



Active Essex Foundation

BoxSmart Project Referral Criteria

BoxSmart is a targeted youth intervention project aimed at young people aged between 11-17 years, living in Essex and Thurrock. Referrals can only be taken for planned courses that have been advertised in your location. These courses are in partnership with local community sports and mentoring coaches.

Over 12 weeks, young people will work with experienced boxing coaches and youth mentors. The project combines physical activity with mentoring and life skills discussions to create a pro-social change in behaviours and attitudes.

Who can refer?

Youth Justice Services,
Education, Community
Wardens, all statutory agencies.
Parents / guardians referrals

How to refer?

See information on individual posters advertising BoxSmart on the ropes courses in your location. Follow instructions on the poster or alternatively contact suzanne.page@activeessex.org



Young people to refer:

- Those who may be at risk or already involved in ASB or youth offending in their community
- Those more vulnerable and at greater risk of exploitation
- Any at risk of school exclusion or on reduced school timetable
- Young people who would benefit from learning new skills to keep them safe

The projects looks to achieve changes in negative behaviours, reduce conflict within the home and community, improve self-control and increase confidence.

Increased engagement with sports and physical activities and an understanding of the benefits will promote positive mental and physical wellbeing.

