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Boxing sessions help Hertsmere youngsters get fighting fit



Last Modified October 25, 2018

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A boxing initiative set up to tackle anti-social behaviour is continuing to go from strength to strength in Hertsmere.

Box Cleva sessions are held for teenagers aged between 14 and 19 at Brookside Boys Club in Buckton Road, Borehamwood every Wednesday between 6.30pm and 7.30pm.

Since the sessions started in January, they have been regularly attended by more than 20 children who have learned key skills provided by the sport of boxing, including discipline, respect, perseverance, fitness and fair play.

The aim of the sessions is to prevent children from behaving anti-socially and many of the participants have been referred by schools or other agencies.

Healthy eating and Drug Awareness sessions are also carried out as part of the Box Cleva programme.

Each session lasts 60 minutes.

Steve Pearson, lead trainer at Brookside Boys Club, said: "The Box Cleva sessions are buzzing at the moment and we are delighted with how the sessions have progressed since being first started in January.

"Youngsters have the chance to learn new skills in a friendly environment which helps them to develop their confidence and character, as well as improving their fitness and helping them to learn how to lead a healthy lifestyle."

Bob Williams, chair of Brookside Boys Club, said: "These sessions are open to boys and girls between the ages of 14 and 19 and can help make a real difference to their lives by keeping them out of trouble.

"For children who have had a tough start in life, Box Cleva can be a lifeline and can help the community as well by reducing the incidence of anti-social behaviour."

Councillor Caroline Clapper, Portfolio Holder for Leisure, Culture and Health, said: "I welcome the success of Box Cleva, especially as children have the opportunity to learn about the importance of keeping active and leading a healthy lifestyle, which brings both physical and mental benefits.

"The sessions are open to all children between 14 and 19 and I would encourage anyone thinking of joining to do so."

For more information or to join a session, visit <https://www.boxcleva.net>.

Posted on Thursday 25th October 2018

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