

Satellite Club Project Report: Boxing For Wellbeing

Oxfordshire Mind worked in partnership with Active Oxfordshire to deliver six Boxing for Wellbeing courses at secondary schools across the county.

Each of the 4-week sessions involved students working on coping strategies and skills to improve wellbeing and included a boxing session of 60 minutes.

Students were identified by the school nurse team and their wellbeing was monitored on the first and final session, using the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS)

78

Participants

The project included mental health awareness for sport and physical activity training for PE staff to participate in.

2-day mental health first aid training for senior leadership staff to attend

1-day Level 1 boxing qualification training session and a bag of boxing equipment for each school to keep.

67%

Improved WEMWBS Score

97%

Stated their wellbeing had maintained or improved

93%

Rated the course good or amazing

78%

Wanted to attend a future course

87%

Attendance across 6 schools

"Me and three of my friends from this course are going to join our local Boxing club next week as we've really enjoyed it and found it helpful"

"I like that we talk about social things, things that make us happy or upset and let out anger at the end"

"I'm much calmer and don't over react to things as much anymore"