

Brightstar Futures



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

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.



We know that a mainstream school environment is not suitable for every young person. 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.

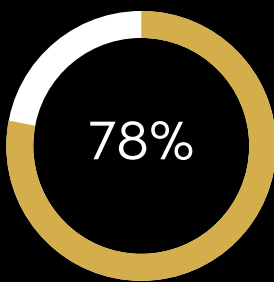




'The positive changes are **unbelievable.**'

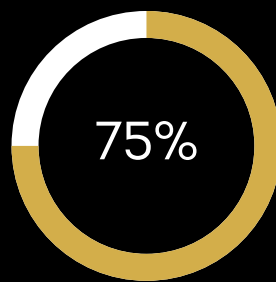
'Following the Futures programme, we have had students who have been on a reduced timetable now back on full timetables. We will continually work with Brightstar to further support all those students who need the extra help, and show them that they are able to achieve'.

Paul Thomas, Telford Langley School



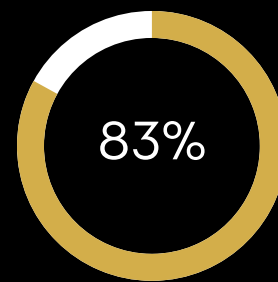
Feel more positive

78% of Futures participants feel more positive about their future.



Better mental health

Say Futures has helped improve their mental health.



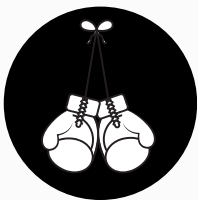
Improved self confidence

Say Futures has improved their levels of self confidence.

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 in 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

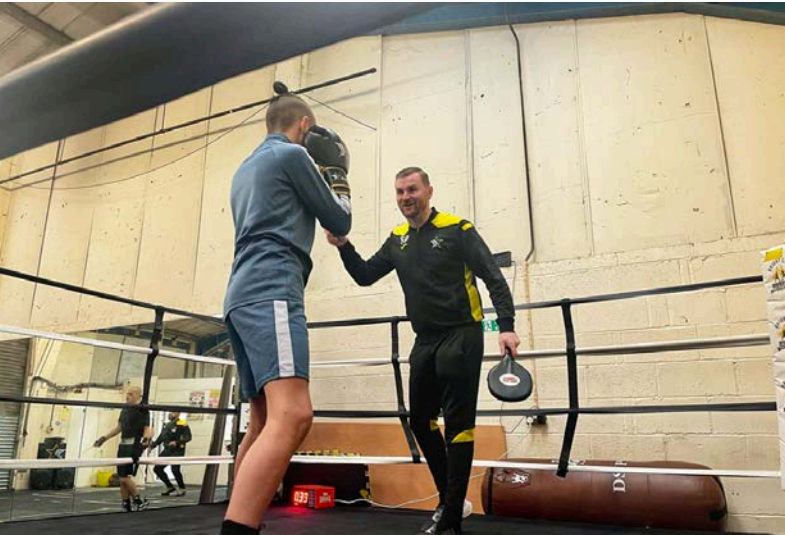
The education combines functional skills with practice-based qualifications.



BRIGHTSTAR 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	Functional Skills	Break	Key Skills	Lunch	Mentoring	Boxing	Free time	Finish
Group 2			Key Skills		Functional Skills					

Supporting every young person



We work with small groups of 8-12 and have 3 support staff as a minimum with each group. Many of 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

The provision is 9:30-2:30 and there are various locations in Shropshire, Telford, Wolverhampton, Hereford, Walsall and Birmingham.

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 boxing academy evening sessions.

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

'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

Functional skills
Boxing Bronze Award
Mentoring programme 1
First aid 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
Boxing Leaders Qualification

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

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



Primary Provision

Due to increased demand, we now also run provision for primary aged children in KS2. We've found that this is a key time to support young people.

For children in KS2, we offer:

- Mentoring
- Brightstar Boxing Bronze Award
- Mini Medics First Aid course



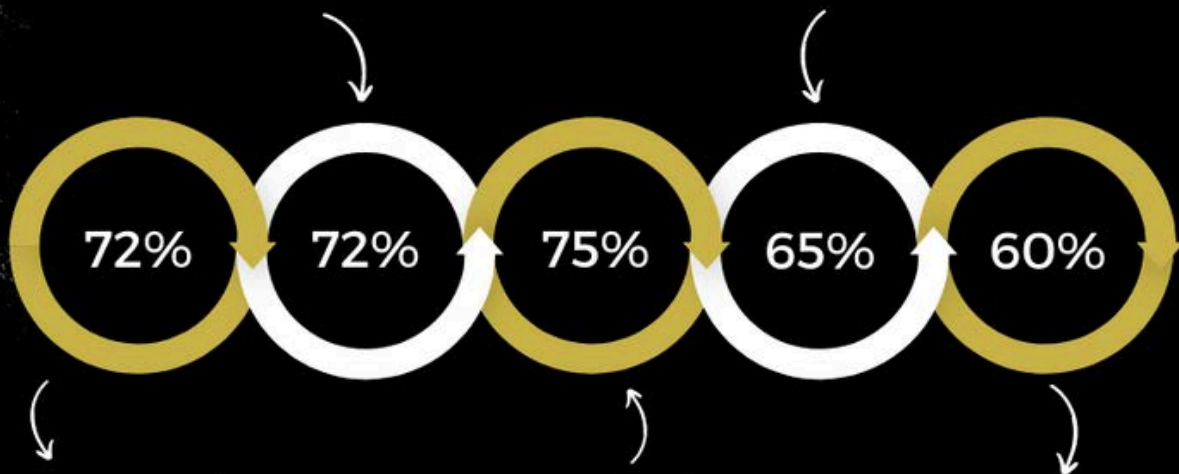


Better mental health

72% say the Futures programme has helped improve their mental health

Self belief

65% of Futures participants report that they believe in themselves more since completing the Futures programme



Improvement in managing anger

72% said the Futures programme had improved how they manage anger

Improved levels of self confidence

75% say Futures has improved their levels of self confidence

Feeling more positive about the future

60% of Futures participants now feel more positive about their future

We have seen some incredible results on the Futures programme. Above is a snapshot of the latest data, showing improvements in key measures such as mental health, self belief and anger management.

MY TRIGGER POINT

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

What could the other person/people do differently?

What thoughts or feelings are you experiencing?

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

How do you feel after you've responded?

How does your body react?

YOUR RESPONSE

How can you respond differently?

What is your response?



POSITIVE RELATIONSHIPS

WHAT IS A RELATIONSHIP?

WHAT IS A POSITIVE RELATIONSHIP?

WHAT IS A NEGATIVE RELATIONSHIP?

HOW DOES A POSITIVE RELATIONSHIP HELP YOU?

HOW DOES A NEGATIVE RELATIONSHIP PREVENT YOU?

WHAT VALUES DO GOOD ROLE MODELS HAVE?



The people I look up to are:

Reporting

Robust, accurate reporting is central to Futures.

At Brightstar we have designated safeguarding leads across all centres, and we work in partnership with a number of organisations to create a child centred supporting base.

- We use CPOMS for safeguarding and BROMCOM to ensure accurate reporting.
- Brightstar staff write weekly and termly reports which are shared with the school and teachers.
- When each young person joins Futures, they have a one-to-one induction session, which starts the process of focusing to return them into education.
- Free training will also be available where needed on how teachers can support the young person on a wider basis.

We also measure impact of the programme on mental health and the young person's wider life through before and after WEMWBs surveys. These results will be shared with you at the end of the term.



Impact

'We do want help, we're just waiting for that hand to reach out and pull us back out from that dark place'.

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

'Brightstar has fully changed my life, I now look forward to waking up each day'.



Find out more

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

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www.brightstarboxing.co.uk



BRIGHTSTAR