

Boxing champions young people in Epsom & Ewell

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A new local boxing programme, led by **Epsom & Ewell Borough Council** and delivered by **Epsom Boxing Academy**, saw its first cohort graduate in March. 14 students, referred by local schools, were enrolled on the course. Graduating students were awarded an England Boxing Bronze Award which was complimented with an AQA Empire Fighting Chance Award in nutrition and health.

The structured boxing programme aimed to help young people build confidence, self-discipline, and resilience as well as improving self-esteem and supporting positive mental health.

Councillor **Clive Woodbridge**, (RA Ewell Village) Chair of the Community and Wellbeing Committee, said; "I was honoured to attend the graduation of the Epsom & Ewell Community Boxing Scheme.

"Boxing is a fantastic way to keep fit, but it has also been shown to aid in the development of life skills including self-discipline, mental strength and control, and personal responsibility; as well as helping manage feelings of aggression. Boxing also provides invaluable opportunities for students to connect with positive mentors.

"We know that community schemes like this one are a fantastic way to tackle inclusion in sport whilst promoting positive outcomes for young people in our borough. I look forward to Epsom & Ewell Borough Council spearheading more initiatives like this one in the future."

Joe Harding, Boxing Coach and founder of Epsom Boxing Academy, added; "The scheme was a great chance to create and deliver a programme specifically for our community in Epsom & Ewell.

We saw an unbelievable change in the students over the weeks as they developed and demonstrated boxing techniques, learnt about the human body, and about food labels and nutrition.

Life coaching and mentoring helped students' progress in terms of their self-confidence, personal discipline, and punctuality. We were able to provide a safe space and an environment for the young people to express themselves. The results were outstanding. We were extremely proud to be part of such a great project."

The Community Boxing Scheme is part of Epsom & Ewell Borough Council's wider strategy to improve the wellbeing of residents through activity; and reduce barriers to sports and leisure participation for those who may not otherwise have access to facilities. It follows on from a successful swimming programme, delivered in partnership with leisure operator and social enterprise GLL and made possible by an award from Sport England funded by the National Lottery.

Image courtesy EEBC