LIFELINE FOR ALL ESTATES

THE STANDARD’S ANGELL TOWN PROJECT GOES LONDON-WIDE

TODAY we roll out our groundbreaking programme to tackle the social challenges faced by estates across London. Inspired by the passionate local heroes of Angell Town who have already begun to transform their Brixton estate, we have raised more than £600,000 of additional funds to extend our venture into scores of others.

Global banking group Citi have increased their investment by £400,000 to £500,000, and we have given an additional £200,000 from the Evening Standard Dispossessed Fund. It means that we have a further £600,000 available for the roll-out that can benefit some of the 20 per cent of Londoners who live on the 3,500 estates that hide in plain sight in our city. From today, charities and community groups can apply for funds.

David Cohen Campaigns Editor

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FROM A

AND EVERYTHING IN BETWEEN.

Our 32,000 experts make high speed rail a reality across the globe. Getting you from A to B, through tunnels, across bridges, all made possible by our engineers, environmental consultants, planners, systems designers and management teams.
Citi boosts our project by £400,000

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operating on estates for the benefit of residents can apply in an open funding round for grants of between £2,000 and £20,000. The grants will tackle problems such as unemployment, crime, health, isolation, and hunger, and help improve the environment.

Applications will be managed by The London Community Foundation, the charity that holds the Dispossessed Fund, and should be received by November 23. Sarah Sands, editor of the Evening Standard, said: “We recognise that social change takes resources and that Citi has invested in out-of-town estates and their lives.”

“The people of Angell Town are showing that with some backing, determined people can make real progress in a short space of time. We’ve been inspired to respond by making one of our most significant charitable investments in Europe so that even more Londoners will benefit.”

Joseph Watts
Political Correspondent

FACEBOOK’S finances will be discussed by a Commons watchdog after it emerged that the firm paid just £4,327 by a Commons watchdog after it emerged that the firm paid just £4,327 in UK corporation tax last year.

Facebook’s latest accounts show that it made £1.9 billion in a share bonus scheme.

Mr Hillier confirmed she would discuss the issue with committee members at its next meeting. Facebook said: “We are compliant with UK tax law and in fact all countries where we have employees and offices.”

Investigation that turned into action

Our hard-hitting investigation into Brixton’s Angell Town estate told the stories of its residents over the course of a week. It provoked a huge online response and prompted us to launch our special project to help raise up the estate. Now we are rolling out the initiative to estates across London.

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From jail to gym: the ex-gangster training brokers and estate teens

With the help of the Standard project, an inspiring instructor is taking his workout back to Angell Town, writes David Cohen

When Terroll Lewis was a teenage gang member living on Angell Town, he used to stash all his money under his pillow. He had never opened a bank account and so when, at 20, he tried to join Fitness First gym and was told he had to pay by direct debit, he did not have a clue what they meant.

In frustration he started working out in a local park. To his surprise his workout — replete with handstands and spectacular gymnastic moves — became a YouTube phenomenon with thousands of hits and led him to form his own unique outdoor gym in Brixton.

Today City brokers earning £100,000 a year travel across London to train with ripped youngsters on benefits at his fitness centre called Block Workout.

Terroll has evolved a singular system of training that uses calisthenics (using your own bodyweight) on pull-up and parallel bars as well as deploying everyday items in the built environment.

What’s more, youngsters are mentored while building their biceps.

The charismatic 25-year-old developed his training regime while in Belmarsh Prison, where he spent 11 months on remand at 19 before being found not guilty and released without charge. “To be locked up 23 hours a day for almost a year was a big wake-up call for me and I was determined to reform my life,” he said.

“I was surrounded by guys doing 30 years and would watch other prisoners return from court, relieved, saying, ‘I only got 20 years', and I was like, ‘whaaaaat, I don’t want to spend another day!’”

Terroll was bored so he turned his prison cell into a gym. “I used the edge of the bed to do dips and put my feet up on the toilet and bin to do press-ups,” he recalled. “When I left Belmarsh, I wanted to continue to work out to keep focused so I went to a kids playground near Angell Town and started doing pull ups and dips on the broken swings and railings, and handstands on the stairs.

“One day a friend videoed my workout and put it on YouTube and people went crazy — I got like 5,000 hits. Next thing loads of people began to come down and join in. Today I’ve got over 30,000 followers on Instagram.”

Terroll called his regime Block Workout and set up a fitness centre in a disused industrial space in the heart of Brixton. Three years later membership is thriving and the place has become a well known local success story. He also did a television series for Sky called Star Block Workout, in which he travelled to Brazil and South Africa and pitted local celebrities against each other to complete his workout circuit.

But his dream, he said, has always been to take Block Workout back to his roots, to the estate he grew up on and loves. Now, in response to enthusiastic demand from residents on Angell Town for an outdoor gym, Block Workout has installed pull-up and parallel bars at three locations on the estate and will begin running Saturday morning fitness classes as part of the Evening Standard's initiative to reinvigorate community life.

It is one of several grants to support an array of community-led projects on the estate and which has been jointly funded by Citi banking group, Lambeth Council and the Evening Standard Dispossessed Fund.

“Going back to Angell Town is like off the charts for me,” Terroll said. “People will watch it and think.

Roots: Terroll Lewis says taking his gym to Angell Town is ‘off the charts’
BLOCK WORKOUT

About the group: Founded by former gang member and Angell Town resident Terroll Lewis, Block Workout has installed outdoor gym bars to deliver fitness sessions on the estate. Block Workout already operates in Brixton and has pioneered a popular training method that uses everyday items and the built environment.

Grant: £15,000

What they will deliver: Two sessions every Saturday morning, one for males, one for females, with up to 30 people per session, plus mentoring and support after each session. The target age group is 13 to 25, but older people are also welcome.

OUR ESTATES PROJECT

What are we doing? This is a two-part programme focusing on the potential of London’s housing estates. Part 1 is a pilot backing Angell Town residents and groups trying to transform their estate. Part 2 is a pan-London roll-out asking charities and groups operating on estates across the city to apply for grants to tackle social problems on their estate – such as unemployment, crime, health, isolation – and greening.

Who is eligible to apply for grants?

If you are a charity or community group operating on an estate in London, you can apply for a grant of £2,000 to £20,000.

£18,796 to install a 3G Astroturf pitch.

£11,500 to Football Beyond Borders and Lambeth Tigers for football training.

£12,540 to swirlsmics for boxing training and job readiness.

£5,000 to Tree Shepherd to provide business start-up training.

£5,000 to It’s Your Local Market to run a weekly market.

£5,000 to My London to deliver field trips into London.

Who is funding the project?

The London-wide roll-out is a £600,000 programme funded by £400,000 from Citi banking group and £200,000 from the Evening Standard Dispossessed Fund.

The Angell Town pilot is a £250,000 project funded by £100,000 from Citi banking group, £100,000 from Lambeth council and £50,000 from the Dispossessed Fund.

FIND OUT MORE AT: www.standard.co.uk/estates

“Beyond bars: Terroll Lewis at his gym in Brixton, where he teaches his own system of training”

“What is that? Let me try that’. It’s more than just physical – it’s a mindset, a philosophy.

“Once people work out together, a different sort of energy floats and gels. Everyone is there to better themselves but it’s also a group thing, a community thing. We help you to become a better you. In so doing your estate becomes a better estate.”

This is just the beginning, he added. “Angell Town will be our first estate. I want to get a red double-decker bus, brand it Block Workout and take it to estates across London – every week a different estate.

“It is called Block Workout because I come from the block, ‘the estate’, and taking it to the block is the biggest thrill. We will have nutrition advice on the lower deck, a hip-hop DJ on the upper deck and outside all the bars and equipment for our workouts.”

His face clouded over momentarily.

“I lost friends on the streets, you know, too many friends, gone, gone, gone. But now,” he grinned, “now we take back the streets. We will show that it’s not just gangs that can pull in the numbers.”

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