

CHANGING GEARS

The Black Prince Trust in partnership with Fight 4 Change are pleased to be working in partnership to offer a Football, Boxing and Personal Development Project this summer. Funded by the Mayor of London the “Changing Gears” project is designed to offer young people between **12-21 years** the opportunity to engage in structured sporting activity alongside personal development workshops leading towards sustainable participation in sporting activity and volunteering.

The project has a drop in information session on **Friday 26th July** here at The Hub which will outline the project timetable and provide young people with more information on this great opportunity.



CHANGING GEARS

- FOOTBALL
- BOXING
- PERSONAL DEVELOPMENT WORKSHOPS

FREE

AGES 12-21

VENUE:
Black Prince Community Hub
5 Beaufoy Walk,
Lambeth, SE11 6AA

PROGRAMME SIGN UP AND INFORMATION SESSION
Friday 26th July 2pm-3pm

PROGRAMME DATES
Wednesday 31st July – Thursday 29th August

Full “Changing Gears” timetable please visit www.blackprincetrust.org.uk

Coaches - Football Association and British Boxing Board of Control Qualified with current CRB checks

For more information and to book a space on the Changing Gears programme please email Jack Thompson jack@blackprincetrust.org.uk or Adam Martin adam@fight4change.org.uk



SUPPORTED BY
MAYOR OF LONDON

watmos
COMMUNITY HOMES



Project Timetable

Workshop 1 - My Story & the consequences	Wednesday 31st July	2pm-3pm
Boxing Week 1 with reflective space	Wednesday 31st July	3pm-4pm
Workshop 2 - Identity and a Sense of Belonging	Wednesday 7th August	2pm-3pm
Boxing Week 2 with reflective space	Wednesday 7th August	3pm-4pm
First buddying meetings on site	Thursday 8th August	
Workshop 3 - Conflict resolution	Friday 9th August	2pm-3pm
Football Week 1 - with reflective space	Friday 9th August	3pm-4pm
Second buddying meetings on site	Tuesday 13th August	
Workshop 4 - Aspirations and Goal setting	Wednesday 14th August	2pm-3pm
Football Week 2 - with reflective space	Wednesday 14th August	3pm-4pm
Third buddying meetings on site	Friday 16th August	
Workshop 5 - Personal development plans	Tuesday 20th August	1pm-2pm
Football week 1 with reflective space	Tuesday 20th August	2pm-3pm
Fourth buddying meetings on site	Wednesday 21st August	
Workshop 6 - Follow your dreams	Thursday 22nd August	1pm-2pm
Football Week 2 with reflective space	Thursday 22nd August	2pm-3pm
Volunteering brokerage	Friday 23rd August	