

IMPACT Men's Boxing Group

A small pilot group created by The Loss Project and Be the First Boxing in collaboration with Dennis and Dyer Boxing Academy.

Funded with thanks by MIND West Essex.

@bethefirstboxingcarly



Using boxing as a tool to support men to have improved mental, physical and emotional health whilst connecting with peers and their local community.

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100%

**improvement in
physical fitness by
2 and 3 points.**

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**BE
THE
FIRST
BOXING**
I'M IN YOUR CORNER

100%

**improvement in mental
health, mood and
emotional wellbeing by
more than 6 points.**

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**BE
THE
FIRST
BOXING**
I'M IN YOUR CORNER

100%

**believe it's connected
them to peers and
brought new positive
connections.**

**“This class is a welcome
break from my day to day
life. It's a chance for me to
forget about my reality even
if it is for 1 hour. I feel like I
can express myself freely.
And if you were to ask my
family my mood has
improved because of this
class.”**

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**“I’m more relaxed, calm,
and joyful because of this
class.”**

**“It’s given me back my
confidence.”**

**“Excellent trainer and
very friendly club.”**

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“The physical exercise has lifted my mood. Learning the boxing moves has given me something fun to think about. The regular meetings have helped me get out of bed. I wasn’t doing any exercise or getting out of the house at all before; now I am doing some.”

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**“Carly has been
a good teacher
and put a lot of
effort into
motivating us.”**

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