

Llanrumney Phoenix Boxing Club and Community Activities
Annual Report
2022 / 2023 Period

During this period the boxing club / charity has been trying hard to get back to pre-covid times. This is still an ongoing task and something that the club are tackling. This is taking longer as lots of the community are still suffering with loneliness and social anxiety, something that the club works on weekly to help and support with. School children who are still having issues with mental health and wellbeing attend the club regularly to help them with this.

The club have offered a lot of half term and holiday provision for free. This provision gives the children to eat, make friends, become active and have a safe space to play over the holiday. This provision also helps parents with childcare and has been a great success. This is something the club are building on and will keep offering for free as its most definitely needed.

The club have had great success with the amateurs who use the gym. Having 2 new Welsh Champions, and a number of other successful young boxers both male and female. The club is often used by a lot of professional boxers and has had visits from both BBC and ITV to film.

There has been a recent addition of 2 new women's classes which keep going from strength to strength and really building a sense of community to the women in the area. The club have also designed a new project to tackle obesity and isolation. Well Fit is in its first programme and the club will look to build on this.

There is a lot of activity at the club and its thriving. The help and support offered to the community is second to none.

Mr Colin Elson
Chair of Trustees.