

2VIEWS MAG

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Croydon boxing gym packs a punch

Tucked in a corner under the Croydon flyover is a boxing gym which few people have heard of, let alone set foot in. However, for some young Croydon residents this place has become a sanctuary - more than just somewhere to let off steam.

For three years, six days a week from six in the evening until late, Impact Boxing opens its doors. There's no hierarchy. Men, women and children learn the basics of boxing together. This is a boxing gym, but at its heart its very essence is that of a club.

'There are huge benefits from learning the basics together', says trainer Bruce Smith. 'Firstly it creates a level playing field, and everyone starts off equally. It also has a great impact socially; young people come in here and see everybody training together and they have people to look up to whatever their age. It teaches them to respect young and old alike.'

Ardi and Yasher, two of the most devoted and prominent members of the gym, found it hard to settle when they first moved to England. Originally from Albania, the young men found themselves in trouble with the law. They were referred to the gym by the Youth Offending Service and talked of finding it difficult to integrate into London life.

Those days are long gone. Ardi said: 'I love it here, I come every day six days a week, and I wouldn't miss it! I've met people here that I wouldn't have otherwise. I had my first fight and unfortunately I lost but it's OK. I look forward to training and hopefully getting another match soon.'

Thanks to club members working together, the boxing area has now grown from a narrow hall with a handful of punch bags to also include a fully-equipped sparring area.

The gym has also seen a surge of young women join, an upward trend that many believe stems most notably from Nicola Adams winning Olympic gold during London 2012. Plans are underway for an awards system whereby fighters are graded according to when they reach a new level. It will also allow boxers of the right age to study for a basic training award, giving them the ability to pass on the positive skills and discipline they have learned.

Not everybody will have the aspiration or talent to be a prize fighter. But many will go to the gym to increase their fitness or confidence, and to find a safe space and familiar face.

For more information, visit the club at 12 Innes Yard, Croydon CR0 1ND, call **020 8680 9167** or visit www.iboxing.co.uk





Good food matters

We all know the importance of eating well, so 2Views recently visited Good Food Matters (GFM) to find out more about its work in Croydon.

The Good Food Matters Community Food Learning Centre sits on 1.5 acres of green land off Mickleham Way in New Addington, and aims to work with the community to help connect us all to the food we eat and how it is produced.

The centre includes an eco-built, fully-equipped teaching kitchen, two big greenhouses and a large polytunnel. It also boasts a bio-diverse area which has an apiary with six bee hives, a pond and hundreds of bee and wildlife-friendly plants.

As we walked into the large, open-plan teaching kitchen, aromas of roasted sweet potatoes and buttery leeks filled the air. The Healthy Family Meals class, made up of local residents, was also finding out about the nutritional value of the meal they were preparing. When this is cooked, they all eat together and get to take some of their efforts home.

Indiana Hill, the Good Food Matters cookery and nutrition tutor, explained: "I hear a lot from my learners that they

struggle with time and fussy children, and often end up cooking three or four different meals to satisfy individual needs. This is obviously expensive and time-consuming. The meal plans help families come together, save arguments and help reduce food waste."

The GFM Centre works with community groups, GPs, children's centres, schools, young people not in education, employment or training (NEET), older people and people with learning or physical disabilities. The diverse training programme includes basic and accredited cookery and horticulture courses, bee-keeping and recycling waste.

Evelyn Findlater, chief executive officer and founder, said: "We want to empower people in our community by teaching the invaluable skills of growing and cooking with sustainably produced organic food and, as we grow, we will strive to give better access to affordable healthy produce to the local community."

To the right is the recipe for one of the dishes the class were cooking during our visit - plus contact details.



Spinach and leek frittata

Best cooked in a 20cm (8-inch) heavy frying pan.

Ingredients:

- 100g fresh spinach
- 1 medium leek
- 1 large clove of garlic, crushed
- 4 large eggs
- 50g farmhouse cheddar cheese
- Pinch of salt and a little black pepper
- Few gratings of fresh nutmeg (lovely to add)
- Sunflower or rapeseed oil

Method

1. Wash the spinach and put it into a saucepan, add a pinch of salt and bring to the boil, reduce heat and cook for two minutes until the spinach wilts but is still nice and dark green. Drain, allow to cool and then squeeze out the water. Chop and set aside.
2. Trim and very thinly slice the leek.
3. Heat one tablespoon of oil in a frying pan and fry the leek and garlic on medium heat for about three minutes until softened; don't brown. Then scoop out with a slotted spoon and set aside.
4. Clean out the pan with absorbent kitchen paper. Pre-heat the grill to high.
5. Beat the eggs in a bowl then stir in the leeks, the spinach, cheese and a pinch of salt, the pepper and nutmeg.
6. Heat the remaining tablespoon of oil in the pan. Pour in the egg mixture and cook gently on a low heat for five-six minutes until the underside is golden brown.
7. Now place under the grill until it turns golden. Ease the frittata away from the pan around the edges with a knife. Then place a big plate on top of the pan and turn it upside down so that the frittata falls onto the plate.
8. Serve with sweet potato wedges and a fresh salad for a healthy balanced meal.

For more information, visit www.goodfoodmatters.co.uk or contact Evelyn on 07951 523 109 or evelyn@goodfoodmatters.co.uk



2Views magazine's young creatives recently covered Momentum 2015 at Fairfield Halls in Croydon.

Momentum is the biggest youth conference in south London and a bit of an unsung hero for headlining up-and-coming acts. In recent years, MOBO-winning Krept and Konan as well as Donaeo and Ruff Copy have all performed there. The headline act of 2015 was DJ Afro B' and comedy trio Mandem on the Wall with show hosts Remel London and Kae Kurd. More about them later....

There are two main parts to the event - the morning serves to inspire young people and spark conversation with a mixture of interactive workshops and information stalls. But the afternoon is all about music, noise and talent!

The morning slot was all about looking around the various stands and engaging with positive youth organisations, from John Ruskin College and the Army Cadets to the Metropolitan Police, Croydon Youth Council and careers and apprenticeship advisers.

The workshops on positive relationships and music production were very popular. New York music producers Da Beat Freaks, who have worked with some of the US and UK's biggest urban and popular music acts, inspired young people when talking about the music industry and encouraged them to work hard in pursuing any life goal.

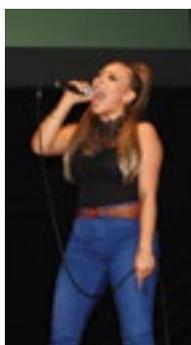
In the afternoon, the array of creative talent on display was crazy, from spoken word and street dance to inspirational speeches and singers of every genre. There were dance-offs, solo artists, girl groups – even the Mayor of Croydon! Poppie Darcie brought a mellow vibe, and spoken word artist Benna made the noisy crowd sit up and take notice with his engaging, dramatic piece about modern families. Remel London and Kae Kurd kept the vibe upbeat and the show moving.

DJ Afro B' was something else, though. He exploded onto the stage, engaged the audience and brought people up on stage to dance with him. He did some

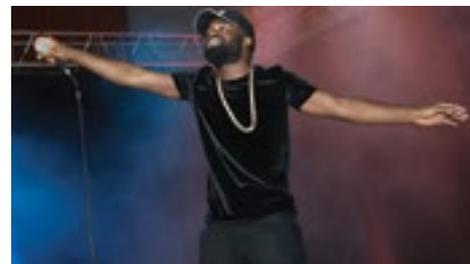
visit our website at www.2views.co.uk



Momentum 2015 had it all



well-known favourites and some not so popular songs, but everyone was up and dancing and it was an uplifting and energising end to the event. The dramatic – and controversial – end to his act had everyone guessing – he left the stage with just the drop of his mic.



The funniest thing about the whole show, and rightly so, was the comedy trio, Mandem. The unique comedy sketch saw them dressing as women going raving on a night out, jamming on the wall and falling out again and again. It was a hilarious, one-off routine especially created for the event.



Overall, Momentum 2015 struck a good balance between offering positive information and inspiring entertainment. Roll on 2016....



The Momentum Youth Conference is sponsored by AmicusHorizon, CCHA, Croydon Council, Elevating Success UK, Fairfield Halls, Hexagon, Hyde Plus, London & Quadrant, Metropolitan, Metropolitan Police, Orbit, Riverside, Viridian and Wandle.



Help Croydon win Gold

Anglers wanted for teams of three event

If you are between eight and 17, live or attend school/college in the London Borough of Croydon and are available to fish on Sunday, 19 June 2016, then get in touch. Coaching is provided free of charge – many past team members have become top anglers.

Contact: Dave Harper on **07852 178830** or email dave.harper@talktalk.net



Our fab record in the London Youth Games

Year	Venue	Position
2003	Crystal Palace	Gold
2004	Crystal Palace	Silver
2005	Crystal Palace	4th
2006	Crystal Palace	Gold
2007	Crystal Palace	4th
2008	Crystal Palace	Gold
2009	Tylers Common	Bronze
2010	Tylers Common	8th
2011	Tylers Common	Gold
2012	Tylers Common	Silver
2013	Tylers Common	Gold
2014	Tylers Common	Gold
2015	Tylers Common	Silver
2016	Tylers Common	?????

Khoo-king up a storm



Croydon-born chef and food writer Rachel Khoo spoke exclusively to 2views about her love of Surrey Street market and her favourite go-to food.

Known for her love of French food and artistic background, Rachel's TV series have been aired on BBC Two and beamed across the globe, and her books have been translated into 13 different languages.

» What was your first memory of food or being in the kitchen?

I remember being about seven or eight. I brought a friend back from school and we baked gingerbread men. I remember this well because we weren't allowed to put smarties on them, only raisins! I've always enjoyed baking, it's very maternal to me as my mother and grandmother are enthusiastic bakers. My grandmother's strudel is another early memory.

» You are a very creative person and use your love of art in all your work. Where do you gather inspiration?

I always carry a notebook and try to keep my eyes open. I believe anything can be inspiring. I saw napkins in Barcelona and loved the design so I took them back as I thought they would make a wicked print.

» When you're not working what is your favourite chill-out food?

Cheese on toast! Like most chefs, when I get home I don't want to cook. It's very comforting and super nice.

» You were born in Croydon, and moved away when you were young. Has any of your cooking been inspired by the borough?

I have a vivid memory of going to Surrey Street market with my mum and of her haggling for the freshest produce she could get. Maybe that's where my love for fresh ingredients comes from. I really love how stripped back that market is.

» What advice would you have for aspiring chefs?

Get as much hands-on experience as you can! Learn from your mistakes. I make mistakes when I'm cooking all the time. It's about learning from them and finding out why it went wrong.

» If you could put anything on the menu for school meals, what would it be and why?

If kids think it looks nice they are more likely to eat it, like anyone really. I think children should be introduced to as much fresh produce as possible. When I was working as an au pair in France the children I looked after used to have proper courses at school meal times.

I think school meals are really difficult! It seems as if there's a lot of red tape when it comes to school meals. I think I'll leave that one to Jamie!

Follow Rachel @rkhooks
Youtube channel: Rachel Khoo