



EMPIRE
FIGHTING
CHANCE

FIGHTING HARDER

Our story of 2025

“

James has been a completely different boy since joining Empire. He struggled to deal with his emotions and the challenges he faces being a young carer. He tried counselling and support groups, but nothing has helped him like boxing has. Since starting to box he's been able to get some of his pent-up frustrations out. The gentle, quiet and calm nature of (coach) Matt enabled James to build a great trusting relationship and he's been able to talk openly with him about how he feels. Matt's honest praise and encouragement have boosted James's confidence and enabled him to feel good about himself. He's trying out new things like football and has made new friendships, and he's been at school more regularly. I just want to say a **BIG** thank-you again.

Mum of James, 15

”



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INTRODUCTION

Everything we do starts in Bristol. In 2025 we made our home city the absolute priority. Escalating demand and the deepening challenges young people face called for our complete commitment. We stepped up, ending the year with a transformed boxing gym, refined boxing programmes and our first permanent base in another underserved neighbourhood. These breakthroughs in Bristol catalysed our national movement, inspiring more boxing clubs and other locally trusted organisations to embrace our model to transform young lives in their own communities.

The Sutton Trust's 2025 Opportunity Index laid bare that Bristol is far from a city of equal opportunity. Two of our city's constituencies languish among England's bottom 10 for social mobility. Shamefully, in our home ward of Bristol East, 44% of pupils eligible for free school meals fail to secure sustainable employment by age 28. Those stark findings hardened our resolve to enhance and expand our programmes that use the power of boxing to ignite young people's resilience for life's fight.

We rose to the challenge. We posted our strongest results ever. Across our five core outcomes, young people's success rates increased by an average 13% compared to 2024. Other highlights include:

- **Completing a £1m state-of-the-art annexe at The Mill.**
- **Piloting innovative new programmes such as Box Enterprise and Box Sisterhood.**

- **Revamping Box Careers for young people furthest from the job market.**
- **Launching programmes from a new boxing gym in Southmead, north Bristol.**

By striving to become a global Centre of Excellence, we're now better equipped than ever to share our model with others fighting the same fight. Our UK network of delivery partners grew to 79 and we ran our first international training programme in Edmonton, Canada.

None of this would have been possible without our supporters and partners. We're grateful for their belief in us and their compassion for our community of young people. We hope you find inspiration in our story of 2025.



IMAGES IN THIS IMPACT REPORT ARE FOR ILLUSTRATIVE PURPOSES ONLY AND NOT RELATED TO INDIVIDUAL STORIES.

WHO WE ARE

We were born on Bristol's streets to fight inequality's devastating impact on young lives. Arising from the legendary Empire Amateur Boxing Club in inner-city Bristol, we've grown to become a leading national sport for development charity. We use the raw power of boxing to give young people knocked down by life a fighting chance to rise as champions.



OUR PURPOSE

In the UK's toughest neighbourhoods, young dreams are too often crushed by inequality. The harsh conditions young people grow up in lead to challenges with their behaviour and mental health. Many feel excluded from mainstream services, leaving them at risk of a life of unemployment, crime and poor health. We use boxing to change their story, building trust, strength and hope, and guiding them towards safe, healthy and happy lives. Our vision is that every young person, no matter where they start, gets their shot.

WHAT WE DO

We have developed a different way to engage young people who are often out of reach. We blend authentic (non-contact) boxing training with psychologically informed support, delivered by a trusted coach who fights in their corner. Young people get the help they need in a way that feels enjoyable, credible and safe. That's why they turn up, fully engage and go on to make lasting, positive changes to their lives.

We do three things with our proven model:

- **Deliver:** we design and deliver psychologically charged boxing programmes for young people.
- **Train:** we share our work with others so that they can deliver it in their local communities.
- **Fight:** we turn lived experience and evidence from our work into policy and system changes.

We've developed four core boxing programmes:

- **Box Champions:** boxing training and psychologically informed mentoring seamlessly woven together.
- **Box Therapy:** an active, stigma-free spin on talking therapy, with a therapist using boxing to help young people to connect, express and heal.

- **Box Careers:** a wraparound package of boxing training, mentoring, careers coaching and opportunities to develop skills and take action towards finding meaningful work.
- **Box Juniors:** boxing sessions throughout the week, open to all young people.

OUR IMPACT

Each year we unlock the resilience of over 10,000 young people. They build two life-changing strengths: self-belief and the ability to understand and accept their emotions. For the first time, young people really trust themselves and can handle whatever thoughts and feelings come up. With these foundations in place, young people go on to improve their mental health, step away from harmful behaviours, stay engaged with education and move successfully into employment.

“

My son has confidence for the first time in years. He has felt part of the Empire community because of the way he has been included and everyone he has met has not judged him. He cares about his health more, has grown in self-esteem and wants to progress in boxing. He has found a passion away from his friends; it's something just for him and he is good at it! Can't thank Empire enough for the way they have shown commitment and support for my son's recovery from mental illness. I will be forever grateful.

Mum of Ash, 15

”

THE EMPIRE WAY

Our work is both simple and complex, making it deliberately accessible yet profoundly impactful. At its heart, a young person boxes while talking to a trained professional. But beneath the surface lie intricate psychologically informed processes that turn what's happening in the ring into deep, lasting change for young people in their everyday lives.

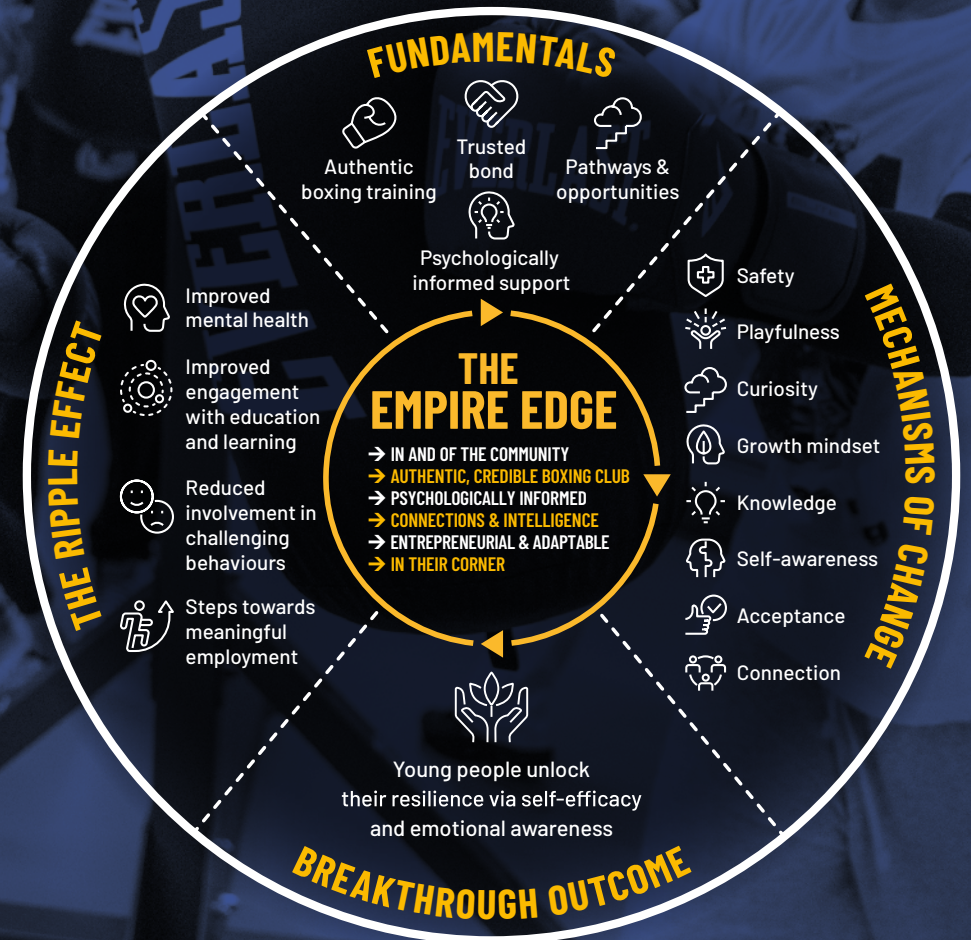


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The young people we support are at risk of causing or suffering very serious violence. Recognising the impact they can have with these individuals, Empire Fighting Chance has allowed us to fast-track them into its programmes. Empire is extremely welcoming and flexible, especially important when dealing with children who have very complicated needs and may not always be able to fulfil a rigid timetable of support. The team also offer a unique environment where young people can be safe, be surrounded by a positive peer group and use sport to help develop their emotions.

Early Intervention Team, Avon and Somerset Police

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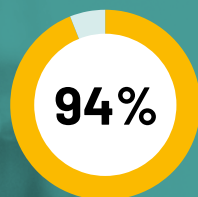
BUILDING A GLOBAL CENTRE OF EXCELLENCE

We're on a mission to make our work in Bristol world class, delivering the highest quality for young people. In 2025 we raised the bar. The changes we made achieved record results for young people. We sharpened every boxing programme, launched innovative new projects, and completed our biggest milestone yet: a £1m annexe that transforms The Mill into a state-of-the-art facility. Our bigger, better boxing gym now lets us serve more young people, offer a wider range of support and proudly showcase our work to partners from across the UK and overseas.

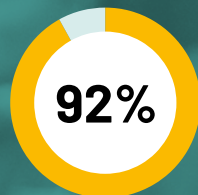


Empire's journey from an iconic old church building to a £1m state-of-the-art facility in the heart of inner-city Bristol is another proud milestone. The Mill has always been vital to Easton, the community I grew up in, first as a youth centre for over 40 years and now as our permanent home. This new space allows us to strengthen our programmes and partnerships, reaching and transforming even more young lives across the whole city. It isn't just a building. It's a lifeline for Bristol's young people, right where it's needed most.

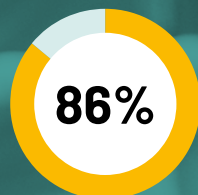
Jamie Sanigar, CEO, Empire Fighting Chance



of young
people feel
safe at Empire



of young
people are
proud to come
to Empire



average
success rate
for our five
core outcomes,
13% higher
than 2024



MAGIC OF THE MILL

The Mill, our iconic boxing gym, is our beating heart and the cornerstone of our work. Set in one of the UK's most economically deprived neighbourhoods, it has produced national and world boxing champions.

When young people walk through the doors, they enter a space alive with noise, colour and energy and a place where they feel understood, cared for and proud to belong.

The Mill isn't just a gym...

The Mill is a safe haven and a home for our community of young people.

THE MILL EXPANSION

Our new annexe expands The Mill's capacity to serve young people and enhance their experience. Opened in September 2025, it includes:

- **Intimate boxing gym** designed especially for those needing a low-pressure environment.
- **Careers hub** for young people to prepare for employment.
- **Community room** for our partners to provide support for young people and their families.
- **Community kitchen** to teach young people cooking skills and promote healthy eating.
- **Office space** to bring all staff under one roof to collaborate and drive impact.

STEPPING UP FOR BRISTOL TOGETHER

In 2025 we deepened our commitment to Bristol's underserved communities in two vital ways. First, we took our proven boxing programmes into the neighbourhoods that need them the most. We launched outreach hubs across the city and established our first permanent base outside of Easton, in Southmead. Second, we became more connected than ever with others fighting the same fight, strengthening partnerships with the police and CAMHS, among others. By planting deeper roots and building a more joined-up network, we're now better equipped to give every young person across Bristol who needs it a fighting chance.

“

Partnering with Empire Fighting Chance has meant that we are able to bring their unique and impactful offer to the young people of Southmead, in spaces and settings that are familiar to them. The Empire team have worked brilliantly alongside our own youth team, have spent time getting to know the young people in our services and have ultimately provided some fantastic support.

Vicky Wall, Children & Young People's Services Manager, Southmead Development Trust

”

OUR FIRST SATELLITE SITE

We chose Southmead, north Bristol, because of its high levels of socio-economic deprivation and rising youth violence. We started delivering our boxing programmes from the new boxing gym of trusted partners Southmead Development Trust.

We form a powerful partnership, blending their local knowledge, credibility and networks with our proven approach to using boxing to transform young lives.

Together, we're already empowering dozens of Southmead's young people to build brighter futures.

LAUNCHING OUTREACH HUBS

We rolled out open-access boxing sessions with trusted community partners in three other high-need areas:

- **South Bristol with Oasis Hubs**
- **Barton Hill with Wellspring Settlement**
- **Lockleaze with The Vench**

Where these hubs gain traction, we'll move from outreach to permanent presence.

UNITING FOR YOUNG PEOPLE

We strengthened our citywide network so those young people most in need are identified quickly, recruited seamlessly and supported holistically. Deeper partnerships with the Early Intervention Police Team, CAMHS, Bristol City Council, Mwanzo and many others are helping create a more joined-up city that can turn more young lives around.



Together, we have created our own kind of sisterhood. Box Sisterhood is something special that I can't describe. It is a connection between a group of girls that are all trying to be better within themselves. Box Sisterhood pushes you to try more things and get you out of your comfort zone, and that is the most special part. I love being able to form friendships with beautiful girls that could last a lifetime.

Sabriin, 18



Through an evaluation of Box Sisterhood, we are listening to young women's and girls' voices, valuing their unique perspectives and appreciating the power of their punches! It's a privilege to be researching alongside this team of remarkable women and girls.

Dr Jessica Francombe-Webb, Director of Research, Bath University



THE LAUNCH OF BOX SISTERHOOD

In 2025 we introduced Box Sisterhood, a bold new programme created by and for young women. It empowers young women through a dynamic blend of boxing training and female empowerment and connection. Designed and led by our female staff, including alumnae of our programmes, Box Sisterhood unites individuals in a powerful, supportive community. We are grateful to the Medlock Charitable Trust for their funding to turn our vision into reality and to the University of Bath for rigorously evaluating the programme.





In 2025...

1,122 young people participated in Box Champions.

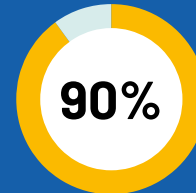
“

I liked the fact that I had someone to talk to, but I didn't feel pressure to talk about anything. I would just come here and I would feel better about myself.

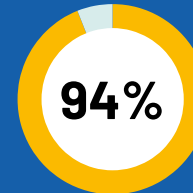
Charlie, 12

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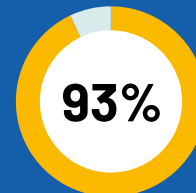
BOX CHAMPIONS



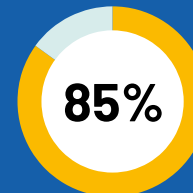
**felt
more
resilient**



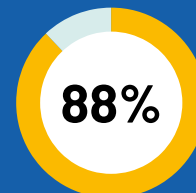
**stopped
getting into
trouble**



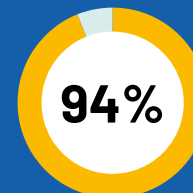
**are
more
confident**



**improved
school
attendance**



felt calmer



more motivated

HOW IT WORKS:

A coach delivers authentic boxing training while seamlessly integrating mentoring. Through boxing drills, games and metaphors, they instil Empire's 20 psychological principles to foster healthy thinking and positive action.

HIGHLIGHTS FROM 2025



- Amplified the integration of Empire's 20 psychological principles into boxing sessions to increase their transformative effect on young people's lives.
- Introduced a more comprehensive programme of wraparound support outside weekly boxing sessions to address young people's diverse needs.
- Expanded the pathways available for young people after their programme ends. Opportunities include the Saturday Pathway Group, a gym instructing qualification and a cooking group.
- Piloted a new approach to evaluating Box Champions, providing deeper, more accurate insights into the programme's impact.



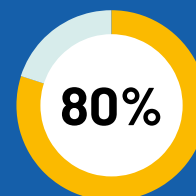
“
Empire supported me in feeling more empowered and resourced in many ways. This was out of my comfort zone and boxing something completely new to learn, as well as coming into a different environment. These sessions gave me a greater perspective on my moods and resilience to persevere and accept myself even if I haven't always felt at my best. I have felt listened to and valued here.
”

Lanza, 25

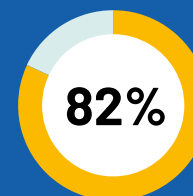
BOX THERAPY

In 2025...

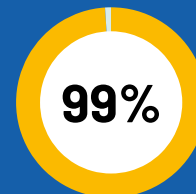
174 young people participated in Box Therapy.



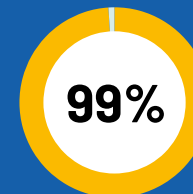
improved
sense of
wellbeing



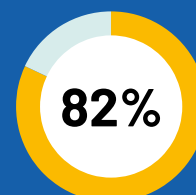
felt
more
motivated



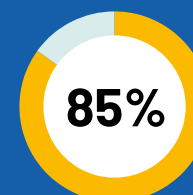
felt heard,
understood
and respected



enjoyed
Box
Therapy



feel more able
to achieve goals



felt
happier

HOW IT WORKS:

A young person and a therapist use boxing to build a trusted alliance and as a therapeutic tool and means of communication.

HIGHLIGHTS FROM 2025

- Created a unique methodology for Box Therapy centred on boxing's ability to connect, express and heal - three pillars of any transformative therapy.
- Appointed an experienced Clinical Lead for Box Therapy and expanded our multidisciplinary team of skilled therapists.
- Elevated Box Therapy's status within Bristol's mental health landscape, evolving the perception of the programme from a quirky take on talking therapy to a proven, powerful alternative.
- Transformed our relationship with our local CAMHS into a collaborative partnership that can better serve young people.



+7
Young people achieved an average improvement score of +7 on the Outcome Rating Scale, a clinically significant improvement in wellbeing



In 2025...

138 young people participated in Box Careers.

“

Over time, I've gained the confidence to speak to new people, something that once felt uncomfortable but now feels natural and exciting. I've learned that failure isn't the end - it's a stepping stone. Every challenge has pushed me to grow stronger, more adaptable and more determined to keep going. As a result of the programme I have now successfully launched my clothing brand. This is a sports clothing brand to inspire young people to face their fears and take on positive challenges, just as I am doing.

Tamba, 21

”

BOX CAREERS



68 individuals
earned one or
more qualifications
through us



31 employers
involved in our
Box Careers
programme



**feel more
positive about
the future**



**improved
their
confidence**



16 careers
events hosted
for young
people



21 company
visits for
careers
inspiration

HOW IT WORKS:

A coach combines boxing training with psychologically informed mentoring to get young people mentally and physically ready for work. Outside the ring, young people gain opportunities to develop their skills and make progress towards employment.

HIGHLIGHTS FROM 2025



- Revamped Box Careers to make it a more comprehensive programme to enhance employment outcomes for young people.
- Partnered with a further education careers advisor to design boxing-inspired activities aligned with the Gatsby Benchmarks for exceptional careers guidance and Ofsted requirements.
- Launched Box Enterprise, using boxing to cultivate key workplace skills and entrepreneurship.
- Partnered with local youth provider Mwanzo to launch their drop-in 'Job Club' at our boxing gym to provide careers support to young people involved in or at risk of youth violence.

YOUNG PEOPLE'S STORIES



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RAQIB'S BOX CHAMPIONS STORY

Raqib, 14, and his family escaped from Afghanistan as refugees. Raqib could recall the deaths of many family members and friends, causing complex emotions and anger that he couldn't process safely. He got into many fights, was constantly being suspended for violent behaviour and became embroiled in dangerous criminal activity. Raqib joined our Box Champions programme and was matched with coach Marcus.

It quickly became clear during Raqib's weekly sessions that he struggled with feelings of anger. This was a pattern that emerged in school and on the streets, leading to fights nearly every day. When asked whether street fighting was something he enjoyed, Raqib replied, 'No, but in the moment, I can't control my anger.'

Marcus focused on Empire's psychological principle of 'Positive Reactions' to help Raqib step back from situations and evaluate what other options he had instead of lashing out. Marcus got Raqib to think about whether a professional boxer would perform better or worse if they were acting on impulse. He listened to Marcus, practised being calmer in the ring and then took his learning outside the boxing gym.

Raqib started to actively avoid fights and stopped associating with friends and family involved in criminal and antisocial behaviour. He joined the Empire Amateur Boxing Club, enabling him to build a network of like-minded peers. He became a positive role model, seen by others as a leader and someone to listen to. He started taking part in our Box Careers events, including visiting a gym to explore careers in fitness.

“

My coach is a great person. He supports me and helps me a lot. I'm really calm and humble; I don't get into fights since I came to Empire. One day I'm going to be a champion. The people are humble and don't like trouble. They're the right people to be around.

”

BILLIE'S BOX THERAPY STORY

Billie, 16, was experiencing anxiety, low mood and panic attacks stemming from childhood abuse and trauma.

A few years ago, she witnessed a stabbing outside her house, which she continued to have flashbacks to. She found it difficult to leave the house and struggled to attend college because of persistent bullying. Billie found her emotions overwhelming, often leading to her punching walls and hurting her hands.

Billie needed her mum to accompany her into our gym for her first few Box Therapy sessions. She was too nervous to step into either of our two large gyms, finding the noise and men intimidating. MJ, her therapist, made adjustments, including creating a safe quiet corner that they would return to at regular intervals.

Billie's confidence grew exponentially. She stopped bringing Mum, overcame her fear of boxing alongside men and, in her final session, trained in the ring in our large gym. For Billie, this was a significant moment. It demonstrated how strong and confident she'd become and that she could overcome challenges.

Box Therapy gave Billie greater self-belief and motivation and new skills to positively respond to negative thoughts and emotions. She decided to continue her development by signing up for Box Leaders, which uses boxing to bring to life and practise leadership skills.

“

I liked talking to my coaches, having fun and being set challenges and working through them. It was a distraction from my mental health. I've learned how to push myself and my confidence has gone up. I can now try new things and talk to new people, which I couldn't before.

”

NIXON'S BOX CAREERS STORY

Nixon was involved in gang-related incidents and vulnerable to being drawn into antisocial behaviour. He engaged in one of our community outreach programmes, developing the healthy routine of non-contact boxing every week with peers who'd also had experience of the criminal justice system. During that programme he had an idea for a garden maintenance business.

We encouraged Nixon to join Box Careers to develop his business idea. Nixon participated in weekly integrated boxing and careers sessions at the gym. As Nixon's fitness and boxing technique improved, he built belief that he could be successful. We helped Nixon apply Empire's psychological principles to develop himself and his business. For example, we used 'Magic of Mistakes' for Nixon to recognise the importance to him and the business of making mistakes and learning from them.

Outside the ring, Nixon met regularly with Careers Manager Titus to gain practical support. Nixon invested in a leaflet drop, which secured eight new jobs and earned him over £2,000. Wisely, he invested the money back in the business, upgrading his equipment and purchasing a branded van.

Nixon's future is bright. He now has both the psychological and practical assets to develop himself and his business. He has exciting plans, including doing more targeted leaflet drops and building his online presence.

“

Since working with his coach, I have seen a complete turnaround in Nixon's self-belief. He gets excited about their meetings and communicates positively about what they have been working on together and has a real genuine excitement about his future.

Nixon's Support Worker

”



POWER TO YOUNG PEOPLE

In 2025 Mariella and Serena, two alumnae turned staff, reimagined Empire's youth leadership offer to make it bigger and bolder. The refreshed programme gives young people three powerful ways to lead: Box Leaders, a 12-week course of boxing-infused leadership training and practice; the Youth Advisory Board that shapes Empire's direction and drives change across Bristol; and Youth Ambassadors, a role for alumni to champion our work and their peers. Mariella, Serena and other members of the Youth Advisory Board share their stories over the next two pages.

WHAT, AS A MEMBER OF THE YOUTH ADVISORY BOARD, DO **YOU** WANT TO ACHIEVE?

**I WOULD LIKE TO
HELP YOUNG PEOPLE
ACROSS THE CITY
OF BRISTOL**

KELSEY

**TO MAKE
EMPIRE'S YOUTH
VOICE KNOWN
OVER BRISTOL**

HARRY

**I WOULD LIKE TO
USE EVERYTHING
I HAVE LEARNED TO
HELP OTHERS**

JOSH

**TO CONTINUE
HELPING EMPIRE
ACCOMPLISH
ITS GOALS**

LILY

**WE REALLY WANT
TO MAKE A
BIG IMPACT ON THE
EMPIRE COMMUNITY**

SEAN



**FULL STORY
HERE!**



Image credit: DCMS

WHAT HAS BEEN YOUR HIGHLIGHT OF THE YEAR?

A SIGNIFICANT MOMENT WAS THE YOUTH OPPORTUNITY SUMMIT AT CLARENCE HOUSE, EXPLORING SOLUTIONS TO KEEP YOUNG PEOPLE SAFE FROM VIOLENCE. I SPOKE ALONGSIDE THE PRIME MINISTER KEIR STARMER, KING CHARLES AND IDRIS ELBA, SHARING MY IDEAS AND SOLUTIONS FOR REDUCING YOUTH VIOLENCE AND MAKING COMMUNITIES SAFER. ADDRESSING KNIFE CRIME IS DEEPLY PERSONAL TO ME AFTER LOSING MY CLOSE CHILDHOOD FRIEND EDDIE KING KINUTHIA. FOLLOWING THIS EVENT, I JOINED THE DEPARTMENT FOR CULTURE, MEDIA AND SPORT YOUTH ADVISORY GROUP. I ACTED AS A KEY ADVISER TO LISA NANDY IN THE DEVELOPMENT OF THE NEWLY LAUNCHED 'YOUTH MATTERS: YOUR NATIONAL YOUTH STRATEGY'.

SERENA WIEBE, BEM YOUTH LEADERSHIP CO-ORDINATOR

OUR FIRST MAJOR PROJECT WAS THE INTERIOR DESIGN OF THE NEW ANNEXE TO OUR BOXING GYM. THE YOUNG PEOPLE WERE ABLE TO PRESENT THEIR IDEAS DIRECTLY TO THE INTERIOR DESIGNER ON HOW THEY WANT THE NEW SPACE TO LOOK. WE'RE EXCITED TO SEE OUR IDEAS COME TO LIFE ON THE WALLS. WE ALSO LAUNCHED THE '1,000 VOICES' PROJECT TO FIND OUT WHAT MATTERS MOST TO BRISTOL'S YOUNG PEOPLE AND CHANGES THEY'D LIKE TO SEE. THEY HAVE SIGNIFICANT CONCERNS AROUND YOUTH VIOLENCE AND ACCESS TO COMMUNITY PROVISION AND WANT TO FEEL SAFER.

MARIELLA MILLER-DAVIES, YOUTH LEADERSHIP CO-ORDINATOR

THE YEAR IN NUMBERS

In 2025 we reached

10,609 young people

We supported

2,587 young people ourselves

We trained boxing clubs and other locally trusted organisations to support

8,022 young people

GROWING OUR NATIONAL FIGHT

In 2025 we expanded our national movement of organisations committed to transforming young people's lives through boxing. We trained 31 organisations and 129 practitioners to deliver our proven model in their local communities. Fuelled by partnerships with England Boxing and Matchroom Boxing, we focused on boxing clubs: untapped solutions for the challenges young people face. We also piloted an innovative collaborative model in Preston, where multiple organisations adopted our approach. Additionally, we began mobilising youth-focused mental health organisations to adopt Box Therapy, giving them an accessible alternative for young people excluded from clinic-based talking therapy.

55

boxing clubs in our national movement

£5M+

generated by clubs for their social programmes

26,497

miles covered by our Training and Development Team in 2025



EMPOWERING BOXING CLUBS

Boxing clubs sit in the heart of the communities that need them the most. Far more than places to train, clubs are community hubs offering young people structure, belonging, positive role models and hope. Yet many clubs struggle to keep their doors open. We're fighting back by equipping boxing clubs with our proven model to develop their social programme, and the know-how to sustain it and scale it up. Together, we're also raising political awareness of the pivotal role boxing can play in changing young lives.

IGNITING NORWICH CITY ABC'S POTENTIAL

A year ago, Norwich City ABC ran two boxing classes a week from a small space. In March 2025, the club took a bold step forward by moving into a larger, more accessible gym and partnering with Empire Fighting Chance. With our training and support, the club strengthened its delivery model, re-established its social programme, secured school commissioning for Box Champions and expanded its reach while building a more sustainable operating base.

“

They gave us practical tools, fresh perspectives and the confidence to make changes that are already having an impact. The ongoing support from Empire, from advice to regular check-ins, has made us feel part of something bigger than our own club.

Katie Potts, Club Community Lead, Norwich ABC

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OUR REACH

DIRECT DELIVERY SITES

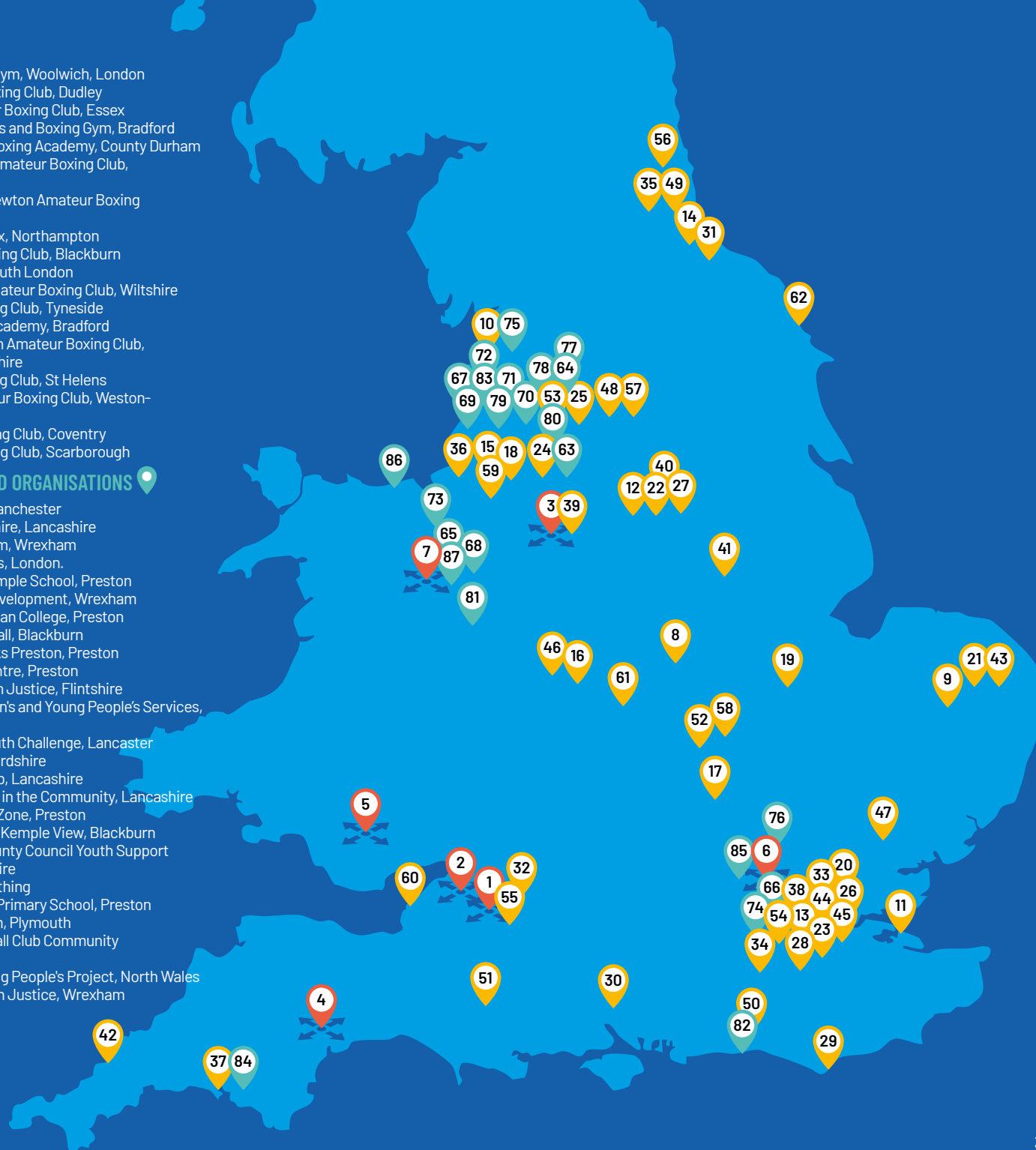
1. Bath & Somerset
2. Bristol
3. Cheshire
4. Exeter City Football Club
5. South Wales
6. Watford Football Club Community Trust
7. Wrexham

BOXING CLUBS

8. Atlas Boxing and Fitness Club, Leicester
9. Attleborough Boxing Club, Norfolk
10. All Champs, Lancaster
11. Apex Boxing Academy, Sheerness
12. Aspire Boxing Club, Sheffield
13. Be Inspired, South London
14. Billingham Boxing Academy, Teesside
15. Birch Green Amateur Boxing Club, Skelmersdale
16. Birmingham City Boxing Club, Birmingham
17. Boxing Clever, Milton Keynes
18. Boxing For Better, Wigan
19. Boxing Futures, Peterborough
20. Brentwood Central Boxing Club, Brentwood
21. Broadside Warriors Amateur Boxing Club, Norwich
22. Brendan Ingle Foundation, Sheffield
23. Champs Within, South London
24. Collyhurst and Moston Amateur Boxing Club, Greater Manchester
25. Clayton Amateur Boxing Club, Accrington
26. Dagenham Amateur Boxing Club, East London
27. Dinnington Community Boxing Club, Rotherham
28. Don Davis Boxing Academy, South London
29. Eastbourne Boxing Club, Eastbourne
30. Eastleigh Amateur Boxing Club, Hampshire
31. East Middlesbrough Amateur Boxing Club, Middlesbrough
32. Emeralds Boxing Club, Chippenham
33. Empower Box, East London
34. Epsom Boxing Academy, Surrey
35. Fight Fitness Guru, County Durham
36. Lee Jones Amateur Boxing Club, Liverpool
37. Legends Boxing Gym, Plymouth
38. Limehouse Boxing Academy, London
39. Macclesfield Boxing Club, Macclesfield
40. Millennium Amateur Boxing Club, Rotherham
41. Newark Amateur Boxing Club, Nottinghamshire
42. Newquay Boxing Academy, Newquay
43. Norwich City Amateur Boxing Club, Norwich
44. Pedro Youth Club, East London

45. Power Mobile Gym, Woolwich, London
46. Priory Park Boxing Club, Dudley
47. Rayne Amateur Boxing Club, Essex
48. Sanctus Fitness and Boxing Gym, Bradford
49. Seconds Out Boxing Academy, County Durham
50. South Downs Amateur Boxing Club, West Sussex
51. Sturminster Newton Amateur Boxing Club, Dorset
52. Team Shoe-Box, Northampton
53. Technique Boxing Club, Blackburn
54. TLS Boxing, South London
55. Trowbridge Amateur Boxing Club, Wiltshire
56. Tyneside Boxing Club, Tyneside
57. Unity Boxing Academy, Bradford
58. Wellingborough Amateur Boxing Club, Northamptonshire
59. Wildcard Boxing Club, St Helens
60. Weston Amateur Boxing Club, Weston-super-Mare
61. Westside Boxing Club, Coventry
62. Westway Boxing Club, Scarborough
63. 42nd Street, Manchester
64. Active Lancashire, Lancashire
65. Active Wrexham, Wrexham
66. AR Multi-Sports, London.
67. Archbishop Temple School, Preston
68. Aura Sports Development, Wrexham
69. Cardinal Newman College, Preston
70. Creative Football, Blackburn
71. Creativity Works Preston, Preston
72. The Foxton Centre, Preston
73. Flintshire Youth Justice, Flintshire
74. Fulham Children's and Young People's Services, West London
75. Lancashire Youth Challenge, Lancaster
76. NESSIE, Hertfordshire
77. Pendle YES Hub, Lancashire
78. Positive Action in the Community, Lancashire
79. Preston Youth Zone, Preston
80. Priory Hospital Kemple View, Blackburn
81. Shropshire County Council Youth Support Team, Shropshire
82. SID Youth, Worthing
83. St Augustine's Primary School, Preston
84. Warrior Women, Plymouth
85. Watford Football Club Community Trust, Watford
86. West Rhyl Young People's Project, North Wales
87. Wrexham Youth Justice, Wrexham

LOCALLY TRUSTED ORGANISATIONS



EXPANDING BOX THERAPY'S REACH NATIONWIDE

With generous funding from The Prudence Trust, we refined our strategy to share Box Therapy, targeting youth-focused mental health organisations that wish to engage with young people excluded from clinic-based talking therapies. During 2025 we trained 37 therapists in our alternative approach and helped several organisations launch Box Therapy programmes.



Since introducing Box Therapy at BE Inspired, we've been able to offer the intervention to young people who often struggle to engage in traditional therapy, are considered high risk, or have limited trust in professionals and the systems around them. We've had great success in engaging with these young people, and the feedback has been very positive. Many have said that it 'didn't feel like therapy' and that the combination of boxing and talking therapy helped them stay motivated and interested. Box Therapy is now fully embedded within our organisation.

Ben Eckett, CEO, BE Inspired



Active
Lancashire



LANCASHIRE
YOUTH
CHALLENGE



A COLLABORATIVE LANCASHIRE MODEL

We partnered with Active Lancashire to unite 13 diverse organisations in adopting our model to support young people across Lancashire. Boxing clubs, alternative learning provisions, colleges, youth providers and sports clubs are all using a shared approach and language, giving young people a consistent, transformative experience. By embedding our beliefs and knowledge within a whole ecosystem, our initiative has become a cornerstone of the region's strategy to create change for young people.



We chose Empire's model because of its simplicity. We've been inspired by their willingness to share what they crafted, nurtured and learned over many years, which is uncommon within our sector. We have developed a special relationship with a unique organisation that cares not just about its own city but about what's happening elsewhere.

Ronan McMahon, Place Manager, Active Lancashire



LANDING A GLOBAL KNOCKOUT

In 2025 we took a historic step by taking our boxing programmes overseas for the first time. We crossed the Atlantic to train eight influential organisations in Edmonton, Canada to adopt and adapt our proven model for young people across the city. This is the first move in a deliberate strategy to share what works in Bristol with cities worldwide while generating income and influence to keep strengthening our home city. Rooted as a local charity, Empire Fighting Chance now has both national and international reach.

SPARRING PARTNERS: HOW EDMONTON HAPPENED

The door opened through our membership of Peace in Our Cities, a global network dedicated to reducing urban violence. We've been working closely with fellow members REACH Edmonton, who coordinate Edmonton's efforts to create a safer city. Following a successful knowledge exchange in 2024, REACH invited us to bring our model to Edmonton by training a hand-picked cohort of delivery partners.

ENTERING THE RING: TRAINING EDMONTON FOR THE FIGHT

Over four intensive days in June 2025 we trained 24 individuals from eight organisations across Edmonton, including Bent Arrow Traditional Healing Society, Edmonton YMCA and The Africa Centre. Two days mastering Box Champions delivery and two days putting it into practice alongside local young people. The room buzzed with energy and possibility.

“

We were very proud to welcome a delegation from Empire Fighting Chance. There was incredible enthusiasm generated. We in Edmonton are delighted to have such an amazing programme available for our youth.

Jan Fox, Executive Director of REACH Edmonton

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ROUND ONE: EARLY RESULTS

Within a few months the trained organisations were delivering our programme. Early signs are promising:

- 86% of young people showed high engagement, an early indicator of a strong programmatic fit
- staff reported stronger relationships with young people, with boxing helping them open up
- the organisations are already planning for expansion.

“

It's hard to believe that the work we started delivering in 2006 to two young people in inner-city Bristol would reach across the Atlantic. The first six months in Edmonton, working alongside the brilliant REACH, have shown huge promise, strong enthusiasm from our delivery partners and real early impact. Edmonton appears to show we are well positioned to scale up our work. This partnership can become the blueprint for sharing our model with other cities globally.

Martin Bisp, Executive Director for Global Partnerships and Impact, Empire Fighting Chance

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OUR GAME PLAN FOR 2026

2026 is the final year of our current three-year strategy. We'll achieve every remaining ambition while building an even stronger platform for the years ahead. Three key priorities will drive our efforts to transform young lives now and secure our sustainability to support them in the future.

1. ALL IN FOR BRISTOL

We'll deepen and widen our impact to meet the growing needs among our home city's young people. Key initiatives include refurbishing the older part of our gym, opening a second permanent satellite site in another community and giving young people an even richer, more comprehensive Empire experience.

2. LEADING THE NATIONAL BOXING FOR GOOD MOVEMENT

We'll take on greater responsibility for spearheading boxing as a transformative force. Our plans include growing our network of trained boxing clubs, rolling Box Therapy out to youth-focused mental health charities, and making the case to government that boxing clubs must be funded as vital community assets.

3. GETTING FIT FOR THE LONG FIGHT

We'll strengthen and future-proof Empire Fighting Chance so we can do the best job for young people for the long haul. We'll amplify young people's voice and leadership in the charity, develop new income streams and invest in our people through our enhanced staff development programme.





A FINAL MESSAGE FROM US

Thank you to everyone who has supported Empire Fighting Chance during 2025. Everything you have read about was made possible by you. We look forward to continuing our partnership in 2026 as we, together, transform young people's lives through boxing.

THANK YOU TO OUR SUPPORTERS

3SIXTY Real Estate, AE Dance & Fitness, Anderson Financial Management, Arley Youth Programme, Artworks Solutions, Bernard Sunley Foundation, Black Box Planning, Bravas, Brandwells Construction, Bristol Beer Factory, Bristol Boxing Gym, Body Trust, Burges Salmon Charitable Trust, Cantina, Charities Aid Foundation, Charles Hayward Foundation, Children in Need, Chimo Trust, Clothmakers' Foundation, Comic Relief, Dame Violet Wills Trust, Fidelity Foundation, Gambas, Garfield Weston Foundation, Glastonbury Festival, Greggs Foundation, Gwent Police and Crime Commissioner, Hargreaves Foundation, Henry Smith Charity, Hidden Healing Fund, Hodge Foundation, Impetus Trust, Innox Foundation, John James Bristol Foundation, Julia Rausing Trust, Kim Sullivan Foundation, Lovett Foundation, Masonic Charitable Foundation, Matchroom Charitable Foundation, Medlock Charitable Trust, Mobius Works, Motive, National Lottery Community Fund, Newby Trust, Nisbet Trust, The October Club, Office of the Police and Crime Commissioner for Avon and Somerset, Origin Foundation, Paul Hamlyn Foundation, Prudence Trust, Raise Your Hands, RedRock Consulting, Richard Davies Charitable Foundation, Savills, Season & Taste, Société Générale, Spielman Charitable Trust, St. James's Place Charitable Foundation, Stone Family Foundation, The Better Sleep Clinic, The Gosling Foundation, The Swire Charitable Trust, Tuixen Foundation, Underwood Trust, University of San Diego, Vast, Women In Property South West.

“

Partnering with Empire Fighting Chance has been incredibly inspiring and rewarding. The team at Empire are so easy to work with and are happy to take opportunities as they come! We are thrilled our donation to the Summer Hub made such a difference to the charity this year and have been pleased to work closely with the team to develop a 'day in the life of marketing' course, which we delivered as part of the Box Careers programme. It is brilliant to be able to give something back to our local community and we recognise that careers programmes are incredibly important to showcase the options and career paths available to young people. We have a broad range of experience at Dick Lovett, so we hope that we might be able to help someone find their future career!

Emma Newton, Talent Engagement Specialist, Dick Lovett

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For more information, call 0117 233 8700
or head to:

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