

# HAYS

Recruiting experts  
worldwide

**END YOUTH  
HOMELESSNESS**

# SLEEP OUT



## YOUR SLEEP OUT GUIDE



# WHY SLEEP OUT?



**THEY ARE CURRENTLY 121,000 YOUNG PEOPLE IN THE UK  
FACING HOMELESSNESS.**

On 12th November, End Youth Homelessness challenges you to give up your bed for the night so that vulnerable young people don't have to.

Will you #SleepOutToEYH?

Sleep Out is not intended to replicate the experience of being homeless. It would be impossible to recreate the fear, loneliness and discomfort of not having a safe place to call home.

Sleep Out does, however, provide a small glimpse into this reality. Spending a night away from your bed, whether you choose to do so outside or somewhere else within your home will likely leave you feeling uncomfortable and tired. You realise how hard it is to go to work and manage your life even when, ultimately, you know you're safe; a luxury homeless young people do not have.

The safety of participants is our top priority and we cannot encourage supporters to do anything that puts their welfare at risk, like a true 'rough sleeping' experience would. Likewise, we have a duty to the young people we support to change this reality for them and a huge part of achieving this is raising the necessary funds and awareness to get them the support they need.

Wherever you choose to lay your head, whether it's a tent in the garden or a den in the living room, giving up your bed for one night will mean that young people don't have to. Thank you.





# HOLD YOUR OWN SLEEP OUT



This year, End Youth Homelessness supporters will be sleeping out across the UK to help provide safe, happy homes for the young people we support. We have put together a handy step by step guide to making your event a success...

## SIGNING UP:

1. Recruit your team: taking part in Sleep Out is better with friends! Reach out to friends, family and colleagues and assemble your Sleep Out dream team.
2. Visit <https://sleep-out-to-eyh.justgiving-sites.com> to sign up, create your page and find all the information and tools you need to get started!

## PICK YOUR SPOT:

EYH can support you to find the perfect location for your event, but you may already have it! Below are a few suggestions on turning the environment around you into a Sleep Out venue:

- **Work:** Give staying late a new meaning by challenging colleagues to sleep on location at work. Roll out your sleeping bag in the office, on site (in a safe place!), even a company car-park can also double up as a brilliant, authentic Sleep Out venue!
- **Community:** Nearby libraries, community centres, places of worship or sports clubs are all ideal venues for an event like this. We don't generally recommend public parks as there is often no security overnight. Reach out to venues near you and see if they can support you.
- **Outside or in:** The challenge is to simply lay your head anywhere but your bed. Why not make a den in the living room or pop your sleeping bag in the bath? Whether outside or in, you are still taking on a fantastic challenge and we can't wait to see where you choose to sleep.



### Things to consider if using an external venue;

- Is there coverage in the event of bad weather?
- Is security necessary, or provided?
- Will your team have access to water and toilets overnight?

# SLEEP OUT - SAFELY!



Your safety is our top priority. We know you are taking part in Sleep Out to challenge yourself, but we want to ensure you have the advice and tools you need to do so safely. Below are some important things to consider when planning your night.

## COVID-19

Please adhere to current government guidelines with regards to Covid-19 and social distancing. You can find the latest updates [here](#).

## ALCOHOL CONSUMPTION

You've worked hard to fundraise and are welcome to enjoy a drink if you like. Please bear in mind the potential side effects of alcohol consumption and drink responsibly. If you are sleeping out with anyone under the age of 18 they should not consume any alcohol.

## RAFFLES & LOTTERIES

If you choose to host a raffle please ensure you follow guidelines laid out by the Institute of Fundraising which you can find [here](#).

## FOOD & DRINK

As with any challenge, it's vital you stay hydrated. You may not be running around working up a sweat but a full stomach and plenty of water will make your Sleep Out experience much nicer. Plan to have a big hearty meal that evening and ensure you and your team have access to enough water and refreshments throughout the night.

## SLEEP OUT AT HOME

We know that the young people we support often don't have the luxury of choosing where they sleep. Whilst we want to give you a glimpse into this reality, we ask that you put your safety first. When choosing your spot please ensure you have sufficient space and there are no hazards.

## SLEEP OUT, OUTSIDE

Sleeping out can be chilly. If you do choose to sleep outdoors we advise a suitable sleeping bag and/or tent to preserve heat and lots of layers. You may also want to invest in some foil blankets and ground sheets for further insulation.

## SECURITY AND FIRST AID

If you choose to Sleep Out at home, there's no need to worry. However, if you venture elsewhere, discuss security and first aid options with your venue. They may also help you to complete a risk assessment.

## THE NEXT DAY

Although you will have hopefully managed to get some sleep, you will likely experience some level of fatigue and discomfort. Please bear this in mind when making plans for the following day.

## REMEMBER!

EYH have years of experience planning Sleep Out event and we are here to help you create a night to remember. If you have any worries, thoughts or questions please reach out to our friendly team - [info@eyh.org.uk](mailto:info@eyh.org.uk).

## THANK YOU!