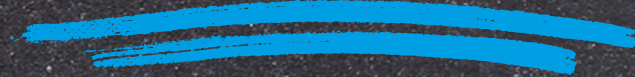




# Together Fund

## Phase 4 Case Study



**“All our group have a learning disability, physical disability or Autism and really enjoy trying new things and Dave, the coach, made us feel so relaxed and welcome”**

### Impact

The TF fund enables us to create a safe environment where people with disabilities feel confident to come and take part in exercise. Delivering boxing activity classes with a ratio of 5:1 maximum to ensure each participants needs were supported. The programmes has helped to increase the physical and mental health of participants and also improved their confidence amongst those that take part so that they feel more able to access a wider range of activities in the future. This project is supported by Wigan Councils Active Inclusive offer who have been co-ordinating with the Be Well Team to ensure participants have support after the project comes to an end.

### Purpose

Boxing For Better delivered disability boxing sessions for children and adults.

The aim was to engage people who are classified as having a disability who currently struggle to access physical activity programmes.

Recruiting participants from across Wigan by working with NHS primary care providers, schools, and community health as well as self-referrals. Everyone should have the right to access regular, safe, and fulfilling physical activity and we wish to offer a programme which is specifically aimed towards disabled people who all to often cannot access sport and physical activity.



**Wigan**

### Outcomes

- Reduced isolation and develop peer friendships of people going through similar circumstances.
- 12 weeks of free classes, swimming and gym for all 15 participants that completed the six weeks programme.
- Increased physical activity.
- Improved mood and general well-being.



**“It's made a difference to each and everyone who goes, not just opened up the opportunity but it has improved our fitness. Mostly it's a session that we can ALL join in and feel part of a team regardless of our disability”**

