



VETERANS PROJECT



INTRODUCTION AND PROJECT SPECIFICATIONS



Introduction

Clubs and Coaches,

It is with great pleasure I can introduce you to England Boxing Veterans Project (VP).

We are looking for 10 clubs to take part in the first ever cohort of the Veterans Project. This will be a 12-month journey with delivering sessions over 46 weeks to provide our Veterans with Boxing and a space to rekindle that bond those who have served sometimes miss once they leave the forces.

The sport of Boxing and being in the Forces share many qualities to be successful. To do either of the above you need courage, discipline, respect, a good work ethic and high fitness levels.

With the 10 clubs selected we are looking to reach 200 veterans over this year project with each club looking after 20 of our veterans.

Over these 46 sessions we will also learn what our veterans react to, what they enjoy and most importantly, what do they want from this project?

Vision

To provide opportunities and a sense of belonging for our Veterans. The project will enable participants to build on their health, fitness, and wellbeing to allow them to participate and excel in the sport of boxing.

Our Goals

Understand: To understand the needs of our Veterans when leaving The Forces. To learn how they manage their mental health, fitness, capabilities and wellbeing. We want to understand what motivates them now and how they can best benefit from the project.

Open: To ensure England Boxing-affiliated clubs are able to host Veterans appropriately and are open and able to accommodate them regardless of their mental health, fitness, capabilities and wellbeing.

Welcome: England Boxing want to make sure our Veterans feel at home in their boxing club and feel part of the boxing family.

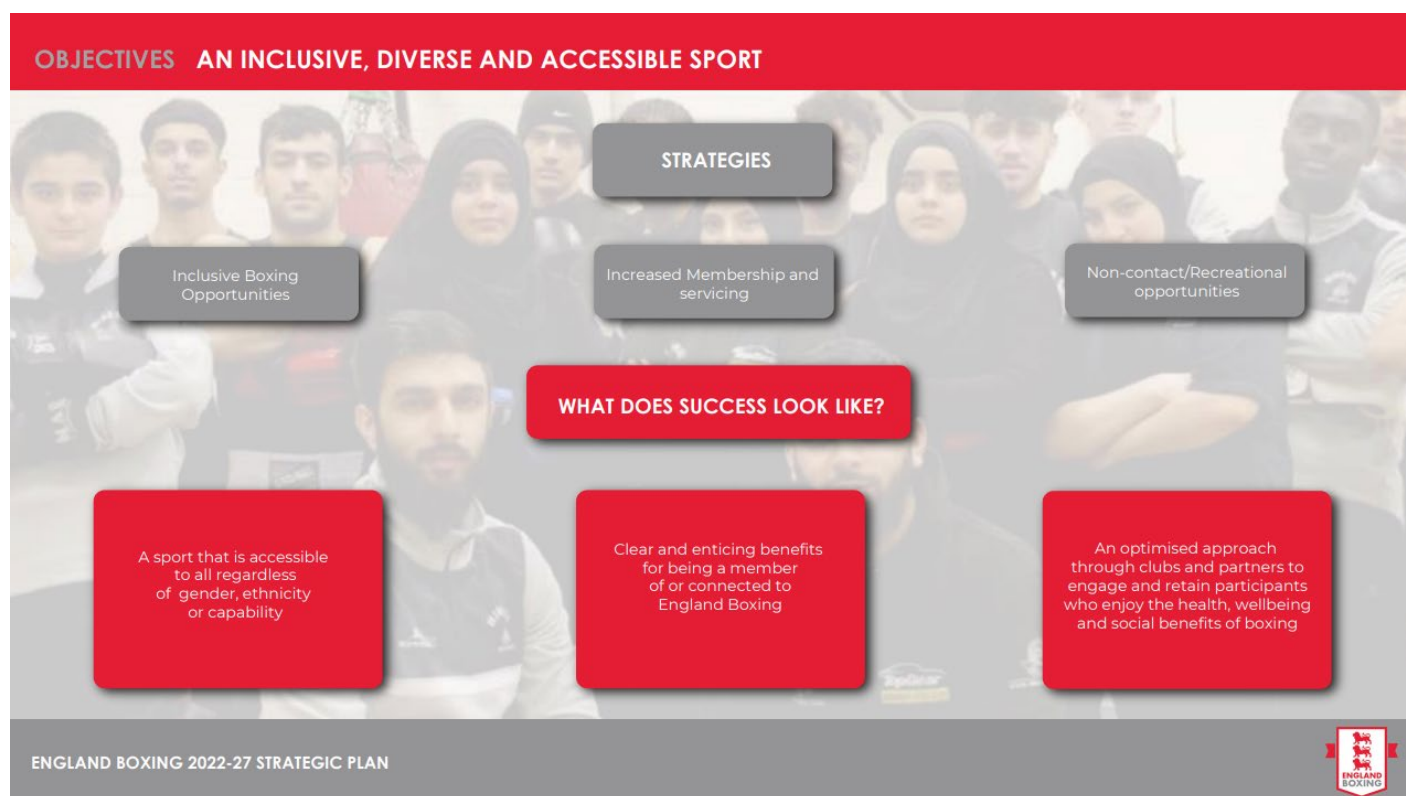
Empower: Empower England Boxing clubs to support and enable Veterans to participate in boxing.



What each club will provide

- A home: Provide Veterans with a home to enjoy boxing and social interaction, ending each session with a hot drink and a chat.
- Inclusivity: Offer all Veterans, regardless of any mental or physical disabilities, the opportunity to be part of the project.
- Fitness: England Boxing will provide boxing sessions in which Veterans can enjoy taking part in the sport, while challenging themselves and improving their fitness.
- Camaraderie: After leaving The Forces a lot of Veterans struggle with the adaptation and miss the camaraderie had whilst serving. By participating in the boxing sessions, Veterans will be able to bond whilst completing the project together and socialising post-session.

The Veterans Project is part of England Boxing's 2022-2027 strategic plan to be an inclusive, diverse and accessible sport.





Key features of the programme...

- Embarking on a 12-month learning journey with each club catering for 20 of our veterans.
- Discover what motivates our veterans and optimise the project for their benefit.
- Record all data to ensure England Boxing can evaluate the impact of the project and which practices worked best.
- Commit to one 90-minute session per week, across 46 weeks, delivering an hour of boxing and 30 minutes to have a hot drink and a chat.
- The project will be delivered by dedicated coaches who understand the importance of our veterans as well as being an England Boxing inclusive club.
- Provide access to guests' speakers who are currently serving in The Forces or are ex-Forces members.
- Provide each Veteran with their own set of wraps and boxing gloves.
- Create a community of practice between the selected 10 clubs.
- Give each Veterans the opportunity to review and complete a feedback questionnaire upon completion of the project so England Boxing can explore further areas of development for the next project and beyond.
- Provide Veterans with a graduation ceremony at the end of the project, with each receiving a certificate.



Application Process 2023



Programme Specification

Title:	Veterans Project
Project Overview:	Give Veterans the opportunity to take part in the sport of boxing whilst building that camaraderie they had when serving in the forces.
Project Start:	September 2023
Project Objective:	This project will enable us to host our veterans and provide them with a boxing home and see what motivates them now and what benefits them most.
Project Purpose:	To support our Veterans by the sport of boxing and help them with their mental health, fitness, capabilities, and wellbeing.



Who is this project for?

The project is aimed at 200 Veterans across the country that would like to take part in Boxing and bond with the other participants during the session and after when having a coffee and chat after each session.

Project Outcomes

Over the 46 sessions delivered we will work with the Veterans and support them in their fitness, mental health, wellbeing and do this within their capabilities. We want to help recreate the bond they had when serving as that as one of the issues Veterans have when leaving the forces. With each session we will learn more about what motivates our Veterans and what sessions they can take more from and give them a home in Boxing.

Entry Requirements

They must be an ex serving member of the Armed Forces.

Pre-requisite(s) or other entry requirements

The selected Club must have a Veterans project currently running or can organise one to start through their local authority or local Veteran centres/organisations. You will have to be able to source the Veterans yourself.

Service Level Agreement

Selected clubs will be expected to sign a Service Level Agreement (SLA) to take part in the Veterans Project.



Club Support Breakdown

Each club will receive £1500 for the project.

Instructor Fee	£20 per session	46 Sessions	£920
Rates Fee	£10 per session	46 Sessions	£460
Coffees/Teas	£10 per month	12 months	£120
Total			£1500

Alongside each club receiving £1500 for the project, they will receive a Veterans Project Plaque, get 20 sets of Veteran Projects Wraps and Boxing Gloves and Skipping Ropes to go to their Veterans.





Lead Contact



Ross Wilkinson had been to boxing clubs when he was younger but was not until he joined the Army where he really fell in love with the sport. Ross completed his Level 1 whilst serving and would not be involved with the sport now if it had not of been for everything he learned whilst serving.

Since then, Ross has worked in different type of careers but is now full time in boxing. He works for England Boxing as the North Club Support Officer as well as being an England Boxing Pathway Coach since 2018.

Ross has several roles in boxing as with the above mentioned he also has Professional Boxers, his own club in Tyneside Boxing Club as well as Northumbria University's Coach.

Recently appointed to head up the Veteran's Project he now looks forward to supporting our Veteran's across the country working alongside the chosen clubs to facilitate the project.

Any Enquiries

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