



IMPACT REPORT

July 2020 – June 2021

SWITCH UP



MARCELLUS BAZ GROUP



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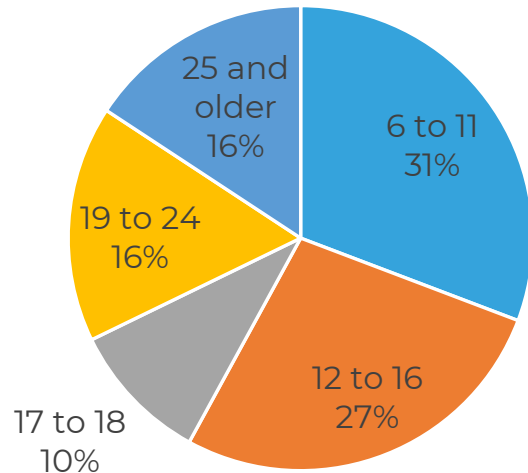
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Click the photos to see related videos & further information

OUR YEAR IN NUMBERS

559

people supported



82

women and girls accessing our services

hours of mentoring

987

166

hours counselling

45%

of those supported from BAME communities

hours of face to face support

4,936

272

hours delivering education to young people excluded from school

171

families supported with food parcels

RESULTS OF EARLY INTERVENTION PROJECT



108 young people, aged 9-10, were mentored and received other Switch Up services over the year at Mansfield Primary Academy and Seely Primary School (Sherwood) - at the height of the Covid-19 pandemic. Results included:

PREVENTION OF CRIME AND ANTISOCIAL BEHAVIOUR

- 67% of participants get angry less often and control their temper better
- 53% of participants think more before they act
- 35% of participants do as they are told more

IMPROVED ENGAGEMENT IN THEIR EDUCATION

- 53% of participants like learning or working more at school
- 47% of participants get on with their teachers better


IMPROVEMENTS TO THEIR MENTAL HEALTH

- 74% of participants are better at coping with their problems
- 73% of participants are more confident
- 70% of participants worry less about something that might happen in the future
- 65% of participants feel better about themselves
- 56% of participants feel more able than they were
- 53% of participants get on better with others

IMPROVEMENTS TO THEIR PHYSICAL HEALTH

- 40% of participants play sport or keep fit more often

IMPACT ON MENTAL & PHYSICAL HEALTH – CLICK FOR AIDAN'S STORY

A close-up portrait of a man with short dark hair, wearing black-rimmed glasses and a red t-shirt. He is looking slightly to the left of the camera with a serious expression. The background is blurred, showing what appears to be a computer monitor and some office equipment.

It got to a point where I felt
like taking my life

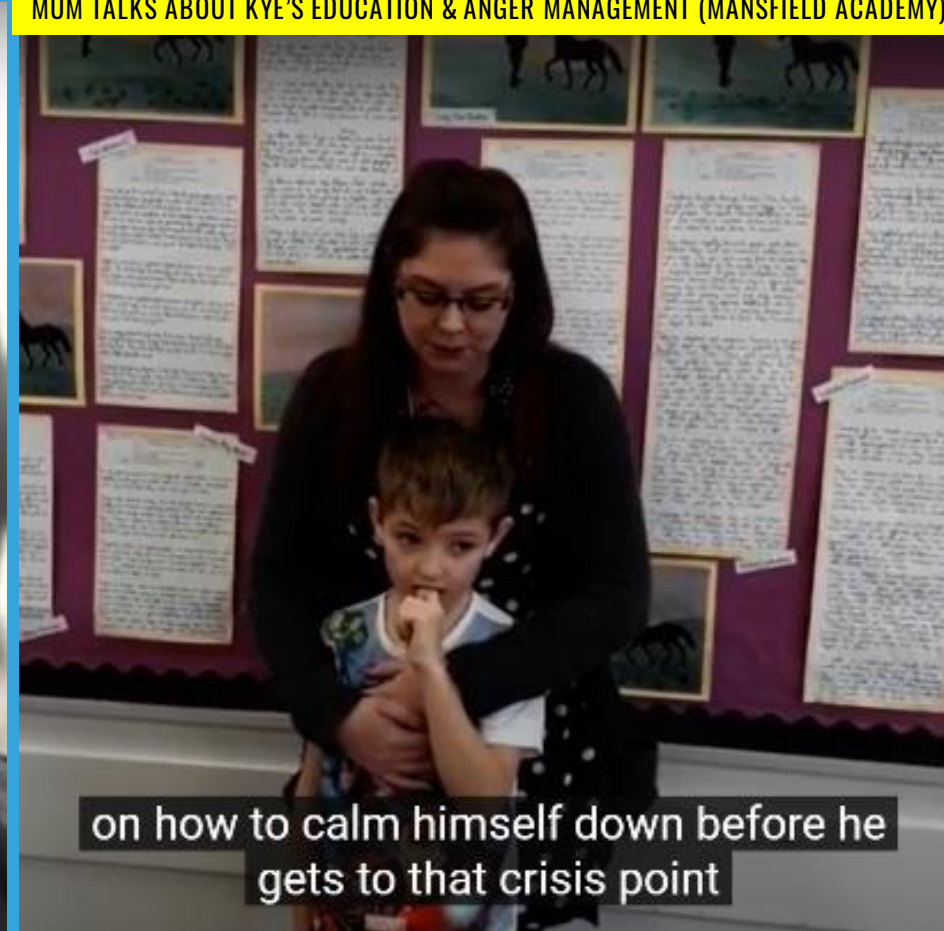
Click the photos to see related videos & further information

IMPACT ON EDUCATION, EMPLOYMENT & TRAINING

TISHAWN SPOKE TO THE BBC ABOUT GETTING BACK INTO WORK



MUM TALKS ABOUT KYE'S EDUCATION & ANGER MANAGEMENT (MANSFIELD ACADEMY)



IMPACT ON CRIME PREVENTION

KNIFE CRIME WORKSHOPS

“Just want to say thank you for the workshop. Ali, Poppy and R delivered the session amazingly and made it interesting for the young people to engage with, keeping them answering questions and listening.

“The young people were very happy with what they learnt and felt differently as a result about knife crime and the risks of child criminal exploitation.

“I felt that R was excellent when he talked about his own experiences in crime and how confident he was explaining his story. I feel that this is a great way of getting across to others hearing it from people who have been involved and put in situations that are the same or similar age to them.”

(Children’s Home
Manager)



YOUNG OFFENDERS

“C was so positive and thankful for the work Switch Up are doing with him and I can see a real change in his outlook and motivation which is really good to see so thank you!”

(Probation Officer)

IMPACT ON COMMUNITIES AFFECTED BY COVID-19

Switch Up innovated and improvised during the coronavirus pandemic and successive lockdowns.



THE BBC COVERED THE GYM REOPENING



FOOD PARCEL DISTRIBUTION IN MANSFIELD

We provided online support, food parcels, and on-the-spot mentoring and counselling to vulnerable families and young people, including within schools in Nottingham and Mansfield.

Government restrictions meant the Nottingham School of Boxing gym was forced to close for several months.

In response we ran live online boxing classes and one to one gym sessions for young people. In addition, our pre recorded [family fitness sessions](#), organised by volunteer Ash Cowdrey and his children, were popular – getting nearly 700 views each on Facebook and YouTube.

CASE STUDY - JH

JH, 12, joined the gym at Christmas 2019. In August 2020, during lockdown, his father contacted us to say that, because of Covid-19, JH's mental health was deteriorating and asked if there was anything we could do.

JH was concerned about transitioning to secondary school, was being bullied at school, was self harming, had difficulties controlling his anger, and had issues with his hygiene.

Boxing is JH's passion and at times is the only thing that seems to help him cope with life. Therefore one to one boxing tuition, mentoring and counselling began shortly after.

Thanks to Switch Up, JH has built his confidence and developed strategies to manage his anger. Furthermore he now exercises every day whereas before he exercised less. He agrees he has good personal qualities, is likeable, can usually solve his own

problems, feels safe in his own community, and can make up his own mind - whereas before the project he disagreed with all these statements.

JH also now finds school interesting all the time (whereas previously he did not) and is unhappy at school less often than he was. In fact he is now attending full days at school whereas he was not beforehand, and has been awarded "pupil of the week" for all his hard work.

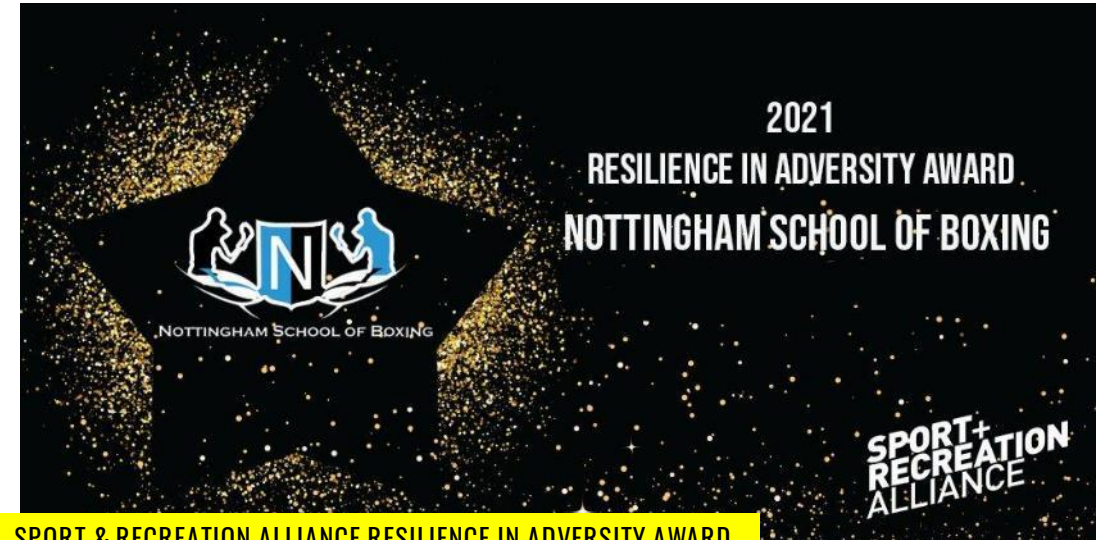
We are continuing to work with JH and his family. Our hope is that soon he will travel "over the bridge" to a new life post-Switch Up, still supported by other agencies and by the group classes at the Nottingham School of Boxing gym which he so enjoys.

(photo is stock photography)



[Click the photos to see related videos & further information](#)

AWARDS WON 2020-2021



SPORT & RECREATION ALLIANCE RESILIENCE IN ADVERSITY AWARD



ASHLEY COWDREY (COUCH PERRY WILKES), BBC UNSUNG HERO OF THE YEAR



SPORT ENGLAND CLUBMARK FOR HIGH STANDARDS IN WELFARE, COACHING & MANAGEMENT

HIGH PROFILE SUPPORTERS DURING THE YEAR



Frank Bruno MBE
@frankbrunoboxer

Morning I was delighted to hear @NottsBoxing & @SwitchUpNotts got a visit from John Fury, he was speaking 2 them about Mental Health Awareness and how his son @Tyson_Fury beat mental health 2 become a world champion @MarcellusBaz #mentalhealth



FRANK BRUNO MBE & JOHN FURY



JAYNE TORVILL OBE & CHRISTOPHER DEAN OBE



is basically to support vulnerable young people and their families who are struggling with mental

VICKY MCCLURE & JONNY OWEN

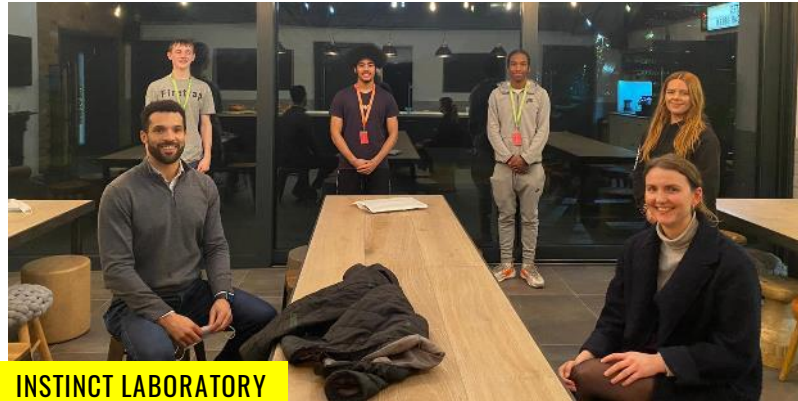


Hi I'm Johnny Nelson and i'm a massive fan of Switch Up boxing in Nottingham

JOHNNY NELSON



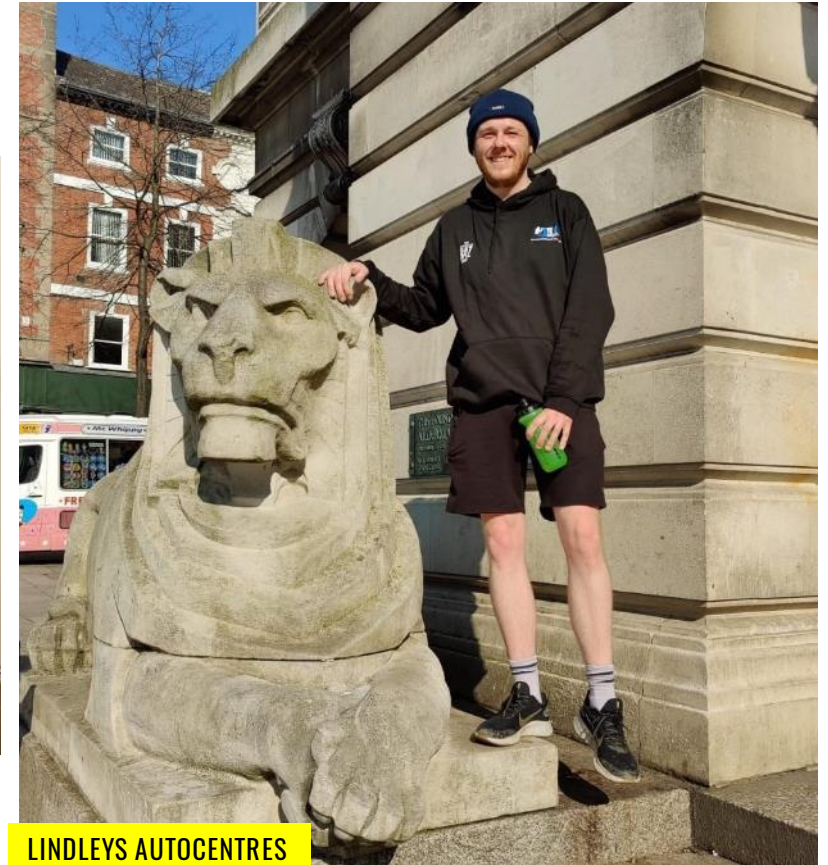
MORGAN SINDALL CONSTRUCTION



INSTINCT LABORATORY



OAKFIELD CONSTRUCTION



LINDLEYS AUTOCENTRES



BOX IN NOTTS (WOMEN'S BUSINESS NETWORKING)

BUSINESS SUPPORTERS DURING THE YEAR INCLUDED...

Click the photos to see related videos & further information

PRIORITIES FOR 2021-2022

COVID-19

Things are getting very difficult for the vulnerable young people we support. Prices are rising, jobs are being lost, and the cut in universal credit will hit families especially hard.

We're seeing young people whose families are having to choose this autumn whether they go cold or hungry – whether they pay for heating or eating. And their mental health is suffering with the rise again of Covid and the threat of further lockdowns.

With your support, Switch Up will help these vulnerable families with food parcels, warm clothing, mental health support, mentoring and counselling.

But only if we continue to receive donations from local people in business like yourself. You can donate online here: <https://www.justgiving.com/campaign/Switch-Up-Torvill-Dean-appeal>

MANSFIELD

We will establish a satellite base and gym in Mansfield, working alongside Mansfield District Council and other providers to improve the lives of vulnerable young people in the area.

EMPLOYABILITY

Our employability programme, kindly supported by the Youth Futures Foundation and others, will be formalised and expanded. Over the next two years we will get over 100 vulnerable young people into employment, education or training.

EDUCATION

We will increase the number of schools and school children we provide our services to. We will also increase the number of young people, excluded from school, who we provide with alternative education.

CRIME PREVENTION

We will work in Nottingham and Nottinghamshire alongside Caroline Henry, new Police & Crime Commissioner, to prevent crime and antisocial behaviour among young people.

Switch Up's Chief Executive Marcellus Baz BEM will support Nottinghamshire's Violence Reduction Unit as a board member and community ambassador.

PHYSICAL HEALTH

We will improve the physical health of local young people by increasing the number of classes, and attendees, at our Nottingham School of Boxing gym. Numbers accessing our free boxing sessions across the city will also increase.

ACKNOWLEDGEMENTS

We would like to thank the following organisations, among others, who supported us during the year:

BUSINESSES

- Breeze Corporate Finance
- Bunches
- Cartwright Communications
- CPW
- Dice
- Four Seasons Future Planning
- Fury DNA
- Get More Vits
- Gleeds
- Impero
- ImTech
- John Pye Auctions
- Landsmiths Solicitors
- Lindleys Autocentres
- Morgan Sindall Construction
- My HR Hub
- Oakfield Construction
- PRB Architects
- Pulse Consult
- RizkMcCayTribe

- Roy Geddes Bricks
- Trident Security
- Warlord Games
- 200 Degrees Coffee

OTHER PARTNERS

- Active Notts
- Bonington Theatre
- Box in Notts
- Building a Stronger Britain Together
- Castle Cavendish
- Fight for Peace
- Garfield Weston Foundation
- Groundwork
- HM Prison & Probation Service
- Mansfield District Council
- M&C Saatchi
- NatCen Social Research
- National Lottery Community Fund
- Nottingham Castle
- Nottingham City Council
- Nottingham Trent University
- Nottinghamshire Police & Crime Commissioner

- Nottinghamshire Violence Reduction Unit
- Paul Hamlyn Foundation
- Renaisi
- Renewal Trust
- Rotary Club of Trent Bridge
- Sport England
- Sported
- Youth Endowment Fund
- Youth Futures Foundation



**FOR MORE
INFORMATION**

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