

## TRUSTEE ANNUAL REPORT 30<sup>th</sup> JUNE 2018

**Sandy Row Amateur Boxing Club provides an essential service in one of the most deprived areas in Northern Ireland. Offering a range of services from basic fitness to health education.**

**The Club runs workshops to raise awareness of alcohol and drug abuse, suicide awareness, good diet and basic first aid. By combining these services with our core services, we instil a sense of purpose and achievement in our members. Along with awareness and pride of their parents and wider community. We have members from all walks of life, both social and religious and actively promote inclusion in all our activities.**

**The Boxing Club teaches our members the basics of looking after themselves both mentally and physically. As well as teaching them the social skills to equip them for the rest of their lives and to instil mutual respect towards different races, religions, abilities and backgrounds.**

**However, one of the main issues we do tackle is the lack of resilience in our younger generations.**

**Boxing is a microcosm of the outside world and through themed training programmes we hope to inspire resilience in our participants, allowing them to overcome tough physical and mental challenges that we all face each day.**

### Trustees

**Samuel Browne**

**William Browne**