

The Fighting Chance: breaking down barriers to veteran's well-being

The 12 week programme combines boxing training with tailored support around well-being, routine and socialisation. Once participants have completed the programme, they will have the skills and resources to continue training and use what they have learnt to move towards meaningful employment or further education.

The partnership is a collaborative effort, with Stoll recognising the value of The Fighting Chance programme to their beneficiaries. Made possible through funding from the [Armed Forces Covenant Fund](#), the bespoke programme was due to launch in April. Unfortunately, COVID-19 meant that the launch was delayed until restrictions were lifted to the point that residents could take part in outside, socially distanced training.

The programme was finally able to kick off on 21 July and after only two weeks, the participants are already showing signs of progress.

Shaheed Sambrano is one of the boxing coaches (alongside his mentor George Burton) and it's his first time working with veterans. > They are amazing people, keen to learn and very coachable. I really enjoy identifying strengths and helping people build on that.

Shaheed Sambrano one of the boxing coaches. MOD Crown Copyright.

However it's not all about the boxing, each participant's overall well-being is monitored and throughout the programme they receive tailored advice and guidance to get them closer to their goals.

Each participant has their own, often personal, reasons for taking part in the programme. Shellie, a Stoll resident for just under a year, wants to build her confidence, self-discipline and develop new skills.

Shellie, a Stoll resident, practising her boxing. MOD Crown Copyright.

While this bespoke programme was designed specifically for Stoll beneficiaries, The Fighting Chance run a series of veteran focussed programmes. As Bronze MOD Employer Recognition Scheme Award holders, they have been recognised for their commitment to supporting the armed forces community.

Find out more about [The Fighting Chance for Veterans](#) and the [Armed Forces Covenant and MOD Employer Recognition Scheme](#)