



# SPREAD THE WORD!

**SLEEP OUT**

## I'M TAKING PART

I'm Sleeping Out! I will be swapping the comfort of my bed for a sleeping bag for a night to help #EndYouthHomelessness as part of the #SleepOutToEYH Challenge. You can read more about it here: <https://sleep-out-to-eyh.justgiving-sites.com/> @EYH\_UK

## JOIN ME

Did you know that 121,000 young people faced homelessness this year? If you want to help, you can join me in this year's #SleepOutToEYH, where for one night, we'll be swapping our beds for a sleeping bag. Simply go to the website to sign up and get started! <https://sleep-out-to-eyh.justgiving-sites.com/> @EYH\_UK

## SPONSOR ME

In the UK, 121,000 young people faced homelessness last year. With your support, we can help ensure that young people receive the mental and physical health support they need. Please consider sponsoring me as I swap my bed for a sleeping bag for the #SleepOutToEYH Challenge here: [your JustGiving page] @EYH\_UK.

## I SMASHED MY TARGET

THANK YOU to all my incredible supporters who have helped me smash my fundraising target for #SleepOutToEYH. Together, we can help support young people all over the country to receive the help they need. If you're feeling generous and you haven't donated yet, there's still time: [your JustGiving page] @EYH\_UK

## I COMPLETED IT

That's a wrap! Last night I completed the #SleepOutToEYH Challenge, leaving the comfort of my bed for a sleeping bag. Thanks to everyone that has supported me, we have helped young people all over the country. If you haven't yet, there is still time to donate: [your JustGiving page]. Thank you for your generosity in advance <3 @EYH\_UK

# THANK YOU!

# #SLEEPOUTTOEYH