

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



