

TRUSTEE ANNUAL REPORT 30th JUNE 2017

The work that goes on at Sandy Row Amateur Boxing Club would not be possible without the dedicated team of voluntary workers. Who continue to give up their free time to help the young people in one of Belfast's most disadvantaged areas. None of these volunteers have ever been paid or received any re-numeration for the hundreds of hours they put in each year. The boxing club has been part of the Sandy Row community for nearly 20 years, opening it's doors in 1998.

The club currently has 15 volunteers and a membership of 200. Given the location, the membership consists of local people but we have significant use made of our facilities by many nationalities who live in the South Belfast area, particularly among the student population.

We continue to be the only club or facility close by that provides a service for local people similar to this. We keep young people from anti-social behaviour, help to build relationships, promote good and healthy lifestyles, plus improve their mental health.

We still work with local residents around exercise, diet, drug awareness, self confidence/self esteem to improve health and well being indicators in one of our most deprived communities.

We also provide diversionary activities which keep many of the young people off the streets and away from interfaces.

The boxing club is open 4 and sometimes 5 evenings per week due to the numbers who use the facility. Not all are boxers, many use the gym for fitness and keeping in shape. As well as boxing equipment we have cardio vascular machines, such as treadmills, bikes, rowing machines etc.

During the year a number of our young people competed in boxing tournaments throughout N.I. and the mainland.

We feel it has been another successful year for the gym with all the work put in by the young people and all the volunteers.

Trustees

Samuel Browne

William Browne