

# LLANRUMNEY PHOENIX BOXING CLUB

*Winter of Wellbeing*



## BACKGROUND

Many girls and young women in the area lack confidence in themselves and often struggle with poor mental health, including anxiety.

Llanrumney Phoenix Boxing Club formed an offer for these girls and young women, combining the power of boxing and workshops to empower these young people and push them to believe in themselves.

The offer consisted of an hour of boxing followed by a workshop. The boxing was delivered to enhance the girls' physical fitness and develop the fundamentals required to participate. The workshops consisted of six topics relevant to the young people, including, self-confidence, self-esteem, mental health and impact social media can have.

## WHERE & WHEN



The Us Girls site took place in the boxing gym in Llanrumney, on the East side of Cardiff. The coach said, "there is something quite empowering about young girls being in a boxing ring", therefore, both the boxing and the workshops were delivered in the boxing ring.



Sessions ran weekly on Tuesday evening from 4-6pm.

## IMPACT

The #WinterofWellbeing funding allowed the boxing club to engage 35 girls and young women, previously not involved in the club. Over the course of the programme they progressed from participating in 1 minute rounds to 3 minute rounds, a significant improvement to their physical health. Many of these have now progressed on to registering as members of the club and regularly attend sessions.

The coach also shared "the biggest difference is to the girls' mental health". By the end of the programme the girls were able to talk in sessions with confidence and clearly express how they are feeling. The workshops "a fundamental aspect of the programme" encourage the girls' to investigate their feelings, be open and honest and learn coping strategies to help with feelings of anxiety. What are the next steps/ future plans?

## PLANS FOR THE FUTURE

In the future, the coach hopes to roll the programme out further into other boxing gyms and schools as she believes "it's needed especially coming out of the pandemic".

