

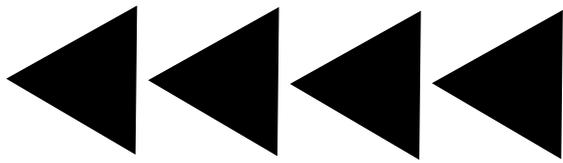


THE

BOXING

PROJECT

2019/20



YEAR IN REVIEW

SCHOOLS

LAKELAND SHS
FREMANTLE COLLEGE
MELVILLE SHS
ARANMORE

YOUTH

COCKBURN YOUTH SERVICES
KOYA, MIDLAND

CENTRES

SUBIACO, COMUNITY CENTRE
JOONDALUP, YOUTH FUTURES
ELLENBROOK, COMMUNITY CENTRE

COMMUNITY

METROPOLITAN MIGRANT
RESOURCE CENTRE

EDMUND RICE CENTRE WA

EVERYDAY LEADER
ZONTA HOUSE

Participant Led: Peer to Peer

Our strengths based approach creates pathways to employment and leadership. Embedding our participants within every layer of our organisation and ensuring our programs remain relevant and inclusive.



Operations Manager: Claire Birch

Starting as a participant in Subiaco, Claire was our first peer mentor. She trained to become a facilitator and this year has moved in to a leadership role, managing our operations, peer mentors and volunteers.



Vice Treasurer: Maya Shah

When Maya speaks out in board meetings, the whole room stops and listens. Her ideas are always informed, thoughtful and challenging. Despite the fact she hates working out, Maya has continued to come to boxing for four years because she enjoys the connection and support.



Program Facilitator: Rebecca Riggs-Bennett

One of our very first boxers, Rebecca's soft caring side is balanced by her grit and determination. She has stepped up this year as both a peer mentor and group facilitator creating space for younger participants.

Program Facilitator: Amy Collins

Unique and quirky Amy creates a space which is warm and welcoming. This year has seen her stepping up to help launch new locations and build safe places for young people from all backgrounds.

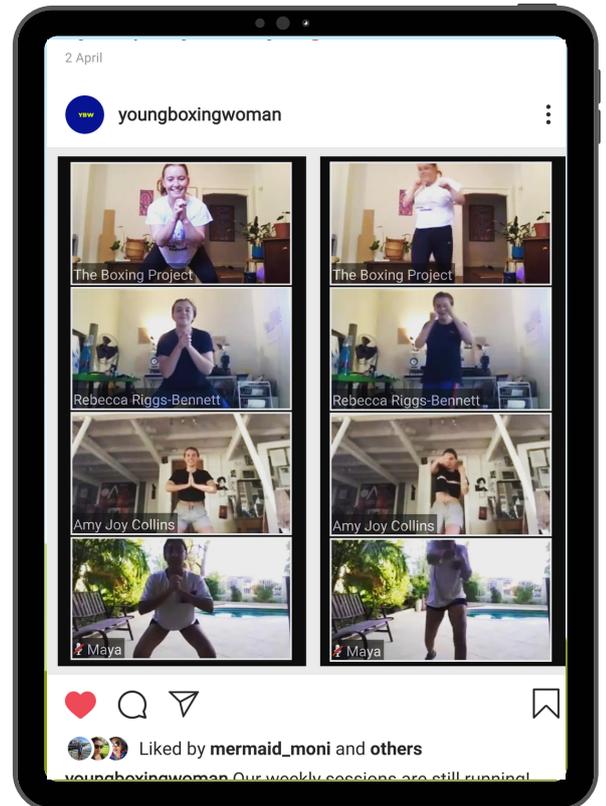


COVID -19 Challenge Leads to Innovation



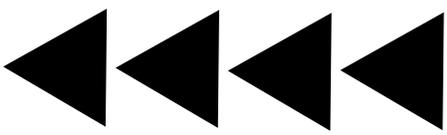
It would be easy to think everything we have worked to build over the last 4 years had been dismantled in a matter of days...BUT... we started with an audacious idea so we continued innovating and created a space that hadn't existed before. Our online sessions grew and provided continued support and connection.

"I have been participating in YBW's boxing classes since the beginning of April. It is my first time learning how to box, and I have loved every session. The girls and I are made to feel empowered, We do killer works and focus on doing moves that make us feel capable and strong. Monday's and Thursday's are my favourite days thanks to the team." -Xarna



"YBW has given me a reason to get moving again during the time of social distancing. Being able to stay connected with my friends while working out brightens up my week!!"- Chloe

"Connection to community and getting my body moving are both crucial for keeping my mental health in check; and as both my workload and anxiety spiked in response to the COVID crisis, jumping on to Young Boxing Women's classes from my backyard gives me a good dose of both. Always challenged to sweat more, and reflect deeply on the forces which impact us and how we can empower change- while laughing with this awesome circle of women."- Sophie



COLLABORATION IS KEY

Advocating for inclusion and belonging in the arts, corporate and educational sectors (and across the world!) our team is dedicated to encouraging women to claim their space without apology.



BOXED IN
*what strength do I need just to walk
down the street?*

Taking Up Space // Sidewalks // Centre for Stories
Body Rights // Boxed In // Fringe World 2020
Boxing Daze // Lit Crawl // Perth Festival



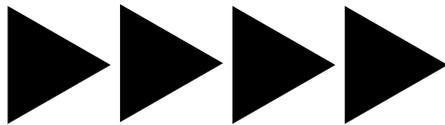
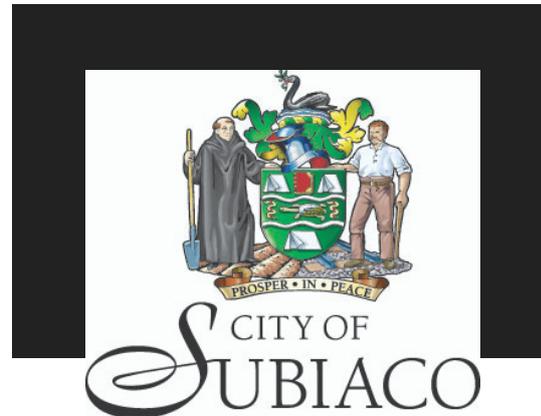
Skills of the Modern Age // Design Thinking for Innovators // Design Jam
Guest Mentors // Narelda Jacobs
Technosexual // WA Youth Sector Summit

Unconvention March 2020 -
Exploring PURPOSE in the
For-Purpose Sector
// Engaging Young Leaders
on Aged Care & Community
Boards
Los Angeles // Women Who



THANK YOU

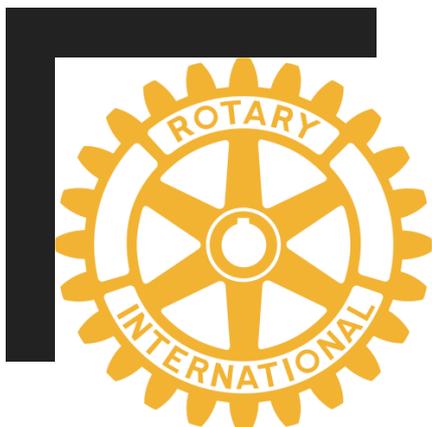
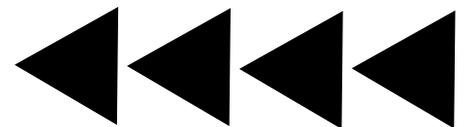
Generously hosting a YBW weekly session in their space, allowing young women to access free boxing and mental health workshops in their community.



Awarded the Targeted Participation Program Category One funding, 'Community Organisations' that deliver programs and/or deliver training and/or deliver sport and active recreation industry outcomes throughout Western Australia. To allow us to expand our project to Joondalup and Ellenbrook.



**Department of
Local Government, Sport
and Cultural Industries**



Rotary has created 25 spaces in a year long project: \$10,000 / 25 Participants / 40 weeks of the year = \$10 per week, per participant. As this amount allows for a full year program to run continuously the likely number of participants this money has provided space for will be 250 over the 2020 period. Your sponsorship allows us to continue to bring our project in to the community. Thank you for being a part of changing the game.

THE BOXING PROJECT

GET INVOLVED: be a guest mentor, join our weekend crew or bring the project to your space. What we can accomplish is limited only by the support we receive. Contact us today to be a part of creating change.



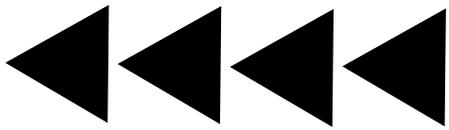
SPARITY

YOU: Enjoy weekly boxing sessions challenging your mind and body

WE: Use the proceeds to offer free youth boxing and mental health workshops

Subiaco Saturday 9:00 - 10:00

Joondalup Sunday 9:00 - 10:00



ONE FOR ONE

AMPLIFY

Learning what your body is capable of, becoming mindful of your breath and strength. Standing with confidence, owning the space you occupy. Improving mental clarity, releasing tension and creating a strong core. Boxing mimics the challenges faced in the workplace and equips you with the skills to claim your space without apology. Delivered onsite or via Zoom in your workplace or homes. Each session contains: 45 minutes of boxing instruction, 15 minutes mindfulness meditation and stretching, 45 minutes of a facilitated workshop. Every paid for corporate program creates a free space for our youth participants.

