

# Brightstar Futures



Alternative education provision for 11-16 years.  
Boxing, mentoring and education

[www.brightstarboxing.co.uk](http://www.brightstarboxing.co.uk)



# Brightstar

**Brightstar is a national, award winning organisation.**

We use boxing, mentoring and education to drive trauma-focused alternative education to support young people referred to us.



AWARD WINNER  
2021



AWARD WINNER  
2019



AWARD FINALIST  
2020

National Diversity Awards  
2020 FINALIST



HIGH SHERIFF'S AWARD  
2020



AWARD FINALIST  
2021



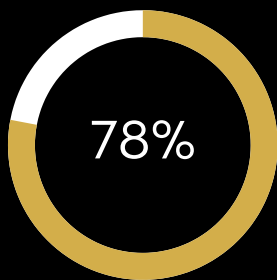
Futures focuses on developing techniques to help young people to better manage their anger, behaviour and mental health, helping to build confidence and self-esteem.

We currently support over 180 young people across our Futures programme.



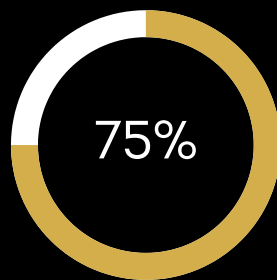


**'The positive changes are unbelievable.'**



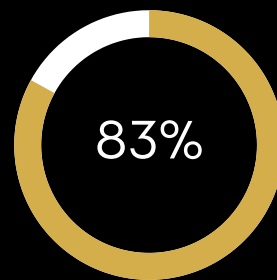
**Feel more positive**

78% of Futures participants feel more positive.



**Better mental health**

Say Futures has helped improve their mental health.



**Improved self confidence**

Say Futures has improved their levels of self confidence.

'The positive changes we have seen the Futures programme have on our students is unbelievable. We have had students who have been on a reduced timetable now back on full timetables, students managing their emotions so much better, and students who would not attend certain lessons now not only attending these lessons, but actively thrive in them. We will continually work with Brightstar to further support all those students who need the extra help, and show them that they are able to achieve'.

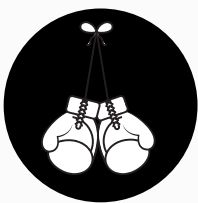
**Paul Thomas, Telford Langley School**



# Boxing, mentoring and education



**The Brightstar Futures programme uses boxing, education and mentoring to help young people who are struggling in school to thrive. Brightstar are dedicated to driving achievement and positive behaviour change to every young person that is referred to us.**



## Boxing

We have found the boxing element can have a huge impact on regulating emotions as well as showing young people they can thrive and build strong positive relationships



## Mentoring

The mentoring looks at a cognitive behaviour approach to supporting the young person as part of a group and one to one throughout the day.



## Education

The education combines functional skills with practice-based qualifications.



# BRIGHT STAR TIMETABLE

Group	9.30am	9.45am	10.30am	11.15am	11.30am	12.15pm	12.45pm	1.30pm	2.15pm	2.30pm
Group 1	Day brief	Boxing	Mentoring	Break	Qualification	Lunch	Mentoring	Boxing	Free time	Finish
Group 2			Qualification		Mentoring					



# Supporting every young person



We work with small groups of 8-12 and have 2 support staff minimum with each group. The staff have lived experience and are relatable to the young people. They use a trauma informed approach and as a provision we have seen incredible changes.

## Brightstar locations across the West Midlands

The provision is 9:30-2:30 and there are various locations in Shropshire, Telford, Wolverhampton, Hereford and the West Midlands where this takes place.

Schools can refer a young person for just 1 day a week (more days are available if needed) and we will work in partnership with the school to support this young person.

Each young person will be given free membership to Brightstar in the evening too.

You can refer young people at any point during the term so we are able to react quickly and when needed to support them.

'This course has made me have a completely different focus. Before the Futures programme I had no purpose in life, I didn't feel comfortable in my own body, and I wanted everything to change about myself.'

# Term outline

We use the powerful combination of boxing, mentoring and education across all of our terms.

## Term 1

Function skills

Boxing Bronze Award

Mentoring programme 1

First aid qualification

Boxing leaders qualification

## Term 2

Functional skills

Boxing Silver Award

Mentoring programme 2

Sport and fitness level 2 qualification

## Term 3

Functional skills

Boxing Gold Award

Mentoring programme 3

Mental health awareness qualification

**'Since starting Brightstar's program my behaviour in and out of school has improved. My ideas about my future have changed massively. This program has impacted on me positively.'**

# Mentoring

Mentoring is a key part of the Futures programme, working with every young person to support their individual needs. These sessions focus on the following:

Thoughts, feelings and behaviours

Control

Values

Goal setting

Conflict management

Triggers

Role models

Positive relationships

Comfort zone

Core beliefs

**'Brightstar feels like a second home to me, the only other place I can be myself'.**





# MY TRIGGER POINT

What thoughts or feelings are you experiencing?

How does your body react?

What is your response?

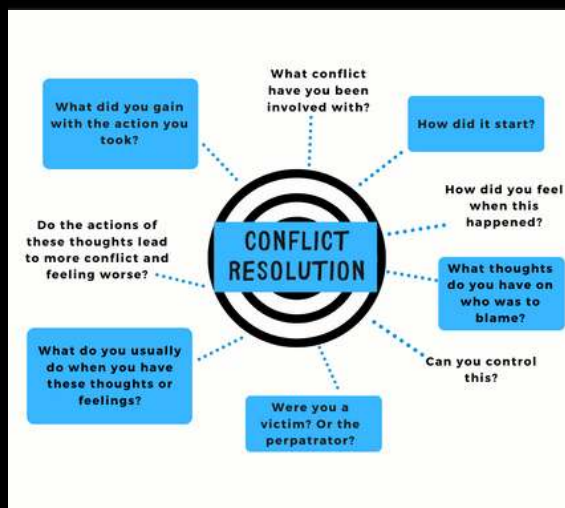
Thinking about your trigger points when it comes to conflict can help you manage future conflict much better.

In this exercise, think about any recent conflict and how you responded.

How do you feel after you've responded?

What could the people do differently?

**YOUR RESPONSE**  
How can you respond differently?



## MAKING THE RIGHT DECISION

SCENARIO	RESPONSE 1	RESPONSE 2	CHOSEN RESPONSE	WHY DID YOU CHOOSE THIS RESPONSE?

## WHAT VALUES DO GOOD ROLE MODELS HAVE?



The people I look up to are:

# Reporting

**Robust, accurate reporting is central to Futures.**

Communication is key to creating a holistic approach to supporting the young person. At Brightstar we have 2 training designated safeguarding leads and we work in partnership with a number of organisations to create a child centred supporting base.

- Each week the staff will create a report around each young person.
- This will feed into a half termly report that will be shared with the school so teachers can understand and further support that young person.
- Free training will also be available where needed on how teachers can support the young person wider and some of the methods used.

We will also be collecting before and after surveys, where the impact will be measured and the impact assessment will be shared with you at the end of the term







# Find out more

To find out more about the Futures programme can support young people, contact Joe Lockley on:

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07966 416267

[www.brightstarboxing.co.uk](http://www.brightstarboxing.co.uk)

