

OUR CORE PROGRAMS

BEAT THE COUNT

A flagship boxing and mentoring program designed to build resilience and mental strength. Through boxing, young people learn focus, discipline, and how to overcome challenges in and out of the ring, giving individuals mentors with similar lived experience that are relatable to them.

IN YOUR CORNER

A community-based initiative working with local young men that have a connection to youth violence, crime and gang activity. The program offers regular engagement sessions and tailored courses and workshops that will fit individuals needs to enable them success in the job market but also continued employment.

IN HER CORNER

A Female empowerment program that builds a community for females to express themselves and feel safe. It uses boxing and mentoring and allows for up skilling of the female workforce.

EMPLOYMENT AND LEADERSHIP PATHWAYS

We run workshops and one-on-one support that focus on job readiness, CV writing, interview skills, work placements and volunteering opportunities, helping young people take their first steps into the professional world.

YOUNG ADVISORS

Our Young Advisors program empower young people to work across a number of programs within their communities. They act as peer researchers, equipping them to gather and analyse data that informs our programs. This initiative not only enhances their research skills but gives them ownership of the community issues they care about. They also represent the voice of young people on a number of scrutiny panels run by met police and local governments. They are there in their communities outreaching and meeting other young people to divert them to alternative activities.

OUR FIVE STAGES

The five stages, embedded into each stage of our programs include:

1

EASILY ACCESSIBLE ACTIVITIES

in identified communities to bring young people off of the streets and into a safe, structured and supervised environment.

2

MENTORING AND ROLE MODELLING

by both employed staff and trained community volunteers and young peers, providing advice, guidance and leadership to vulnerable young people and aiding the development of life skills and life choices.

3

EDUCATIONAL TOOLKITS & WORKSHOPS

to address a range of behaviours and lifestyles, including, conflict resolution and anger management skills, equality and diversity and communication and leadership skills. Our staff are trained in sports coaching and fitness, youth work and community development and are trained to deliver accredited and vocational training.

4

VOLUNTEERING

opportunities to plan and develop your work skills and give back on sessions and opportunities to plan your own social value projects

5

PROGRESSION ROUTES

into accredited and vocational training, and leadership roles and support into further education and employment. Our staff will work on next steps and progression routes that are individual and personalised to each young person to support their needs.

MEASURING OUR IMPACT

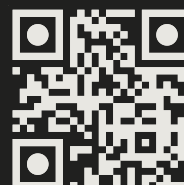
At Fight 4 Change, we pride ourselves on accountability. We have systems in place to measure the impact of our programs through:

1. Data-Driven Evaluations – We gather data through surveys, peer researchers, and outcome trackers to ensure our interventions are effective.
2. We are able to report back on numbers engaged in interventions, demographic and progression through the outcomes.
3. We have independent impact research that evaluates our programmes that informs our future programs and planning.

Join us on our mission to empower young people to shape their future.

TOGETHER, WE CAN FIGHT 4 CHANGE

For more information or to discuss partnership opportunities, please contact us:



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WHAT IT MEANS TO FIGHT 4 CHANGE



“WELCOME TO FIGHT 4 CHANGE

Young people growing up in disadvantaged communities today face huge challenges. Their struggle to deal with major social issues such as family breakdown, unemployment, drug abuse and crime often leaves them feeling angry and powerless, with no hope of change.

Fight 4 Change is fighting to change that; fighting to help young people raise their aspirations and change their lives for the better.

From my own background and experience in martial arts and boxing, I know how important support and encouragement is in changing young people's lives. The impact my own coaches had on me was immense. They believed in me and became my role models and mentors. They changed the course of my life for good.

At Fight 4 Change, we work with young people from some of the most deprived areas in the country. We use our boxing and sports sessions to give them a safe environment and an escape from what's happening on the street or at home. For once, they feel a sense of belonging and self-worth in a positive environment. With guidance from coaches and mentors, they set goals for themselves for the first time, gaining accreditations and employment and giving back to their communities and to society.

Fight 4 Change was set up to give young people a fighting start. We are fighting to change young people's lives through sport, and we will continue to fight to give our young people a better future.

We are not just a charity that delivers programs—we are a movement that transforms communities. We tackle issues ranging from mental health and unemployment to social exclusion and violence. We are the difference between a young person feeling hopeless and a young person becoming a leader. Your support means everything to us, and together, we can continue to provide life-changing opportunities for those who need them most.

Rebecca Donnelly, MBE
CEO, Fight 4 Change

WHO WE ARE

Fight 4 Change is a sport-for-social change charity based in London that uses boxing, martial arts, and other dynamic sports as tools for personal development, leadership skills, and social engagement. Our programs focus on vulnerable and marginalised youth, many of whom face barriers like poverty, mental health challenges, and social exclusion.

WHAT SETS US APART?

At Fight 4 Change, we don't just use sport for physical fitness. We use sport as a catalyst for social change. Here's what makes us unique:

SPORT WITH PURPOSE

We harness the discipline and focus that boxing demands to teach young people life skills like resilience, leadership, and teamwork.

HOLISTIC SUPPORT

Beyond the gym, we provide mentoring support, employability programs, and therapy to help participants tackle challenges head-on. Every young person's journey is unique, and we tailor our services to meet their specific needs. We take into consideration their individual needs and wants including the way they prefer to engage and learning styles that best suit them.

INCLUSIVE AND DIVERSE

We work with young people from all backgrounds, ensuring our programs are accessible and inclusive. From Ex offenders, school avoiders those with SEND to those dealing with trauma or exclusion, we provide a safe space where everyone belongs.

PROVEN IMPACT

What sets us apart is not just our dedication but our commitment to measuring success. Our programs are backed by evidence-based outcomes we continuously evaluate our impact through internal measure and external evaluations to ensure we're delivering real results that make a lasting difference.

WHY OUR WORK IS ESSENTIAL

EMPOWERING YOUNG PEOPLE

The young people we work with face a variety of challenges: poverty, social exclusion, mental health issues, and the pressure of gang culture. Through our programs, we give them the skills and confidence to take control of their future.

Our programs tackle key issues:

MENTAL HEALTH

Through sport, we teach coping strategies that help young people manage stress, anxiety, and depression.

LEADERSHIP AND EMPLOYABILITY

We provide the skills and confidence necessary to transition from education into employment, helping to reduce youth unemployment.

COMMUNITY ENGAGEMENT

By fostering a sense of belonging and pride, we steer young people away from negative influences and help them become positive contributors to society.

