

12 ROUNDS

'A TARGETED BOXING INTERVENTION'



Boxing For Better C.I.C.

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PROGRAM OVERVIEW

PROGRAM DESCRIPTION

12 Rounds is a targeted intervention for adults who are on probation. The aim is to support individuals who have spent time in jail to lead a more positive life. We aim to develop their physical health and fitness, improve their mental health, enhance their employability, support them to build a positive network, and develop positive character traits which will equip them to lead a more positive life.

Participants will be enrolled on a 12 week program, every Thursday 13:30 - 15:00 they will attend a group boxing session which will include a 1 hour boxing fitness class followed by 30 minutes guided reflection where the group will engage in a circle discussion taking turns to reflect on the week just gone, and positively plan for the week ahead. The program has been designed to equip participants with methods and techniques that will support them lead a positive life, using our boxing metaphors for life such as; Who's in your corner, everyone's a contender, when your backs against the rope and throw your hat into the ring.

Participants will be working towards their preliminary award assessment which is an accredited award that can be used towards GCSE, DofE and Btec. All participants that have attended 8 or more classes will be assessed in week 10 and will receive a medal and certificate.

anyone who has attended 10 or more sessions will be invited on our group challenge which is a guided hike over Rivington.

PROGRAM DATES

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All participants must be enrolled at least 2 weeks before the start date of a new block. A participant is only enrolled when a key worker has completed the referral form, and Boxing For Better have confirmed that they are happy to accept the participant on the program.

Week 1 - Introduction & pre programme survey

Week 2 to 10 - Preliminary Boxing Award

Week 11 - Assessment (only available to participants who attended 8 or more sessions)

Week 12 - Post program survey and celebration

Group Challenge - Any one who has attended 10 or more sessions will be invited to take part in the group challenge, this will be a team hike up Rivington where participants will be expected to support one another to complete a 10 mile hike.

BLOCK 1

Starts: 31st October 2024

Ends: 23rd January 2025

No Session on 26th December 2024

Referral Cut Off: 17th October 2024

BLOCK 2

Starts: 6th March 2025

Ends: 22nd May 2025

Referral Cut Off: 20th February 2025

BLOCK 3

Starts: 5th June 2025

Ends: 21st August 2025

Referral Cut Off: 22nd May 2025

BLOCK 4

Starts: 11th September 2025

Ends: 27th November 2025

Referral Cut Off: 28th August 2025

PROGRAM DATES

REFERAL CRITERIA

All Participants must be 18+ and be currently under probation. Their supervision must be in place for the duration of the program. We can only accept participants that have been referred at least 2 weeks prior to the start date of the block. All participants will be required to make their own way to Norley Hall Community Centre to take part.

Anybody who has committed a crime that is related to sexual violence, crimes against children or violent crimes of an extremely serious nature such as murder or attempted murder will not be permitted to join the program.

We would encourage regular communication between Boxing For Better and Probation officer or other key workers so we can have a joint up approach to supporting participants.

Referral forms can be found on our website www.boxingforbetter.co.uk



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