

FMG PROJECT *PROGRAMME REPORT*



*Supporting and empowering
young people through fitness*



www.fmgproject.co.uk





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WELCOME *MESSAGE*



Sam Crocker-Green
FMG Project Manager

Thank you for your continued support of the FMG Project charity. FMG Project runs free gym-based coaching programmes for local young people to empower and equip them for their futures. We primarily work with young people who are facing barriers to participation in sport and exercise, such as, ill or poor mental health, learning difficulties or disabilities, coming from a low-income family, having a criminal record, disengaging with mainstream education and more. We love putting on these programmes and seeing the incredible growth and development of the young people that we work with. I hope this report gives you an insight into the important work that we do.





COHORT 4FB

AT A GLANCE

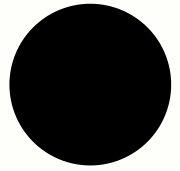
This report is designed to provide insight into the most recent Foundation Programme run by FMG Project. The Foundation Programme and its content was designed and created by FMG Project, in order to support and empower young people through fitness. This was the third programme of its kind that we have completed.

- **80%** had at least one major barrier to participation in sport or exercise
- **80%** were not a member of a non-school sports club or gym
- **89.5%** attendance
- **83%** retention rate
- **+4.1/10** average improvement in Athlete Performance Indicators
- **16.6%** increase in fitness test scores
- **100%** of athletes and their parents who responded to our feedback form felt that their confidence, resilience and motivation had all improved as a result of the programme.





BARRIERS ***TO SPORT/EXERCISE***



8 out of the 10 athletes (80%) who took part in the programme had at least one major barrier to participation in sport and exercise, and just **two of the group were part of a sports club or gym outside of school**. We are hoping to increase this number by connecting them with local sports clubs and gyms in order to support their long-term development.

We aim to enrol over 80% of each cohort having at least one barrier to participation in sport or exercise, as these are often the most vulnerable young people and those who need our support the most. We managed to achieve this for cohort 4FB, showing that our referral pathways are working well.

The main barriers that we consider are:

- Free school meals
- Parents/guardians claim benefits
- Council/supported housing
- Criminal Record
- Live/lived in care
- Have caring responsibilities
- Diagnosed mental health condition
- Learning difficulties
- Disability
- Persistent non-attendance/engagement in academia



ATTENDANCE *RATES*

For the 10 athletes who completed the programme, the **average attendance was 89.5%**. Ideally, we would like this to be over 80%, which is always harder with a larger group, yet we were still able to achieve this. This particular group was very engaged and bonded throughout the programme, particularly towards the end. This always helps with attendance, as the young people want to attend sessions not only to learn in the gym, but also to see their friends.





RETENTION *RATES*

Overall, we started with 12 athletes on the programme and only had two drop out. This is a positive result for us and one of athlete who did drop out has been invited back for our next programme. The other young person unfortunately moved away from Brighton mid-way through the programme and therefore was unable to take part in further sessions.

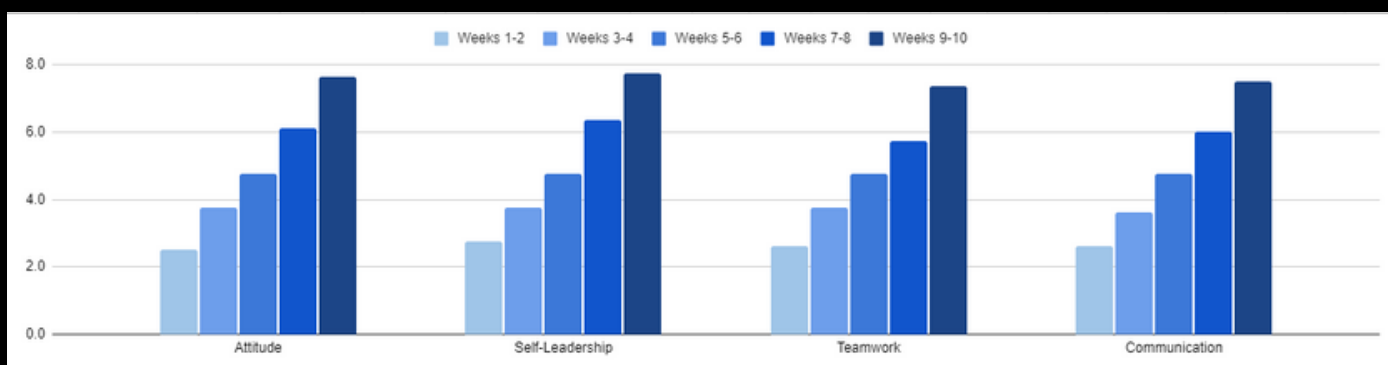
Therefore, we had an **83% retention rate** for this cohort. Ideally, we want to keep this above 90%, so we were extremely close to our target.



ATHLETE *POTENTIAL INDICATORS*

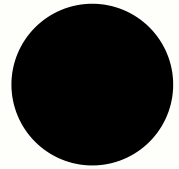
Over the course of the programme, we mark our athletes out of 10 after each session in the following key areas: **Attitude**, **Teamwork**, **Self-Leadership** and **Communication**. This shows how they have improved outside of the gym and become more ready to be part of a sports team, or succeed more generally in life, in the future.

This group **increased, on average, from 3.8 out of 10, to 7.9 out of 10 in their final week**, showing a significant improvement in these areas, particularly their communication and self-leadership. We also noted from their feedback forms that both the athletes and their parents felt that their confidence, resilience and motivation have also greatly improved as a result of taking part in the programme.





FITNESS *TESTING*



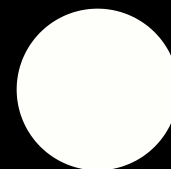
Our athletes completed fitness testing at the start and end of the programme, to track their progress and improvement in the following key areas: strength, endurance, flexibility, power and muscular endurance.

On average, this cohort of athletes **improved their fitness testing scores by 16.6%**. This score may have been higher if more of the young people had attended the sessions within which we completed the fitness tests, as a few of the young people missed some parts of this. This was still an amazing achievement and shows the validity of the programme for improving different aspects of fitness in just 10 weeks.





ATHLETE AND *PARENT FEEDBACK*



This section provides a bit of feedback from both the athletes that took part and their parents so that you can better see and understand the impact that it has had on their lives.

“Fantastic, thank you so much for the opportunity. She definitely has the gym bug now.”

“Excellent gym teaching and pastoral care.”

“To be honest from where *James was when he started until where he is now, I don’t think you can [make it better].”

“[What was good about the programme was] The feeling of progression towards better coaching skills and physical strength, and the sense of being part of a core group.”

“All very good coaches and very kind.”

“Everything was good. I cannot believe how well *Connor has done over the 10 week period.”



OUR *YOUNG PEOPLE*



*Amy had previously joined us for our summer programme and so we knew how much potential she had. Amy is extremely strong and fit, so much so that she regularly lifted heavier weights than all of the boys in the group. She had initially struggled with talking to others and feeling comfortable in a larger group, but she embraced it and ended up making friends with a few of the other young people! Amy found the programme particularly helpful for her mental health and said that it helped her manage her ADHD also.

*Ryan is a transgender young man who lives in care and has a complex past. It was great to see him really come out of his shell and make friends with many of the other young people. Ryan really shone in the fitness testing, with the greatest overall improvement in scores out of all of the athletes!



OUR *YOUNG PEOPLE*



*Joel has had some mental health issues involving self harm and anger problems. He has also in the past been concerned about his weight and this was really getting him down. Although Joel had been really disengaged with school, we were amazed to see that he was engaged and attended the majority of the sessions. Joel made great progress and managed to complete the programme- something that his parents were also surprised by!

*Ricky has ADHD and did struggle at times, particularly when challenged by the coaches, but we were so happy to see him keep attending sessions and making progress over the 10 weeks. Ricky ended up with some fantastic fitness testing results and also really brought the group together by making friends and bringing people together.



OUR *YOUNG PEOPLE*



*Bethan has autism and sometimes struggles with groups and when under stress. Pre-COVID, she was committed to karate, however this stopped during the lockdowns. Bethan really enjoyed coming to the sessions- so much so that she was the only young person with 100% attendance! Her commitment paid off and she really took a lot away from the programme, particularly around teamwork and communicating with others.



*Luke experiences high levels of social anxiety and is currently getting assessed for ASD. He struggled at the beginning, particularly with talking to those around him, but quickly found a way around this with the help of the 1-1 coaching. Luke now comes back to the gym during our open gym sessions and finds this really helpful for his mental health, as well as social wellbeing.



OUR *YOUNG PEOPLE*



*Harley came to us wanting to change how his body looks as well as his physical fitness levels. He also wanted to shift away from being angry so often, but didn't want to do that in a way which is "sitting down and talking about his feelings". He has tried some forms of therapy in the past, but these haven't worked for him and he really found the programme helpful for his mood and mindset. Harley made friends and really enjoyed being in the group, despite initially finding this tricky.

*Yohan had financial barriers to sport and exercise and had no experience of being in a gym environment. He is also quite a shy young man and low in self-confidence. The programme really helped him to develop his teamwork and communication skills and he thrived in both of these areas. Yohan was fantastic in getting the other young people involved, particularly those who were on the edge of the group.



OUR *YOUNG PEOPLE*



*Kieran is a refugee and was referred to us by the NHS physio team. He had had some ongoing pain in his legs and hips, but was making great progress and wanted to continue this. Kieran was a pleasure to work with and really brought the group together. He has an extremely positive attitude and continued with his fantastic progress both inside and outside of the gym.

When *Frankie first came to the gym, he struggled to even come down the stairs and into the building due to high levels of anxiety. After some coach support, he managed to get himself into the gym and we slowly saw him grow in confidence and even start talking to some of the other young people there. Considering that his school attendance was so low, it was great to see him attend over 80% of the sessions and this really showed in his APIs, which increased by an average of 5.0/10- a fantastic achievement!

