
RAGE FITNESS COMPANY
2020/21 Health & Wellbeing Impact Report.



2020/21

**HEALTH & WELLBEING IMPACT
REPORT**

WWW.RAGEFITNESSCOMPANY.COM

*Email: info@ragefitnesscompany.com
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INTRODUCTION TO RAGE FITNESS

'Rage Fitness Company have gone from supporting 50 people a year to 28,000'

Rage Fitness Company are committed to improving lives for communities to live a happier, healthier and brighter life by creating specific fitness, health and wellbeing programmes to transform the way they think, feel and live.

Rage Fitness delivers this via liaison diversion with trusted relationships & partners. We improve confidence, self-esteem, self-discipline, build resilience and encourage long term willpower. Our vision is entirely built around using fitness as an enabler to tackle social & equality issues and promote health & wellbeing.

Over 2020/21 We all had challenges. We all faced a combined threat. Rage Fitness Company stood up to this challenge and went toe to toe with the pandemic and supported 1000s of families across Cheshire & Merseyside.

Working with key partners: Local & National Government, NHS, CWP, ICP, Adult & CYP's Mental Health Services, Youth Justice Service, Cheshire & Merseyside Police, PCN's Plus many more amazing organisations. Rage Fitness have supported over **28K** users across all Rage Fitness Services. This report shines a light on all the services Rage Fitness have delivered over 2020/ 21 and hear real life stories how these services have impacted lives for the better.

'Before I started attending the Rage Fitness Virtual Sessions I would of never left the house on my own. I wouldn't go the shops without someone and I struggled to make friends. Only 6 months later, I am a new person, I go the shop for my mum on my own, I socialise with friends outdoors and I feel amazing to be alive. There was a time I didn't want to be here anymore. To ALL of the amazing people at Rage Fitness, THANK YOU for your amazing support and I cannot wait to join the gym!' – BC aged 16

THE NUMBERS

Since the start of 2020 Rage Fitness have had an steady flow of children attend at least one of our services more detail can be found throughout this report where all participants attended. But below are the outcome measures from our internal assessment tools, WEMWBS & testimonials/ feedback.

CHILD HM (Mental Health) *Rage Fitness Company have conducted over 1100 sessions and supported over 13000 children with their mental & emotional wellbeing in 2020/21. 2700 have paired outcomes with 100% improvement in how they feel, think & live.*

CHILD PH (Physical health) *Equally the same with physical health 100% of the 2700 children feel physically stronger and fitter.*

CHILD CL (County Lines)

Rage Fitness decided to conduct their own research regarding the participants' exploitation of County Lines and other methods of child exploitation. There is further information which leads into other projects Rage Fitness deliver based on this research later on this report.

1100
SESSIONS
DELIVERED

13000
CHILDREN

100%
IMPROVEMENT

THE NUMBERS (CONTINUED)

Since the start of 2020 Rage Fitness have had a steady flow of adults due to our online presence becoming more viable and user friendly. We used virtual services and seasonal events to engage with demographics that wouldn't normally aim to improve their physical mental & Emotional Wellbeing.

Adults HM (Mental Health) *Rage Fitness Company have conducted over 3300 sessions and supported over 15K adults with their mental & emotional wellbeing in 2020/21. 3.9K have paired outcomes with 100% improvement in how they feel, think & live.*

Adults PH (Physical health) *Equally the same with physical health 100% of the 3.9k adults feel physically stronger and fitter.*

ADULTS APP (GP Appointment) & MED (Medicine) *Rage Fitness decided to conduct their own research regarding the participants appointments made via GP & medication/ prescriptions. Through feedback and testimonials adults that attended one of the Rage Fitness felt improvement within their physical & mental ailments which results in less GP appointments and prescription request.*

3300
SESSIONS
DELIVERED

15000
ADULTS

100%
IMPROVEMENT



Rage Fitness Company have created multiple pathways to ensure the correct support is accessible no matter what the need. *Rage Fitness Company* work with the following to name a few organisations and subsequently now have strong referral pathways across Cheshire & Merseyside:



Public Health England



Department for Education



Cheshire Constabulary



Cheshire West and Chester



Cheshire West and Chester Council and the NHS working together



Liverpool City Council



YEAR TO DATE

2020/ 21 Data

4500

SESSIONS DELIVERED

3010

FREE MEALS DELIVERED TO FAMILIES IN NEED

28000

TOTAL NUMBER OF USERS

8.2M

PHYSICAL & MENTAL ENGAGEMENTS

(SOCIAL MEDIA, PODCAST, RADIO, SPOTIFY)

THE FUTURE



With the remaining of 2021 we see many opportunities and ways of helping communities across the Cheshire & Merseyside to thrive physically, mentally and improve aspirations within a number of demographics. Plus the Rage Fitness team is expanding with a very important new team member!

Rage Fitness have 3 main objectives moving through 2021 and into 2022:

- **Reduce inactivity and improve physical health within adults and children.**
- **Improve mental & emotional health within adults and children.**
- **Reduce Community poverty and inequality, plus prevention of child exploitation and County lines.**

One of Rage Fitness main goals is to ensure all data is captured across Cheshire & Merseyside and operate from a country prospective STP (Strategic Transformation Partner) Rage Fitness welcome any conversations which supports this goal and ultimately helps more families

2021- 22 GOALS

SUPPORT A FURTHER
5K
NEW PEOPLE
ACROSS CHESHIRE &
MERSEYSIDE

PROVIDE A FURTHER
2000
MEALS FOR FREE

HELP PHYSICALLY
& MENTALLY
45K
USERS FOR ALL RAGE
FITNESS SERVICES



Prevention In ASB/ County Lines / Child Exploitation - Linked to Rage Fitness Care & Care Leavers Project & other services:

Rage Fitness work with the YJS (youth Justice Service), DIVERT (Youth Justice Liaison and Diversion Scheme), Cheshire Police, Outreach Work and building trusted relationships with community assets to offer an alternative provision to divert children away from crime and CJ (criminal Justice System) - Rage Fitness also support the physical, mental & emotional wellbeing of young people WITHIN Care & Care Leavers. This then helps build aspirations and purpose within the young people. This services cements building and trusted relationships.

101

Children supported

100% improvement in the physical,

mental & emotional wellbeing.

Rage Fitness School Portal

The Rage Fitness School Portal has been in development Since December 2019. Rage Fitness have worked with Primary, Secondary, SEN Schools and NEEDS. Also supporting children living with trauma, YJS (Youth Justice Service), DIVERT, SGO's, SSP and Merseyside & Cheshire Police. To support not only the physical health but also the mental & emotional well-being. This service is free and schools can sign up via the link below: Schools must sign up with a school email address <https://www.ragefitnesscompany.com/school-registration-form/>

Testimonial.

'Couple of the children within our cohort have responded amazingly. They feel less anxious, communicate a lot better and embrace the new weekly challenges'

153 schools signed up.

Supporting on average 60-70k Children



CONTINUED HEADLINE SERVICES.

Education Programme


Within all of the Rage Fitness Company services. We keep an eye out for potential talent. If a young person coming through the Youth Justice Service or an adult attending one of our mental health wellbeing services has a quality for helping others we offer the education programme. Lived experience CAN NOT be undervalued. All of our team has lived experience within a service they operate in. This then builds community ambassadors to support community residents further with their physical and mental health. So far we have developed, mentor and coached 7 people.

Physical, Mental & Emotional Well-being Services.

Rage Fitness Company deliver on average 7 services a month to support the physical, mental & emotional wellbeing for children and adults (virtual and face to face). On average 370 sessions a month. Working with the NHS, Public Health England, CWP and Local authorities.

Poverty Prevention & Support.

Rage Fitness support & prevent poverty across Cheshire & Merseyside with trusted partnerships. More information regarding this year's efforts can be found https://www.instagram.com/p/CMHeQ0IsMIB/?utm_source=ig_web_copy_link But in short:



Rage Fitness Company have donated 3000 meals to families in need across 2020/ 21, we hope to double this within 2021/ 22.

'Without Craig's & Rage Fitness support with food and someone to speak to, these last few months would of been near impossible. Thank you to Craig & everyone at Rage Fitness who have support me and my family'



CONTINUED HEADLINE SERVICES.

Trusted Relationships Service- CIC/Care Leavers

Rage Fitness have been delivering a service to support the physical, mental & emotional wellbeing, plus building aspirations and building trusted relationships for children in care & care leavers since 2019. We have had some amazing & fantastic results in paired outcomes. We now deliver the service across Cheshire and hope to support a further **800** children by March 2022. We hope to expand this service to other local authorities.

Rage Fitness Wellbeing Centre.

The Rage Fitness Wellbeing Centre is a space we deliver 70% of our projects from. Physical, mental & emotional well-being services. With the centre being closed to pandemic guidelines. Rage Fitness have continued to deliver projects online/ virtually. Which has helped us deliver to even more people across Cheshire & Merseyside. With the centre to reopen in April 2021 our members and services users are looking forward to getting back in to access services face to face.

Calm Coffee.

Calm Coffee is a crisis service drop in space to support the mental & emotional wellbeing for community residents within Chester. This was born out of Mission 84, a male suicide awareness campaign. Members of the public came to speak to the Rage Fitness team about their mental health and we decided to create a safe space to do this from. Calm Coffee was born! More information can be found here. https://www.instagram.com/calm_coffee/



CALM COFFEE

THANK YOU



Final message from Craig Brown (CEO - Rage Fitness Company)

‘Here at Rage Fitness we love what we do. We love helping people to be the best possible version of themselves, not for anyone else but THEM!’

‘Looking back over the last 12 months we have made a HUGE impact into many families’ health & wellbeing. But without the support from you, none of this would be possible. In some way, you who is reading this has helped and allowed us to do what we do best...

‘Improve Lives’

‘I and my team know we can do so much more good within Cheshire & Merseyside, from Calm Coffee our in house Crisis Service for mental & emotional wellbeing to increasing our presence within Cheshire East & Merseyside in delivering our outstanding physical, mental and emotional wellbeing projects’

I and Rage Fitness welcome future collaborations and projects to support more families to improve their physical, mental & emotional wellbeing– **Thank you!** I Leave you with an amazing testimonial from one of our services users with our Care & Care Leavers Project.



“When I started with Rage Fitness Company, I was so nervous and didn’t know what to expect. I didn’t think much of myself and was on medication for my anxiety. I have now completed the 8 week project and I can honestly say it has changed my life.

“I have way more energy, I feel happy in my own skin and feel like I am in a much better and safe place mentally. I have some amazing long life friends and I know without Rage Fitness support my future would look very different, Thank you to all of the Rage Fitness Team, you all are life savers. Can’t wait to start the new sessions.”

18 years: KJ