

STAY:UP

FOR HOMELESS YOUNG PEOPLE



PROGRAMME

PREVENTION 8pm-11pm - sponsored by The Co-operative Bank

- Welcome to STAY:UP with Host Lisa Maxwell •
- A message from Seyi Obakin, Centrepoint CEO •
 - Live performance from The Vamps •
 - Live Q&A with Lisa Maxwell and The Vamps •
 - Centrepoint online auction •
- Interview with The Co-Operative Bank COO Darrell Evans •

HOUSING AND SUPPORT 11pm-2am

- Cook along midnight 'Wok Up and Stay Up' with Ching He Huang •
 - Song from Josh Whitehouse •

HEALTH & EDUCATION 2am-5am sponsored by Rockstar Games

- Skincare Education session with The INKEY List •
- Non-alcoholic cocktail making session with cocktail expert, Carl Brown •

MOVING ON 5am-8am sponsored by Barratt London

- Energising workout with Mr PMA, Faisal Abdalla •
- In conversation with Jade Johnson ex GB athlete and Brookemorgan, an ex Centrepoint resident •
 - A Thank You from Barratt London •



CHING'S MUSHROOM AND LEEK CHOW MEIN FOR CENTREPOINT'S STAY:UP

Simple, easy midnight noodles - wok up and stay up

Serves 2

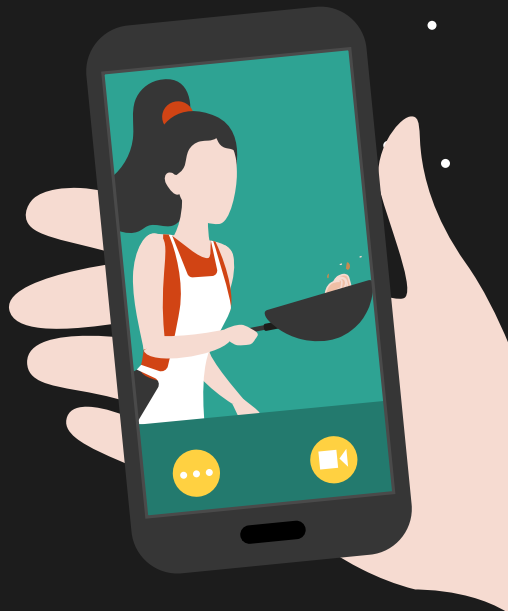
Wok time: 6.5 minutes

Ingredients

- 1 tablespoon rapeseed oil
- 1 baby leek, washed, sliced into 1cm rounds
- 150g mixed mushrooms, rinsed in cold water
- 1 tablespoon dark soy sauce
- 1 tablespoon mirin
- 200g cooked ready to eat noodles, dressed in toasted sesame oil
- 1 tablespoon dark soy sauce
- 1 tablespoon sweet soy sauce
- 1 tablespoon chilli oil of your choice

Method:

1. Heat a wok over high heat until smoking and add the sliced leeks, and cook for a few seconds.
2. Tip in the mushrooms and stir cooking for a few seconds. Add the dark soy sauce and wok for 10 seconds. Follow with the mirin.
3. Tip on the cooked noodles and then toss together well.
4. Season with 1 more tablespoon of dark soy sauce, 1 tablespoon of sweet soy sauce and toss together well. Drizzle in 1 tablespoon of toasted chilli oil and give it one last mix. Remove off the heat and serve immediately and eat immediately.





The **co-operative**
bank

The Co-operative Bank Prevention Sponsors

The Co-operative Bank has been supporting Centrepoint since 2017, having raised over £1.5m for our services during that time. Staff have taken on the challenge to Stay Active for STAY:UP, and will be completing sponsored bike rides, walks, and even Irish dance lessons on Thursday 8th October!

They will also be hosting a 12 hour quiz on YouTube open to everyone taking part in STAY:UP, which you can get a team together to join in with or dip in and out of!



BARRATT
— LONDON —

Barratt London Moving On Sponsors

'Centrepoint is a charity that's very close to our hearts. As a housebuilder we know how important it is to have a roof over your head, and we want to do everything we can to support young homeless people into education, employment and a home of their own.'

'We're a long-term supporter of Centrepoint and are proud to be sponsoring the Centrepoint STAY:UP this year. So wherever you are and whatever you are planning for 8th October, we wish you the best of luck! Your efforts will make a real difference to the lives of homeless young people across the UK, and will help give them the brighter future they deserve.'



Rockstar Games Health & Education Sponsors

Rockstar Games have been fantastic supporters of Centrepoint during this difficult year, supporting our Emergency Coronavirus Appeal with a phenomenal donation. Their support has helped us to keep homeless young people safe during the most challenging period in Centrepoint's history and we are thrilled that they are continuing that vital support by sponsoring our STAY:UP 'Health and Education Support' segment from 2am-5am.

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PARTNERS

THE **in**KEY LIST™



CROSSIP



Get ready for your challenge of a night time with your STAY:UP T-shirt, hoodie or tote bag that can be purchased from - centrepoin.teemill.com



We have teamed up with Readly to give our supporters the opportunity to STAY:UP and read all night! You can try out the digital magazine service, free of charge for 2 months. Not only that, become a subscriber and they will donate £1 per month to Centrepoin. Start your free trial [here](#).



Use the code STAYUP to access the komoot app for free and get active on your 12 hour challenge by either walking, running or cycling one of the London routes. Head to [this link](#) to redeem your code. Valid from 06/10/2020 - 09/10/2020