

**Partnerships**  
One Stop Advice Centre  
teamBEDS&LUTON  
Ultimate Athlete



# Retrain

A project in Luton offering kickboxing and MMA classes for underprivileged youths from the deprived wards of Luton aged between 14 to 19 years old.

## Retrain's Aim

To overcome barriers and limitations and allow young people to express themselves in a safe and friendly environment.

## How did teamBEDS&LUTON help?

Following the consultation period One Stop Advice worked in partnership with team BEDS&LUTON in order to offer these unique sessions, taking into consideration the initial feedback from the young people.

**Overall Funding Recieved**  
£2,000

**Activities Included**  
Muay thai kickboxing  
Wrestling  
Grappling  
Fitness training

## The impact of Retrain on the children and young people involved

Young people were able to engage and learn a new technique in a safe environment. Retrain allowed the young people to make new friends.

*"Coming to train was something I always look forward to do, it felt great punching pads and taking out any frustrations, found come Monday morning I was feeling relaxed going to college as I had something to do during the week, gave me confidence long term."*

