

TRAINING CAVE



Social Impact
Report 2025



Who we are

- Training Cave Club Ltd is a social enterprise, based in Birstall in West Yorkshire, that uses boxing and physical education as a vehicle to help people become 'Strong for Life'.
- Established by founder and ex professional boxer, Jack Sunderland, in February 2017, Training Cave began as a commercial boxing gym offering boxing and fitness classes for people of all ages, ability, and levels of experience.
- Now, in addition to paid-for commercial classes, Training Cave deliver multiple community programmes, partnering with local organisations including Safer Kirklees, Violence Reduction Unit and schools. These sessions are free to attend and are funded by contracts, commissions, grant applications and sponsorship.
- When establishing the gym in 2017, Jack had no knowledge of the voluntary, charity and social enterprise sector. Jack's original goal was to provide group fitness sessions to members and build his own amateur boxing team.
- After a short period of time, it became clear that many of the young people attending sessions faced financial barriers and were unable to pay, so Jack began offering free sessions to those who could not afford the membership fees. Out of this simple act, the social enterprise was born. News spread, outreach projects developed and reputation was built.
- The Training Cave is now a vital part of the local community, and has an established board, staff and volunteer workforce who are all proud of the impact that the organisation delivers. Training Cave also has a healthy membership base and successful amateur boxing team.
- Training Cave now delivers across 5 districts of West Yorkshire, (Kirklees, Calderdale, Bradford, Wakefield and Leeds).



What we do

- The activities of Training Cave can be split into four distinct areas:
- Gym Membership – Monthly memberships and ‘pay as you go’ options are offered to the general public. This supplies a regular revenue stream and access to professionally qualified coaches.
- Boxing Team – Our amateur boxing team is open to young people of various ages, however, joining is by invite only. The boxing team enter and host competitions under England Boxing supervision and all coaches are England boxing qualified to elite standards.
- Education – We deliver nationally recognised education programmes to local schools, pupil referral units and colleges. Specialist sessions are available for young people with special needs. Training Cave are an alternative provision and support students who are disengaged from mainstream education or have been excluded from standard educational settings. Referrals are also received from the Youth Justice team, Social Care and probation service to work individually with young people on the fringes of society. Training Cave offers AQA, NOCN and Sports Leadership Award qualifications.
- Community Projects – We deliver various projects which are free to attend and enable vulnerable community members to overcome barriers to physical and mental wellbeing. We partner with local organisations to provide free access to our services for disadvantaged children and young people. Other community programmes include school holiday activities which are free for those eligible for free school meals, four weekly SEND classes, subsidised weekly sessions for over 50’s, and funded education programmes and workshops for young people who are vulnerable to gangs.



Strong For Life

Training Cave's goal is to support the physical and mental wellbeing of everyone we work with, helping them to become 'Strong for Life.' In addition to this, we aim to:

- Develop young people, helping them become work or education ready
- Ensure our services and facility are accessible to all
- Build positive relationships with and peer support networks for participants, helping them integrate with society
- Ensure all staff and volunteers are positive role models

At Training Cave, we believe that good behaviours can be shaped by who you spend your time with and that positive habits, particularly regular physical activity, lead to improved mental health and, ultimately, improved life prospects.

A key objective of Training Cave since establishment has been to make physical exercise accessible to all. Whilst we predominantly support disadvantaged children and young people, we also support adults in the community who are socially isolated or facing financial barriers.



1362
voluntary
hours worked
in 2025

Health and Wellbeing

Key outcomes for anyone attending any Training Cave session are:

- Improved physical fitness and general wellbeing
- Improved self-worth and self-respect
- Improved self-confidence
- Raised aspirations
- Improved healthy habits
- Development of soft-skills
- Increased support networks

Whilst some physical fitness indicators are used to measure progress, case studies, testimonials and observations are generally collected as evidence of objective achievement.



Summer HAF participants (8-12) made the following average improvements across three key fitness indicators over six weeks:

FI 1: 166%
FI 2: 19%
FI 3: 71%

Improving Physical Wellbeing

Data from five student sample groups from academic year 2024/2025 shows significant improvements across three key fitness indicators, (FI), from 39 students. Below shows the average percentage each student improved per fitness indicator.

Group 1

FI 1: 136%

FI 2: 44%

FI 3: 60%

Measured over two months

Group 2

FI 1: 28%

FI 2: 30%

FI 3: 120%

Measured over one month

Group 3

FI 1: 86%

FI 2: 33%

FI 3: 39%

Measured over two months

Group 4

FI 1: 439%

FI 2: 30%

FI 3: 123%

Measured over two months

Group 5

FI 1: 47%

FI 2: 15%

FI 3: 66%

Measured over one month

Improving Mental Wellbeing

Our programmes build confidence and self-esteem, foster resilience and raise aspirations in the young people we work with.

We asked one student sample group, (10 students) to rate various skills during a self-reflection exercise upon entry, and again four weeks later. Below are the average improvements made during this time. Other data taken across the year has consistently echoed these findings.

Communication
54%

Self-belief
252%

Teamwork
22%

Self-management
82%

Problem solving
27%

Boxing as a Catalyst for Change

“Since starting sessions at Training Cave I have become really interested in boxing.

I am now coming to the gym four times a week and my strength and fitness have really improved. Because of this I feel happier, this has really helped me at school and I can control my moods so much better.

I am making much better choices outside of School and the gym. I have stopped vaping and I am focused on getting into Training Cave’s competitive boxing team.”

- Ricardo, 15, Brian Jackson College

Competitive Success

Across 2025, the Training Cave amateur boxing team successfully competed in tournaments and shows at regional and national level.

In April, Henlie Jackson became Yorkshire Schools Champion after an impressive performance over an unbeaten opponent in the regional finals in Bridlington. Henlie progressed to the national stages of the competition, reaching the quarter final before losing a very close contest to the eventual national champion from Liverpool.

Over summer, we entered a team of four boxers into the Hull Box Cup, competing against boxers from all over the UK and Europe. The highlight of this tournament was a brilliant gold medal won by Riley Maundrill, who boxed on consecutive days and beat this year's national finalist on the Saturday before beating the London champion in the final on Sunday. Henlie Jackson also reached the final, coming away with a silver medal.

In October Riley then fought an experienced opponent for the vacant 50kg Yorkshire Challenge belt, coming away as champion after a brilliant performance. One week later, Riley moved up a weight class to challenge for the 52kg belt and his skilful, controlled performance saw him win by a unanimous points decision.

In November we had Louis Fogarthy challenge for the 38kg Yorkshire belt. Louis accepted this fight on just 24 hours notice against an opponent fighting in front of his home crowd, despite this, Louis gave a confident display and won a convincing points verdict.

In December Training Cave hosted our final home show of the year. This was a real success with fantastic performances across the board and allowed us to introduce some of our new, younger talent coming through into the team. Our senior boxer Jacob Evans came away with our Dazzler of the Night trophy for best performance of the evening.



Community Outreach

Training Cave is located within an area of high deprivation, with recent geo-mapping finding that 44.5% of regular facility users live in deciles 1-3 Index of Multiple Deprivation.

In addition to the community programmes we run from our facility, the Training Cave team deliver outreach boxing sessions in local community centres, parks and estates that are known to be hotspots for antisocial behaviour.

In our area, there are few opportunities for young people to engage in positive actions or socialise in safe environments. Our outreach sessions effectively draw at-risk young people, enabling them to build confidence, aspirations and form positive support networks.



Pictured: Two of our amateur boxers delivering outreach sessions on Fieldhead estate. One boxer is from this area and discovered us through our outreach sessions aged six. This year he won two Yorkshire belts.

2025 Community Highlights

2478 places used across all community sessions

344 places on HAF camps

648 places on Boxing for SEND classes

565 places on our referral service

228 places on outreach

53 funded education programmes completed

35% growth in delivery on education programmes compared to 2024

69% growth in delivery on community programmes compared to 2024

Education

Training Cave work with over 20 local primary and secondary schools, colleges and PRU's, delivering boxing sessions and education programmes.

This element of Training Cave's work was introduced in 2020 when we began delivering boxing and general fitness sessions in schools. This service has grown and we are now an education centre and registered site for AQA, Sports Leadership and NOCN, offering accredited awards to students who undertake our qualifications.

We are also an alternative provision and support disengaged young people at risk of permanent exclusion, and those no longer enrolled in school.

Our education offer has increased Training Cave's profile and provided a new and growing revenue source.



4,492
student
sessions
across 2025

Education

Through our education programmes, in 2025 we have delivered;

- **285** AQA Wellbeing Awards
- **25** Sports Leadership Awards
- **12** NOCN Further Education & Employment Ready Awards (16+)

This year we were also able to begin delivering our education programmes to young people who are vulnerable to gangs and child sexual exploitation, at no cost to them, thanks to grant funding from Mayor's Safer Communities Fund, (60 young people) and Community Plus fund, (20 young people).



Accessibility

In 2023, Training Cave partnered with Lighthouse Futures Trust, based in Leeds. As a result of that partnership, weekly groups of students with learning difficulties began visiting the gym for physical training sessions.

This led to Training Cave partnering with other local colleges with a high percentage of SEND students, such as Brian Jackson College, to support the physical and mental wellbeing of their students.

In 2024, we began offering these students the opportunities to complete our AQA Wellbeing Award qualifications, and this year, many have also completed our Sports Leadership Awards.

Delivery for young people with SEND is becoming a specialism for the Training Cave coaches and, in 2025, we increased our Boxing for SEND provision to four free classes each week.

Whilst the current gym does present some accessibility issues, 2026 will see us move to a larger, wheelchair and walker accessible unit, meaning we will be able to accommodate more physical disabilities.



3 new job roles created in 2025

1 new course launched

Employability

In addition to gaining accreditation, our education programmes enhance employability of participants by increasing leadership, communication and teamwork skills.

In 2025, we began arranging a monthly 'Careers Day' for students where we invite a local business to our facility to deliver talks and engaging activities to students undertaking our awards. This provides insight into different industries and enables young people to explore career paths they may not otherwise consider.

We have been joined by organisations including KwikFit, Transpennine Route Upgrade and West Yorkshire Fire and Rescue.



Creating Safer Communities

Thanks to our referral service, Training cave have developed strong relationships with local organisations including Safer Kirklees, Youth Justice Services and West Yorkshire Police.

In 2025, our students were regularly joined by PC Jaganjac from West Yorkshire Police, who trained alongside students and led honest and open discussions about drugs, crime and antisocial behaviour. This breaks down the barriers between our disadvantaged young people and leads to a shift in attitudes toward the local authorities, strengthening community ties and ultimately, creating safer communities.

We recently launched a series of workshops in partnership with West Yorkshire Police, delivering early intervention in the form of anti-crime workshops in four local schools, (two primary, two secondary). This is thanks to the Safe & Inclusive Communities Fund.

Students on workshops report average of **15%** improvement in mental health



Students on workshops report average of **48%** improvements in self-belief

Students show average improvements in physical fitness;
Key indicator 1 – **89%**
Key indicator 2 – **36%**

Boxing for SEND Parent Testimonial

“I have 3 children who attend [Boxing for SEND] sessions twice weekly. I have spent many years looking for a place that provides a sense of belonging along with some fitness awareness for my boys. We live in Wakefield, so even though we have to travel quite some distance to get to the Training Cave gym, we are eager to continue this. There is nothing available of this nature closer to where we live.

The staff at Training Cave are friendly to the special needs children, they support them with lots of words of encouragement.

No child is ever left out of training, everyone is given a turn at all activities. The staff clearly have a high level of awareness that these children need a consistent level of adult support and must be taught differently to the average child.

My children suffered immense rejection from society for many years. They didn't have any clubs to attend and most certainly didn't have anywhere to go where the staff are so willing to support children with special needs.

We have been attending Training Cave since July 2025 and will continue to do so. My children are thriving from attending the sessions. They have learnt a variety of extremely useful skills and are becoming much more confident. They are learning to follow instructions, complete timed tasks, work as part of a team and also independently. They are learning how to use equipment safely and how to manage their physical safety.

Finally, they feel like they belong somewhere and are able to learn new skills. The sessions are extremely valuable and I hope they continue for a very long time.”



Education Programme Parent Testimonial

“My son comes to you with school. He struggles to concentrate with his ADHD, I have constant negative phone calls.

After the session with you this Friday his teacher called me in tears saying they’d seen a completely different side to him and seen him in a different light outside of a classroom setting.

I can’t thank you enough for this.”



Not for Profit

The Training Cave Club Limited is a company limited by guarantee. There are no shareholders and the governance and strategic direction is provided by a volunteer board of directors, who are also the designated members.

All operations are overseen by Jack, who is the only executive director of the business.

Our stated aim registered at companies House is to:

“Positively impact as many people as possible in the local area and to reinvest commercial profits into outreach work. The Community in which the Club operates is at the core of the identity of the business and all who work in it.”

We now have 11 paid members of staff and opportunities are offered to volunteer coaches to work with the boxing team, on community programmes and in timetabled classes.



**100% partners
surveyed would
recommend
Training Cave**

Aligning with UN Sustainable Development Goals

Training Cave and all associated with the club are proud of their social purpose.

Members are kept up to date with all of the social and community activities and feel part of the delivery of social impact.

The Training Cave social enterprise business model directly delivers against at least 8 of the UN SDG's and supports other organisations that influence those not directly impacted.



Social Value Calculation



We felt that it would be useful to illustrate the difference that we have made in 2024 through allocating a monetary value to the statistical evidence that we have collected.



In terms of subjective data, this can be difficult to measure and to allocate a value. It also takes time that can be better used on delivery. Therefore, not all social impact is able to be evidenced here.



We have adopted a Social Return on Investment approach as part of our evaluation of 2025 which requires judgements to be made and proxies to be used to provide a value.



Judgements made include how much of the impact can be attributed to us and realistically how long the changes in behaviour will last without our ongoing delivery.



Social Value – Social Inclusion Activity measured Calculation Judgements and applied values Social Value

Social Value – Social Inclusion

Activity measured	Calculation	Judgements and applied values	Social Value
Number of free sessions	2,150 free sessions completed. Includes 3 x months Boxing for Over 50's (before subsidised), excludes 1-1 referrals	PAYG price for normal gym membership applied (£8) to calculate cost	£17,200
Number of subsidised Over 50's sessions	No of hours x difference from amount paid (£5) to usual PAYG class cost (£8)	197 attendee hours delivered x £3 subsidised to calculate cost	£591
Improved mental health in Boxing for Over 50's attendees	No of attendees confirming improvements x hours x cost of counselling	Survey confirms mental health improved in 100% attendees. Counselling cost applied £50ph x 296 hours = £22,000 (discounted by 50% to acknowledge other input)	£11,000
Number of SEND attendees	No of attendees x cost of physio.	648 attendee hours x physio cost applied at £75 = £48,600 (discounted by 50% to acknowledge other input)	£24,300
Number of 1-1 referral sessions	No of hours attended x cost of personal training session	131 hours completed x cost of 1-2-1 PT sessions applied £45ph	£5,895
Improved self-confidence in young people referred	No of attendees confirming improvement x hours x cost of counselling	34 attendees confirmed improvements x 13 hours each x counselling applied £50ph = £22,100 (discounted by 50% to acknowledge other input)	£11,050
Improved physical health in anti-crime workshop attendees	No of attendees confirming improvements x hours x cost of personal training	36 participants x 12 hours x cost £45ph = £19,440 (discounted by 50% to acknowledge other input)	£9,720
Improved mental health in anti-crime workshop attendees	No of attendees confirming improvement x hours x cost of counselling	36 participants x 12 hours x £50 = £21,600 (Discounted by 50% to acknowledge other input)	£10,800
Early intervention from anti-crime workshops delivered in local schools	Cost of programme delivered alongside West Yorkshire Police	Cost of delivery	£5,137
Improved mental health in volunteers	Number of volunteers confirming improvement x average voluntary hours x cost of counselling	Survey confirms mental health improvements in sample of volunteers. 18 volunteers x average of 76 voluntary hours each x counselling cost applied £50ph = £68,400 (Discounted by 50% to acknowledge external input)	£34,200
			£129,893

Social Value - Education

Activity measured	Calculation	Judgements and applied values	Social Value
Number of school sessions	Number of school sessions x TOMS value for school visits per hour	4492 hours x £64.30 (TOMS) = £288,83 (discounted by 30% to acknowledge teacher input. During sessions 313 awards were completed by students - valued at £156,500)	£202,185
Improvements in physical health confirmed by sample of students	Number of students tested x hours x cost of personal training	39 students x 12 hours each = 468 x cost of 1-2-1 PT applied at £45ph = £21060 (discounted by 50% to acknowledge other input)	£10,530*
Improvements in mental health confirmed by sample of students	Number of students tested x hours x cost of counselling	39 students x 12 hours each = 468 x cost of counselling applied at £50ph = £23,400 (discounted by 50% to acknowledge other input)	£11,700*
Number of young people completing funded education programmes	Number of young people x cost of the awards	53 learners completing awards x average cost per award (priced at £500)	£26,500
Improved physical fitness in young people completing funded education programmes	Number of young people x personal training costs	53 students x 12 sessions x £45 = £28620 (discounted by 50% to acknowledge other input)	£14,310
Improved mental health in young people completing funding education programmes	Number of young people x hours x cost of counselling	53 students x 12 sessions x £50 = £31,800 (discounted by 50% to acknowledge other input)	£15,900
External organisations delivering employment support on Careers Days for students	Hours delivered by external organisations x TOMS value for Employment Support	15 hours x TOMS Employment Support valued at £105.50 per hour	£1,583
			£282,708

Social Value - Community

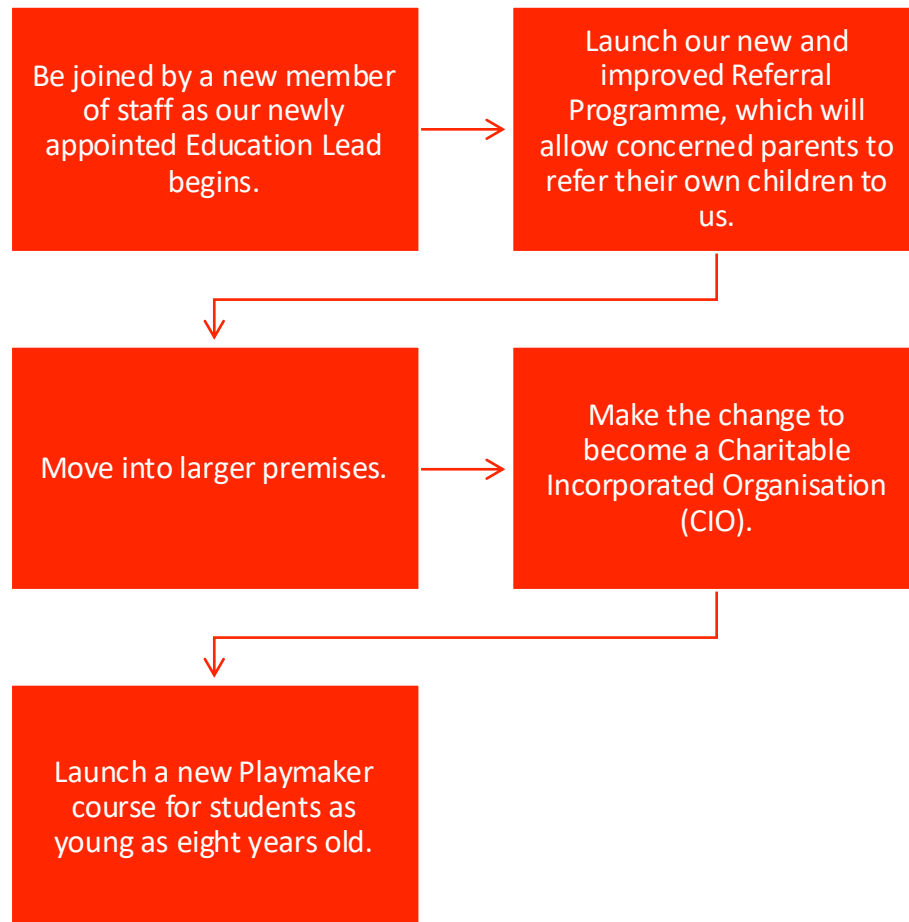
Activity measured	Calculation	Judgements and applied values	Social Value
Holiday camp attendees	Holiday camp sessions x cost of childcare	344 attendees x £36 per day (Ref. Moneyhelper assessment of care cost 1 week £178.47)	£12,384
Improved physical fitness in sample of holiday camp participants tested	Number of holiday camp attendee sample confirming improved physical health x hours x cost of 1-2-1 personal training	7 participants tested x 16 hours x personal training costs applied at £45ph = £5,040 (discounted by 50% to acknowledge other input)	£2,520*
Improved mental health in sample of holiday camp participants tested	Number of holiday camp attendee sample confirming improved mental health x hours x cost of counselling	7 participants tested x 16 hours x counselling costs applied £50ph = £5,600 (discounted by 50% to acknowledge other input)	£2,800*
Outreach attendees	Outreach sessions x cost of after-school club	228 attendees x £13 per hour (Ref Moneyhelper assessment of £66.04 cost per week)	£2,964
Volunteer hours	Number of hours x TOMS value for Volunteer Cost	1362 hours x £16.09	£21,915
			£42,583

Overall Social Value

- Using the calculations outlined, total social value in 2025 is evaluated at **£455,184**.
- Schools and colleges paid Training Cave £118,336 in 2025 for the delivery of the education sessions. This calculates at an overall social return of £3.84 for every £1 spent and £2.39 per £1 spent, purely for the calculated educational social value. For our funders, this equates to £2.81 per £1 spent.
- We feel that some values, particularly marked * around attainment of physical and mental improvement are understated due to lack of full measurement availability. We are confident that the majority of students attending our school sessions will record improvement in both physical and mental health, and teachers from two schools we partnered with in 2025 stated that select students avoided permanent exclusion due to attending Training Cave. However, we have not claimed that value in the 2025 calculation whilst firm evidence is lacking.
- We acknowledge that some of the calculations include assumptions and proxies are open to challenge. However, we are confident that the underlying data is accurate and represents significant social value in its own right.
- We are proud of our achievements in 2025 and look forward to adding greater social value in 2026.

What to Expect from Training Cave in 2026...

In 2025, Training Cave saw significant growth, however, we don't plan to stop there. In 2026 you can expect to see us:



Thank you to all of our 2025 funders

communityplus one community



Thank you to all of our 2025 sponsors

