

Southside Boxing Academy

- Fighting COVID 2020

Background and Inception – how we have been affected by COVID?

We have been in Toryglen for almost a year and half and have engaged with the local community, in particularly the local children and young people. Usually we are open 5 days and over 60 people from the community take part in our activities, they rely on us to help motivate them to be healthy and more active, they are our main source of income, COVID has forced us to close our doors and cease all operations. This is dangerous for us as we need to pay rent, but we decided not to take this lying down, we are choosing to Fight COVID - we are trying new ways to continue to deliver our services and keep the local community active and engaged.

Fighting COVID – Our Approach and Programme

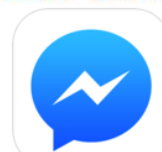
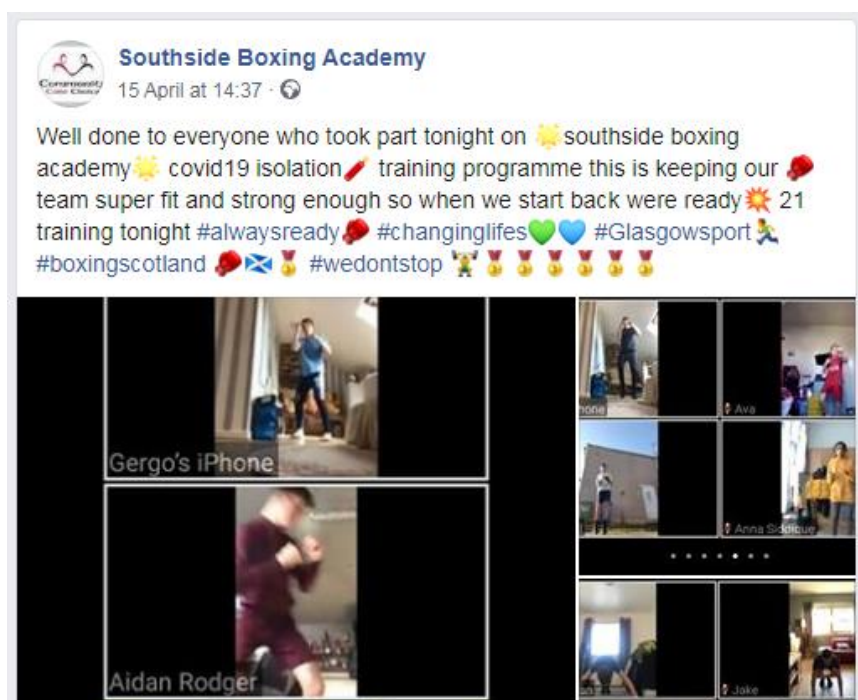
Before COVID we already had a very active Facebook page, since the lockdown we have shored up our WhatsApp and Messenger groups so we can communicate with the different age groups and their parents within the club. We are keen to include challenges for our members and participants as we find these help to motivate them, we also have a weekly champions as another way to motivate and challenge our members, the winner of these challenges gets a prize or an award. Our programme and some of the challenges are below;

Our Weekly Programme;

- **Zoom Fitness Sessions**, 3 x week (Monday/Wednesday/Thursday), 40 minutes workout with cool down chat
- **WhatsApp programme**, daily programmes on PDF's for members only, includes videos illustrating exercises and moves
- **Zoom Technical Sessions**, 2 x week (Tuesdays & Thursdays) for two different groups (Under 10's and Over 10's), these last for 30 minutes

Challenges for participants;

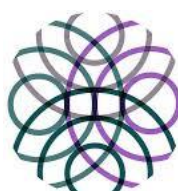
- **Burpee challenge** – how many can you do in a row?
- **Wall Squat Challenge** – how long can you hold it for?
- **Push Up Challenge** – how many can you do in a minute?
- **High Plank Challenge** – how long can you hold it for?



Messenger



WhatsApp



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The following are some of the feedback we have received since our project started;

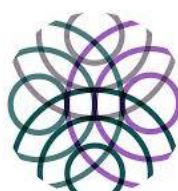


Outcomes, Impacts and Reflections, Learning

So far we have around 40 people taking part in our Zoom Fitness sessions, we have between 25 – 30 people taking part in the daily WhatsApp programme and there are 20 members taking part in the technical sessions. The challenges have been a good way to keep our members engaged the younger ones will challenge each other, always trying to outdo one another.

We are also seeing family members take part with them which is a real bonus for us as we are more than just a boxing club and want to help people stay safe, healthy and active. The support we received from the Corra Foundation Third Sector Resilience Fund is helping us to continue to provide a service during this national emergency when our venue is out of use.

This new way of working could give us further reach into the community by taking our services into people homes and onto their mobile and online devices. We are using this opportunity to reach those people who are beyond our initial members and we are hopeful these people join our club beyond the COVID emergency and might even see us develop our club and activities to suit their needs.



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