

Sport RCT Case Study

Getting children and adults more active: **Boxing**

In partnership with Welsh Boxing, we delivered a targeted project to strengthen boxing clubs across Rhondda Cynon Taf and encourage more children and adults to take up the sport. Recognising boxing as a priority sport and acknowledging historically low engagement between us and clubs, the project focused on building club capacity, improving governance, and creating clear pathways from schools into community exit routes.

Working closely with Welsh Boxing and its newly appointed schools officer, we coordinated and promoted a programme of free boxing taster sessions in local schools. These sessions introduced young people to boxing in a safe and positive environment while helping clubs connect with potential new members. A particular focus was placed on supporting Aberaman ABC, resulting in 18 schools and 1,106 children participating in taster sessions. Every participant received information about local club opportunities, helping to create a direct route into ongoing participation.

A key element of the project was encouraging clubs to complete our club accreditation process. Five clubs – Maerdy ABC, Rhondda ABC, Aberaman ABC, Pontypridd ABC and

Tonteg ABC – successfully achieved accreditation and each accessed £1,000 of funding for equipment purchases, coach education and promotion. Accredited clubs also benefited from access to training opportunities, including first aid and safeguarding courses, with five volunteers from Aberaman ABC and Rhondda ABC gaining first aid qualifications.

The project also supported efforts to increase participation among underrepresented groups. Rhondda ABC received guidance and funding support to establish a new women-only boxing session, recruit and train two female coaches, and secure £8,423 through the Be Active Wales programme. As a result, six women have already become regular participants.

Overall, the project has strengthened local boxing provision, improved club sustainability, enhanced volunteer skills, and created new opportunities for people of all ages to discover and enjoy boxing within their communities.

I loved doing the boxing taster because I have not done it before.



1106
participants



92%
are now more
active, more often



100%
will continue
taking part



95%
feel healthier



95%
feel more
confident



80%
feel happier



62%
made new friends



RHONDDA CYNON TAF