



**About Taking Shape Association:** Taking Shape Association is a charitable organisation offering a rich and vast range of affordable fitness and holistic services intrinsically linked to community engagement, restorative justice and promoting good health for people of all ages. Taking Shape is experienced in delivering a range of projects that combine the values and disciplines of Martial Arts with elements of non-physical disciplines like Martial arts Katas, body coordination, balance, conditioning, fitness, mental focus, confidence, mentoring, reflection, coaching, and meditation to enhance mental wellbeing and to ensure young people and vulnerable adults are resilient and confident to make positive life choices and achieve personal short and long term goals and aspirations, minimising their risk of criminal exploitation and involvement in violent crime.

**The programmes we run:** We offer 12 week programmes (half a day each) targeted at young people who lack positive role models, who are at risk of criminal exploitation, or who fear or are experiencing violent crime. The programmes aim to build resilience and confidence and raise awareness of individuals' own cultures and that of other people. We also place strong emphasis on building trusted relationships and providing ongoing support. Our programmes include a range of motivational speakers and activities. The curricula incorporate aspects of risk taking behaviours, peer norms and peer pressure (e.g. about acceptability of carrying weapons), social and emotional barriers to learning, and social and community cohesion. We also work with trusted partners to support participants with education, training, and employment.

### The impact we have:

- (Re-)Engagement of young people in education, work experience and employment
- Reduced levels of school exclusions
- Reduced risk of criminal exploitation
- Increased bonding with parent's involvement on submitting and creating home study work
- Signposting and support with training and employment, and AQA units or accreditation / certificates
- Reduction in recorded violence 'against the person' incidents and ASB

We know the need is large and we are keen to work with and support more young people to become our leaders of the future.

Please [contact us](#) for more information.

