

## **Cairn Lodge Amateur Boxing Club**

### **Trustees Report to the Members of Cairn Lodge Amateur Boxing Club**

The aim of Cairn Lodge Amateur Boxing Club is to advance the mental and physical development of adults and young people by promoting participation in boxing, through training, coaching and competition.

CLABC is affiliated to the Irish Amateur Boxing Association.

Members pay a small charge and we accessed small grants to allow us to pay bills to keep the club running.

In undertaking our activities we keep in mind the Charity Commission's guidance on public benefit. The focus of our activities remains the participation in boxing, and the promotion of physical and mental health, self discipline and personal development. This benefits young people by developing their self-confidence and social skills alongside physical and mental health and life skills. We welcome all young people regardless of personal background, faith, gender or personal circumstances and we believe this philosophy of openness to all enriches everyone through the sharing of the skills, aptitudes and experiences of our young people and volunteers.

**The Committee, Cairn Lodge Amateur Boxing Club**