

BOXING, BLETHER AND BREW



I INSTANTLY FELT WELCOME HERE. FRIENDSHIP, CAMARADERIE AND SUPPORT ARE THE FIRST THREE WORDS THAT COME TO MY MIND.

BARRHEAD AMATEUR BOXING CLUB



THERE'S ENTHUSIASM AND AMBITION HERE TOO. FROM ALL WALKS OF LIFE, ALL SHAPES, SIZES, AGES. NOBODY'S JUDGING YOU.



EVERYONE I KNOW WHO TRAINS, GOES AWAY FEELING BETTER AFTER IT. EVEN THOUGH SOMETIMES, YOU MIGHT BE NERVOUS ABOUT COMING ALONG, OR THINK YOU'RE TOO TIRED.

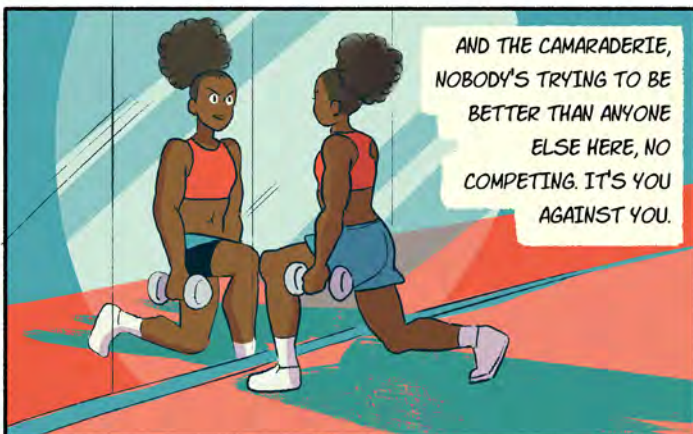
AND IT KICKSTARTED A FITNESS JOURNEY FOR ME, TO EAT HEALTHIER, JOIN OTHER ACTIVITIES.



I CAN SEE THE BENEFIT. IT'S A RELEASE, YOU CAN GET FRUSTRATED, CAN'T BE BOTHERED. LIFE IS STRESSFUL...



AND THEN YOU COME, AND THAT CARRIES YOU THROUGH. YOU FEEL BETTER THAN YOU WERE LAST WEEK.



AND THE CAMARADERIE, NOBODY'S TRYING TO BE BETTER THAN ANYONE ELSE HERE, NO COMPETING. IT'S YOU AGAINST YOU.



EVERYONE WANTS TO SEE YOU DO WELL. DOES NOT MATTER ABOUT WHO YOU ARE, YOUR BACKGROUND.

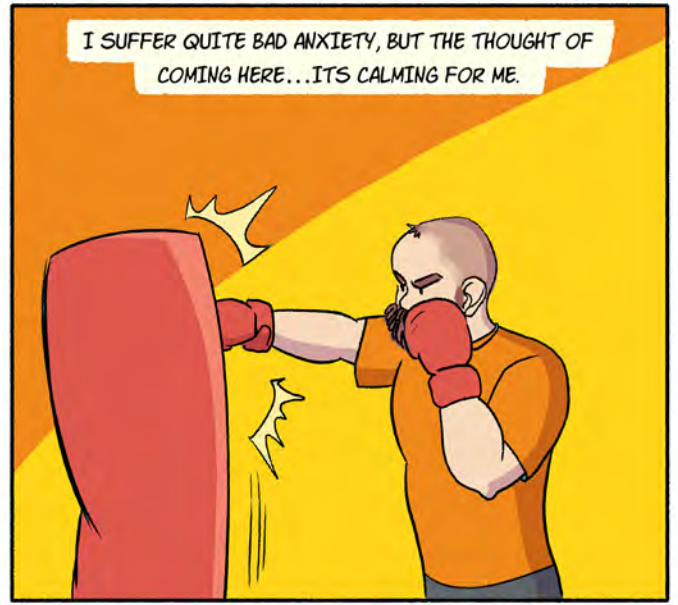
AND THAT'S WHAT'S KEPT ME GOING.



THIS IS MY HAPPY PLACE, ITS LIKE A WEE FAMILY.



I'M A FIREFIGHTER.
HEARD ABOUT IT
FROM THE GUYS AT
THE STATION.



I SUFFER QUITE BAD ANXIETY, BUT THE THOUGHT OF
COMING HERE...IT'S CALMING FOR ME.



IT OPENS THE DOOR TO
AFTERWARDS, ALL HAVING A
WEE COFFEE.



SOME OF US, WITH THE ROLES WE
DO IN EMERGENCY SERVICES, THERE'S
HARD THINGS TO TALK ABOUT...

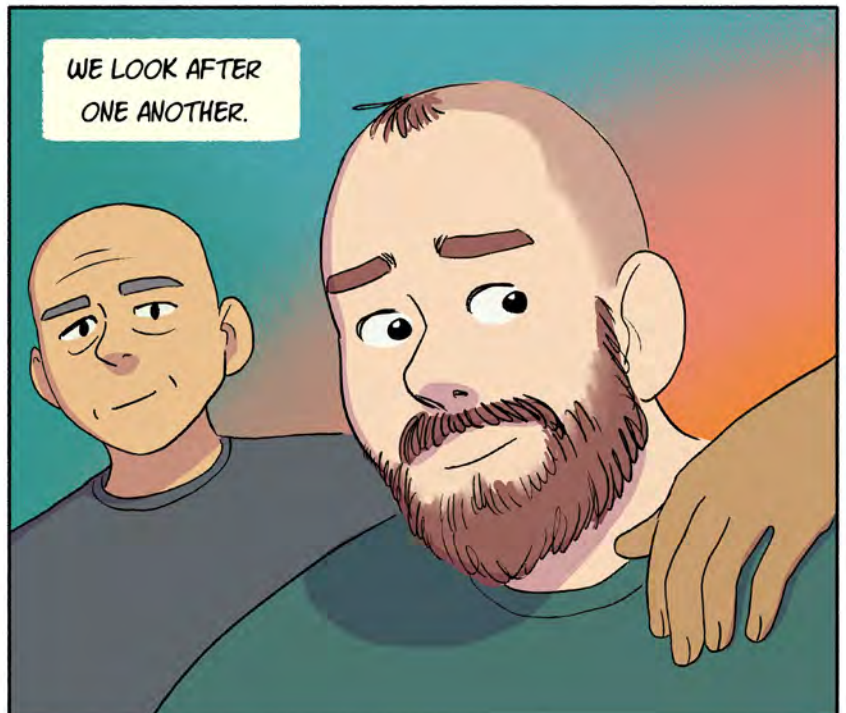
...BUT YOU CAN HAVE THAT
CHAT HERE, OUTWITH YOUR
WORKPLACE.



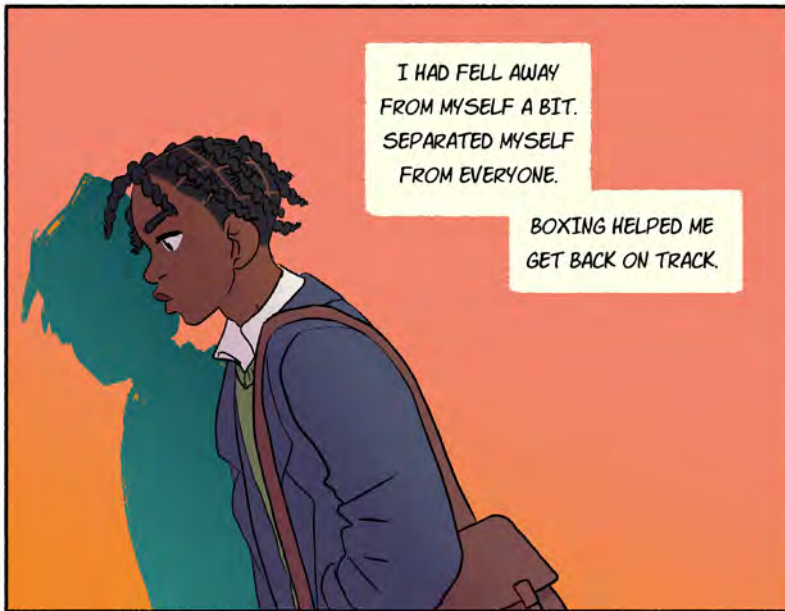
A FEW WEEKS BACK, I WASN'T IN A VERY GOOD
PLACE. DID THE SESSION. BUT AFTER, WHEN WE
WERE GETTING COFFEE, I DECIDED TO LET
THE GUYS KNOW.



THERE'S NO PRESSURE TO TALK, BUT IT IS A SAFE
SPACE TO DO THAT. THIS PLACE ALLOWS YOU TO
BE COMFORTABLE AND GET THAT OUT.



WE LOOK AFTER
ONE ANOTHER.



I HAD FELL AWAY FROM MYSELF A BIT. SEPARATED MYSELF FROM EVERYONE.

BOXING HELPED ME GET BACK ON TRACK.



THE CLASS HELPED ME GET MY HEAD ON STRAIGHT, GET A JOB. FOCUSING ON LIFE RATHER THAN OTHER DAFT THINGS.



WANT TO BE A BETTER VERSION OF MYSELF, A BETTER ROLE MODEL FOR MY DAUGHTER.

YOU SET YOURSELF GOALS FOR THIS. THEN FOR OTHER STUFF.



IT'S THE HOUR YOU GET WHEN IT'S JUST YOU. NOTHING ELSE MATTERS. IT SETS YOU UP, YOU'RE BUZZING - I'LL GO OUT AND DO THIS AND DO THAT AFTER THE SESSION.



I DON'T ALWAYS BELIEVE I CAN MAKE A CERTAIN NUMBER ON THAT RUNNING MACHINE, BUT THE COACHES WILL PUSH YOU - YOU CAN DO IT.

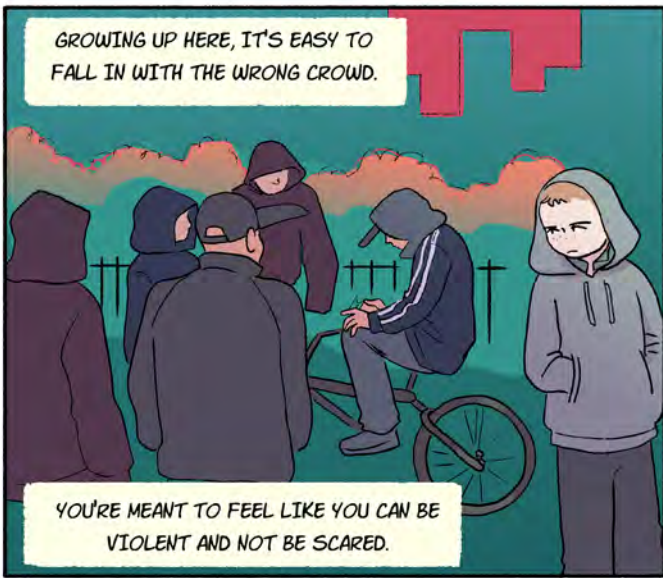


EVERY CHALLENGE I HAVE, AT WORK, WHATEVER, I FIND MYSELF THINKING 'IT'S JUST ANOTHER FIGHT!'



I DON'T GIVE UP. I CAN GET THROUGH THIS.

I CAN DO THIS.



GROWING UP HERE, IT'S EASY TO FALL IN WITH THE WRONG CROWD.

YOU'RE MEANT TO FEEL LIKE YOU CAN BE VIOLENT AND NOT BE SCARED.



OUTSIDE, YOU'RE MATCHING YOURSELF UP AGAINST EVERYONE, BUT COMING IN HERE WAS A HUMBLING EXPERIENCE.



AND THE FIRST TIME I WALKED IN HERE, IT WAS THE WEIRDEST FEELING.

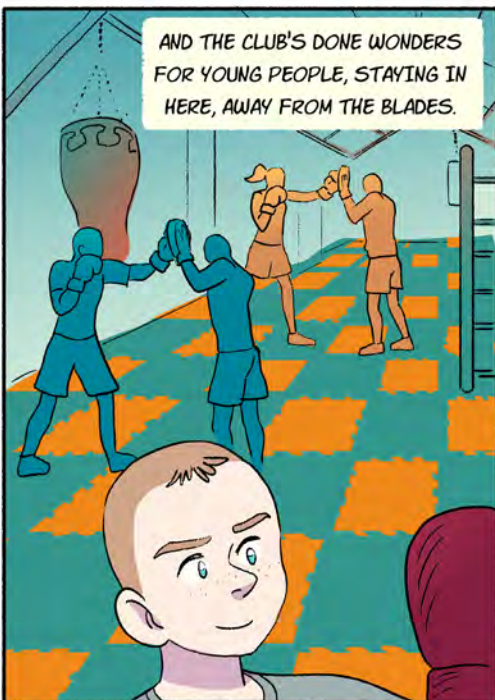


EVERYONE HERE COULD KILL ME, BUT NO ONE IS VIOLENT AT ALL.



NOW I'LL DO ANYTHING TO STAY OUT OF A FIGHT. ANYTHING. GET ON MY KNEES. SAY SORRY.

NOW THAT I ACTUALLY KNOW HOW TO FIGHT.



AND THE CLUB'S DONE WONDERS FOR YOUNG PEOPLE, STAYING IN HERE, AWAY FROM THE BLADES.



IT GETS YOU OUT OF BED. THERE'S ROLE MODELS HERE, GUYS OF DIFFERENT AGES, JUST ALL TALKING.

WHERE ELSE DO YOU GET THAT?



THE GUYS ARE INVESTED IN YOU, YOU LEAVE HERE...FULLER.

STRONGER IN BODY, STRONGER IN MIND.