

# Cheltenham Boxing Academy



Potential savings: (£) £870 a year (CO<sub>2</sub>) 0.8 tonnes a year

## KEY FACTORS

- No space heating in main gym area
- Bills currently included in lease
- Need for welcoming space for the community

## BUSINESS OVERVIEW

Owner Pat Lewis had a clear plan since he started the Cheltenham Boxing Academy: to support his community. So as well as training facilities and boxing classes Pat works with local schools and community police to provide mental health and safeguarding support for local youngsters.

Pat set about a programme of renovations, keen to meet the needs of gym members with a comfortable space while being mindful of sustainability and the environment.

With no heating in the gym itself, updating some glazing and replacing Perspex roof lights and some of the old fluorescent lighting, has helped make the space more inviting.

When Cheltenham Borough Council explained the gym was eligible for a grant towards a carbon reduction audit by Severn Wye, Pat grabbed the chance to find out how he could take his improvements to the next level.

## THE PROPERTY

The Academy operates from the first floor of a renovated two-storey industrial unit, that used to be occupied by an engineering business. The building dates somewhere between the 1950s and 1980s.

The external gable walls appear to be of brick cavity construction. The roof is vaulted with unknown insulation levels. Some of the original single-glazed windows have been replaced with modern double-glazed units.



We'll 100% use Severn Wye's energy report in future – it's the way forward.



With no heating in the main gym area, most of the energy used is for lighting, hot-water heating, and gym and entertainment equipment.

## RECOMMENDED MEASURES

The gym's bills are currently included in the rent but were estimated to be around £2,500 a year, with carbon emissions of around 2.4 tonnes.

As the main gym space is unheated, any improvements to the building fabric to reduce heat loss will not save money on energy bills. Improvements are, however, likely to make the building a more comfortable environment for its users which is a main goal of the owner.

Severn Wye's energy audit gave some specialist insight into the most effective changes to make now and in the future, identifying potential annual savings in the region of £870 and 0.8 tonnes of carbon a year just by completing the upgrade to efficient LED lighting.

As well as the ongoing planned upgrades to insulation and glazing it would be useful to call in a specialist to assess whether the building's cavity walls can be insulated.



LED lighting



New heating



Pat sparring with Isobel from Cheltenham Zero

## THE OUTCOME

Owner Pat Lewis appreciated the detail in Severn Wye's carbon audit.

*"It was very interesting, it showed lots of things we could do and we'd like to do at some point. We'll take it step by step. My priority is to make our space as welcoming as we can."*

Reducing the gym's carbon footprint is part of the owner's ambition and as well as the changes to the building itself Pat is installing a bike rack, making it easier and safer for kids to cycle in rather than having to be dropped off by car.



New shower



Revamping the loos and showers has attracted more early-morning visitors to the gym where they can work out, shower and head straight to school or work.

Upgrades to insulation and glazing are planned as part of the ongoing refurbishment of the building. And Severn Wye's energy report has given the gym a roadmap for future energy upgrades when the time comes.