

Free Boxing Sessions Provide Wellbeing Boost for Male Enfield Residents

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Morgan Sindall Property Services (MSPS) has teamed up with L&Q, one of the UK's leading housing associations, to provide health and wellbeing support for males aged 16+ who live in Enfield. Free boxing and fitness sessions will take place every Saturday at Ponders End Youth and Family Hub until 12 October to bring men together, regardless of their background or boxing expertise, to get fit, build confidence, and discuss the issues that matter most to them in a safe, welcoming environment.

In addition to being physically put through their paces, participants receive nutritional advice from professional coaches and therapists, with time set aside each week for informal group discussions. The first session got under way on Saturday, 20 July with 22 Enfield men from all walks of life enjoying the opportunity to come together for a workout and a chat.

Comments from participants included:

Marcus: "It was a really good session. I feel pumped. I am new to the area, and this is a great way for me to meet local people and make friends."

Iqbal: "I thought I would try it because my health isn't great. It's free and near my house, so it's a no-brainer. I am glad I came."

Patrick: "I am so happy to be here. I am 67 years old and wanted to come to help improve my fitness. Health is so important at my age, and it's nice to meet new faces and be in an environment that is so inclusive."

Kemal Ahmet, who is one of the boxing coaches, said: "I want everyone to feel as if they are part of a

family. There is no judgement here. We are not here to look at others. Focus on yourself. We will help and push you as much as we can. This is safe place, and we are all here for each other. This is not just about the exercise. This is about expressing yourself, feeling confident, and having fun.”

Matt Corbett, Director of the L&Q Foundation, which develops and funds social initiatives for L&Q residents and their communities, said: “It’s great to see our partnership with Morgan Sindall already paying off for men in the Enfield area and hear positive feedback about the boxing sessions. We recognise the need to make sure men have access to activities that promote mental as well as physical wellbeing. We’re especially keen for male L&Q residents to get involved and benefit from the coaching and support available through the summer into autumn.”

Arjun Ghosh, Social Value Officer, Morgan Sindall Property Services, said: “These sessions have been especially designed to help men with their physical and mental health. We know, unfortunately, that suicide rates among men are now higher than in previous years. Men’s mental health has often been ignored in the past and we understand that this is part, of the ongoing problem. We therefore decided to offer a programme where men can feel free and safe to express themselves. We want to encourage openness, transparency, and a sense of belonging to help men engage and feel comfortable being honest. It’s okay not to be okay. We want people to understand that and own it. By providing guidance from professional mentors and therapists at the end of each workout, we aim to support each man in his physical and spiritual journey.”

In 2023, MSPS signed a contract with L&Q to deliver its Major Works Investment Programme along with nine other partners to invest in the safety, comfort, and environmental performance of residents’ homes.