

EMPIRE
FIGHTING
CHANCE

OUR IMPACT
IN 2020



Empire Fighting Chance

“After only a few sessions with Empire Fighting Chance, a child who had been refusing to attend school is now attending school full-time. Having someone to listen to her and respond has made such a difference and has empowered her to speak out about the bullying she was suffering.”

Hayley, Families in Focus team

“Since Leo has been coming to Empire his attitude to life has changed. Leo used to use violence as a way of expressing his anger, but he now manages to control it. I’ve seen it happen on many occasions. Empire has made a massive impact on Leo’s life.”

Leo’s mum



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INTRODUCTION

At Empire Fighting Chance we will remember 2020 as a time when we were pulled and stretched in ways that we could never have imagined. COVID-19 meant that our boxing and intensive personal support programmes were needed more than ever by young people. With grit and enterprise, we somehow ended the year in more locations, reaching more young people than ever before.

We combine non-contact boxing and intensive personal support to challenge and inspire vulnerable young people to realise their unique potential. We weave in personal support while young people learn to box, using the sport as a platform to mentor, deliver therapy and offer careers support. We now reach around 5,000 young people across South West England and Wales.

We are proud to present our Impact Report for 2020, a year unlike any other in our history. The socio-economic crisis created by COVID-19 hit the most vulnerable the hardest. More young people from the deprived areas in which we work needed our support and were coming to us with more complex emotional and behavioural issues. The lockdowns to fight the pandemic forced us to rapidly adapt our work so that it could be delivered remotely to young people. Our use of sport proved to be a particularly suitable approach for these restrictive times, tapping into young people's desire to be active while gaining support.

Despite COVID-19, we were able to take a giant leap forward in 2020. Three highlights stand out for us:

- Launching our work in several new regions, including Devon, Gloucestershire and North Wales
- Scaling up our pioneering Boxing Therapy programme to offer more intensive mental health support to more young people
- Increasing our profile at a national level. We were thrilled, for example, to receive a GSK IMPACT Award in recognition of our mental health work.

Our success in responding to COVID-19 and our other achievements during 2020 were only possible because of our supporters and partners. We are thankful to everyone whom we have worked alongside this year to transform young people's lives. We hope you enjoy reading our story of 2020.





WHO WE ARE

Empire Fighting Chance was born on the streets of Bristol in 2006 to fight the impact of deprivation on young people's lives. Rising from the Empire Amateur Boxing Club in inner-city Bristol, we have grown to become a multi-regional charity using a pioneering approach that harnesses the power of boxing to transform young lives.

Who we support

We exist to support young people from deprived neighbourhoods. Most live in poverty, poor housing and workless households. The toll that poverty takes on families is huge and can include family breakdown, abuse and household dysfunction. Significant numbers of young people we support are from communities experiencing racial inequality. Faced with conditions that are toxic to wellbeing, they struggle with their mental health. Their distress is often expressed in ways that can lead them into trouble, including poor behaviour in school, drug misuse and gang crime. The multiple, complex issues they face prevent them from engaging in education and employment.

What we do

We use a powerful combination of non-contact boxing and intensive personal support to change the way young people think and behave.

We deliver three programmes:

- **Training with Champions:** Young people participate in a 20-week programme combining boxing, mentoring and psychological support. Each week's session is named after a famous boxing champion and features a structured programme of physical activities (e.g. pad work) and evidence-based personal development messages to create healthier thinking.

- **Boxing Therapy:** Young people experiencing more acute issues gain therapeutic support from a trained therapist while learning how to box. Rather than access a mental health service, which can be intimidating and stigmatising, they participate in sport and naturally receive support.
- **Careers:** Young people benefit from a range of support that combines boxing with psychology and personal development to help them to progress into a chosen career. Among other things, we offer a six-week course for 14 to 16-year-olds to raise aspirations and start developing career plans, sports-based qualifications and an experiential enterprise programme.

Our impact

We now reach around 5,000 young people each year across South West England and Wales. Our unique approach means young people gain support in ways that feel natural, encouraging them to turn up, trust us and make positive changes in their lives. Despite the chronic adversity that they face, young people are returning to school, exiting gangs, getting work and feeling healthier and happier.

WHY IT WORKS

Boxing is at the heart of our work and central to our success. Our sports-based approach offers young people a fun, meaningful experience that they can be proud to tell their friends and family about. We have taken several of boxing's qualities and used them to shape our work with young people. As boxing is popular throughout the world and requires little equipment, our approach has proved ripe for scaling up.

Participation

We use boxing to attract young people to our programmes and ensure that they turn up each week. Young people find learning to box enjoyable, while the sport has credibility among their friends and family. Boxing overcomes the stigma associated with traditional forms of support – rather than access a service or see a professional, young people participate in sport and obtain support in ways that feel natural.

Trust

Young people will only listen to us if we have earned their trust. This can be difficult, as those we support often have a history of poor relationships with adults. We use boxing to gain young people's confidence and to break down barriers through honest communication with our staff. For example, as young people focus on the physical activity, such as hitting a punch bag, they relax, drop their guard and open up.

Physiology

Our physical activities change young people's brain chemistry, leading to good mental health and wellbeing. Exercise releases the

'feel-good' chemicals serotonin, endorphins and dopamine, creating happier moods and reducing the risk of depression. The sport also reduces anxiety through improved regulation of cortisol, the stress hormone.

Self-belief

We use boxing to improve young people's self-esteem and self-confidence, building blocks for making positive changes to how they think and behave. As fitness and boxing skills increase, young people feel better about themselves and their abilities. More often than not, young people start their programme with their head down and finish it standing tall.

Change

We use boxing as a vehicle for young people to make emotional and behavioural changes. Boxing helps young people to clear their mind and open it up to new possibilities. Gaps between physical activities present natural opportunities for us to weave in personal development activities, such as mentoring, therapy and careers support.



EMPIRE FIGHTS BACK

On 16 March 2020 the UK went into lockdown as a response to the COVID-19 global pandemic. Young people needed us more than ever, yet our gym had to close, as did many of the schools we worked in. We moved fast to adapt our work and continue supporting young people and their families during a critical time. We are immensely proud of our response, which received recognition both locally and nationally.

“It was really nice that the Empire coach came to deliver food and walk with me. He was the only teacher person who I continued to see in person once a week and who talked to me. He was fantastic over lockdown.”

Empire's Lockdown Programme

Our response reflected our entrepreneurial fighting spirit. We rapidly designed and tested alternative approaches to delivering our work, combining safe, in-person activities and video conferencing. Once up and running, we gathered learning and evidence to continuously improve our new offer for young people.

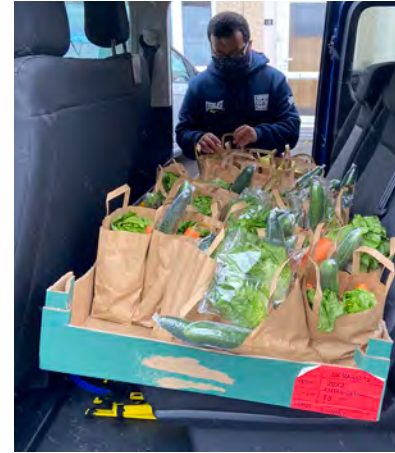
Throughout the first lockdown, we...

- Supported 636 young people with continued boxing therapy
- Provided 3,797 coaching contact hours
- Worked with 25 schools across Wales and the South West to provide ongoing support for pupils

- Delivered 367 food parcels in partnership with the Pasco Group and its Subway stores
- Provided careers advice for 124 young people
- Launched our content hub, including original video content covering:
 - Fitness workouts
 - Boxing technique
 - Personal development points
 - Careers advice.

In July as we welcomed young people back to our gym in inner-city Bristol, we created an outside boxing gym zone within our basketball court to allow for safer outdoor training.





“Empire gave me one positive thing to do over lockdown.”

Supercharging our support

COVID-19 hit young people from deprived neighbourhoods hard. Young people experienced rising poverty, stress, uncertainty, isolation and loss of education and employment. Increasing tensions in the home, combined with the removal of the safety net of school, created a perfect storm for increased abuse and neglect. The distressing situation led to more young people coming to us with more complex needs. We offered 1-2-1 support to the most vulnerable young people and began scaling up Boxing Therapy so that we could offer more intensive, specialist support.

A lifeline for young people

We heard from parents/carers and schools how important we have been for their children and pupils during this extraordinary year. For example, a teacher at Bristol's Withywood Primary School had this to say: 'The students loved the contact with a familiar face at a time when many were isolated from the support networks on which they rely. They

loved the familiarity of the structure of the sessions when normality had otherwise been totally disrupted. Families of the children who took part in the online sessions reported overwhelmingly positive reactions.'

Fabulous funders

We have been immensely grateful to our funders during this demanding year. All recognised the challenging circumstances in which we have been operating. Many awarded us additional funding to improve our response to COVID-19. We thank the following: Blagrove Trust, Charles Hayward Foundation, Children in Need, Comic Relief, Dulverton Trust, East End Community Foundation, Esmeé Fairbairn Foundation, Findlay Charitable Trust, Garfield Weston Foundation, The Leathersellers' Company, Lloyds Bank Foundation, National Lottery Community Fund, Newby Trust, Nisbet Trust, The Fore, Paul Hamlyn, Peter Harrison Foundation, Pilgrim Trust, Rayne Foundation, Stone Family Foundation, Tudor Trust, UK Youth and Youth Endowment Fund.

OUR IMPACT IN NUMBERS

In 2020 we reached

4,822

young people

We supported

3,398

young people directly ourselves
and trained new partners to
support an additional

1,424

young people

YOUNG PEOPLE IMPROVED MENTAL AND PHYSICAL WELLBEING



are more confident

improved their
self-esteem

are happier

YOUNG PEOPLE DEVELOPED POSITIVE ATTITUDES



are more determined

are more motivated

are more able to
achieve their goals

YOUNG PEOPLE REDUCED THEIR INVOLVEMENT IN RISKY, ANTISOCIAL AND CRIMINAL BEHAVIOUR



are no longer
committing anti-
social or criminal
acts

are better behaved
in school

are less likely to be
part of a gang

YOUNG PEOPLE IMPROVED RELATIONSHIPS



find it easier to
make friends

have improved
relationships with
their family

130 YOUNG PEOPLE ON OUR INTENSIVE CAREERS PROGRAMME



went into employment
or further education,
or gained a
qualification with us

360 YOUNG PEOPLE PROGRESSED TOWARDS EMPLOYMENT



felt more confident
and motivated about
their career

improved their
ability to identify
appropriate career
opportunities

developed skills
for work

BOXING THERAPY

We have developed a pioneering new approach for young people experiencing more acute emotional and behavioural problems. Boxing Therapy takes mental health services out of clinics and into deprived communities. Our programme knocks down barriers that young people face in obtaining mental health support. Rather than access a mental health service, young people participate in sport and gain therapeutic support naturally.

Knocking down barriers

Young people from deprived neighbourhoods face entrenched cultural, social and economic barriers to accessing mental health services. For example, the young men we work with face pressure to 'man up' and be emotionally strong and silent. Clinic-based talking therapy often does not work for the young people that we support. Few want to sit in a room with somebody they barely know and start talking about their life. So we came up with an alternative approach to therapy that is built upon the unique qualities of boxing.

An enjoyable, natural experience

Boxing Therapy offers an enjoyable and non-stigmatising therapeutic experience. Based in a boxing gym or other everyday setting,

qualified Boxing Therapists weave clinically informed interventions into a boxing coaching session. The sport helps young people build trust with their therapist, express emotions and better manage their feelings, behaviours and situations.

Transforming thinking and behaviour

During the year, 107 young people took part in Boxing Therapy across Bristol and South Wales. Young people recovered from poor mental health (e.g. anxiety and depression), felt better about themselves and no longer engaged in risky behaviour (e.g. substance misuse).

“Mental health services are white middle-class services, designed by white middle-class people. What that means is that if you are this type of person, it is going to work for you. If you are not, it probably won’t.”

Marvin Rees, Mayor of Bristol and Empire Fighting Chance Ambassador



Growing Boxing Therapy

The success of Boxing Therapy, and the widespread interest that it has attracted, has inspired us to scale the programme. We secured funding to take Boxing Therapy to a whole new level. We recruited our first Boxing Therapy Manager and have exciting plans to improve the programme and take it to deprived neighbourhoods across the UK.



reduced their psychological distress (measured by CORE-10)



felt less tense, anxious or nervous



improved their mental wellbeing



felt better able to cope when things go wrong

"I would like to express my gratitude in relation to the service you are currently providing for my 15-year-old daughter. She struggles significantly with communication, self-regulation and emotional literacy. She is on the autistic spectrum and traditional talking therapies for a neurodiverse child are incredibly hard to engage in. The ability to attend a therapeutic boxing service is a fantastic opportunity as she can engage with an activity whilst receiving therapeutic intervention."

My daughter also struggles significantly with her mental health and was referred to you via CAMHS. There are times when my daughter's mental health impacts her drive and motivation to get out of bed. This can extend to her desire to attend the sessions; however, I am able to persuade her to attend and the impact is immediate. The effect on her mood directly after the session is very apparent – her mood is lightened; she is engaging and animated. Low mood is a particular concern for me as her parent, as she has attempted suicide; her mood after attending sessions is always bright. I cannot thank you enough for the input you are providing and the impact it is having."



“Her sessions with her coach are so valuable to her and is finding the only thing that seems to be helping her right now is the boxing, her relationship with her coach is one she feels very comfortable with and seems to be able to be herself with them.”

Chelsea's mum



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NOT RELATED TO INDIVIDUAL STORIES

CHELSEA'S STORY

Chelsea is a 15-year-old girl from a single-parent family with crippling anxiety and trauma who struggles with self-harm and exhibits violent behaviour. Chelsea comes from a background so often seen at Empire Fighting Chance, of complex family dynamics. Hers include past parental conflict, a dad with alcohol issues, the trauma of her cousin being murdered recently and four sisters each with their own needs.

When Chelsea was referred from CAMHS (Child and Adolescent Mental Health Services) she hadn't been to school for two weeks because she was unable to get out of bed and was getting into fights with her peers and teachers. Chelsea began attending 1-2-1 sessions with her Empire coach, who supported her in getting back into school as well as giving her tools to assist her to manage her anger and extreme anxiety.

Throughout the course of her sessions she has talked about her struggles with depression to her coach, who has said that whilst hurting yourself isn't the best coping mechanism, we understood that it was her way of coping. As sessions progressed, they worked together on finding healthier outlets and better coping strategies using boxing and utilising the magic of mini goals.

School life for Chelsea has improved massively; she is attending on a more regular basis and not getting into fights any more. Chelsea and her coach have spoken about her going to college, which would be a fresh start, but she will need to finish school first and achieve the best results she can to give her the most variety in the opportunities available to her.

DONAVAN'S STORY

Donavan, aged 15, was referred to us by the Director of Inclusion at his school. Donovan was excluded from school and had only completed nine days of school the previous year.

We designed an intensive package of support to help Donovan build confidence and resilience, improve his physical and mental health and build literacy and numeracy skills.

During his programme Donovan realised that he was interested in exploring a career in sport. So we helped Donovan to achieve ASDAN sports qualifications. We also took Donovan to visit HITZ (a sports-based post-16 programme) to learn about education options that might suit his needs. Several of our corporate partners also hosted Donovan so that he could find out about the range of career opportunities within the world of sport, including Bristol Rovers Football Club and Bath Racecourse.

The highlight for Donovan, however, was a motivational mentoring session with a professional rugby player, Grayson Hart. Grayson shared his experiences of struggling in school and having negative peer groups growing up and how this impacted on his life and professional career.

“I am glad you are making such positive progress with him. He is very enthusiastic about Empire Fighting Chance. It is great that you have enthused him so much! I had a lump in my throat when he said about being interested in gaining work experience. Thank you so much for your hard work with him.”

Donavan's Head of Inclusion

ZOE AND AMELIA'S STORY

Zoe and Amelia are 14-year-old twins. Amelia suffers with Guillain-Barré syndrome. Her parents have reported ongoing concerns about her ability to keep herself safe. She has been known to self-harm. Amelia is relatively unsafe online, including conversing with older males who have offered to share sexually explicit material. Amelia once ran away from home and once wrote a suicide note stating how upset she was with all the bullying happening at school and that she wanted to end her life.

Zoe has not had the opportunity to discuss her current concerns with anyone. Her mum and dad are concerned that Zoe has a lot of emotion built up inside her owing to the traumatic events her twin sister Amelia has gone through. Zoe has tried to support her sister but has become a target for the bullying too which has damaged her self-esteem.

They have improved physical fitness, confidence and self-esteem, but have also learned how to apply a range of mental resilience tools to support them in moving forward. Through building a trusting and honest relationship with their coach, they were able to grow hugely throughout the programme and have stopped self-harming. Zoe said that the skills she has learned at boxing have helped improve her attendance at school and her grades.

Dad has advised that he has noticed a huge difference in their confidence, how much better they feel after being at their sessions and how much more easily they are dealing with challenging situations.

LEON'S STORY

Twelve-year-old Leon was attending our regular evening drop-in boxing classes when he was involved in a gang-related fight. One of our co-founders broke up the fight and invited Leon and his mum in for a chat. It became apparent that Leon was struggling with several issues, including ADHD, autism and an absent father. Leon's 'go to' emotion was anger and he was prone to violent outbursts. Our co-founder suggested Leon join our Training with Champions programme and receive 1-2-1 support from Ako, one of our coaches.

Ako focused much of the programme on improving Leon's mood. The boxing helped, acting as a cathartic release for Leon's anger, and helped him stop making decisions when he was angry. Leon engaged in his weekly sessions with enthusiasm and things gradually started improving at school. After listening to Ako talk about the value of setting small, achievable goals, Leon set himself a 'mini goal' of doing 30 minutes of schoolwork every day. He even got the highest marks in a class test!

In March, as we all went into lockdown, Ako continued to support Leon through twice-weekly sessions using Zoom. We set Leon a daily exercise plan to complete and Mum recorded it for our coach to watch. This gave Leon much-needed structure during lockdown and built a strong bond with his mum, resulting in his completing an ASDAN Sport and Fitness qualification. Owing to his tremendous commitment during lockdown, Leon was awarded our Champion of the Month for April 2020.



EXPANDING EMPIRE

Even a global pandemic could not stop us from increasing our impact on young people's lives. 2020 saw us take a giant leap towards becoming a national organisation. We are scaling up through collaboration, training local organisations across the country to deliver our work in their deprived neighbourhoods. We now have 52 licensed coaches from 14 organisations who delivered our work to 1,424 young people during 2020 across the South West and North Wales.

"This is the best course I have ever attended in this line of work. The Empire team are doing outstanding work. This will make a huge difference at our school."

Marine Academy Plymouth



A readymade solution

Our work is ripe for scaling up. Boxing is popular among young people throughout the UK and requires little equipment. We also have evidence that our work transforms lives, wherever it is delivered. We have chosen to scale up through collaboration, combining our expertise with the local knowledge and credibility of youth providers, sports clubs and schools. We offer them the opportunity to deliver our programmes, handing them a tried and tested solution to youth crime and poor mental health.

Intensive training and support

We identified organisations that could deliver our work in Cornwall, Devon, Dorset and North Wales. We invited the most promising for two days of intensive training at our gym in Bristol. We have also been providing a package of ongoing support, including site visits, mentoring, resources and further training. We are proud that 100% of participants would recommend our programme to others delivering youth work.

Launching in new locations

Our partners took our work to various small cities and towns, including Exeter, Plymouth and Wrexham. They delivered in a range of places, from boxing gyms and schools to youth clubs and parks. Marine Academy Plymouth even integrated the methodology and psychology of our programme into their entire PE curriculum. We helped our partners to adapt to COVID-19 and deliver the work remotely.

Fighting youth crime in Wrexham

In 2020 we trained six individuals from Wrexham Youth Justice Service to become Licenced Coaches. The Service was so inspired by our work that they are building a boxing gym. They will offer young offenders a place on our programme as an alternative to a custodial sentence. We are proud that our work is being recognised as a solution to youth crime.

"We are excited to see the benefits the Programme will have alongside our work in Wrexham. We support many young people at risk of offending and this could make a huge difference to their lives."

Wrexham Youth Justice Service

INCREASING RECOGNITION

Our work achieves outstanding results for young people, wherever it is delivered. To achieve a wider impact, we are encouraging others to adopt our approach, including mobilising local organisations to deliver our work and persuading the government to adopt sport and community-based programmes to improve mental health. In 2020 we have increased our influence through receiving widespread recognition for our work from different places.



National award winners

We were delighted to receive a GSK IMPACT Award in recognition of our work in improving young people's health and wellbeing. Organised and managed in partnership with The King's Fund, a leading independent health charity, the GSK IMPACT Awards recognise small to medium-sized charities doing excellent work to improve people's health. We were one of only 10 organisations across the UK to make it through the extensive shortlisting process and robust independent assessment and be selected by a panel of health and charity expert judges.


Empire in the news

We featured in the media several times throughout the year. In May, for example, *The Guardian* ran a feature, 'Knocking down barriers through boxing', to showcase how we provided a vital service to young people facing deep-seated social, cultural and economic barriers to accessing mental health support. In the summer we featured on Radio 5 Live to talk about the impact of COVID-19 on the lives of young people.



“Empire Fighting Chance is a wonderful example of sport for change at its very best. We were particularly struck by the range of services it provides, offering a comprehensive support network for young people to overcome the challenges of poverty, poor housing and unemployment that extends far beyond non-contact boxing. It provides great mental health support and helps young people achieve their potential through education, training and employment, including partnering with local businesses to enable young people to enter the world of work.”

Judge's comment



“The support offered by Empire Fighting Chance has been invaluable to the success of the Key Workers’ Children Hub during the lockdown. The coaches were engaging and inspirational and children of all age groups thoroughly enjoyed the sessions, which provided them with opportunities to develop their physical fitness as well as their wellbeing.”

Teacher, Cwm Rhymni Hub

Praise from schools

We work in collaboration with nearly 100 schools, colleges and pupil referral units. Schools enjoy working with us as our work improves their pupils’ behaviour, attitude to education and academic performance. The regard schools have for us was evident during the national and local lockdowns – while many organisations were not allowed into school grounds, several of our schools insisted we continue working with their pupils. We are proud that 89% of schools retain our services.

Feedback from families

The recognition that we get most excited about is from the parents and carers of the young people that we work with. More than anyone else, parents and carers can see the positive changes that young people are making. We have a Family Liaison Coordinator who regularly speaks to parents/carers to help us understand the impact that our work is having on their children. We have now collated hundreds of stories of change. A common theme this year from parents/carers is how our support has been invaluable for their children during these challenging times, with our sessions often being the highlight of their week.

“The benefits (of Empire Fighting Chance’s work) for the wider city are pretty straightforward: a healthier population. Young people who are less likely to become mentally unwell, who have more structure in their lives and who are better able to develop their own talents, abilities and ambitions in life. They are also less likely to become service users or engage in activities that take away the quality of life from other people.”

Marvin Rees, Mayor of Bristol (Featured in *The Guardian*, 24 May 2020)

“Empire has saved Colston’s life. During the lockdown, he would not go out or talk to anyone. But Colston changed when he started attending sessions. It is the only thing he talks about and looks forward to.”

Colston’s foster mum

CORPORATE PARTNERSHIPS

2020 was a challenging year for all our corporate partners. Yet so many of them stepped up to help us, and in so many different ways. We are incredibly grateful to all of those companies that helped us transform the lives of young people. Although all deserve a mention, we have chosen to put a spotlight on two companies, the Pasco Group and Everlast, who went above and beyond in their support for us this year.



Food parcels from Pasco

The Pasco Group is a Bristol-based company operating multiple Subway stores in Bristol. During the first national lockdown the company's generosity enabled us to deliver 367 food packages to young people and their families in Bristol and South Wales. The Pasco Group donated a huge amount of food each week, which our coaches packaged up into food parcels and distributed to the doorsteps of our most vulnerable families. Our coaches combined dropping off the food parcel with a safe, non-contact boxing and personal development session.

Greatness is within

We were proud to announce our new partnership with iconic global boxing brand Everlast. Between Everlast and Empire Fighting Chance there is a combined 160 years of boxing experience, from legendary champions Sugar Ray Robinson and Muhammad Ali to current superstars Terence Crawford and Carl Frampton. Everlast is the brand of choice for generations of boxers and

will inspire the thousands of young people at Empire Fighting Chance. As well as a complete refit of the boxing gym based in Bristol, Everlast have also committed to providing brand new boxing gloves, pads, clothing and other technical equipment to improve the quality of experience for young people who benefit from Empire Fighting Chance's sessions.

Marathon Over May

Many staff from our corporate supporters and other individuals helped us to fundraise during 2020. With COVID-19 cancelling fundraising events, we had to get creative. The highlight of the year was our Marathon Over May, with participants challenged to cover 26.2 miles over the month of May in whatever way they wanted. People ran, jogged or walked the distance. Participants might have felt as if they were doing the challenge alone, but 150 people took part and raised a staggering £7,873. A huge thank you to everyone who took part, as well as to TasteTech for generously match-funding the amounts raised by their staff.

"We were so grateful to have received the support from Empire, not only with them coming to our house to deliver a session, but also for the food parcel that we received weekly from them. This really did make a difference to our family."

Parent

OUR FUTURE PLANS

The global pandemic has meant that our work is needed now more than ever before. In 2021 we will scale up our work to respond to the growing demand among young people for our sport-based programmes. We will also take the learning and evidence from this year to make improvements to our work so that we can achieve an even greater impact on the lives of individuals. We have three priorities to guide us during the year ahead.

1. Transform Boxing Therapy

At the end of 2020 we were thrilled to secure funding from Children in Need, The National Lottery Community Fund and The Henry Smith Charity to take our Boxing Therapy programme to a whole new level. With their support, we will be recruiting a specialist, in-house team to develop Boxing Therapy and take the programme to all locations in which we work.

2. Invest in Careers!

The extraordinary events of this year have made it even more difficult for a young person from a deprived neighbourhood to secure work. We feel compelled to invest in our careers and boxing programme. We will, for example, scale up 'Hustle', our new enterprise

programme that has young people working on an income-generating project while learning new skills.

3. Scale up through social franchising

We will continue to increase our impact on young people's lives by training outstanding local organisations to deliver our programmes within their deprived communities. We plan to launch in several new places across Cornwall, Devon, North Wales and the North of England.



A FINAL MESSAGE FROM US

Thank you to everyone who has supported the Empire Fighting Chance team during 2020. We know it has been a tough year for all of us, making your support in 2020 even more generous and even more humbling. We hope to be able to thank you in person very soon. We very much look forward to continuing to work together to transform the lives of young people.



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