

Case Study – Using Boxing to engage FS Young People

Context

The 8 week boxing course was a partnership project between **Essex Boys and Girls clubs (EBGC)** and the **Police and Crime commission**. There were no costs to attendees.

How It Started

Of an opinion that this course that the young people being supported by Family Solutions and Early Intervention project could access, I approached Afsheen Panjalizadeh from EBGC. Afsheen was very interested in our service and happy to have me on board. He was keen for me to get involved, welcomed the support and encouraged me to attend the initial Boxing Tutor course supported by the **Amateur Boxing Association of England (ABAE)**.

Family Solutions service ECC funded my place on the course and my managers were in full support. Obtaining the qualification now allows me to facilitate non-contact boxing tutorials and my membership of the ABAE allows me access to resources that will support me in creating and presenting courses in the future.

The Course

The 8 week course began in November. The syllabus combining physical recreation and looking at developing positive life skills in young people was a great opportunity for young people to experience a well-supported and gentle introduction to accessing community activities and clubs.

The mix of boxing training, fitness training, team games, confidence building and general fun games was perfect for the group and this was evidenced by the continued attendance of the youngsters on the course and the decision by most of the attendees to continue with attendance at a boxing club or similar after the course ended.

The 'after/reflective' sessions planned around life skills were well received by the youngsters.

All the youngsters received a medal and level one award.

Reflections

It was rewarding for me to be accepted as part of the coaching team alongside Afsheen and Jack the coach at Rayne Boxing Club. I learnt so much and the opportunity to attend the Boxing Tutor qualification has set me on a lifelong dream of becoming a qualified boxing coach.

As an Early Intervention Project officer for Family Solutions, The training and course allowed me the privilege of witnessing the important role that positive role models and peers can provide.

I am looking forward to continue my involvement in boxing/community work by supporting Jack at Rayne boxing club on Tuesday evenings and working alongside him training to become a fully qualified coach.

My plans are to run FS supported courses later this year.

Steve Piper
Early Intervention Project worker
Family Solutions Service – Mid (Braintree/Witham)



FS referred Young person with Coach Jack and Steve Piper (FS/EIP). YP is now attending Rayne Boxing Club regularly.



FS referred young people with coaches. One of whom is now attending regularly supported by worker from Galleywood FS team, school and family.



The crew!! Great bunch of young people.



Afsheen from EBGC tutoring.



Jack overseeing defensive techniques.



Lifeskills/reflective time