



SLEEPOUT *at school*

Your guide to a successful Sleepout

Our biggest fundraising event of the year!

Here's how your School can get involved...

ABOUT

Herts Young Homeless

A roof over our heads, the support of a loving family and somewhere safe to come home to are all things most of us take for granted. But, right now, thousands of young people in Hertfordshire are unable to rely on any of these as they are either homeless or at risk of being homeless.

Every day, young people are homeless in our community. Some of them are street homeless; the vast majority are 'hidden homeless'. They might be sofa-surfing, moving around from place to place, living in temporary accommodation such as a hostel or bed and breakfast or unsafe places such as cars or squats. Our mission is to support them into a secure situation and ensure that they do not return to the desperation of an uncertain future.



My worker has improved every area of my life and is one of the best workers I have ever had. She stopped me being on the streets and evicted and goes above and beyond

Young Person supported by hyh

All the sponsorship raised through the Sleepout will make a real difference to the lives of people in crisis who are either homeless, or facing homelessness, allowing us to provide the services to support them.

Why SLEEPOUT? at school

So a young person facing homelessness doesn't have to spend another night homeless.

Started by the Abbey and Diocese in 1993, the Sleepout is celebrating its 30th anniversary this year! During this time it has raised hundreds of thousands for Hertfordshire homeless charities and is our biggest fundraiser of the year.

With the warmer weather now starting to be replaced with the cooler Autumn months as we head towards winter, Sleeping out will give your students the opportunity to experience what it is like to rough sleep in winter. No shelter to protect you from the elements or a cosy bed to snuggle into, the Sleepout will provide insight into what life is like for some of our service users.

Life doesn't have to be like this, all the money raised through the Sleepout helps us fight youth homelessness in Hertfordshire and continue to provide our vital services to those who need it the most.

Every year youth groups, schools, local businesses and families brave the cold and sleep on a bed of cardboard to show their support for vulnerable young people in our local community. The main event takes place at Oaklands College in St Albans on Friday 10th November, alternatively, we offer the opportunity to Sleepout at Home or Sleepout at School. Unsure how to arrange a School Sleepout?

This pack is here to help you every step of the way!

THINGS TO CONSIDER WHEN ORGANISING A SLEEPOUT AT SCHOOL



- 1 Location** - will your event take place indoors or outside?
The Sleepout at Oaklands College takes place outside, however it's important you also have an indoor area which could be used in case of extreme weather. previously we have had schools use their sports/assembly hall to host the event. Make sure there are toilet facilities which can be used during the night.
- 2 Who will take part** - which year groups will you invite?
Depending on the age and number of children you will be inviting to take part, you will need to make sure you have the correct number of adults available to supervise.
- 3 Fundraising** - will there be a cost to participate or will you use a joint fundraising page to collect donations?
It is important to make your Sleepout an inclusive event, to ensure all students are able to participate and support a local charity no matter what their families financial situation is. A joint fundraising page is a great way to raise money collectively and take the pressure off.
- 4 Refreshments** - will drinks and snacks be available during the night or will students need to bring their own?

SUGGESTED EVENT PLAN TIMELINE

We suggest starting to plan your schools Sleepout 2-3 months before your intended date to allow plenty of time to plan, raise awareness of your fantastic challenge, recruit students and kick-start your fundraising.



Organise details and logistics



Invite students and teachers



Organise activities



After the event

1

2-3 MONTHS BEFORE

- Location, date and time for the Sleepout.
- How will the event raise money, registration fee or joint fundraising page?
- Risk assessment (please contact hyh if you would like to see a copy of ours).
- What will students sleep on?

2

1-2 MONTHS BEFORE

- What year group are you inviting to take part? Ensure enough adults are available to supervise.
- We can provide you with a template letter to send home to parents.
- Advise participants on what to bring to the Sleepout.

3

1 MONTH BEFORE

- If you would like a member of the hyh team to host a launch assembly, please get in touch.
- We can provide videos to play on the night.
- What activities will you run?
- Organise refreshments.

4

AFTER THE SLEEPOUT

- Calculate the money raised and thank all those who have taken part.
- hyh can help if you would like to: share your schools achievement with local press, write a letter home to parents, provide certificates for pupils etc.

HOW HYH CAN HELP YOUR SCHOOL

ASSEMBLIES/SESSIONS

If you would like hyh to host an assembly to launch your school's Sleepout event please do get in touch, this can be a great way to get students excited for the event and to understand how the money they are able to raise will positively impact vulnerable young people in Hertfordshire. Depending on the date of your Sleepout, a member of the team may also be able to come on the night to talk.

One of the services hyh provides is education in schools, to educate students on topics to equip them with the knowledge and skills to prevent a crisis and homelessness before it occurs, If your School is interested in having hyh lead a session, please get in touch by contacting education@hyh.org.uk.



BEFORE THE EVENT

- Provide a template letter home to parents
- Help set up a fundraising page
- Host a launch assembly
- Provide a 'what to bring' list for students
- Lend branded materials for the evening

AFTER THE EVENT

- Provide a template letter home to parents summarising the event and money raised
- Give certificates to your students signed by our CEO
- Help if you would like to share your schools achievements with local press

To find out more, please contact:
marketing@hyh.org.uk

TEMPLATE RUNNING ORDER FOR THE SLEEPOUT

Looking for inspiration on Sleepout activities? We host a 'deck your den' competition and award prizes for our favourite cardboard sleeping creations! We also run creative workshops such as pillowcase decorating using fabric pens.

8pm

REGISTRATION OPENS

Check in all the students taking part and ensure you have all the necessary paperwork. Direct students to their pitch for the night.



8.30pm

ACTIVITIES BEGIN

Perhaps you would like to begin the Sleepout by thanking students for coming and playing a hyh video, before starting the evening's activities.



10.30pm

TIME TO SLEEPOUT

This bit may be the trickiest...managing to get some sleep!
Make sure toilet facilities and refreshments are available throughout the night.



7am

YOU SURVIVED THE SLEEPOUT!

Congratulations and a huge thank you for taking part!
If you have taken any cash donations during the night, remember to keep this safe and locked away.



Please do not hesitate to get in touch if you have any questions or would like any help organising your Sleepout!



03333 202 384



marketing@hyh.org.uk

We would love to have your school take part in the Sleepout and we hope you have found this pack helpful to kickstart your plans!

Without the support we receive from fantastic schools like yours, our work would not be possible, you are helping to make a huge difference to the lives of vulnerable young people in Hertfordshire.

Thank you!

