

Registered charity no. 299889

Newsletter - Autumn 2011

CENTRE 404 CELEBRATES 60 YEARS!

Centre 404 celebrates 60 years of supporting people with learning disabilities and their families in Islington this year. From humble beginnings in 1951 when the charity was set up by a group of family carers and volunteers, Centre 404 has always been a pioneering organisation at the forefront of championing the rights of people with learning disabilities and their family carers as well as offering valuable services. To mark the occasion, Centre 404 held a special exhibition charting our journey over the last 6 decades and the development of our much needed, well loved services.

Over 100 people attended the event including supporters old and new, tenants, clubs members, outreach users, family carers, volunteers, trustees and staff as well as some notable guests including the Mayor of Islington, Jeremy Corbyn MP and our very own Secret Millionaire Lyn Cecil.



Thanks to our generous sponsors for their donations to our AGM raffle which helped us raise just under £300: Big Chill Festival, Willows Farm Village and Farm Park, Paradise Wildlife Park, Arsenal FC, Wagamama, Vue Cinema Islington, Disney on Ice, Everyman Cinema Screen on the Green, El Molino Restaurant, D's Beauty Parlour, Mario's Barber, Tudor Tea and Coffee and Nicolas Wine Merchant

OUR SECOND SUCCESSFUL MARKETPLACE EVENT



In July, Centre 404 ran the second Personal Budget Marketplace. The event was an opportunity to learn more about personal budgets and how to use them. Personal budgets are the new way for people to have more control and choice over their services and activities.

10 north London organisations had stalls and shared information with people about the services they could offer someone with a personal budget. Around 60 people came to ask people from Islington Council questions about if they are eligible for a personal budget and what kind of things you can spend it on. People can use their personal budget to join a band, to play sports, to visit football matches or to learn how to cook. Those who don't have a personal budget can also take part in many low-cost activities like cycling in Finsbury Park and weekly music workshops. Look out for the next Marketplace in November, which will offer many new activities and opportunities.

LEARNING AND LEISURE COMMITTEE VISIT THE HOUSES OF PARLIAMENT



The Committee with Baroness Hussein-Ece and Baroness Benjamin.

The Leisure and Learning Committee were given an exciting opportunity to hold an away day at the Houses of Parliament. The committee, which includes service users, family members, volunteers and staff, help us to monitor the management of our services and ensure that we are offering the best for our members.

During an inspiring day, we met in one of the historic, grand committee rooms where we were joined by two peers of the realm: Islington resident Baroness Hussein-Ece and Baroness Benjamin. They spoke about how they came to be members of the House of Lords and offered advice on how to make a positive difference to your community – which we are committed to doing.

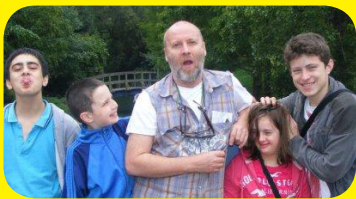
Lord Addington then took us on a fascinating tour of the House of Lords, including the Robing Room and the Royal Gallery. Our visit happened at the same time as a debate on phone hacking, and Lord Prescott was spotted talking about the latest developments!

If you would like to join one of our committees or be involved with Centre 404 in other ways, call Carla on 020 7607 8762 or email carlag@centre404.org.uk.

SUMMER SCHEME

Centre 404 runs an inclusive summer play scheme giving kids the opportunity to have lots of fun and take part in exciting activities during the holidays. This year activities included boating on Regent's Park lake, writing and recording songs, learning about the world through science workshops and a trip to Chessington World of Adventures. 35 children participated in the scheme this year and they will also be invited to our Easter play scheme in April 2012.

For information on accessing our play schemes and term-time activities, please call James or Katy on 020 7697 1323.



Vote for us in the Natwest Community Force Fund at www.centre404.org.uk. Your vote could win us £6,000!

Thanks to the following people for their kind donations which have helped us continue to print our colour accessible newsletter: Ms Rixon, Marley Tavares, Anne Neeley, Paul Formosa and Clare Palmer

If you would like to help us continue the newsletter, please sponsor us or make a donation by contacting Carla on 020 7607 8762.

VOLUNTEER RAISES OVER £200 IN BUPA 10K



At the start point, I was nervous. It felt like I was going on a roller coaster. When you look around you, most of them are pro's. It felt brilliant to start the race, everyone just legged it past the start. I took my time by walking and running.

I went past Westminster where all the crowd was watching. I liked all the applause and the cheering from the crowd at Victoria Embankment. I speeded up past the slow runners and saw Big Ben at the beginning and the boats on the Thames and the coast guard.

Then I went through some sprinklers to cool down because I was getting hot from all the running.

I went past St Pauls' Cathedral and the BUPA staff said to me and this other lady 'Come on you two, you're doing good!' There was cheering and a school band and it made me feel good.

A pub handed me some water and I drank some and threw the rest over my head because it was getting very hot but I felt like I could do it.

It felt good to pass Trafalgar Square where the BUPA staff was moving crowds away for the runners and it felt really good to be on the road.

When I saw the finish line and the time, people were taking pictures so I gave a big smile and raised my hands. At the end I got a goodie bag with a medal, BUPA t-shirt, drink, health bar and healthy crisps.

I 100% enjoyed the race. Next year I'll do it again and get a 2012 medal! Other people should join me next year so we can all run together! - **Joseph Greene**