



BRIGHTSTAR



BRIGHT STAR 2021 HIGHLIGHTS

www.brightstarboxing.co.uk

INTRODUCTION



BELIEVE - BELONG- BECOME

Bright Star empowers people to make changes through boxing, mentoring and education. Everything we do is driven by our key values of Believe, Belong and Become.

2021 has been an incredible year for Bright Star, and we have been able to reach and support more people than ever before with our core values of BELIEVE, BELONG, BECOME.

We have expanded from 3 full time staff in 2020 to 12 passionate staff in 2021. We also have 30 incredible volunteers, from our management committee to our amazing boxing coaches.

We now deliver targeted programmes to support young and vulnerable people across: Shifnal, Sutton hill, Woodside, Shrewsbury, Oswestry, Wem, Ludlow, Church Stretton, Bishops Castle and Hereford.

We have taken on the Social Prescribing contract in South Shropshire, delivering programmes for young people struggling to manage their mental health.

We've been delivering the national Life Chances programme contract successfully, one of only 18 groups in the UK.

Bright Star has won lots of awards, including the Queen's Award for Voluntary Service and the Silver Armed Forces Covenant. We have also been shortlisted for 2 other UK awards.

Our boxing academy also continues to go from strength to strength, and we now have 16 active carded boxers who have competed in a total of 23 bouts over the last 3 months (since the start of the season).

Most importantly, we have worked with just over **600** incredible young people regularly (including through our Futures programme) and over **1000** if you include one off sessions.

We have been able to help these people make lasting, positive changes in their life. This document highlights this impact.

This infographic highlights the impact of the Futures programme in the first term of 2021-2022.

FUTURES WORKS WITH YOUNG PEOPLE WHO ARE:

- AT RISK OF BECOMING NEET
- AT RISK OF BEING PERMANENTLY EXCLUDED FROM SCHOOL
- SUFFERING WITH CHALLENGING BEHAVIOUR OR HAVE ISSUES SURROUNDING THEIR MENTAL HEALTH

QUALIFICATIONS

531 IN 2021 WE DELIVERED
531 QUALIFICATIONS
TO 277 PEOPLE



I LOOK FORWARD TO COMING EVERY SINGLE WEEK. I'VE NEVER, EVER FELT ANYWHERE WHERE I CAN JUST BE ME LIKE THIS. BUT HERE THEY ALL GET ME.

I FEEL MORE LIKE I HAVE CONTROL. I'M NOT LOOKING AT BLAMING ALL MY PROBLEMS ON OTHER PEOPLE, BUT LOOKING AT WHAT I CAN DO, SO I THINK THAT'S WHAT HAS MADE ME SO HAPPY.

FUTURES DATA YEAR 1

66%

of those attending Futures had previous exclusions or low attendance from school

18%

have offended more than 3 times in the previous 12 months

43%

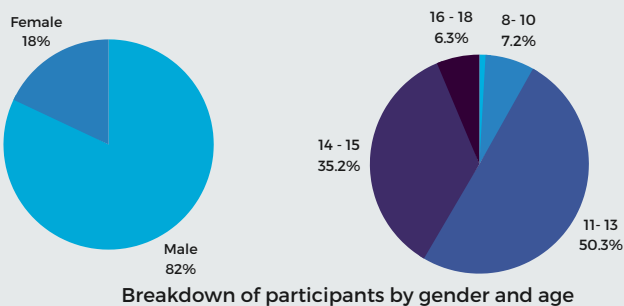
participants attending Futures are associated with problematic peer groups or gangs

60%

of participants on the programme at classed as at risk of becoming NEET



110
PARTICIPANTS



72%

increase in physical literacy across the cohort



FUTURES IMPACT 2021 AFTER FIRST TERM

The key focus of the Futures programme is to provide engaging, quality and impactful alternative provision for every single young person referred to us from mainstream education. Futures increases levels of self confidence, as well as improves how young people can manage their anger and mental health.

65%

Increased self confidence

After the first term on the Futures programme, 65.3% of young people reported increased self confidence. We use techniques to improve self confidence.

73%

Better anger management

73.5% of young people reported that the Futures programme supported them to manage their anger better. This is essential.

72%

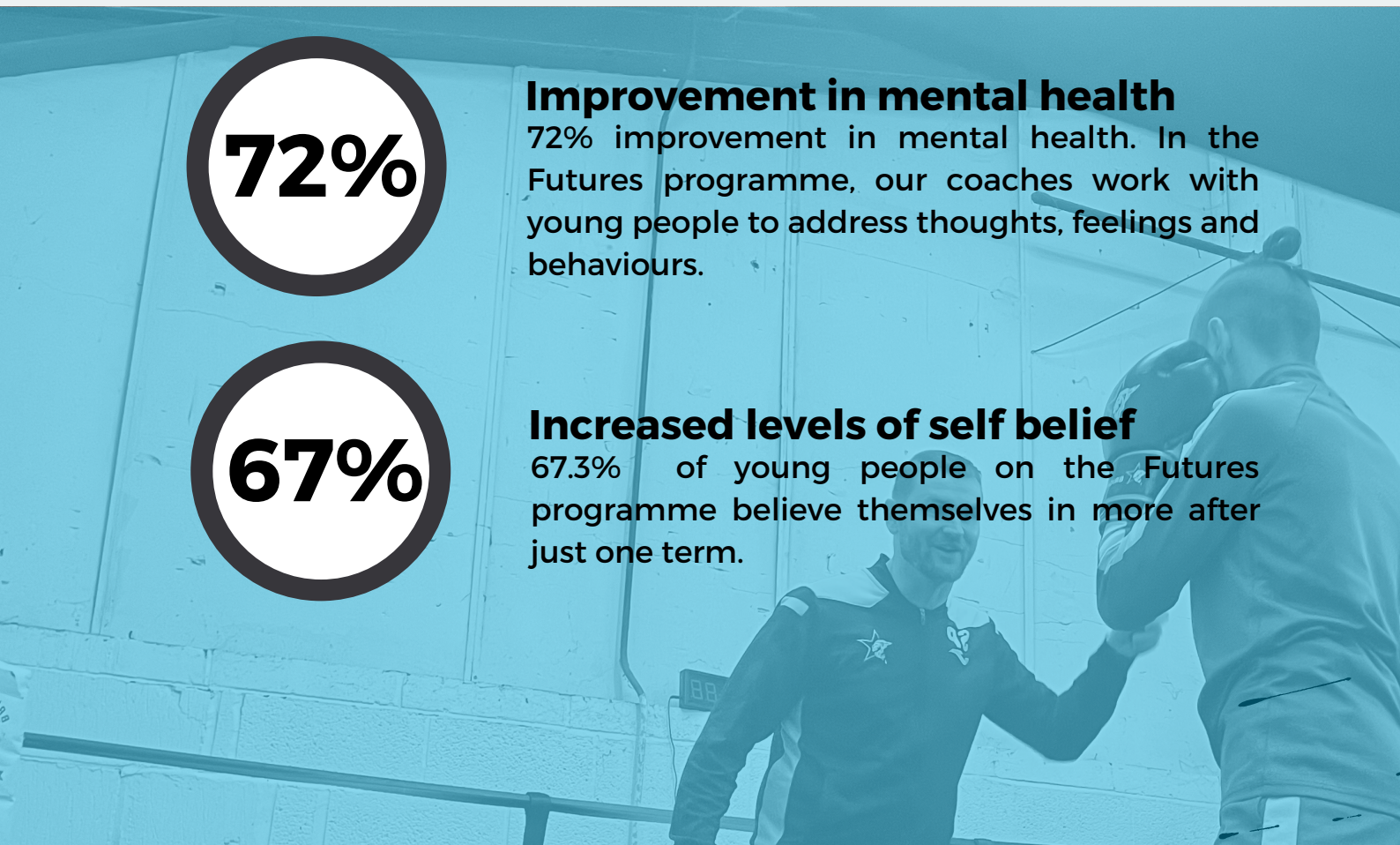
Improvement in mental health

72% improvement in mental health. In the Futures programme, our coaches work with young people to address thoughts, feelings and behaviours.

67%

Increased levels of self belief

67.3% of young people on the Futures programme believe themselves in more after just one term.



FUTURES IMPACT 2021



TOM WARD, ASSISTANT HEAD, TELFORD PARK SCHOOL

BRIGHT STAR HAVE REALLY HELPED YOUNG PEOPLE REALISE THAT THEY CAN ACHIEVE. THEY HAVE NOW GOALS AND SEEM MORE MOTIVATED THAN EVER.

THE STUDENTS ARE NOT ONLY CHANGING THEIR BEHAVIOUR AND ATTITUDES, THEY ARE ENJOYING THE PROCESS AND LOOK FORWARD TO COMING EACH WEEK.

BOXING ACADEMY



BRIGHT STAR BOXING ACADEMY

The Boxing Academy in Shifnal also continues to go from strength to strength, and we now have 16 active carded boxers who have competed in a total of 23 bouts over the last 3 months (since the start of the season). We have had a national finalist for the first time. We have had our first finalist too (Kat Stanworth).

As well as our Amateur Squad, we run open sessions, boxercise, over 50's sessions and classes for children from 7 years old.

122

members

80

pay as you go
attendees

16

carded boxers



COUNTERPUNCH



SUPPORTING BETTER MENTAL HEALTH

Our **Counterpunch** sessions use boxing and talking therapy to support people with their mental health. We run separate weekly sessions for women and men, as well as two outreach groups for young people.

We now have 5 volunteer Counterpunch coaches, and in 2021 we expanded to sessions in Ludlow and Bishops Castle for young people. We ran 12 week programmes for both young girls in school and adults who are unemployed/ socially prescribed.

We also spoke at the Male Suicide Awareness event in Telford's Southwater.

26

regular
service users

5

volunteer
Counterpunch
coaches

4

weekly support
sessions



EMPOWER



Empower uses learning and boxing to support anyone who is unemployed, helping them achieve qualifications and improve confidence. We supported over 25 people through our Empower programme in 2021.

We support participants with improving confidence and wellbeing, as well as achieving qualifications. Empower is linked to recovery and supported housing associations.

These qualifications are designed to support finding future employment and include First Aid, Boxing Leaders, Bright Star Bronze, Silver and Gold Awards and Level 2 Sport and Fitness.

IMPACT

- **100%** of participants reporting better physical health
- Increased resilience and better mental health
- **100%** of participants have achieved a minimum of one qualification, supporting future employment



THIS GIRL CAN

WEEKLY BOXING SESSIONS

This Girl Can are sessions run from Hub on the Hill in Sutton Hill, Telford. The sessions are female only. We currently run 3 sessions a week, covering an age range of 10-70 years old.

The sessions started in October 2021 and are already having a huge impact on the physical and mental health of the females who attend them, including weight loss and increased physical activity.

We offer all participants the opportunity to join the group WhatsApp chat, and this offers active support in between sessions.

POSITIVE IMPACT

There is an average attendance of 6 women each session, and there have been some incredible impact stories.

These include:

- One woman who has an eating disorder has now put weight on since attending the sessions.
- One lady experiences extreme anxiety, but attending the sessions has reduced this (including reducing shaking).
- Many women report significantly increased confidence since attending **This Girl Can**.

AWARDS & PROMOTIONS

Bright Star's impact has been recognised across national press, including GB News and BBC Midlands today.

GB NEWS

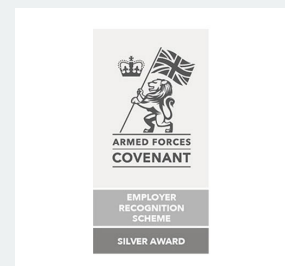
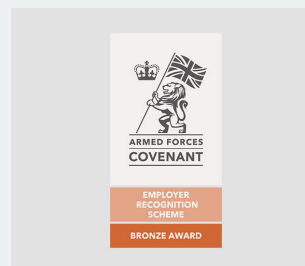


BBC MIDLANDS TODAY



In 2021, Bright Star won and was nominated for a number of awards.

AWARD WINNER



CELEBRATING SHIFNAL AWARD 2021

AWARD NOMINEE

