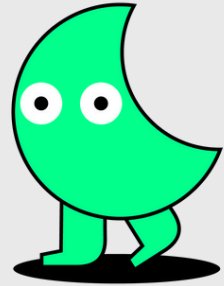
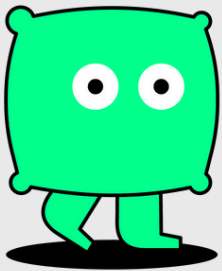


EVERY **YOUTH**



sleep



out

help put youth
homelessness
to bed

FAMILY PACK

WHAT IS SLEEP OUT?

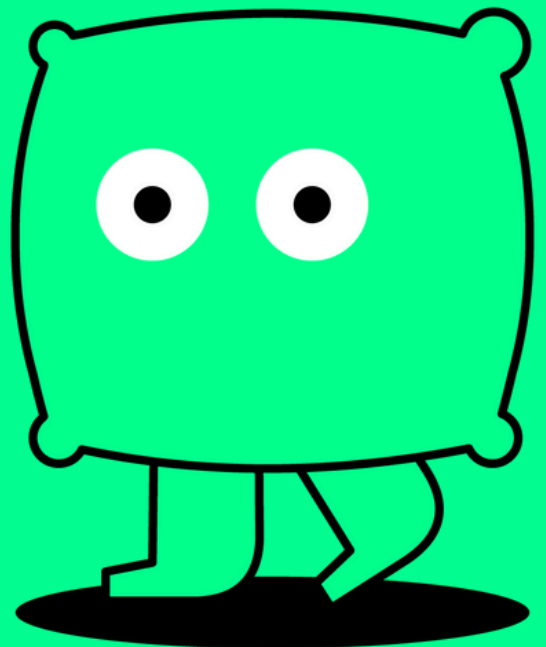


Sleep Out invites you to give up your bed for one night in support of young people experiencing homelessness. Sleeping out is not intended to replicate the experience of being homeless. It would be impossible to recreate the fear, loneliness and discomfort of not having a safe place to call home.

It will, however, provide a small glimpse into this reality. Spending a night away from your bed, without your usual home comforts will likely leave you feeling a little uncomfortable and tired.

WHY SHOULD I GET INVOLVED?

Although you will be completely safe, sleeping out will give you the opportunity to experience familiar surroundings in an unfamiliar way. Imagine for just one night, what it must be like to face homelessness, not knowing where you may be sleeping from one night to the next. Giving up your bed for one night means that a young person somewhere else in the UK won't have to.



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 could. 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 funds and awareness to get them the support they need.

ADAM

“I’m Adam*(they/they), I am 23 and a care leaver.

I grew up in a home of domestic abuse. When I was 12 things got so bad me, my mum and sister packed our bags and fled to escape our step dad.

We all shared a room at women’s refuge for a while before moving into our own council house. Me and my sister missed a lot of school during this time and everything felt chaotic.

Mum attempted suicide. She was hospitalised and me and my sister were taken into care by social services. Mum was okay physically but we would not be able to live with her again. Around six months later I was placed with my first carers and had to leave my sister behind.

At 15 I came out as LGBTQ+. My carers were homophobic and unwilling to accept me, the other teenagers in the home bullied me, so I had to move again.



Over the next few years I’d been moved between five different homes until, aged 21, I applied for my own council flat. I was referred to my local EveryYouth charity, Roundabout, and given a keyworker who has helped me whilst I learned to live on my own for the first time. He also suggested I get involved and volunteer with this Peer Education project.

I now work for The Care Council in Sheffield and have been volunteering with Roundabout’s Peer Education project for the last year. I like sharing my story, I hope it can help others and teach why people might find it hard to live independently and keep secure accommodation.”

WHO ARE EVERYYYOUTH?

EveryYouth is a movement of leading youth homelessness charities across the UK working to secure homes, employment and mental health support for disadvantaged young people.

Through our network, we support thousands of 16-25 year olds each year.

There are 136,000 young people facing homelessness in the UK right now.



EveryYouth helps by providing...



a safe place to call home

support with education and employment



mental and physical health support

access to prevention services



£5

could buy a bus pass

£15

could buy new and clean bedding

£20

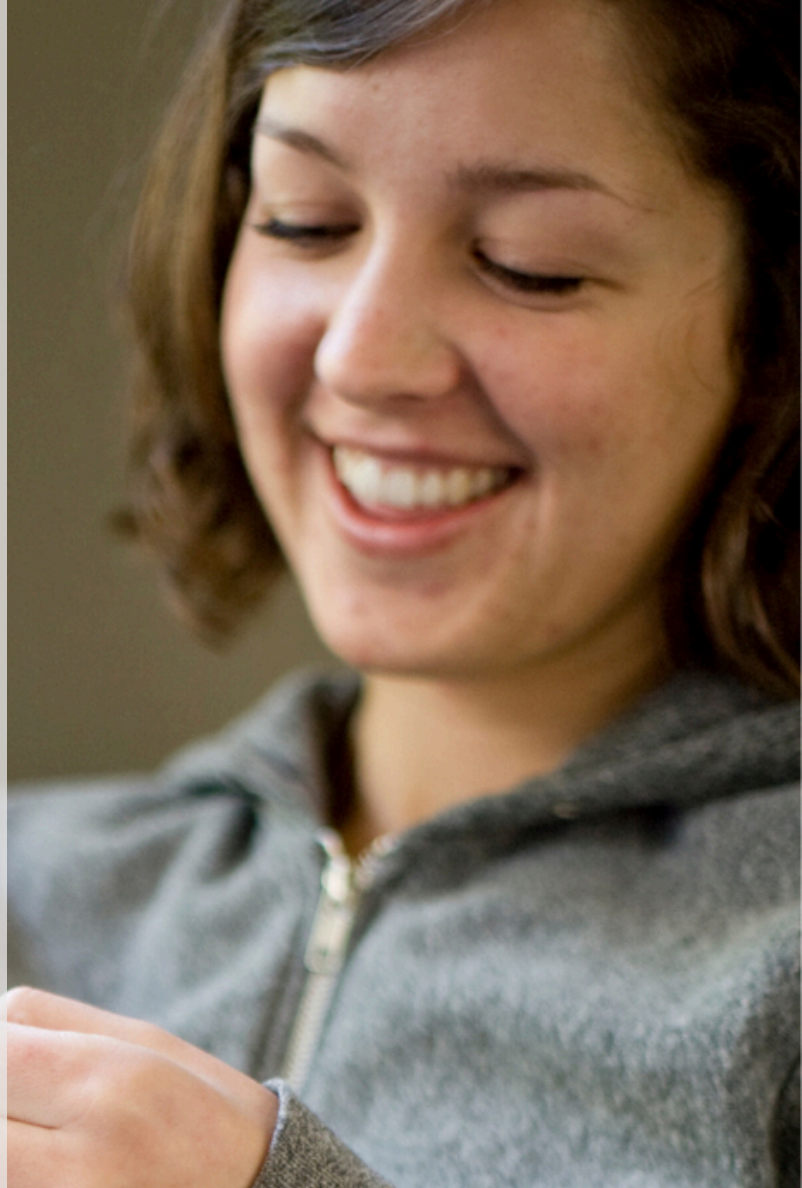
could pay for an hour of support

KIERA

“My name is Kiera and I moved into EveryYouth’s charity The Benjamin Foundation when I was 19. Until then I had lived at home but it was overcrowded and relationships became strained.

Whilst living with the charity, staff helped me to learn everyday skills to prepare me for living independently.

When I was ready, they helped me find a flat nearby.



My Support Worker, Erica, was with me throughout the transition; helping me set up bills and understand how everything in my new home worked. Together we turned it into a home I’m proud to live in.

I have started volunteering at the local charity shop to get some retail experience as well as completing a small business course. I love to make necklaces and bracelets in my spare time. I’m currently doing an Enterprise course where I can I set up a stall at local craft fairs to sell my products. I go to adult learning workshops where I’ve completed a cookery course.

I feel really happy with my new life. My mental health has really improved, and my confidence grows all the time. Living on my own for the first time is hard, especially managing money during a cost of living crisis. Erica has helped me set up cheaper ways to live and I know I can call on her if I have any worries or questions.

In the future I would love to start my own business one day doing what I love with my beads.”

PLANNING YOUR SLEEP OUT AT HOME

EveryYouth's Sleep Out weekend starts with our London event on Thursday 7 November. We invite you to Sleep Out at Home on Friday 8 November. This way you can get the whole family involved without having to worry about getting up for work or school the next day.

★ ★ **SIGN UP HERE!** ★ ★

Sleeping out at home gives you the flexibility to pick a space that works for you. In the past we've seen participants take to their gardens, bed down in sheds, set up camp on the living room floor and even sleep in a bath tub!

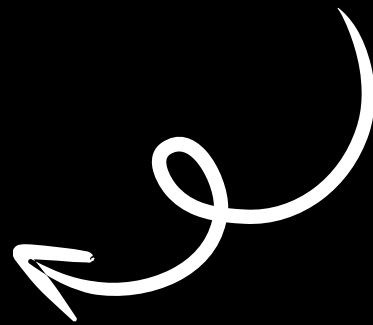
If you are sleeping outdoors please check the weather and make sure you have a back-up plan if it becomes too cold or wet. Check out our full kit list on the next page...



KIT LIST

- Sleeping bag**
- Ground mat**
- Pillow**
- Blanket**
- Pyjamas**
- Warm socks**
- Extra layers**
- Water bottle**
- Snacks**
- Torch**
- Toothbrush**
- Toothpaste**
- Den decor**

Tick me off as you go!





ON THE NIGHT ACTIVITIES

We've put together some suggested activities to keep young people entertained on the night...



DECK YOUR DEN
Competition for the best decorated sleeping space.




SHOW & TELL
Show an item that reminds you of home



MIDNIGHT SNACKS
Bring your favourite treats to share with fellow sleepers



FANCY DRESS
Who will you come as?



SPOT THE MOON
Eyes peeled - who will be the first to spot the moon!



HOME CREATIONS
Create artwork that shows what 'home' means to you



MIDNIGHT MOVIE
Our top tips below!

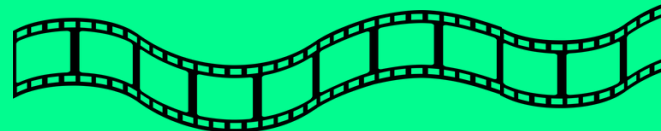


BED TIME YOGA
Wind down and relax for the night



GOODNIGHT SELFIE
Take a snap before bed and share with us @EveryYouth_UK!

MIDNIGHT MOVIES



Okay, maybe a little earlier than midnight! But Sleep Out is a great opportunity to spend time learning more about the issue of homelessness and imagining what it is like to be in someone else's shoes. It's why you've given up your bed after all.

Hold a screening of a film that focusses on the theme of 'home'. Afterwards, talk as a family about how the film made you feel and why it's important that everyone has a safe place to call home.



MIDNIGHT MOVIES



Here are some we recommend..



Homeward Bound: Three pets are left with a family friend when theirs go on holiday. Unsure of what has happened, the animals set out on a quest to find their family and home.



E.T: A troubled child summons courage to help a friendly alien escape Earth and return to his home-world.



Wall-E: In the distant future, a small waste-collecting robot inadvertently embarks on a space journey that will ultimately decide the fate of mankind, and determine whether they can ever return home.



The Wizard of Oz: Dorothy is swept away to a magical land in a tornado and embarks on a quest to see the Wizard who can help her return home.



Finding Nemo: After his son gets abducted from the Great Barrier Reef and is dispatched to Sydney, Marlin, a meek clownfish, enlists the help of a forgetful fish and embarks on a journey to bring him home.



A Street Cat Named Bob: The true, feel-good story of a homeless busker whose life is transformed when he meets a stray cat.

Home: A lovable misfit alien runs away from his planet to Earth where he befriends an adventurous young girl on a quest to find her displaced mother.

FUNDRAISING

We encourage everyone taking part to raise at least £50.

This could pay for a safe night's sleep, a warm meal and an emergency pack of toiletries for a young person with nowhere else to turn.

TOP TIPS!

- Get started early! You'll have plenty of time to raise funds but it's always good to get a head start. See how much you can raise before the night itself.
- Don't be afraid to ask! You should be proud of the challenge you are taking on. Spread the word and invite people to donate.
- Share some the stories in this pack to show your supporters the real life difference their support will make.
- Up the ante! Add elements to your challenge in return for donations. Are you brave enough to let your donors choose your Sleep Out PJs? Or how many blankets you're allowed?

REMEMBER!

Lots of fundraising happens on the day and the days around your event. Keep everyone up to date by telling them about your experience and sharing pictures and remind them to donate.



Scan here to sign up and get started!



**FOR MORE INFORMATION OR HELP
ORGANISING YOUR SLEEP OUT CONTACT**

sleepout@everyyouth.org.uk

THANK YOU!