



Brightstar

Shropshire Futures Impact 2022

BELIEVE. BELONG BECOME





About Futures...

Appealing alternative education provision for young people.

Many young people find a mainstream school environment difficult, and schools need access to quality, affordable alternative education provision.

These young people may be:

- **At risk of becoming NEET.**
- **At risk of being permanently excluded from school.**
- **Suffering with challenging behaviour or have issues surrounding their mental health.**

We listened to the voices of our young people who attend our community programmes and created 'Futures', an alternative provision for education across Telford & Wrekin, Shropshire, Wolverhampton and the West Midlands.

We use boxing, education and mentoring to inspire, engage and connect. We are dedicated to driving achievement and positive behaviour changes in every young person referred to us. We work with parents, teachers and referral partners to help achieve our mission – one journey to success for young people.

The impact from this report is from Futures Shropshire, which was funded through the 'Life Chances' Social Investment Bond in Partnership with Energize Shropshire Telford & Wrekin, Substance, Shropshire Council and Sport England. The programme was launched in Shropshire in 2019 after learning that the county had some of the highest exclusion rates in the country, whilst also having a significantly higher level of schools achieving top Ofsted performance.

- Images are not directly related to the challenges and quotes from local young people



Brightstar prioritises young people who may feel vulnerable or disadvantaged.

We use a trauma informed, therapeutic approach to deliver sports coaching and education. This, combined with quality time in both 1:1 and team settings, has been evidenced to create lasting behavioural change.

Many of the young people who have succeeded in our programmes:

- struggle with their emotions and felt like they didn't belong.
- experience poor mental health.
- are not regularly in education, employment or training.
- have experienced trauma
- are at risk of child criminal exploitation.

'Brightstar Futures has helped me control my anger better.'

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Shropshire output data



96% of all young people were either NEET (Not in education, employment or training), or at risk of NEET.

652 hours of boxing, mentoring and education were delivered across 143 Futures sessions.

71% identified as male and 29% were female. 24% preferred not to share their ethnicity, 1% were mixed Ethnic and 75% were White British.

Of all young people referred:

45% were involved in a problematic peer group

3% were associated with gang members

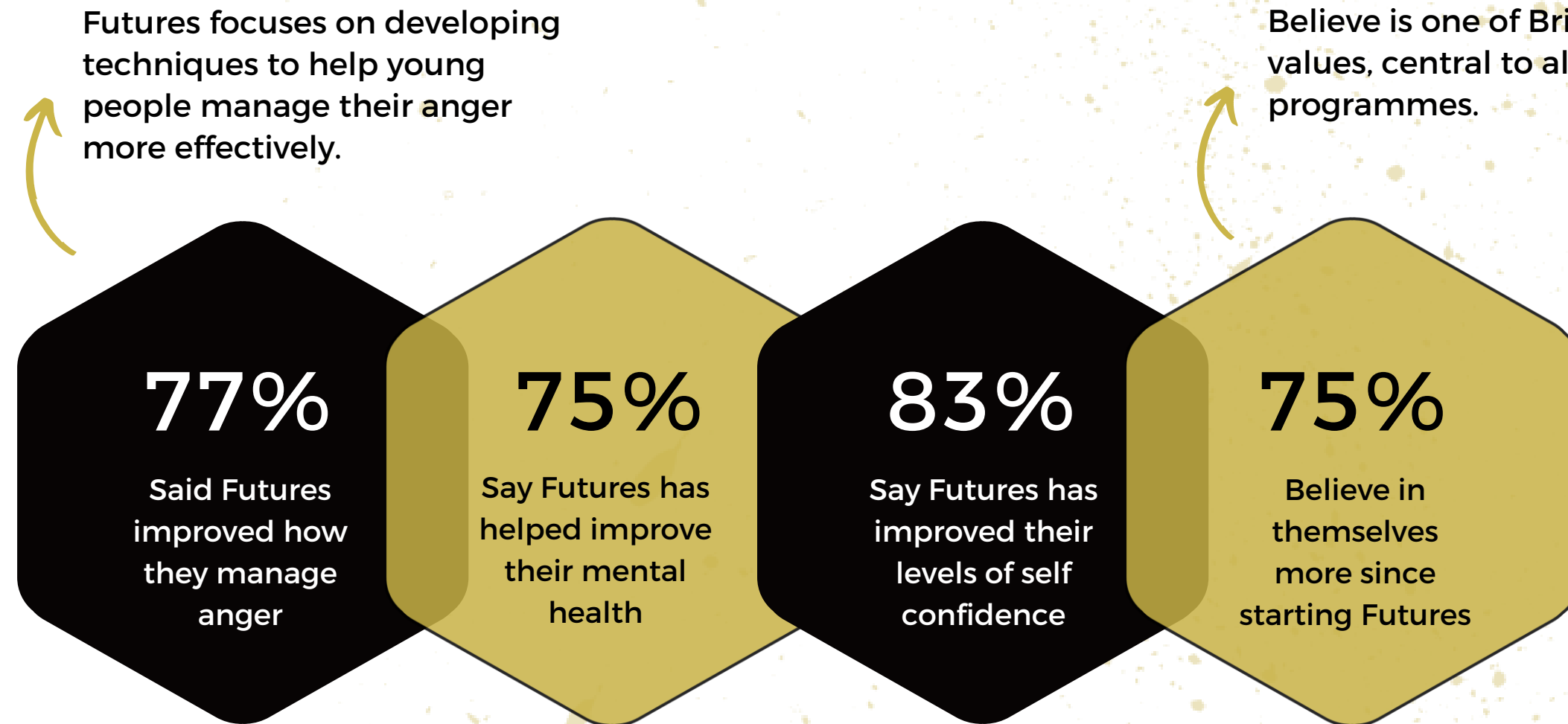
16% were excluded from school

3% were on a referral order

Reasons for referral	%
Excluded or poor attendance at school	88%
NEET or at risk of becoming NEET	36%
Offended twice or less or subject to a pre-court disposal order	25%
Offended three times or more	1%

(The above data reflects participants with both single and multiple reasons for referral.)

Futures Results 2022: Overall Cohort



78% feel more positive about their future

Futures Data

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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.

Feedback...

“

Being around people that are going through the same things as me, but helping each other on the programme and in life shows me I'm not alone.

“

I am able to release my aggression in a positive way.

“

The coach has been through what I have been through. If he can change, so can I.

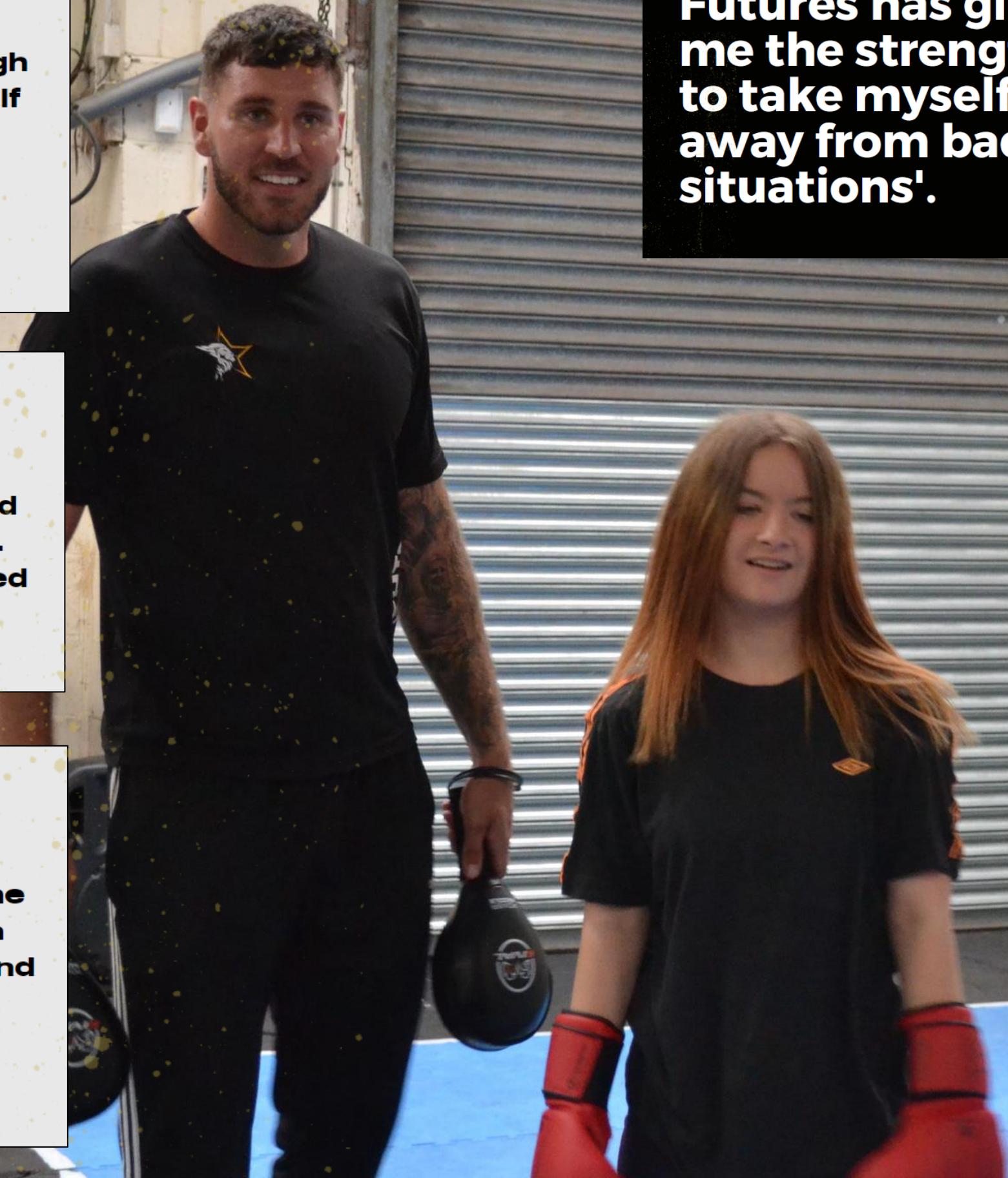
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The students look forward to attending every week. The provision has improved their school experience.

“

We have seen him use the coping strategies put in place within the school and it has kept him calm.

'Brightstar Futures has given me the strength to take myself away from bad situations'.



Freddie's story

(Name and details have been changed)

"The programme has helped me control my anger and make me more aware of my mental health. I've also learnt how to use my skills to be a leader in the group."

Taking stock and identifying challenges

'Freddie' was referred to Futures Shropshire in summer 2021 when he was 14. He was struggling to manage his emotions in school and was finding home life difficult after the separation of his parents. Freddie's behaviour was starting to negatively impact his local community, and his attendance at school was declining. When we started to get to know Freddie, we could see he was physically very capable but lacked confidence in his abilities. He was shy and disengaged around his peers and couldn't see a positive future.

Building relationships and setting goals

Our main priority was to help Freddie feel like he belonged and wasn't alone. We also needed to support Freddie to address his relationships and behaviour in school and in the community.

Freddie was at risk of being excluded from mainstream school so we needed to understand Freddie's long-term goals to help him realise that attending school played an important role in achieving these. Freddie needed an outlet to regulate his emotions, and we believed that boxing could give him this and provide a route to the mentoring and education activities, offered as part of the Futures Programme.

Freddie built a strong rapport with one of our coaches who had experienced similar challenges to Freddie in his past. Freddie was able to open up to this coach and express his needs. Through a combination of boxing, mentoring, education and gaining qualifications, the Brightstar team were able to provide Freddie with a holistic support approach, which directly responded to his needs.

Freddie's story

(Name and details have been changed)

Freddie didn't just enjoy boxing, he was extremely talented. He has joined our amateur squad, takes part in evening training sessions, and competes in fixtures in front of 400 people.

Freddie's mentor and coach

At a time when Freddie felt he couldn't do anything right he proved himself wrong by gaining a First Aid qualification within the first 6 weeks of the Futures Programme at Brightstar. He then went on to gain an Asdan Sports and Fitness award - a qualification which uses physical activity to teach young people core skills for the workplace and further learning.

Since joining the Chances Programme at Brightstar, Freddie has achieved many of his goals.

Since joining the Chances Programme at Bright Star, Freddie has achieved many of his goals:

- Freddie's physical literacy improved, helped by joining Brightstar's evening training sessions, despite the 40-mile round trip to attend!
- Freddie's attendance and engagement at school has shown improvement due to him seeing the value that school has to his future goals.
- Freddie has secured new qualifications and skills that have boosted his confidence and will support future training or workplace positions.
- Freddie also developed positive relationships and role models within the boxing club, which has seen him move away from his original friendship group, and away from issues in the local community.



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"Training with the boxing squad has helped with my fitness and the squad have all made me feel part of something"

Freddie