
Case Study for Healthy Ireland Fund



An Roinn Sláinte
Department of Health



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government supporting communities

Case Study – Physical Activity

The Red Door Project – Project Boxing Clever

Section 1: Organisation Overview

The Red Door Project was established in 2010. Its mission is to provide confidential assistance and services to individuals, families, and the wider community that are affected by drug and alcohol use. The Red Door project offers support and advocacy work for individuals at any stage of addiction including one to one counselling, peer support, relapse prevention, addiction education, life skills and personal development, care planning and goal setting, health education and a multiplicity of progression routes including a special Rehabilitative Community Employment Programme.

Section 2: Summary of the Action

Boxing Clever is a twenty week programme integrating education, substance use recovery & fitness which aims to support participants to develop more resilient identities, while encouraging educational achievement, physical wellness and reduction in harmful or risky behaviours.

Twenty weeks.

19 participants started (4 dropped out)

Two sessions in the Gym & Three in the Classroom

One-to-one key working supports (pre & post)

Mix of substance use status and histories

- Educational study for two QQI minor awards in Health-Related Fitness (Level 3) and Community Addiction Studies (Level 5)
- Physical training; boxing skills and tailored fitness training.
- 3 agencies and 4 practitioners involved.
- Based in the community.
- Community collaboration

Areas covered include:

- Pharmaceutical information on drugs and their effects.
- Process of addiction.
- How addiction affects individuals, families, communities.
- Social analysis.
- Media analysis.
- Personal development.
- How individuals and communities can respond.
- Field visits to drugs services.
- Individual course work.

Health Related Fitness Module:

- The Human Body
- Lifestyle Practices
- Safety, Equipment & Amenities
- Components Of Fitness
- Personal Lifestyle Practices

Assessment –

Programme Planning:

- Planning & organising a fitness class
- Demonstrating & explanation of exercises

Peer Leadership:

- Understanding of peer leadership
- Transition of roles
- Group members roles
- Group members comfort zones
- Best practice in group facilitation
- Managing boundaries

Section 3: Impact of the Action and Key Learning

Educational Outcomes

- QQI level 5 Community Addiction Studies.
- QQI level Health Related Fitness.
- Additional micro/macro outcomes

Boxing Clever Progression Routes

- LMETB (Training, Career Guidance)
- DIFE (Bridge To Education)
- Diploma In Community Drugs Work (Urrus)rd
- Other 3rd Level Education Transition Options
- Employment
- Mentor role within the programme
- Drug/Alcohol Treatment
- Rehabilitation Day Programmes

The role of mentoring in Boxing Clever

- Role that has evolved within the programme
- Highly valued element by participants.
- Concrete modelling of community involvement.
- Illustration of progression for participants.

Section 4: Quotes / Testimonials

Participant evaluation feedback (Mid-Point)

“Doing Boxing Clever 2023 it has had a great impact on my life, a good structure & purpose”

“I found it a challenge for me to do something new, it was a good experience for me to find myself again”

“I have new friends I know are real” “I am in a great headspace”

“Putting some structure in my life, as in getting up early and having somewhere to be and something to do”

“The mix of health & fitness and addiction studies was a good mix of learning about different drugs and the impacts with the gym work it goes hand in hand”

“It got me back into the real world and fit and a insight into sports and learning again”

“I really enjoyed the BC, I feel a lot more confident in myself and I am a lot happier”

“Each of the tutors were very good at explaining what they wanted from us and they were very patient with us”

“The boxing gave me more confidence”

“A change to groups I was used to being in, I loved getting fit and learning about the body”

“Given me so much confidence and a good structure to my life and helped me achieve my best for my journey forward”

Section 5: Photo's

