



Little Noise Sessions at the Union Chapel in London



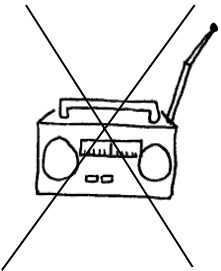
What are the Little Noise Sessions?



The **Little Noise Sessions** are some music events that will happen in London.



There will be 6 events. At each event some bands will play music to raise money for the charity Mencap.



The bands will play their music without lots of extra equipment to make the music louder. This way of playing music is called **unplugged**.



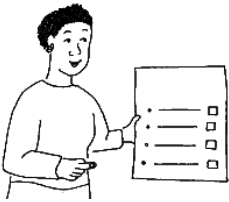
A DJ for Radio 1 called **Jo Whiley** is supporting the events.



Jo is an ambassador for Mencap. This means that she helps Mencap by doing things like telling people about what Mencap does.



You can read more about Jo Whiley later on.



Here is a list of the bands will be playing at each music event



The date



The bands that will be playing

Monday
20th November

The Kooks
Plan B
Get cape. Wear cape. Fly

Tuesday
21st November

Paolo Nutini
M Craft
Plus special guests

Wednesday
22nd November

The Guillemots
Mystery Jets
Jamie T

Thursday

The Fratellis



23rd November

The View
Mohair

Friday
24th November

Mika
Bat for lashes
Plus special guests

Sunday
26th November

Noel Gallagher
Plus special guests

Monday
27th November

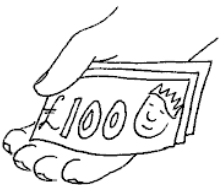
James Morrison
Lily Allen



How do I get tickets to see the Little Noise Sessions?



There are 500 tickets available for each event.



They cost from £35 each.



You can buy tickets from this website



www.seetickets.com

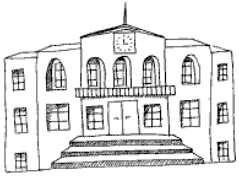
or you can telephone



0871 220 0260



Where will the Little Noise Sessions happen?



They will happen at a church in London called the **Union Chapel**.

The Union Chapel is in a part of London called Highbury.



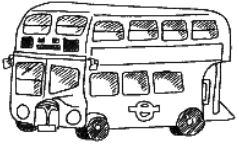
How do I get to the Union Chapel?

By train

The nearest underground station is called Highbury and Islington. It is on the Victoria Line.

You can also get other trains to Highbury and Islington station.





By bus

Here are the buses that you can get to Highbury and Islington station. The station is very near the Union Chapel.

Bus numbers 4 19 30 43 271 277 279 393

The address



The address of the Union Chapel is

Compton Terrace London N1 2UN.

Here is a map that tells you where the Union Chapel is.



Look at the yellow arrows. They point to where the Union Chapel is.



Can I go to the Little Noise Sessions if I use a wheelchair?

Yes. People that use a wheelchair can get in to the ground floor of the Union Chapel.



Is there anything else at the Union Chapel?

There is a bar at the Union Chapel where you can buy drinks.



What Jo Whiley told us

My sister Frances has a learning disability. When I was younger I did not feel that having a sister with a learning disability was a problem.



My parents were worried that I was finding it difficult. But I wasn't. I was fine.



Music has helped to make my sister and I closer to each other.



My sister listens to the radio show that I do all the time.



Every week she writes down the name of the band she thinks is going to be number 1 in the music charts. Then all the family have to try and guess as well.



Frances is very good at guessing which song will do really well in the music charts. She likes music with a good chorus. She loves things like ABBA, The Spice Girls or Show Me the Way to Amarillo.



I love it when I DJ at events like the Learning Disability Today conference with my sister Frances. We try and go there every year.



It is great to see people with a learning disability having a great time and to talk to them.



Frances really looks forward to it. She often helps me by playing CDs while I sign autographs.



Frances was my bridesmaid when I got married to my husband Steve. After we walked up the aisle Frances did not sit down in her seat. She stood by our side for the whole event. It was brilliant. It was exactly where she should be.

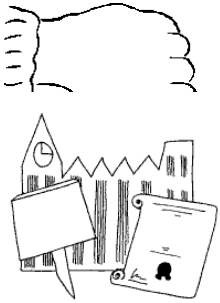


About Mencap

What we do



We believe that people with a learning disability should have the same rights and chances to do things as everybody else.



Some things have changed. But too many people with a learning disability still do not have the same rights and chances to do things as everybody else. We fight to make laws and services better for people with a learning disability.



We also help many people with a learning disability to live their life in the way that they want to.

We run a lot of important services. These services help people to



- have somewhere to live
- learn new things



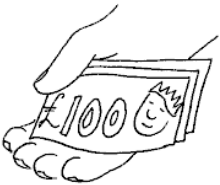
- get and keep a job
- do things in their spare time
- speak up and say the things that they want to say



The services help people with a learning disability to do more things by themselves and to do the things that they want to do.



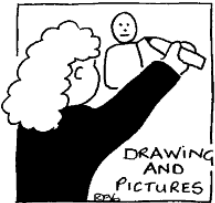
To find out more about Mencap look at our website at **www.mencap.org.uk**



How will we spend the money that we get from the Little Noise Sessions?



Mencap will use the money that we get from the Little Noise Sessions to help children and young people with a learning disability to do some art and to make new things.



We will use the money for something called the **Mencap Arts Awards Scheme**.

The scheme gives money to projects that help people with a learning disability to do art in their local area.



The money that you give can help a lot.



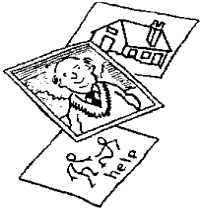
Andy Kee is an artist with a learning disability.



He says that art is important to everyone. He says that it tells people about who we are.



He also says that we can share the things we think and feel with other people by doing art.



Here are some examples of art, dancing and music made by artists with a learning disability.

Eden Kotting

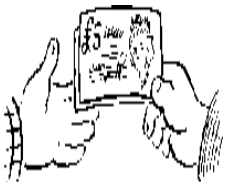


Eden Kotting is a young artist. He has a profound learning disability.



He made some art called Still-life 1 and 2. His art was on display at an event run by Mencap called In the frame.

The event happened in June 2005 at a place called the Tate Modern.



Some of Eden's paintings were sold at the event.



JC Jamma



JC JAMMA has been playing and writing music since he was young.

He can sing and he can play the piano and the harmonica. He also works as an actor.

2 of JC's songs are on a Mencap CD called Like a River Flows.



The CD was put together by someone called Pete Lewis. Pete has worked with other people that make music like Elton John and Massive Attack.



There are 3 people in JC's band at the moment. They are Nic Potter who plays bass guitar and Guy Evans who plays the drums. The band is very popular.

Dartford, Gravesham and Swanley Mencap



Dartford, Gravesham and Swanley Mencap ran an event in June. The event ran for 3 days and it went very well.



People with a learning disability from lots of different backgrounds were at the event .



There was music, dancing and art. And people had lots of fun.



How to find out more

You can email us at

info@mencapmusic.org.uk