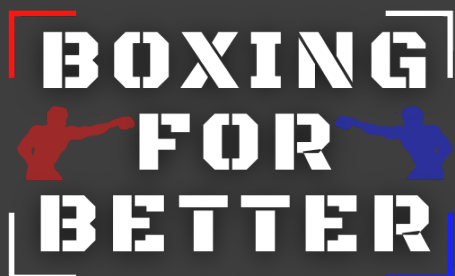


# 12 ROUNDS

'A TARGETED BOXING INTERVENTION'

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ADULTS ON PROBATION IN WIGAN,  
GREATER MANCHESTER



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, D of E and Btec. All participants that have attended 8 or more classes will be assessed in week 11 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 in Lever Country Park in Rivington, Bolton.

# PROGRAM DATES

## PROGRAM DATES

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.

There may be reasons why a participant is not permitted to join the programme and this may or may not be communicated to the refer depending on the circumstances, with this in mind please ensure participants are made aware that a referral is not a guarantee of a place on the programme.

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](http://www.boxingforbetter.co.uk)



This program has been funded by The National Lottery. Without the support and the players who take part we would not be able to run this project