

Boxing That Works

'That Works Training' Academy ...*Boxing That Works...Empire Fighting Chance,,,,,Champions in the ring, Champions in Life*

Boxing That Works was run and delivered by "Empire fighting chance" "the programme is a national award winning Non-Contact boxing scheme that is underpinned by intensive mentoring and personal development. Work is focussed on young people with social, emotional and behavioural needs that lack ambition and drive. The project caters for young people 16-25 that are currently Not in Education, Training or Employment delivering a focussed employment programme that raises confidence, aspirations and motivations of participants.

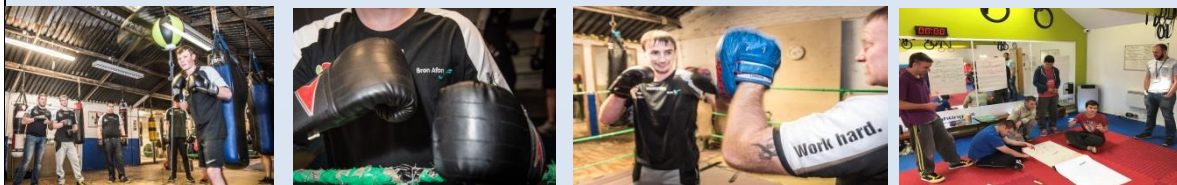
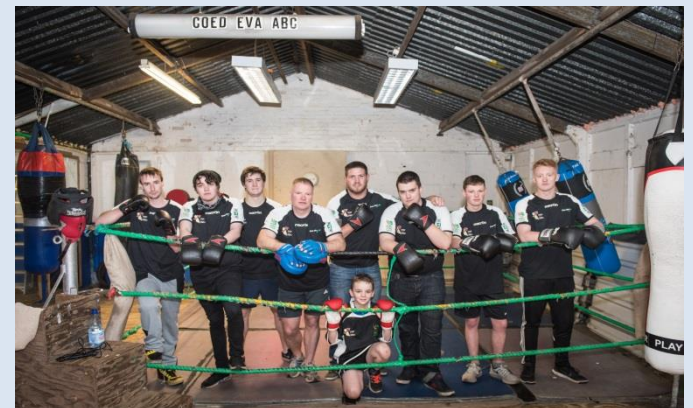
Participants gain Accredited Training Outcomes: Level One Health & Nutrition (communities 1st), ASDAN Life Skills (Garnsychan Partnership) Level One Career Exploration, STEPS confidence building course.

Further Employability skills training include : CV writing , motivational interviewing techniques, application writing , job search, interview skills.

Further Education, Training and employment outcomes: 11 Participants gain fulltime Employment...2 Participants enrol onto fulltime college courses ...**87%** of 'Boxing That Works' participants enter employment ,education or further training opportunities. **92%** of participants report feeling more confident in themselves after completing the programme.

"Taking part in the "Boxing that Works" programme has really helped me improve my confidence, I now feel better in myself and more active since joining my local gym and taking part in Empire Fighting Chance."

"Getting involved in "boxing that Works" was the best thing I've ever done, I'm now working full time and I've enrolled in college to do my personal trainers course"



Boxing That Works...*one person's journey...*

Background:

Mr W is a 20 year old gentleman and was referred to the Aspire team from Job Centre Plus. He had very low self-esteem and confidence issues and suffered with depression and anxiety. Mr W was keen to find work but lacked the skills and qualifications.

Support undertaken:

When Mr W engaged in the Aspire programme initially a lot of work was done to increase his personal and social development through the pre-employability programme, this included goal setting, aspirations and raising motivations. On completion of a thorough action plan and learning development pathway Mr W identified that he was interested in a career within the I.T industry but had little work experience in this field. Through one to one support we discussed the possibility of him engaging on our "that works" programmes and when an opportunity came up to participate in our Boxing That Works programme he was eager to get involved.

Mr W has been involved in the care system from a young age and funding was sourced through the moving forward project for him to undertake a paid placement with the Aspire team to gain experience in I.T. In addition to receiving employability support Mr W was given money solutions advice and was supported to setup a realistic payment plan, hardship application and grants to improve his personal wellbeing.

Key Successes:

- Reduction in rent arrears by £564.35
- Supported affordable repayment plan, negotiated with money solutions team.
- Support with and successful with Hardship grant.
- Advice and guidance on career opportunities and available grants
- Accredited qualifications in I.T to support employment.
- Secured paid work placement through the moving forward project.
- Still engaged and supporting with employment and training.



Start Rent	Exit Rent	Difference	% Reduction
£571.63	£7.82	£564.35	

“Getting involved with the Aspire team and Empire Fighting Chance has changed my life, I now have a job, my own property and life is looking good. I feel more confident in pursuing my career and I no longer have any problems with my rent.”

