it’s like one big family, I always feel welcomed and there is always an ear around if there is a problem or need to vent about anything, I’m so glad I started”.

**Janeeka**  
*Women’s Mind fit*



In the 2021/22 period we have been able to increase the numbers of visually impaired participants engage in sport and physical activity. Our National Governing Body, England Boxing and IMAS teamed up to deliver training in this field to our delivery staff, which has added value and made this programme one of our very successful deliveries in 2021.

- 100% of participants have stated that they have felt optimistic about their future since attending our disability project
- 100% of participants feel more of a part of their community
- 100% of participants report better physical and emotional well-being

**STEVE KEITH,  
FOCUS BIRMINGHAM**

“ Since attending Pat Benson boxing academy, I have learned the discipline of boxing. I have found the team to be extremely helpful and knowledgeable about the sport and they have shown complete respect for my disability. I am blind and as part of this they have completely adapted the training sessions to suit my needs.

I feel that my health and fitness has improved due to the coaches gradually increasing the intensity of the sessions. It has also benefited my balance and coordination as the have encouraged me to use pads and move around the gym.

Attending the gym is now part of my life, I attend weekly and I have always missed it when unable to attend and during the lock downs”



**Mind Fit**

**AND PERSONAL  
DEVELOPMENT**

Our programme offers all young people in attending a mentoring programme providing consistency and familiarity, which directly improves learning outcomes; this is imperative to the success of our young people. Similarly to the majority of our programmes, we saw an influx of referrals on to the programme once restrictions eased following the first lockdowns of the pandemic.

Baseline information gathered that our young people presented at referral stages were;

- 20% felt motivated day to day
- 25% felt useful to their peers
- 30% felt close to other people
- 15% felt they dealt with problems well
- 40% felt they were in good physical health
- 40% felt they had good emotional health/well-being
- 30% felt optimistic about their future

Attending a 12 week programme twice per week, young people were part of a robust referral pathway, supported by our qualified coaches and mentors whilst working collaboratively with our referral agencies.

Impact data gathered at the end of our 12 week personal development programmes found;

- 75% of participants felt motivated day to day
- 80% felt useful to their peers
- 80% felt closer to other people
- 75% felt they dealt with problems well
- 100% felt they were in good physical health
- 80% felt they had good emotional health/well-being
- 80% felt optimistic about their future

“Two of my Children attend the personal development programme at Pat Benson boxing academy, there has been a major improvement in both of their confidence. My sons communication skills are much better and the information that he is receiving has improved his knowledge in specific areas around money management, how to manage his time better and his physical health is improving. My daughter is regulating her energy much better and her behaviour has improved, they are taught entrepreneur skills and learning about ideas of starting their own business. I also attend the Women’s’ mind fit sessions which is keeping me fitter and has improved my confidence.”

**JANINE LAWRENCE,  
PARENT AND MIND FIT  
MEMBER**

**3 IN 4 YOUNG PEOPLE THAT ATTENDED OUR PERSONAL DEVELOPMENT PROGRAMME HAVE BENEFIT FROM OUR BOXING PATHWAY AND ARE REGULAR MEMBERS OF OUR RECREATIONAL BOXING PATHWAY.**

**2 IN 4 YOUNG PEOPLE HAVE GONE ON TO OUR VOLUNTEER AND COACHING PROGRAMME.**



**Mind Fit**

**AND PERSONAL  
DEVELOPMENT**







**Mind Fit**

**AND PERSONAL  
DEVELOPMENT**



Our refugee project, funded by the Peoples Health Trust where we have run a two year project offering opportunities to refugees and members of the local community.

Participants were supported to lead, shape and develop the project whilst building stronger connections amongst their peers, encouraging friendships between the participants and improved social networks leading to better opportunities in their day-to-day life.

We delivered over 350 hours on the project online and in person delivery with new partnerships built working with a variety of supported housing providers and refugee organisations such as migrant help.

**people's  
health  
trust**

# BOXING PATHWAY

Our recreational boxing pathway is led by our expert coaching team, delivered in a purpose-built facility. Young people, aged 6 - 16, and senior members aged 17 and over, where we provide a progressive, person centred approach to recreational boxing sessions. Aimed at all abilities, we support members to improve their fitness and support ambitions for competitive and championship boxing. Delivered by former boxers and national governing body – England boxing trained coaches, who have championship and international accolades in their boxing careers.

## IN 2021/22

- We delivered **243** recreational sessions to **400** aspiring boxers.
- Of the **400** participants that attended our recreational evening boxing sessions in 2021, **233** of these participants live in some of the most deprived areas of Birmingham

## ACCORDING TO THE INDICES MEASUREMENT OF DEPRIVATION (IMD);

- **233** participants make up **30%** of the community living in deprived areas of Birmingham.

As we know deprivation is defined as the lack of income and other resources resulting in communities living in poverty. The above figures prove that we are currently targeting over 58% of participants living in the Birmingham's' most deprived areas through our boxing pathway by; We are successfully engaging people who are;

- **Physically inactive**
- **Are from low income families**
- **Are living in areas with low education attainment**



Our Mind Fit and Personal Development programmes are at the forefront of our day-to-day delivery. These award winning projects continuously improve the physical and mental health of young people and adults from the local and wider communities.

We engage participants by:

- Supporting and empowering young people and adults who are struggling with their mental health, well-being, confidence and self-esteem.
- Empowering young people through mentoring, physical activity, health and fitness, and skill development as a mechanism to improve their lives and overall life experiences.
- Supporting to improve better emotional and physical health

## Conclusion

Resulting in participants feeling less isolated leading to better opportunities in their community.

Having acquired funding for several years from BBC Children in need, we have been able to continue to support children and young people by being rewarded generously in order to continue to offer children and young people access to resources and an environment that will assist the recovery and prevent further mental health crises amongst our youth.

Difference this funding will make;

- Increase the physical fitness and health of beneficiaries on our cadets, juniors and personal development programmes
- Empower children and young people to gain the knowledge that will improve leadership skills
- Support young people develop positively, increase confidence and express themselves freely.



HOW WE  
MAKE IT  
HAPPEN



# Holiday Camps 2021

DEVELOPING HAPPIER,  
FITTER AND HEALTHIER CHILDREN

Through various funding in 2021, we have been able to host and deliver half term camps at Easter, Summer and Winter half terms, supporting over 150 young people between 8 and 16 years old;

- OFFER A SCHOOL STANDARD FREE LUNCH  
**100%** feel more confident in what consists of a balanced diet
- TO STAY PHYSICALLY ACTIVE DURING THE HOLIDAY PERIODS  
**100%** of participants feel more motivated to engage in physical activities
- BUILD POSITIVE FRIENDSHIPS  
**100%** can communicate better and have made new friends
- TO COMMUNICATE BETTER WITH THEIR PEERS  
**100%** have learnt things to get on better at school and college



For more information on how to register for our future camps, please get in touch via email at [info@pbba.co.uk](mailto:info@pbba.co.uk) or 0121 773 2784.





**PAT BENSON BOXING ACADEMY**