



BoxSmart

On the Ropes

BoxSmart is a targeted youth intervention project aimed at young people aged between 11-16 years.

The BoxSmart project has been designed to give young people the opportunity to learn the techniques and disciplines of boxing, martial arts and other physical activities. In return, they can earn valuable awards and qualifications, making it a rewarding experience both physically, mentally and personally.



 **Southminster and surrounding areas**

 **12-week course**


The course will explore current issues faced by young people including social media pressure, risk taking behaviours and consequences, substance misuse, exploitation and how to stay safe in their community.

Participants will be fully supported, meet like-minded others, and develop their teamwork, motivation and collaboration skills.

 **3rd January 2025**

 **4pm - 5:30pm**

 **Community Hall 1
King George Playing
Field, Station Road,
Southminster
CM0 7E**

 **To make a referral onto the Southminster course, contact Scott: [07890 962455](tel:07890962455)**

 activeessexfoundation.org

COMBAT ACADEMY



FOR SPORT LIMITED

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MALDON DISTRICT COUNCIL