



Fighting for Better lives

BROTHERS THROUGH BOXING



'Brothers Through Boxing' is a Social Innovators Challenge project funded by the Movember Foundation.



Description:

Brothers Through Boxing (BTB) is a non-contact Boxercise and general fitness programme designed to help males live happier, longer lives. BTB is a peer led “go to” project, whereby its main object is to tackle the issue of male isolation and loneliness, by increasing social connections. This is achieved through peer led discussion and the “Road to Resurgence” Handbook.

Project Aim:

The project aims to establish a community of friends, who help and support one another, whereby they leave a training session feeling safer, closer and able to reach out for help with pride.

Achieved by:

A two-stage programme:

Each BTB programme lasts for six months, where Boxercise is used as a “common ground” upon which new friendships can be developed within the group as they work towards achieving their Bronze Boxercise Award. After completing the initial six-month programme, “Brothers” can join the Alumni training group to maintain and make new friendships, whilst also supporting new participants entering stage one. During this time “Brothers” are also able to work towards a Silver and then Gold Boxercise Award.

- Both BTB stages are peer led where everyone has the opportunity to have their say through the use of rolling peer led committees, of which change every three months.
- Committees will arrange monthly social events for the “Brothers” outside of training to further strengthen bonds of trust and togetherness.
- Peer led discussions facilitated, are designed to break male stereo-types that have detrimental impacts upon health e.g. depression, or how to reach out for support from fellow males during times of change such as the birth of a child or the end of an important relationship.
- In addition to peer led discussions a Brothers journey is supported through completing the “Road to Resurgence” toolset. This is a set of self-reflective measuring tools that track progression through the programme, ultimately it enables Brothers to evaluate and manage their progress to developing and maintaining new and existing social connections.