

SWITCH  UP

NO MATTER
HOW DARK
TODAY IS,
TOMORROW
CAN BE
BRIGHT.

Switch Up and Nottingham School of Boxing. Building better futures for Nottinghamshire's next generation. Part of the **Marcellus Baz Group**.



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WE ARE SWITCH UP. WE HELP YOUNG PEOPLE CREATE BRIGHTER FUTURES.

Right now, dozens of young people in Nottingham who've had struggles with crime and violence are breaking free. They're getting new jobs, learning fresh skills and making life-long friends. And it's thanks to the one-of-a-kind support from Switch Up, a vital part of the Marcellus Baz Group.

When it comes to support, one size doesn't fit all.

Everyone's different and Switch Up recognises this. That's why Switch Up offers a tailored programme of sport, mentoring and personal development where everyone learns the right skills, goes at their own pace and gets help with the things that matter to them.

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BOXING IS JUST THE BEGINNING.

We'll be straight – the boxing programme we offer via our sister organisation, the Nottingham School of Boxing, is brilliant. But boxing's just one piece of the puzzle.

With Switch Up you can talk to a professional counsellor, get help with your CV, learn how to be a good friend, avoid harmful people and situations, and even land your first job.

And the best bit? Along the way you'll find you can deal with life's day-to-day stresses better, whether it's standing up for yourself or finding ways to cope when you get angry and upset.

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WE PUSH. WE WORK HARD.

Mentoring:

- You'll be matched with an experienced one-on-one mentor who has relevant personal experience
- Mentors offer real understanding, so no matter where you've come from or what you've been through, your mentor will listen, support you and never judge
- Mentoring is flexible, though usually one-on-one, so if another pattern of support works better, you can do that too

Counselling:

- We all need to get things off our chest; that's why, if it's right for you, Switch Up will arrange emotional counselling from professionals accredited by the British Association for Counselling and Psychotherapy

Alternative education:

- Everyone learns in different ways, and sometimes a traditional school or college isn't the best fit
- Switch Up is an accredited alternative education provider and can help you make a fresh start

Employability – finding, getting and keeping a new job:

- Getting your first job or moving into a career you love can be pretty challenging
- Switch Up helps you get the key skills you need to make the big leap
- We'll help you write your first CV (or get your old one up to scratch), give you tips for nailing interviews, and show you how to land the right job
- Even better, Switch Up has partnerships with employers who are looking for hard workers to fill apprenticeships, traineeships and work placements

Workshops:

- We cover the issues others might back away from: knife crime, county lines, substance misuse, gang criminality, cyber bullying, racism, Islamophobia, extremism, peer pressure and understanding emotions

Switch Up in schools:

- We bring boxing fitness classes, our mentoring programme and personal development workshops to participating primary and secondary schools

WE GET RESULTS.

Switch Up works because of the team!

Switch Up's mentors and coaches don't need to be told how difficult things can get – they know. They've seen, breathed and lived it. It's this shared experience that supports a long-lasting bond based on trust.

Our mentors show that the sky's the limit if you're willing to put the work in.

And it is because of our founder and leader Marcellus Baz BEM!

It's the leadership of Marcellus Baz, winner of the British Empire Medal, and BBC Sports Personality of the Year's "Unsung Hero" award, that sets Switch Up apart.

Marcellus has lived experience of coming from a deprived community, with little family support. His journey started with gangs, knives, guns and crime.

After a promising boxing career cut short, he moved on to head up the Nottingham School of Boxing and its sister organisation Switch Up, using his experience to create programmes which help and inspire young people.

We've helped hundreds but many more are missing out. With your support we can get more young people into employment and fulfil their true potential.



WE ARE THE NOTTINGHAM SCHOOL OF BOXING. WE BUILD CHAMPIONS IN AND OUT OF THE RING.

Nottingham School of Boxing, Switch Up's sister organisation, brings the art, discipline and magic of boxing to those who need it most.

Boxing is a sport, but it's also a mindset. You learn to pick yourself up, learn from mistakes, accept defeat with grace and win with humility.

It's never too late to start.

Young people are the beating heart of our school. We train girls and boys from six years

old. Adults with zero boxing experience, and all fitness levels are welcome too.

Whether you are looking to compete in boxing at an amateur level, or just want to have fun learning a new sport, get fit and build strength and make new friends, we'd love to see you.

If you come to one of our sessions, you will find a safe training environment where nobody judges anyone else, and everybody is out to be the best they can.



BOXING CAN CHANGE YOUR LIFE. READY TO BECOME A CHAMPION?

Just bring yourself – we've got everything you need.

Boxing is a brilliant way to get fit and build strength, but it also unlocks skills that will serve you for the rest of your life. It doesn't matter if you don't become a prize fighter. We're about building champions inside and outside the ring. Boxing helps to:

- Increase fitness
- Build self-confidence and self-esteem
- Regulate emotions
- Build positive friendships
- Instill trust in others
- Build resilience
- Practice discipline

Did you know? Boxing can help prevent crime. The structure, community and positive role models we offer can actually help reduce criminality and anti-social behaviour. It's also a proven way to help get better results in school and reduce exclusions.

When it comes to boxing, we're unbeatable!

We're proud to be affiliated with

England Boxing, the sport's national governing body.

The gym is fully equipped and includes a boxing ring, punch bags, pads, boxing gloves, skipping ropes and gym equipment. We have dedicated sessions for children six years and over, adults, women and elite boxers. We also offer one-to-one sessions to develop endurance and technique.

When?

Check out our website and social media for prices and session times: nottinghamschoolofboxing.co.uk

Discounts available if you pay by direct debit.

Where?

Nottingham School of Boxing, 163 Woodborough Rd, Nottingham NG3 1AX.

Can't come to us? We can bring the boxing to you!

We also offer boxing classes for young people in community venues all over Nottingham. Check our social media for the latest.



“When I was younger, I used to be on the streets carrying weapons and I was involved in crime. I had no future. Baz has got me into college. He got me a part-time job and put me on the right track. I have even become a national junior boxing champion and have aspirations of going to the Olympics one day. If it weren't for Baz, my mum and dad would have thrown me out and I would have ended up in prison.”

– One of the many young people Marcellus Baz BEM has helped.

For more information, please get in touch:

switch-up.org.uk | info@switch-up.org.uk

Switch Up and Nottingham School of Boxing,
163 Woodborough Rd, Nottingham, NG3 1AX.



Need to know:

All coaches are accredited with England Boxing and all mentors are experienced and trained in working with young people. All Switch Up staff receive regular safeguarding training and all hold current enhanced DBS checks.

Switch Up is a Community Interest Company limited by guarantee registered in England & Wales, no. 0852264. Nottingham School of Boxing is a charity registered in England & Wales, no. 1158631.

**MARCELLUS
BAZ
GROUP**

**BUILDING
A STRONGER
BRITAIN
TOGETHER**

The content of this leaflet represents the views of our organisation and does not necessarily reflect the views of the BSBT programme or the Home Office.