
How do I apply?

You don't - we come and find you! No, not really! Email the address on the back or you can scan this QR:



FAQ

How much does it cost?

It's free, so you don't need to part with any money

So, what do you need from me?

Basically, your commitment. It's three sessions per week for four weeks. It's wanting to be there and wanting to get strong

What are the dates?

For this project trial (which we're linking in to Thousand Hours (see thousandhours.org), the first session is Saturday 2nd October and the last is Saturday 30th October

Anything I need to wear/bring?

Just your normal gym stuff and a water bottle.

I have some medical issues, can I still apply?

Yes. There is an application form that will need completing and medical needs are included on there so you can tell us about them and we can still make it work.

Are you on any socials?

This project is just a trial and so no, not yet. If funding comes in, we can do more.

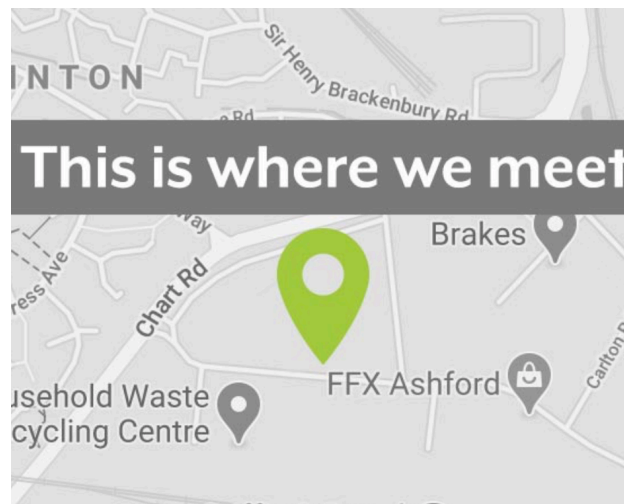
More questions? Get in touch!

Contact & finding us

Email

headstrong@ashfordvineyard.org

If you want to talk to one of the team or you have questions, then email in with your name and number and we'll message you or call you if you'd prefer.



The Warehouse is on Brunswick Road, just along from the tip. Ten minute walk from town. Big grey building that says 'Ashford Vineyard' on the front. Some parking and bike racks are available.

Ashford Vineyard, Units 1&9
Ashford Works, Brunswick Road
Ashford, TN23 1EH

www.ashfordvineyard.org



HEADSTRONG

EST. 2021

'Unlocking the strength in young men'

HEADSTRONG GYM PROJECT



What is HeadStrong?

HeadStrong is a gym project that runs for 11 weeks* and invites young men aged between 13-18 to become strong through power lifting.

Over three sessions per week, students are trained in how to lift weights safely and with growing confidence and ability. As they work together as part of a cohort of students, so they learn to rely on each other and grow as a community of young men who look out for each other, becoming stronger as part of a 'brotherhood'.

HeadStrong helps young men to become strong in their bodies, strong in their thinking and strong in their connection



The aims

CORE COMMUNITY CONFIDENCE CAPACITY

CORE

Building CORE strength. Physical strength carries over to well-being, feeling able, feeling positive

COMMUNITY

Building COMMUNITY. Brothers/family - a sense of belonging without judgment

CONFIDENCE

Feeling a greater all-round CONFIDENCE, but specifically an increased confidence in speaking (up) and athleticism

CAPACITY

Increasing CAPACITY in growing resilience and the mental capacity to overcome adversity

The sessions

Tuesday evening 6:15-9pm

Full session including a check-in at the beginning to touch base, then onto weights and working through each student's individual programme.

Thursday evening 6:15-9pm

Full session, like Tuesday with the check-in, programme of training and then check out at the end to monitor progress and well-being.

Saturday morning 9am-12pm

Full session that will include any alumni too that wish to come (people who've been through HeadStrong before). Programme training, check in and out as normal and as always, time to set up and clear down.

The team

We're a team of people based at Ashford Vineyard, a local church. We're fed up with the depression and anxiety that many young men wrestle with (even when they don't admit it). We are Josh, Chris, Dawn, Jon & others but Herbie Sherman is THE MAN! Herb's personality is infectious & his presence is life giving, he exudes confidence from having a secure identity. Herb enjoys powerlifting and the gym life, knows his stuff and loves seeing people grow.

