Mental Health Charter Case study June 2017





1. Project name: Mind Fit Campaign

- 2. Organisation name: Small Heath Boxing Club in association with Pat Benson Boxing Academy
- 3. Target group: Young adults aged 16-25 years old with mental health problems
- **4. Aim of project:** To use the art of boxing to improve the physical activity levels of young adults with mental health problems

5. Project overview

The Mind Fit Campaign started in November 2015 and is run by Small Heath Boxing Club in association with Pat Benson Boxing Academy in Birmingham. It was also supported by the local community sports partnership Sport Birmingham, Sport England and the National Lottery. Funding was provided by Sport Birmingham and the Sportivate initiative as well as through the Satellite Club scheme.

The Mind Fit Campaign uses the art of boxing to help improve the physical activity levels of young adults with mental problems by providing sessions once a week. These give members the opportunity to work on their physical activity and to improve their physical literacy abilities. It also provides members with a space to socialise and all of this supports their mental wellbeing.

The participants experience a range of mental health problems, drug and alcohol addiction and other impairments such as severe learning difficulties.

Initially through liaising with Sport Birmingham and Birmingham City Council, a referral pathway was built to promote Mind Fit to twenty charities around Birmingham; these included Crisis, Birmingham Mind and Immigrant Counselling and Psychotherapy. A promotional leaflet was also shared through social media and an open day held to promote the sessions.

The coaches and apprentices of Small Heath Amateur Boxing Club completed a two-day Mental Health First Aid course and an Introduction to Safeguarding with vulnerable adults training



event. Training on registrations, Health Screen Questionnaires and waiver forms was also completed by all staff.

In 2017, the project secured funding from Birmingham Safer Partnership, Police Commissioner Victim Support to extend Mind Fit to run twice a week for 10 weeks. This also included a victim support service that involved signposting and one-to-one support. The program is well attended and has a proven track record of successful intervention so Small Heath Boxing Club has continued to run it.

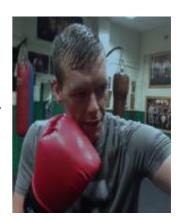
6. Impact of project

In 2015-16, 93 people joined the Mind Fit Campaign - 40% were regular visitors to the club, with 20% turning up fortnightly, 10% monthly and 10% coming on one occasion. The project has averaged 30 people attending once a week in 2017.

Steven Jones, aged 25, was on a drug recovery programme when he attended Mind Fit. He said:

"I look forward to coming to the gym every week. I am able to let off steam and of course keeping fit. I like meeting the people and having a laugh. I have learnt new skills and techniques for instance, how to throw a punch, the best way to stand also how to control myself, selfdiscipline. It gives me a routine which I need."

From January 2017, 60 people attended Mind Fit over the 10-week period and 33 of those received one-to-one support and signposting to other services.



7. Future plans

In 2017, Small Heath Boxing Club in association with Pat Benson Boxing Academy hopes to extend the program to a women's only session. It is also applying for funding for a dedicated worker to promote and extend Mind Fit to run twice a week over three years. The vision is to make the project sustainable and become a core activity of the boxing club.

8. Further information

Please email Ann at the Pat Benson Boxing Academy - ann@pbba.co.uk

