



Box to Beat it

A social prescribing programme for Children and Young people

Programme Guidance

Last updated 01/07/2023



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ENGLAND BOXING BOX TO BEAT IT

Introduction

Thank you for your interest in the England Boxing Box to Beat it Social Prescribing Programme, for children and young people with mild to moderate mental health problems. We know boxing clubs play a unique and key role in supporting the physical and mental wellbeing of communities.

The Box to Beat it programme will build upon this strength; it will facilitate clubs to be able to work sustainably with partners in health to support inactive children and young people with mild to moderate mental health problems in their communities.

Created in partnership with Mind and co-designed with young people, the programme offers boxing and mentoring to improve young people's participation in physical activity and improving self-confidence, self-belief, and mental wellbeing.

England Boxing are seeking to appoint Clubs and Coaches who are committed to integrating the 'Social Prescribing' programme within their clubs on a long-term basis as well as investing in ongoing CPD (Continued Professional Development) and requirements of the programme.

Please read carefully through the following guidance before filling out the Box to Beat it expression of interest which can be accessed [here](#).

If you have any further questions, please contact:

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Deadline for Expression of Interest: Midnight on 31st August 2023

Programme Aims

- To deliver boxing with mentoring to children and young people with mild to moderate mental health problems, or as a preventative intervention where appropriate.
- To offer a programme that is safe and effective, which prioritises the safeguarding and wellbeing of children and young people participating, and delivery staff involved.
- To create sustainable partnerships between clubs and their local partners in health.
- To establish a CYP social prescribing referral pathway for local health partners into their local Box to Beat it boxing club.
- To develop a network of coaches and leaders who are qualified and supported by England Boxing to deliver the programme.
- To work in collaboration with a network of partners that add value and provide support to the programme and people involved.
- To monitor and evaluate to inform best practice, collect insights, and support the ongoing development of the programme.

Application Process 2023



**The panel will consist of representatives from England Boxing, Mind, The National Academy for Social Prescribing, and other key programme partners.*

Programme

The programme is aimed at children and young people aged 10 – 16 years old with mild to moderate mental health problems. Young people may self-refer or be referred by social prescribing. A referral process will be outlined during the programme training.

Who is the programme for?

- Young people who require mild to moderate mental health support:

Examples:

- Low mood/feelings are having a negative impact on wellbeing.
 - Experiencing mild/moderate anxiety or mild/moderate depression.
 - Eating problems but not deemed high risk by CAMHS or referrers (i.e. being mindful that they rest and recover and take part in the level of physical activity for their body's limits).
 - Young person may experience self-harm and suicidal ideation (this should be discussed with the referral agency to ensure not deemed high-risk i.e. ideation without intent)
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- Young person must be able to attend the sessions independently without 1:1 support.
 - Young person would benefit from a mental wellbeing boxing programme rather than attending open club sessions.
 - They may self-refer or be referred by social prescribing.
 - They may be on the CAMHS (Child and Adolescent Mental Health Services) waiting list but deemed suitable for this programme with a low risk of harm to self or others.

Programme Structure

The 12-week programme has been co-designed with young people and will offer an introduction to boxing fundamentals alongside a wellbeing activity programme. The England Boxing Box to Beat it workbook outlines a selection of wellbeing activities to use during delivery. The workbook will be provided alongside training to support the delivery of the wellbeing activities.

	Boxing content	Wellbeing content
Duration	30-45 mins	30-45 mins
Led by	Assistant coach	Lead coach
Content	To be determined by the club: <ul style="list-style-type: none">● Introduction to boxing – boxing fundamentals● Non-contact and no sparring● Participant added to England Boxing Vault as recreational member.● Certificate upon completion of 12 weeks	Box to Beat it Workbook

Sessions should be 60-90 minutes long with timing split between boxing and mentoring activities. Sufficient time should be allowed for the children and young people to enter and exit the facility without cross-over with other sessions.

It is recommended that sessions are for up to 12 participants and it is essential that a Lead Coach and Assistant Coach are both present.

Programme Delivery Requirements

Club Requirements

Essential:

- Club must be affiliated with England Boxing
- Club must have the correct Safeguarding policies and procedures in place. They will be proactive in their approach to Safeguarding and the wellbeing of Children and Young People.
- Club must be able to demonstrate relationships with partnership organisations in their community.
- Club has significant experience in delivering boxing sessions to Children and Young People.
- Club must be fully committed to the aims and requirements of the programme.

Desirable:

- Club will be able to demonstrate an understanding of Social Prescribing and referral pathways.
- Club can demonstrate relationships with local health partner organisations.
- Club will have experience in delivering boxing sessions to people with mental health problems.

Facility Requirements

- Boxing gym with dedicated access for the duration of the sessions.
- Workshop area for 8 + people.
- Nominated quiet area or chill out area.

People Roles & Responsibilities

England Boxing and our partners have worked together to define the following roles required to deliver a safe and effective programme. Please see the specification for each role below.

	Lead coach (RESPONSIBLE)	Assistant coach (SUPPORT)	Manager (ACCOUNTABLE) (Designated Safeguarding Lead)
Role overview	The lead coach will be responsible for the overall delivery of the programme including the safety and wellbeing of all participants and fellow coaches. They will lead on the mentoring elements of the programme with the participants.	The assistant coach will support the lead coach to deliver the programme safely, ensuring the wellbeing of participants at all times. They will lead on the boxing coaching and provide an introduction to boxing skills during the 12 weeks.	The manager is accountable for the project overall including the wellbeing of staff and participants. They are the first point of contact for safeguarding concerns. They are also responsible for ensuring that all monitoring and evaluation and agreement terms are met.
	Project administration including: <ul style="list-style-type: none"> - Overseeing referral process ensuring forms are completed, safely stored within the club and GDPR followed. - Monitoring and evaluation of both individual progress and the project as a whole. - Setting up and maintaining referral pathways with partner agencies and supporting partnership development. 		
Essential training	DBS Check Safeguarding A minimum of Level 1 coaching qualification - England Boxing First Aid MHFA Youth (will be provided by England Boxing - online) 2 day in person programme specific training (will be provided by England Boxing prior to programme start)		Safeguarding Supervision training (online)
Essential skills/knowledge/values/competencies	<ul style="list-style-type: none"> ● Experienced in and confident delivering workshops to small groups of young people. ● Passionate about supporting young people's mental health. ● Experienced working with and adapting sessions 	<ul style="list-style-type: none"> ● Passionate about supporting young people's mental health. ● Some experience of working with and adapting sessions for a wide range of young people with a commitment to learn. ● Committed to the 	<ul style="list-style-type: none"> ● A good understanding of safeguarding and the referral pathways. ● Committed to supporting the programme team with the ability to provide regular supervision meetings to the Coach and

	<p>for a wide range of young people including those with mental health problems.</p> <ul style="list-style-type: none"> • A good understanding of professional boundaries • A good communicator, able to work with a wide range of professionals. • Committed to the training and personal development aspects of the role. 	<p>training and personal development aspects of the role.</p>	<p>Assistant coach to cover both their personal wellbeing and role specific responsibilities.</p>
Desirable	<ul style="list-style-type: none"> • Youth work, teaching or mentoring qualifications 		<ul style="list-style-type: none"> • Promote the use of Wellness action plans

Training & CPD

It is essential that selected club delivery partners can participate in the required training and CPD.

The fully funded training will be provided before the start of the programme and is compulsory for delivery partners.

	Youth Mental Health First Aid*	Programme Training Workshop
Duration	Four x 2.5-hour sessions over two weeks.	2 full days.
Location	Online	In Person, Venue TBC
Date and time	TBC	Saturday 14 th and Sunday 15 th October, 10am – 4pm

<p>Content</p>	<ul style="list-style-type: none"> • An in depth understanding of young people's mental health and factors that affect wellbeing. • Practical skills to spot the signs and symptoms of mental health problems. • Confidence to reassure and support a young person in distress. • Enhanced interpersonal skills such as non-judgemental listening. • Knowledge of local signposting information and organisations if further support is needed. • Ability to support a young person with a long term mental health problem or disability to thrive • Tools to look after your own mental wellbeing 	<p>This 2 day bespoke training workshop has been designed to deliver essential coaching and management skills for the programme:</p> <p><u>Day 1: Programme Coaching</u></p> <ul style="list-style-type: none"> • Sharing practice - supporting CYP experiencing trauma and attachment issues • Motivational interviewing • Workbook Activities <p><u>Day 2: Programme Management</u></p> <ul style="list-style-type: none"> • Creating a referral pathway • Safeguarding • Monitoring and Evaluation • Sustainability • Risk Management
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**Coaches with recent Mental Health First Aid Youth qualifications will be exempt from this training*

Additional Support

- Wider club members/volunteers may benefit from 'Box in Mind' training.
- Ongoing CPD opportunities will be identified this may include further training on self-harm, working with gangs, domestic abuse/domestic violence.
- A peer-to-peer support group will be set up to allow coaches to access and share relevant resources and best practice.
- Peer supervision sessions will also be facilitated on a 6-weekly basis by Mind.

Safeguarding

A strong Safeguarding understanding and awareness is essential for selected club delivery partners. We are committed to selecting clubs with a pro-active approach to safeguarding practices with clear safeguarding policies and procedures in place.

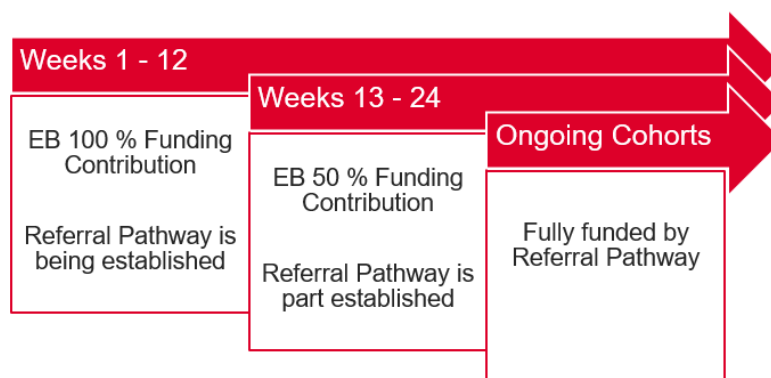
Support from England Boxing

Training

Training for selected club delivery partners to be able to effectively establish and run their Box to Beat it sessions will be funded by England Boxing as well as Mental Health First Aid training and other ongoing CPD opportunities.

Funding

England Boxing will offer a funding contribution to selected club delivery partners to get started with the delivery of the project. Clubs will receive ongoing support from England Boxing to establish their paid referral pathway to ensure the sustainability of the programme once the England Boxing funding has ended.



England Boxing funding contribution to sessions:

<i>EB Funding Contribution</i>		
Description	Weeks 1 - 12	Weeks 13 - 24
Lead coach	£ 30.00	£ 15.00
Assistant Coach	£ 15.00	£ 7.50
Venue Cost Contribution	£ 20.00	£ 10.00
Mentoring workbooks (24)	<i>Supplied by EB</i>	
Total 12 weeks	£ 780.00	£ 390.00

Clubs will receive training on establishing their referral pathway. This will include how to create a pricing structure that will allow clubs to offer referral fees that cover their delivery costs and contribute to a sustainable programme.

Clubs will also receive templates to support the advertising, operation, and monitoring of their Box to Beat it sessions.

Service Level Agreement

Selected club delivery partners will be required to sign a Service Level Agreement to ensure the project is delivered to minimum standards and outline our expectations for effective delivery of the project.

What is Social Prescribing?

Social prescribing is when health professionals refer patients to support in the community, to improve their health and wellbeing. Please take a look at the following links:

<https://socialprescribingacademy.org.uk/what-is-social-prescribing/>

<https://www.youtube.com/watch?v=HkBorjikoJk>

Partners

With special thanks to our design and delivery partners:

