


 **NMF.org**
NICK MARCHIANI FOUNDATION

IMPACT **REPORT**

JANUARY 2024

www.boxwise.uk

-  BoxWise London
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Introduction

FROM THE FOUNDERS

BoxWise has been an incredible journey for us since we first came up with the idea at a close mutual friend's funeral in 2019. The three of us grew up together in the same part of London, went to the same schools and lived the same experiences. His death was entirely preventable and was the final result of a path that he took as a younger man.

At his best he was kind, charming and an enthusiastic youth worker in the community. At times he struggled with addictions that young people often need help to avoid. We wanted his legacy to be what he was passionate about, youth work and the reduction of youth violence, so by the end of the funeral BoxWise was born.

Four years later we have delivered it in 92 different venues including international courses in Uganda, Tanzania, South Africa, Brazil, Egypt and Ireland. We've graduated a couple of thousand young people, many of whom were referred to us by police, social services, youth homeless charities like Centrepoin and schools. We've run specialist courses for Ukrainian refugees to help them integrate into the U.K., for women escaping domestic violence in Egypt, for disabled children and other groups for which we can have a high-impact. At the core however we have always focussed on giving discipline and purpose to the most challenged youth of the U.K. Those who are so often both victims and perpetrators of crime.

We've worked tirelessly with active members of county lines gangs, we've focussed on reducing knife crime and helping to

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5000

young people across the UK will have graduated a BoxWise programme.

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Empowering communities

remediate stabbing events in the critical moments after they occur by funding the charity StreetDoctors to train the BoxWise students in first aid with a specific emphasis on stabbing. Most of all we've worked to try to put young people on the best path possible for them and for society once they come through our doors.

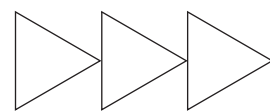
Sport, and more importantly, boxing, has long been a social glue to bond communities and bring people together. Boxing is the first step to engage our target demographic, it is the conduit to successful youth work. The wider aim is to provide hope, opportunity and tangible outcomes for young people. Through this lens, Boxwise was born, offering a 10 week programme, free hot meals, mentoring and opportunity in the forms of further education and employment opportunities.

Over the last four years we have evolved the offering nationwide, partnering with some extraordinary charities to deliver more to our young people such as Centrepoin, Great Britain Disability Boxing and StreetDoctors.

By the end of 2025 over five thousand young people across the UK will have graduated a BoxWise programme. With a significant number entering into employment, apprenticeships and having gained valuable life skills at our sessions. As we move from being a 'social enterprise' fully funded by the Nick Maughan Foundation to spinning off as a registered charity with a diverse funding base we are excited at the expansion opportunities that we know to be down the track.

We offer our special thanks to all those who have been so kind with their time and advice since we started BoxWise, in particular to the BoxWise and NMF boards and more recently to the legendary Frank Warren.

Here's to doubling and redoubling the services we provide to the young people that we work with in the coming years.



92
VENUES
ACROSS
THE
WORLD





THE BENEFIT OF BOXING

METHODOLOGY FOR IMPACT EVALUATION

BoxWise went out to tender for an independent consultancy organisation to assess the impact of the BoxWise programme. The two lead evaluators were Dr Zenna Hopson, former Chairman of Ofsted and Elizabeth James, an academic researcher specialising in social research methods.

The external evaluators reviewed all current, relevant literature in order to explore existing research in this field, to identify potential knowledge gaps and to set this report and its findings in context. All existing data and documentation held by BoxWise since its inception were then examined, collated and analysed.

To generate richer data and gain deeper insight into the impact of BoxWise, the evaluators applied a mixed methods approach to collecting and analysing BoxWise data from a purposive sample of boxing club owners, coaches, young people/participants and partner organisations. The approach comprised of collating existing quantitative data and documentation (BoxWise spreadsheets and electronic documents) and generating primary qualitative data (by means of telephone interviews, face to face interviews and site visits). All datasets were then analysed to produce a summary of key findings.



There is no shortage of literature evidencing the physical benefits of boxing for young people. Much of the literature in this field involved the implementation of boxing-related interventions which focused on supporting young people who were disadvantaged, living in under-served communities or considered at risk of anti-social behaviour/offending. Evidence shows that boxing programmes helped to provide structure in the lives of young people whose home environment may be chaotic and challenging (Jump, 2020). Research also focuses on the power of sport in working with young men at risk of, or currently entrenched in the criminal justice system, suggesting that the sport of boxing is a “beneficial vehicle for change” (Jump, 2020). Other studies concluded that boxing interventions could build capacity and skills for young people to help combat substance misuse (Morton, 2019).

Several studies focused on the interconnection between the physical and mental health benefits of boxing. For example, the results of a study by Hefferon (2013) highlighted the positive physical and psychological benefits from participating in a structured Boxercise programme.

Findings suggested that “non-contact boxing appears to provide a cathartic release of anger, aggression, stress, and the dissipation of anxious energy”. Findings indicated that the outcome of cathartic release resulted in improved mood, self-esteem, happiness and confidence.

A number of studies touched on the uniqueness of boxing interventions in terms of there being a synergy between boxing and life skills, increasing resilience through improving social opportunities and building supportive social networks (Jump, 2020).

Lastly, a number of studies recognised the unique qualities and culture of the boxing gym environment, for gyms in the most deprived areas, the boxing club was a “safe space which offers a sense of community” (Barret, 2023).

The importance of young people across the UK having access to safe spaces (such as such boxing gyms) where they can channel their energy and become part of a community cannot be underestimated. Across the UK, the Institute of Public Policy has found that being excluded from school is a contributing factor leading to a young person’s risk of criminal exploitation, with it estimated that 63% of the prison population have been suspended or excluded from school (SPCR, 2012).

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References:

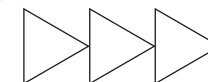
Barrett, D., Edmondson, L., Millar, R., Lennox, P.S. (2023). ‘Ducking and diving: Why boxing clubs hit the targets other sports cannot reach in deprived communities’. *Boxing, Narrative and Culture*, Pg.15, eBook ISBN9781005312635.

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WHAT BOXWISE DOES

BoxWise supports young people to build their confidence, improve their health and wellbeing and maximise all opportunities available to them.

Their 10-week programme utilises the power of sport and community to deliver transformative impact to the lives of young people. They work with accredited England Boxing coaches in association with a wide range of organisations and community groups to identify those who will most benefit from their programme.

Their aim is to support the most disadvantaged and vulnerable young people across the UK to build foundations for a long and successful future.

Using boxing as a conduit, they aim to instill key values to empower young people to focus on their physical and mental wellbeing, to develop their teamwork and personal growth whilst instilling the values of discipline, resilience and a strong sense of self-worth. This is to support them as they face the everyday challenges of life, but also to help them build key relationships and to express themselves in productive ways.

It is with this in mind that they created the BoxWise aims:

01

To help young people advance through sport by providing a structured environment for personal growth, developing skills, values and discipline to enable them to participate in society as positive role models.



02

To advance the education of young people through promoting discipline, time management, and teamwork - all of which are transferable skills crucial for academic success. Improved concentration and cognitive function can also positively influence a student's overall academic performance.

03

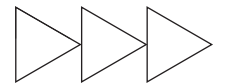


To promote the physical and mental health of young people by encouraging regular exercise, improving cardiovascular fitness, and fostering overall well-being. This also includes offering hot meals to increase the nutrition and strength of participants, many of whom come from disadvantaged backgrounds. Participation also helps develop resilience, coping mechanisms, and a sense of accomplishment, positively impacting the mental and emotional health of young individuals.



04

To relieve unemployment among young people by providing vocational training, career guidance, and support in finding employment opportunities.



05

To provide social inclusion for the public benefit by preventing people from becoming socially excluded, relieving the needs of those people who are social excluded, and assisting them to integrate into society.

ANALYSIS OF BOXWISE GROWTH

All figures recorded by BoxWise were examined and key totals were collated and analysed.

Table 1:

Total annual figures from earliest records in Apr 2021 to Dec 2023

	2021	2022	2023	TOTAL
Sessions delivered	263	840	1,021	2,124
Attendance of classes	2,637	8,118	12,712	23,467
Attendance of U18s	1,492	6,281	10,449	18,222
Attendance of 18-25	1,145	1,836	2,263	5,244
Meals delivered	2,989	6,724	6,829	16,542
Graduations held	no data	71	122	193
Disability graduations	no data	6	7	13
Students graduated	no data	719	1,604	2,323
Pathway courses	27	76	14	90

Table 2:

Breakdown of venues (2023):

VENUE TYPE	UK	INTERNATIONAL	TOTAL
Boxing gyms	29	4	33
Schools	10	2	12
Centrepont	4	N/A	4
Youth Charity	2	N/A	2
		TOTAL	51



UK VENUES



IMPACT OF THE BOXWISE FLAGSHIP PROGRAMMES

The BoxWise Flagship Programmes:

BoxWise partner with local schools, community organisations and social services to engage with the young people who will most benefit from participation in the programme.



BoxWise participants come through a mixture of recruitment, referral and enquiries. Some of the organisations include:

- SOCIAL WORKERS
- POLICE YOUTH OFFENDING TEAMS
- LOCAL AUTHORITIES
- MENTAL HEALTH SUPPORT WORKERS
- SCHOOLS

Local food suppliers enabled the school to support the graduates



UNDER 18S

The Under 18's programme works with 11–17-year-olds across the UK. The programme focuses on building the core skills young people need to navigate the world they live in today using boxing as a vehicle, from maximising their success at school to engaging with and being part of their local communities.

Adapted 1-week versions of the BoxWise Under 18's programme run throughout the school holidays as 'BoxWise Lite', with a 5-week course running as part of the PE curriculum at several schools across London and Scotland.

We spoke with the Headteacher of one of the four Scottish primary schools where BoxWise had been delivered. The school is situated on the outskirts of Glasgow, in an area of high deprivation with 30% of pupils from different ethnic backgrounds. The programme was delivered both as an integral part of the school's physical education curriculum and as an after school option. The Headteacher highlighted the following key outcomes:

- The programme enabled pupils to increase their fitness levels and learn physical skills that were new and helpful for their confidence. The programme was especially beneficial for young people who struggled to take part in academic study.
- It was unique for the girls, as they were given an opportunity to try out a sport that they would not necessarily be exposed to normally.
- Sourcing the meal from local food suppliers enabled the school to support local businesses and allowed them to give something back to the community.

18–25

The 18 – 25 programme works with young people who have left the education system and works to develop the skills needed to successfully transition into adulthood. This programme includes the Pathways Programme, in which they support several graduates from each course to enter further education, employment, or a course to further develop their skills and qualifications. The following table indicates the number and types of courses taken up by BoxWise graduates on the Pathway programme in the last year, evidencing its success in supporting graduates with transforming their futures.

Pathways Programme supports several graduates to enter further education, employment, or a course to further develop their skills

Table 3: Pathway courses and training (2023)

COURSE OR TRAINING	No. OF PARTICIPANTS
PT course	3
First Aid	2
CSCS exam	2
Maths course	1
Leadership course	1
Children's Mental Health course	1
French course	1
SIA license	1
French tuition course	1
Door supervisor/first aid course	1
Total	14

STORIES FROM PARTICIPANTS

By talking with a range of young people who had participated in the 10-week BoxWise programme, we were able to capture their experiences and gain a deeper understanding of the value placed on their opportunity to engage in the sessions, and the impact and success of the BoxWise aims:

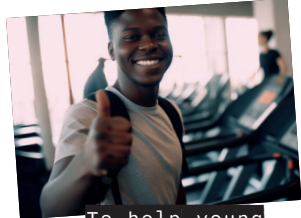


To advance the education of young people



To relieve unemployment

"After the 10-week programme, I wanted to work on a building site but couldn't do that without a CSCS qualification. BoxWise helped me get my CSCS card. I studied online in preparation and then BoxWise booked me in for my test on the date I chose, and they paid for it because I couldn't afford it at the time. Once I got my card, I signed up with a number of agencies and I'm now working as a labourer on different building sites, which I really enjoy."



To help young people advance through sport

"It was a great experience. It brought a different atmosphere into the gym. There was much more focus on working together as a group and team building. We played team building games which brought us all closer together as a group and I grew closer to the other lads. This wouldn't have happened without BoxWise."

To promote physical and mental health



"Within the first 6 months of starting BoxWise, it'd gone from a social/exercise kind of thing to deciding I wanted to fight, so now I'm looking forward to amateur fights. Now boxing is my number one priority, it's my whole life now. In the last 6 months I haven't missed a single day's training. Boxing has completely taken over my life, for the better. I'm so much more confident. I stopped smoking because of boxing, I stopped drinking because of boxing, I stopped partying. Everything just seems more clear in my mind when I discovered how important boxing was to me. I love boxing."

"After every session we'd get a hot meal - healthy and nutritious. The free meals were a big thing that stood out. It was a big deal, especially because some lads were maybe not getting a main meal at home. In the last week we all had a celebratory meal together, which was great."

"I came from having anger issues, so BoxWise was very good for my mental health as it provides a different outlet for my anger. It's a good way to get rid of that energy. After a session in the gym, I feel more relaxed mentally - it allows me to put my thoughts in order."



To provide social inclusion for public benefit

"This one young lad who had been in a bit of trouble with the police - a lovely boy, who had just fallen in with the wrong crowd. He found the first 3 weeks of the programme really difficult. After that he started excelling to the point where he was looking at becoming an amateur boxer. He lost so much weight and got really fit, but he also stopped getting into trouble with the police. It gave him a fresh perspective. We then helped him with a pathway to get into the army cadets, which was his dream - and which he didn't think would happen because he'd previously been rejected from the police cadets."





"Now boxing is my number one priority, it's my whole life now. In the last 6 months I haven't missed a single day's training. Boxing has completely taken over my life, for the better."

WHAT BOXWISE DOES

Boxwise innovations

Removing financial barriers to the sport

Club owners commented on how being paid to deliver a free programme, which included all the equipment and payment for food costs, made a noticeable financial difference to their clubs. The payments received from Boxwise enabled owners to pay their coaches to deliver the programme, eased the burden on core costings significantly and allowed them put money back into the club. Funding from Boxwise was secured very quickly, and all equipment required

for programme delivery was supplied on time by Boxwise, including boxing gloves, hand wraps, T-shirts, water bottles and promotional information. With the usual time and funding barriers removed, clubs were enabled to run a programme very quickly, fully equipped and in the secure knowledge that their coaches would be paid for their time.

In addition to their leading 10-week programme, Boxwise offers a series of specialised courses designed to best meet the needs of the diverse communities across the UK.

Inclusivity is at the heart of all Boxwise seeks to do, which is why they are also proud to run women-only courses, as well as their leading adapted courses for young people with disabilities.

International

Through Boxwise's international links, the club has developed international connections with Brazil and with Tanzania, where they are involved in teaching inclusivity classes. Leading on from the work in Tanzania, they have now set up a live stream boxing session between the Tanzania school and a local school in Wales.

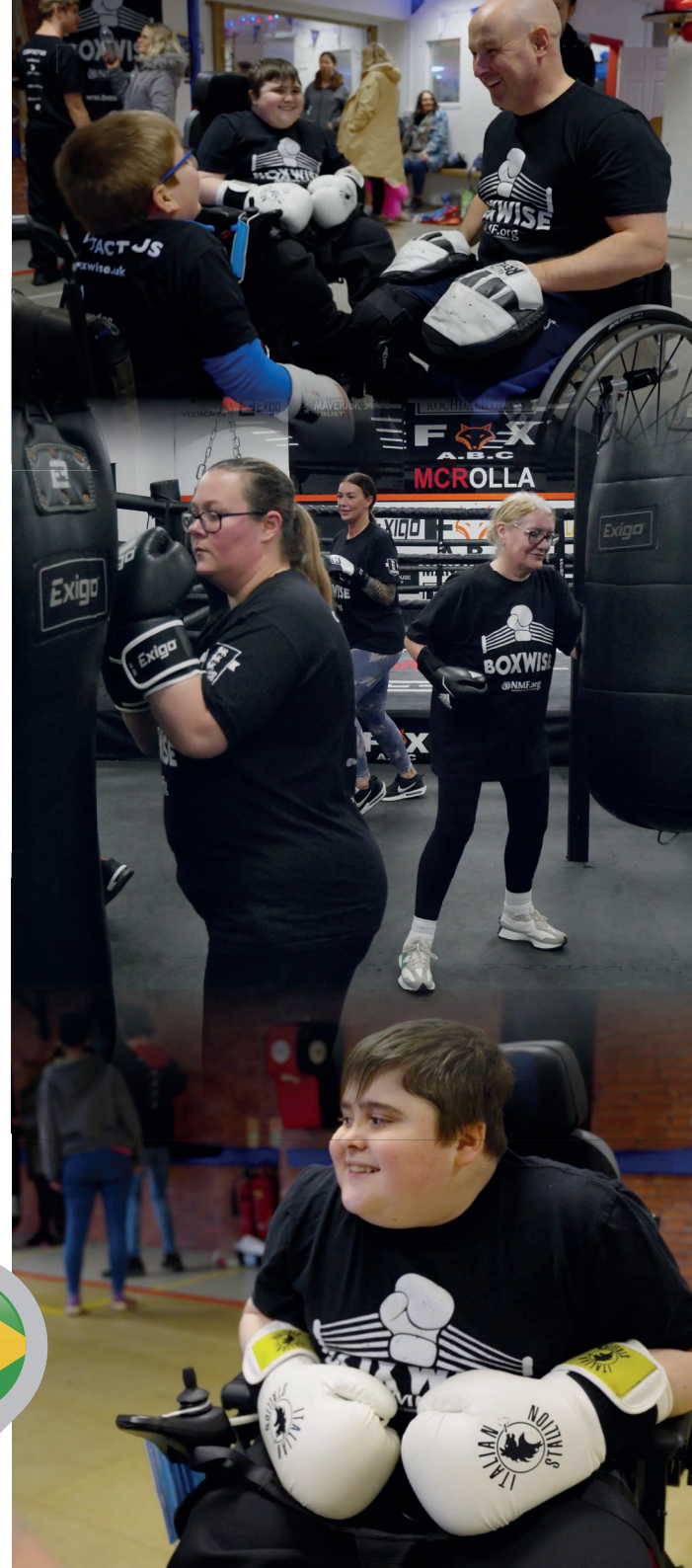
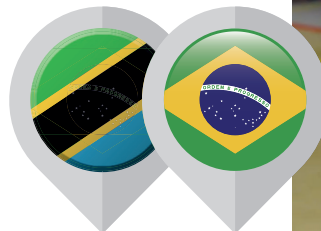
Adaptive disability

Boxwise is proud to run adapted boxing courses for young people with disabilities. Often people with disabilities are doubly disadvantaged by having to pay higher class fees in many leisure centres in order to cover the insurance costs. The Boxwise disability programme had enabled this club to offer classes free of charge which in turn had a massive impact and resulted in a significant increase in young people with disabilities attending the club. The increase in numbers allowed the club to run three separate classes on a weekly basis to cover juniors, secondary and wheelchair users.



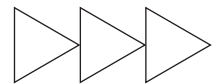
Two virtual reality headsets that the club had been gifted from Boxwise was 'an absolute gamechanger'.

The headsets enabled an able-bodied boxer and a boxer with disabilities to follow exactly the same virtual disability programme at the same time, proving an effective leveller and an innovative technological approach.



Women's

Boxwise's 10-week, women's only programme, is aimed at women who have survived domestic violence or abuse. The course is focused on empowerment, building confidence and community in a safe space for the women who attend. The all-female groups were very popular and successful, with participants enjoying both the boxing training side and the fitness side. Coaches commented on how these classes provided a safe space for females to discover the many different aspects of boxing, often resulting in motivating girls to want to progress to competition level. Getting to know each other and team building over the course of the programme were also highlighted by a number of coaches.



IMPACT POWERED BY PARTNERSHIP



CentrePoint

Centrepoint is the UK's leading youth homelessness charity, supporting young people aged 16–25 years who are homeless or at risk of homelessness. Many young people at Centrepoint have experienced loneliness and social isolation for extensive periods of their lives. Being part of a group at BoxWise gave them an opportunity to develop relationships/friendships and rebuild their social network. The programme was very effective in combatting the effects of loneliness and social isolation.

“These young people seem to have the world on their shoulders, so they don't think outside the box that they are living in. Some of them are quite troubled. You can tell that they have all gone through something. BoxWise makes a massive difference to them because it gives them something new to focus on and helps them to get their anger out. You can see them becoming more relaxed and they begin to enjoy themselves. It brings them out of their shell and gives them a lot more confidence. They make friends. They pick themselves up. They start doing the best they can to better their circumstances and move away from the situation they are in”.

StreetDoctors

We spoke with the CEO of StreetDoctors, who explained that their objective as an organisation is to empower young people who are at risk of street violence with the skills and knowledge to know what to do if they come across incidents.

As a partner, BoxWise is well positioned to access high-risk young people and so acts as a natural access point for StreetDoctors to offer sessions to the same demographic, resulting in sessions being delivered on 34 BoxWise programmes.

Both organisations strive to impact positively on high-risk young people, helping them to manage their emotions, examine how they react to certain things, explore their knowledge, willingness and confidence to act in difficult situations. As potential witnesses to street violence, StreetDoctors are also able to explore the bystander effect and demonstrate what action can be taken to help in this situation.



INTACT

One club experiencing its first BoxWise programme being run through a police programme called INTACT, a multi-agency partnership programme to tackle Serious Violence and Organised Crime. This club's connection with the local police enabled them to recruit not only young people who had offended but also young people who had been on the receiving end of offending behaviour. This resulted in some powerful work with members of opposing youth gangs training side by side in order to help break down barriers between rival gangs.



BOXWISE FUTURE PLANS

Initially BoxWise will continue to deliver 100 courses across the UK. As we move to Charity status, we will shape the future of BoxWise Foundation defining clear goals and further fostering our community engagement, using best technology for outreach, and creating sustainable funding sources, regularly evaluating, and reviewing our delivery, not only to assure best practice to ensure long term impact and growth, but to make us attractive to funders.

As part of our vision, we aim to invest further in our Pathway programme. BoxWise recognise the importance of investing in young people's futures and our unique market position in providing funding and opportunities for BoxWise graduates. Younger participants have benefitted from inputs covering different life skills including 'street' first aid, valuable knowledge in today's fight against knife crime. Those aged 18 or over have had the opportunity to obtain apprenticeships or gain qualifications, attend courses, and take part in work placements to make them attractive to potential employers and arm them with the skills and confidence to gain long term, meaningful employment. BoxWise has funded Level 1 England Boxing coaching courses, food hygiene and first aid qualifications, among many other courses to empower graduates.

Our investment in this area is an investment in young people and provides our long-term community impact. The focus will be on forging partnerships with organisations that can offer work placements, apprenticeships, and



courses for as many of our participants as possible. This will only be possible with a dedicated Learning and Development Lead. Consideration should be given to the role holder being (or be working towards becoming) a qualified trainer. This will enable them to deliver certain courses on behalf of BoxWise and provide cost savings.

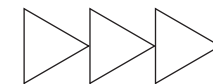
Where funding allows, we would aim to develop a central hub, BoxWise HQ, which will act as a central hub with a gym, classroom, storage, kitchen, and office space all under one roof. Most of the provision will be delivered via National

Governing Body affiliated clubs.

This central hub on the outskirts of London would act as an operations centre with BoxWise staff based there such as the Chief Operating Officer, Fundraising and social media manager, Learning and Development Lead and the Administrator. It would be a central point for BoxWise business. The hub would also run courses with a target of 30 per year, however the

focus here would be on community impact rather than the number of courses delivered. Facilities would be made available for local community groups and to run educational courses, for example, England Boxing Coach Education, Safeguarding and First Aid courses. The classroom would be used for BoxWise pathways with the Learning and Development Lead delivering where possible. The classroom(s) would be education centres with IT and facilities available to the local community. There is a plethora of opportunities here for outreach, for example, drop in (open access) sessions for the homeless so they can access the internet and obtain help with applications for assistance or benefits. The catering facilities would also be used like this with vulnerable hub users being offered sustenance and

opportunities for drop in hot mealtimes. The hub would be holistic, and each part would feed into, support, and complement each other. For example, BoxWise participants could obtain their food hygiene certificates or attend a catering course then volunteer in the kitchen to gain vital experience to apply for jobs in the sector. The opportunities for outreach and providing value to the local community are endless.



A central hub with a gym, classroom, storage, kitchen, and office space all under one roof. Most of the provision will be delivered via National Governing Body affiliated clubs.

CONCLUSION

The analysis of findings from all data received from BoxWise and collected as part of the evaluation process indicates that the 10-week BoxWise programme had a significant impact on the young people it aimed to support.

Findings aligned with many themes highlighted in the review of the literature. However, findings also illuminated several impact areas more uniquely linked to the approach used by BoxWise: the removal of financial barriers to accessing boxing, the payment for coaches, the high level of female participants, the high degree of inclusivity, the provision of healthy meals and the Pathway programme.

Analysis of quantitative data evidenced an annual increase in numbers from earliest records in April 2021 to Dec 2023 in the following key outputs:

- Participating venues
- Sessions delivered
- U18 participants
- 18-25 participants
- Meals provided
- Graduations held
- Students graduated

Qualitative feedback from young people who had participated in the BoxWise programme captured the richer details of how the programme had impacted on them. Key outcomes indicated that the programme had increased their physical fitness, improved their mental health, given them a sense of belonging/'family', nurtured trusted relationships, generated a sense of purpose and motivated future aspirations. Interview feedback from coaches, club owners and managers concurred with these positive outcomes for young people, whilst also highlighting secondary benefits for the club and its staff. These comprised of financial rewards, skills and knowledge development (coaches) and stronger connections with the local community. In addition, the impact on BoxWise partners illustrated the alignment of ethos and values, the increase in reach of engagement with at risk young people and the widening of demographics. Integrated into each areas of impact was the increased number of females, the increased number of young people with disabilities and the increase in international students.

Key impact figures from April 2021 to Dec 2023:

FIGURES SINCE 2021

WHO?

Disadvantaged and vulnerable young people.

23,467

BoxWise session attendances

18,222

of which were U18

5,244

participants were 18-25 yr olds

2,323

students have graduated 90 graduates took up further courses/training

KEY IMPACT ON YOUNG PEOPLE:

- Improved physical fitness levels and mental health outcomes
- Developed trusted relationships, healthy adult role models within a safe space
- Nurtured a sense of belonging/being part of a family/team building
- Provided a healthy meal
- Supported with future training, courses and work experience



WHERE?

Boxing gyms, schools, Centrepoint and other youth-based venues, UK wide and internationally

51

venues delivered the programme

29

UK boxing gyms

4

international boxing gyms

10

UK schools

2

international schools

4

Centrepoint sites

2

Youth Charity organisations

FIGURES: 2023

WHAT?

10-week programme of boxing training, incorporating a values-based, reflective learning syllabus. Weekly healthy meal and guidance with further training and development opportunities.

2,124

sessions were delivered

16,541

healthy meals were provided

193

graduations took place

13

disability graduations took place

IMPACT ON COACHES, CLUB OWNERS AND PARTNER ORGANISATIONS:

- Significant benefits for the club. Financial gain, increased reach and retention
- Delivery of BoxWise syllabus resulted in upskilling coaches
- Strengthened connections with the local community
- Increased inclusivity

FIGURES SINCE 2021