

## Samuel Lithgow Youth Centre in Camden receives £45k grant from HS2

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Samuel Lithgow Youth Centre (SLYC), located in the Regents Park Estate in Camden, has received a £45,920 HS2 grant to support the Women's Fitness Project (WFP). The grant means that the WFP can continue to operate for the next three years.

Starting in September 2019, over 200 women are now registered members of the WFP, which delivers four fitness sessions across the week including Zumba Classes, Body Conditioning, Dance classes and Yoga classes. To ensure the sessions remain accessible, SLYC also runs a free crèche for mothers and carers to use.

This recent award marks the second time that SMLYC has received funding from HS2's Community & Environment Fund. In 2018, they also received a £73k grant to offer a series of sports and fitness activities for young people living in Camden.

Cathy Elliott, Independent Chair of the HS2 Funds said: "SLYC is a vital community hub that sits in the centre of the Regents Park estate, providing a place to access high quality fitness equipment and activities that are free for local residents to use.

“Building on the success of their previous HS2 grant which funded sports activities for young people, this new project will now focus on improving access to fitness sessions for women.”

Paulo Pires, Centre Manager at SLYC, said: “We are thankful for the grant of the HS2 CEF towards the Women’s Fitness Project. With this funding, we will be able to continue to deliver this very successful Project and benefit over 200 women, who will improve their fitness and well-being and will make new friends every time they attend the activities.”

HS2’s Community & Environment Fund was set up in 2017 to benefit communities impacted by the construction of Phase One of HS2 from London to West Midlands and Phase 2a from the West Midlands to Crewe.

The funds are available for groups across the voluntary sector, including resident’s associations, constituted community groups, Community Interest Companies (CICs), social enterprises, community businesses and registered charities.

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