

# Newsletter 2021

The Official Centre 404 Newsletter

August 2021

Vol. 2



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## Happy Summer from Centre 404!

Hello and welcome, we are happy to introduce the 2nd volume of our new Centre 404 Newsletter. On the following pages you'll find a summary of the last three months from across our services. We hope that you enjoy the photos and the stories!



# Welcome and Annual Review 2019-20

As promised we are delighted be able to share our digital Annual Review for 2019-20 for the first time. Please click [here](#) or on our wonderful front cover photo featuring Jamilah and Touriya below to view the full document on our website.



This Annual Review is from April 2019 to June 2020 and so showcases all our wonderful impact stories, as well as coronavirus response and Phase 3 building updates during this time period.

We're currently working on our next Annual Review from June 2020 to June 2021, which will have all our up to date information on Phase 3 and how we have continued to respond and adapt to the coronavirus pandemic. This will be published towards the end of the year so watch this space for that.



# Safeguarding Unwise Friendship Group

## Learning & Leisure & Independent Living

During the last couple of months the Learning & Leisure team has joined the organisation wide 'Unwise Friendships Group' organised via our Independent Living Service. The group has been meeting on a monthly, and sometimes, weekly basis.

The purpose of this group has been to look at individual case studies, where people using our services have been victims of financial and emotional abuse by individuals, who they had perceived as being their friends. Unfortunately this is a common experience for people with learning disabilities.

The group has developed bespoke plans for each service user as well as drawing up training packages for their support workers, with the aim of supporting them to replace their 'unwise friends', with opportunities to make new friendships, and to lead an enriched quality of life.



### Why is this Needed?

**Between 2011 and 2013, there were 124,000 disability hate crimes, but only 3% of these were recorded by the police, and only 1% resulted in prosecutions (Crime Survey for England and Wales).**

**Hate crime against disabled people has gone up in London by 125% since the start of the coronavirus pandemic with the largest volume reported in Hackney, Islington, Camden and Croydon (Metropolitan Police Service, November 2020).**

## Fundraising:

A special thank you to our staff member David for raising a whopping £724 and letting go of 26 inches of beautiful hair.

His sacrifice will not be in vain: the money will be spent on work towards engaging and supporting people with learning disabilities who have made 'unwise friendships' – friends that can move in, borrow and not return items, encourage you to cut contact with your family and support, need money all the time – the sort of concept of friends which unfortunately sometimes lead to tragic outcomes that we only hear about in the newspapers.

Imminent plans include organising more Kung Fu barbecues (designed to match our service users' interests), opening a Men's Group, creating a football team and work around training and coaching. We are excited to share the progress with you in the coming months – watch this space!"







## Learning & Leisure Afternoon Tea

On Saturday 12th June Learning & Leisure held its first ever social for families and carers. The event was the brainchild of Tracy Ozigbo, mother of a young person who attends one of our afterschool clubs and receives outreach support. Families, carers, and service users attended the Afternoon Tea. The group enjoyed delicious cakes and strawberries in our beautiful garden, which is maintained by the Gardening Group. The weather was lovely! The group decided to make the Saturday social a regular occurrence during the summer.

The next social will be held on Saturday 17th July from 2pm – 4pm. Families are invited to bring picnic blankets, food, drinks, and enjoy the Centre 404 Garden.

For more information, please contact January at [januaryj@centre404.org.uk](mailto:januaryj@centre404.org.uk).



## Tower Hamlets Short Breaks Provision

Centre 404 has a new Short Breaks provision based in Tower Hamlets providing planned short breaks/respite to young people who have been diagnosed with Autism, ADHD, challenging behaviour & learning difficulties aged between 6-17 years of age. We provide residential respite during weekends and school holidays for children and young people who live in Tower Hamlets. The service is OFSTED regulated and has been graded OUTSTANDING.

The facility is a 5 Bedroom home with an outdoor garden and a trampoline. In doors there is an open plan kitchen, spacious shower rooms, 2 lounge areas, and a play area. Service Users have access to a variety of activities including: Swimming, cinema, bowling, wall climbing, community events such as the Easter egg hunt, and visiting various places that help enhance and improve the young people's life skills.

In addition, children and young people are offered a wide range of indoor activities such as arts and crafts, educational activities, cooking sessions etc. to help develop independent skills.





## Volunteers



## Volunteers to Staff!

Many people who volunteer with us progress onto paid staff roles. Volunteers are supported to do this if it's something they are interested in pursuing and they show really talent at providing person-centred care to our service users.

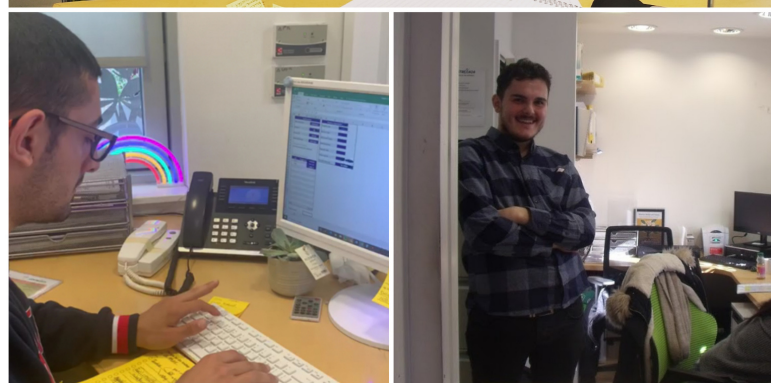
For example, Atlanta and Sam both pictured bottom here were both volunteering as Travel Buddies and Children and Young People Activities Assistants and have now progressed to be Support Workers on our clubs. Likewise, Michael pictured top started as a volunteer on our Day Service and then progressed onto Support Work. Over the last few years, we've had an amazing 10 of our volunteers be recruited to staff, including three family carers and one service user.

We will be continuing to support recruitment in this way, offering opportunities to people within the community and also accessing a talented pool of people that perhaps might not have considered Support Work as a valuable and well-suited career path.

## Reception Work Experience

As we fully emerged from the last lockdown in April/ May 2021 we were able to start focusing on creating some more meaningful volunteer opportunities for our service users with learning disabilities.

For example, Judith, Emilios and Sal, all pictured here have been volunteering on our reception for a couple of hours each week. They have been such a wonderful addition to the front desk team, providing a lovely welcome to all our visitors, and are learning a lot of valuable skills thanks to our wonderful Premises and Reception Coordinator Alexa.





## People and Staff Engagement

### Kickstart Scheme

Over the past 8 months, Centre 404 have been preparing to participate in the government's brand new initiative, the 'Kickstart Scheme'. The purpose of the scheme is to help young people aged 16-24 years old, who are also on universal credit, gain essential skills and experience to assist them getting into future long-term, sustainable employment.



We have created 30 brand new roles and are now starting to receive referrals and applications through from the DWP. We can't wait to welcome the Kickstarter's on-board over the coming months!



Our brand new Kickstarters Dean & Pedro did our first company Tiktok dance video with our siblings group on the 12th of July. If you wanna check out our Tiktok channel, you can find us at:

[@centre404](https://www.tiktok.com/@centre404)

### Kick-Starters



**Jordan Forbes – Digital Transformation Assistant**



**Bradley Harron – Maintenance Assistant**



**Dean Tounsi  
Volunteer &  
Project Assistant**



**Pedro Martins  
Communication Assistant**



**Diana Curejova  
Communication  
Specialist**



**Charlie Longmuir  
Risk Assessment**



**Shiloh Lee-Weekes  
Database and  
Admin Assistant**



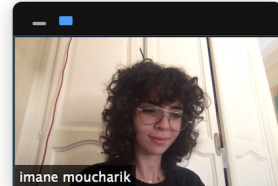
**Brandi Green  
Supporting Family's  
Service Admin**

# Supporting Families

## Positive Behaviour Support Workshop

Two staff members of The Supporting Families team conducted a Positive Behaviour Support workshop for carers to come along to, to gain insight on Positive behaviour support from a psychological background. This meeting took place via Zoom in which 14 family carers attended and was able to share their stories and experiences with one another.

The feedback received was positive and encouraging, a carer mentioned “they were happy as the number of carers in the meeting was small”, this has allowed for those that attended to freely ask questions about Positive Behaviour support”.



## Positive Behaviour support

Going forward this has enabled us to have a follow up session in which more carers attended who appreciated the information shared at the meeting. The carers would like to see more of the Positive Behaviour support workshops as they're able to implement what they've learnt into their everyday lives.

## Picnic In The Park

The picnic in the park took place at Paradise Park, which is a local park for Islington residents, it was a pleasant afternoon with good weather with a total of 5 of family carers and a member of staff Sonja. At the picnic in the park family carers were encouraged to share their experiences as family carers and how the pandemic has deeply impacted their day-to-day life and well-being. Sonja our staff member who conducted the Picnic in the park states “speaking about the realities of lockdown and hearing others experiences on effectively managing the drastic change from COVID-19, however it is nice to have some normality back in our lives”.

There was conversation on future events which the family carers really emphasised it helps having adult conversation and having individuals who are in the same position as them being around each other even if it once in a while.





## Fundraising

[Click Here to Donate](#)

### Centre 404 Challenge 2021

In July 2021 we organised our first organisation wide fundraising event to support our safeguarding unwise friendship group detailed earlier on in this newsletter.

We are pleased to let you know that we collectively raised £1439.50 + £239.63 Gift Aid through our first-ever organisation-wide fundraising challenge!

It has been exciting to see different individuals and teams accepting the challenge and getting involved in fundraising in support of Centre 404's Safeguarding Unwise Friends Group tackling hate and mate crime.

We thank you all. Our trustee Paul has been cheering everyone on from afar and would like to extend his sincere gratitude of the dedication shown by the staff, volunteers and supporters of Centre 404.



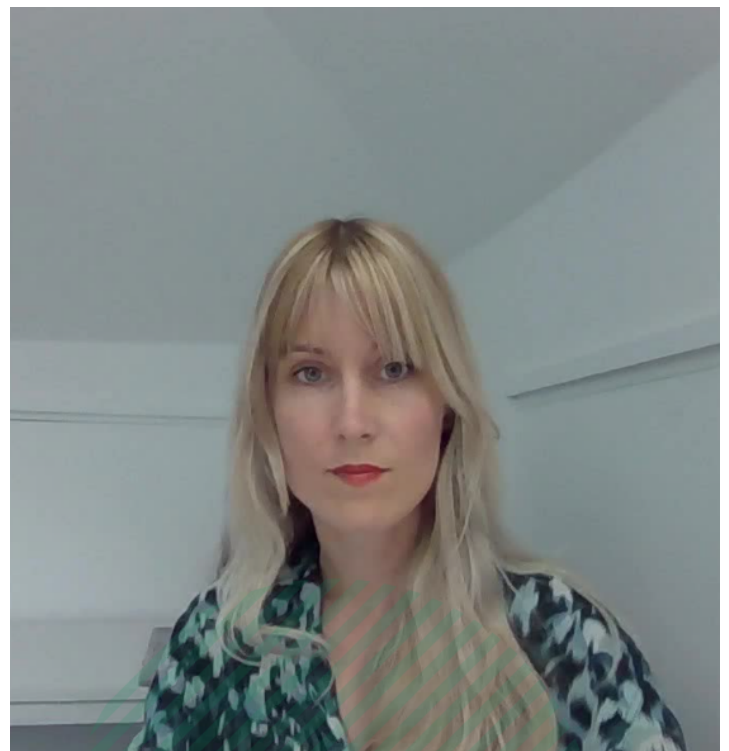
### Amazon Smile

Between 1 January and 31 March, 2021, we collectively raised £7.18 for Centre 404 through Amazon Smile!

Remember, you can shop AmazonSmile at <https://smile.amazon.co.uk/ch/299889-0>, and Amazon donates to Centre 404, at no cost to you. AmazonSmile is also available in the Amazon Shopping App to all Amazon customers using an iPhone or Android phone. When you have activated AmazonSmile in the app, every eligible purchase will automatically generate a donation for Centre 404. Go to "Settings" in your app's menu to activate AmazonSmile.

Always remember to log on through [smile.amazon.co.uk](https://smile.amazon.co.uk).

And if you are willing to go the extra smile – tell your family and friends about this too!

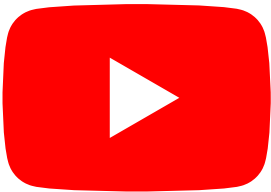




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