



Press Release

Better work-life balance at IDS

Staff at housing association IDS are coming in early and staying late thanks to a well equipped gym which has been installed at their head office.

When the housing association expanded into new office space a room was made available at the suggestion of staff for a gym and shower room.

The gym is well equipped with a state-of-the-art exercise bike, treadmill and weights-based multigym. All the equipment is being paid for by staff membership subscriptions with IDS having met the refurbishment costs.

The majority of staff have taken out a subscription which costs £8 per month except for senior managers who contribute £20.

The photograph shows employees Tajul Islam and Jonathen Grant working out.

Ends

11th January 2005

For further information please contact Paul Westbrook, on 0208 800 9606.

Editor's notes

IDS

IDS is more formally known as the Industrial Dwellings Society. It was established by a group of Jewish philanthropists in 1885 in order to relieve the overcrowding in the East End of London where the large population of new immigrants faced very poor housing conditions.

Today, IDS manages over 1,400 properties in Hackney, Tower Hamlets, Southwark, Redbridge, Barnet, Haringey, Camden and Hertsmere. IDS specialises in providing housing for the Jewish community but its tenants also reflect the general ethnic mix of the communities in which it operates. IDS has an ongoing development programme. Its aim is to provide accommodation to meet the needs of its traditional client group.

IDS employs around 50 staff, many of whom are residentially-based on the Society's estates.

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