

Boxing4Life Annual Report 2019-20

Activities

During the year our weekly term-time sessions at two venues in Leytonstone attracted 56 students in total. We also provided weekly sessions at Buxton School. During the summer we provided sessions at three Council public events and supported young people participating in the National Citizen Service's Summer Programme.

The Covid-19 Pandemic undoubtedly impacted our service, due to the necessary and imposed restrictions we had to close.

Outcomes

Our outcomes are Fitness & Boxing Skills, Growth Mindset, Confidence & Self Belief.

Fitness & Boxing Skills

Members document their results from circuit sessions using our Fitness Tracker. Steady progress has been recorded for all participants; it is important to note that emphasis is placed on maintaining excellent form over the number of repetitions. For example, a *14 year old member recorded 17 Press-ups per minute rising to 23 (Ppm) after a 2 month period*. That's a 35% fitness increase and meets the average score for his age range. Another member age 16 recorded 40 (Ppm) increasing to 47 (Ppm) in 2 months - a 17.5% fitness increase and this young person's score rates in the excellent range for his age.

Each young person is challenged to perform at their best on the day. Fluctuations are quite common; they do not all exceed their last result. The distance travelled for both returning and new members is positive. Providing this service in an area of high deprivation we are aware that our members come from a range of backgrounds and varied challenges. The discipline of boxing requires great focus and allows a period of time in which young people can fully engage with body and mind; this level of physicality and focus can help reduce stress and regulate feelings such as aggression.

The time spent on 1:1 instruction means that year-on-year we witness a significant improvement not only in boxing skill and fitness but attitudes, raised aspirations and positive communication. Our club is often sought out by parents for these reasons. From historical feedback, club attendance has also been attributed to improved relationships and outcomes in school/college. *"I like exercising... I like that you guys challenge us...I feel healthier and when I do my daily run at school, I do better now and I think this is because of boxing" (Voice note member age 12)*

84% of surveyed members made significant success in their boxing skills.

Growth Mindset

This year our coaches have been allocated a set of young people to monitor and support. Through displayed posters, 1:1 and small group reflective conversations, we are working to embed the language of a growth-mind-set into our ethos and delivery. We use aspirational quotes or soundbites from coach experiences of challenge to create an active learning environment where members can discuss their approaches to challenges in the "now". *(I'm finding it hard to... I have tried... I think next time I will...)*. Coaches have observed an increased willingness to try and share in their excitement when members experience achievement. From reflective conversations and informal chats we know that at least 60% have begun translating this skill to other areas of their lives and 40% are starting to implement these skills.

Confidence & Self Belief

Shadow Boxing and 1:1 Pad work remain two key indicators when observing individual confidence levels. Coaches have identified parallels between an increase in self-esteem and confidently shadow boxing. Those more confident generally display greater focus, self-correct and are less fearful of making mistakes. Some long-standing members have advanced to a sparring level and are learning to read coaches movements to inform tactical counter measures and defensive decisions. We can report that members operating at this level are also developing leadership skills - they set a positive example for peers, volunteer to demonstrate and lead exercises with coach supervision. 100% have developed in this area. Boxing training is renowned for aiding the development of mental strength and provides

ample opportunity to experience success and this leads to raised confidence levels. 84% of members surveyed expressed that attending the club has helped them to boost their confidence - which is known to be a key factor in developing new skills.

Organisation

Following the bespoke training and reflective sessions for coaches last year, coaches have been working on new measures to reflect young people's voices in a 'non-school like' or paperwork heavy manner. Using technology coaches have been recording voice notes to capture informal interactions that form the basis of inspiring case studies and evidence of progression. We hope to utilise this information captured during mentoring and training sessions to steer the growth and development of the club from member's perspectives. We know that young people can be reluctant to write and complete surveys as these are not fun. So far we have found that members are happier to share their views verbally over writing.

During the year Boxing4Life featured heavily in videos and events related to Waltham Forest's Connected Communities programme. We also participated in the Boroughs new Violence Reduction Partnership.

We opened a public campaign during the year to acquire a currently unused listed building as a new facility for young people, with leafletting, an online survey and face to face interviews with residents.



Receipts and payments accounts

For the period from **91/04/2019** To **91/03/2020**

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Grants	0	13,134		13,134	21,950
Donations	5,045.05			5,045.05	2,470
Subscriptions	880			880	1,157
Other	0	780	0	780	0
			0	0	0
			0	0	0
			0	0	0
	0	0	0	0	0
Sub total(Gross income for AR)	5,925.05	13,914	0	19,839.05	25,577
A2 Asset and investment sales, (see table).					
	0	0	0	0	
	0	0	0	0	
Sub total	0	0	0	0	
Total receipts	5,925.05	13,914	0	19,839.05	25,577
A3 Payments					
Staff payments	8,120	10,000	0	18,120	17,988
Venue Hire	0	2,592	0	2,592	3,354
Equipment	126.5		0	126.5	0
Marketing			0	0	0
Other (self funded Pzero)	0	690	0	690	0
Events	500		0	500	0
Support costs	1,552		0	1,552	1,132
Training		1,750	0	1,750	0
Chapel project	0	738	0	738	0
Sub total	10,298.5	15,770	0	26,068.5	22,474
A4 Asset and investment purchases, (see table)					
	0	0	0	0	
	0	0	0	0	
Sub total	0	0	0	0	
Total payments	10,298.5	15,770	0	26,068.5	39,235
Net of receipts/(payments)	-4,373.45	-1,856	0	-6,229.45	-13,658
A5 Transfers between funds	0		0	0	0
A6 Cash funds last year end	6,127	15,860	0	21,987	0
Cash funds this year end	1,753.55	14,004	0	15,757.55	

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		1,753.55	14,004	0
		0	0	0
		0	0	0
	Total cash funds <small>(agree balances with receipts and payments account(s))</small>	1,753.55	14,004	0
		OK	OK	OK
		Unrestricted	Restricted funds	Endowment