



Fighting for Better lives

WHAT WE DO

www.boxing-futures.org.uk



Our Mission:

Make an immediate and positive impact on young people's lives by improving their physical and mental wellbeing through sport, building empowering and non-judgmental relationships, promoting pathways into volunteering, training, education and employment through increasing confidence, motivation and development of soft skills

Project Aim:

Founded in 2013, Boxing Futures provides non-contact, Boxercise Programmes within local communities to socially disadvantaged young people primarily, but not exclusively aged between 16-25 years.

Box Out Of It:

- Bespoke service tailored to meet the needs of each client, provided in either a group or 1:1 content
- Group delivery: Minimum 10 weeks, typically 10-12 weeks, maximum 15 participants. Opportunity to achieve Bronze Boxercise Award1
- 1:1 duration entirely dependent upon individual requirements, typically runs 6-8 weeks
- Allows young people to enjoy a fitter, healthier lifestyle, whilst improving self-confidence through engagement in a positive activity.
- Achieves our mission through content that changes attitudes, thinking and behaviours via coaches and community volunteers who provide mentoring, advice, advocacy, specialist targeted support
- Signposting promotes long terms engagement with sport, routes into careers within sport and ETEV