

Parkinson's UK & TKO Boxing - Organiser Video Audio Description Transcript

Logos appear onscreen Active Kent & Medway, Together Fund and Sport England logos

Titles appear onscreen 'Tackling Inequalities in Kent and Medway – Parkinson's UK and TKO Boxing'

Upbeat music starts

[Two shots of people boxing with a punch bag]

[Shot of Harrison Frew appears onscreen talking]

Harrison Frew: It's non-contact boxing. We're not in the ring, we're not sparring. That's not the case.

[Shot of Harrison showing a group of people how to punch a punch bag]

[Montage of shots of a group of people doing a variety of different exercises]

Voice of Richard Coleman: Non-contact boxing can help people living with Parkinson's to focus on key problems such as balance, strength, dexterity and posture.

[Harrison Frew appears onscreen talking]

Harrison Frew: The boxing's great. The specific boxing on the bag or the technique or pad work because it's the brain thinking in different patterns and hand-eye coordination.

[Two shots of people punching a punch bag with boxing gloves on]

[Harrison Frew appears onscreen talking]

Harrison Frew: But also we try to do balance and gait exercises as best we can. So, like, at the end there will be a circuit and it would be for daily life, so that would be, say, squatting.

[Shot of the group doing exercises]

[Harrison Frew appears onscreen talking]

[Shot of the group doing exercises]

[Two shots of two men doing plank using a bench simultaneously]

[Harrison Frew appears onscreen talking]

Harrison Frew: Most are individuals that are retired. And they just have that attitude that they want to keep active, want to keep going. There's that social aspect as well. So everyone knows each other's faces. We all have a laugh and a joke before the session, after the session.

[Montage of shots of the group doing exercises using medicine balls and activities in pairs laughing and smiling together]

[Harrison Frew appears onscreen talking]

Harrison Frew: Been running for around two months now. So the funding has been brilliant for equipment, different things like resistance bands, different medicine balls. We cater for all needs, all abilities, it's not just boxing. Like I said, if you want to come, just do the bits at the start, the exercise, not the boxing, that's fine.

[Shots of people using resistance bands and medicine balls]

[Shot of one of the boxing coaches doing a strength exercise with a participant]

Voice of Richard Coleman: To see the benefits of the non-contact boxing at the group at the Folkestone boxing club is heart warming.

[Montage of shots of the group of participants all interacting with each other as they exercises and chatting]

[Harrison Frew appears onscreen talking]

Harrison Frew: We're all volunteers, we don't get paid for this, we just do it because we love the sport and we love the fact it can change people's lives.

Titles appear onscreen 'Search for: 'Active Kent and Medway tackling inequalities''

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