

HOLD YOUR OWN

SLEEP OUT



 **EYH.ORG.UK**



*End Youth Homelessness (EYH) is a national movement to end youth homelessness in the UK. Centrepnt is the designated Administrator of End Youth Homelessness. End Youth Homelessness trades using the Administrator's charity number 292411.

SLEEP OUT

WHY SLEEP OUT?

THEY ARE CURRENTLY 122,000 YOUNG PEOPLE IN THE UK FACING HOMELESSNESS.

Sleep Out brings together hundreds of like minded people across the UK committed to making a difference to young lives.

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, 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.

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. We have put together a handy step by step guide to making your event a success...

So will you #SleepOutToEYH?



REMEMBER!

EYH have years of experience planning Sleep Out events 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

HOLDING YOUR OWN SLEEP OUT

In this pack you will find everything you need to make your Sleep Out a huge success. We've put together a step by step guide to help get you started.

SIGNING UP

1. **First things first:** sign up [HERE](#) to get started
2. **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.

VENUE

Next you'll first need to pick your spot: find a safe and suitable venue, somewhere where your Sleep Out participants can be fed and sheltered from particularly bad weather if necessary.

EYH can support you to find the perfect location for your event, but you may already have it! Here 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 or even a company car-park can also double up as a brilliant Sleep Out venue!

Community: Nearby libraries, community centres, 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: we know that some people would like a more extreme challenge, however we do suggest that you have an indoor venue with facilities or an outdoor covered location to make sure people are safe and in case of bad weather. Sleep Out is not intended to replicate being homeless but to raise awareness of the challenges that some young people face.

At Home: why not invite your friends and family to have a Sleep Out in your front room, or even your garden?



FUNDRAISING ON THE NIGHT

Don't forget the night itself is a crucial time for fundraising! Make sure you've got some ideas up your sleeve to keep supporters excited and feeling generous. Here's a few we like, but you can be as creative as you like!

GAME-A-THON

Everyone loves a game! Appoint a quiz master for the night and get competitive by hosting a quiz on the night. Or, maybe Yahtzee is more your cup of tea? Either way, it's a great way to come together on the night!



RAFFLE

Approach friends, family and local businesses to secure some exciting raffle prizes. Share these with supporters ahead of the night and charge for raffle tickets to be drawn whilst you Sleep Out.



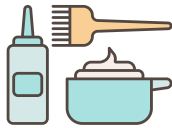
DECK YOUR DEN

We know that the wackier the idea - the more people pay attention! You are already picking somewhere unusual to sleep so why not go all out with a themed den! See what you've got around the house and share your creations on the night.



CRAZY HAIR, DON'T CARE

Why not undergo a big hair transformation? Whether you shave your head or dye your hair pink, this is not only a brilliant fundraising activity but will make great entertainment. Are you brave enough to film yourself doing it live on the night?



122 CHALLENGE

There are 1220,000 young people facing homelessness right now. We think everyone should know this number. Take on a 122 challenge - whether it's a 122 minute cycle or 122m running race, be as creative as you like.



DONOR'S CHOICE

Give your supporters the opportunity to choose your challenge for you - the wilder the request, the more they have to donate. Are you brave enough to let the highest bidder choose your sleep out spot? Or pyjamas of choice?



DON'T FORGET TO SHARE YOUR CHALLENGE

Make sure to tag us @EYH_UK so we can see what weird and wonderful places you've chosen to rest your heads.

And don't forget the all important early morning 'survivor selfie!' Add your Just Giving page link to your social bios so it's as easy as possible to signpost people to support you.

Remember to use #SleepOut to stay up to date across all our social media channels.

SLEEP OUT ESSENTIALS

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 – these are written to cover all eventualities, if you are holding your event in yours or a friend's home, we know that not all of these will be applicable.

HEALTH & SAFETY

As the organiser of the event, please make sure everyone's needs are considered when looking for your venue. Even if you know the venue well, you need to think about possible risks, accidents or legal issues. You may need to complete a [risk assessment](#) and make sure that suitable public liability insurance is in place. Always confirm that you have permission from the venue/landowner before you start advertising your event. If you have children taking part in your event, make sure that you have permission from a guardian.

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.

FIRST AID & SECURITY

Do you need a trained First Aider and a First Aid Kit at your event? Make sure all participants will be safe and secure throughout the event, with only participants being able to enter the venue. Someone or a small team of people should stay awake (you could take it in turns) to ensure everyone is safe during the night.

FOOD & DRINK

We encourage you to have a hot meal before travelling to, or starting your Sleep Out. Make sure you have plenty of snacks and water with you to keep you going throughout the night! Fill a flask with hot water, take a supply of tea and coffee, don't forget the milk & sugar! Pack a few breakfast croissants or a mini box of cereal so you have something for when you wake up the following morning before it's time to clear up and head home.

ATMOSPHERE

Whilst a Sleep Out is supposed to be about reflecting and learning about homelessness, don't forget that it is okay to have fun by creating a memorable event.

SOCIAL MEDIA

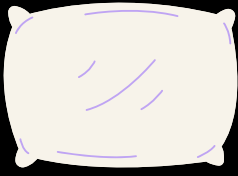
Whether you are on Facebook, Twitter, LinkedIn or Instagram, ensure you share what you are doing! This will encourage more sign ups, help with your fundraising targets and spread the word about the issue.

It would be great if you could also take lots of photos on the night of your Sleep Out, and if you give us permission to use them, we can use them across social media to promote how wonderful you all are and use them for other fundraising activities and help even more vulnerable people in need of our services.

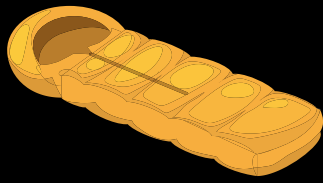
**IF YOU THINK WE'VE MISSED ANYTHING PLEASE DON'T HESITATE TO GET IN TOUCH WITH US AT
INFO@EYH.ORG.UK – OUR TEAM IS HERE TO SUPPORT YOUR SLEEP OUT EVENT.**

KIT LISTS

(Your kit list will vary depending on where you choose to Sleep Out)



pillows



sleeping bag
and roll mat



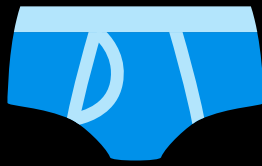
tent



waterproofs!



wooly hat,
scarf, gloves



spare
underwear
& socks



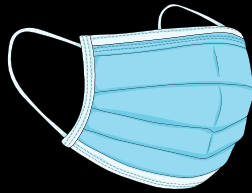
regular
medication



first aid kit



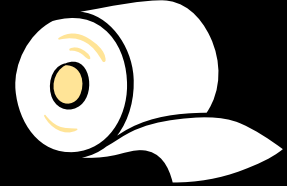
hand
sanitiser
and wipes



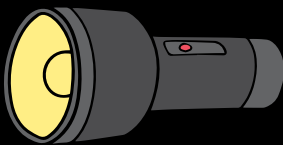
face mask (if
you choose)



toothbrush
& toothpaste



toilet roll



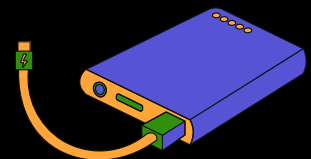
torch



layers!



tent repair
kit



portable
charger

IMPORTANT THINGS TO REMEMBER!

- ✓ Location details: address & arrival time
- ✓ Camera/phone (for pictures or emergency)
- ✓ Portable device for accessing social media