



'ROUGH & REAL' SLEEPOUT

INFORMATION & GUIDELINES FOR PARTICIPANTS

Saturday overnight: 27th April 2019

www.burtonhope.co.uk

SLEEPOUT INFORMATION:

Burton HOPE's 'Rough & Real' sleep out event provides an opportunity for participants to spend a night outside to raise awareness of the realities of homelessness. Although one night outside can in no way simulate homelessness, it improves understanding, and will give you an insight into the many challenges faced by those on our streets. At the same time, this event will raise vital funds to help us continue to contribute to aid the lives of the most vulnerable in our community. Any sponsorship donations can be given through the Burton HOPE website, or contact us for any additional information. Sponsorship forms are available on our website and Facebook page.

About us:

Burton HOPE is a not-for-profit organisation run entirely by the work of around 100 volunteers. We make up and distribute approx. 60 food parcels each week, most of which are given out at our weekly outreach sessions in Burton town centre. We collect, sort and distribute clothing, toiletries and practical items to those in need. We undertake outreach patrols throughout the week and we provide a support network for the homeless community. We initiate, support and manage applications for housing, rehabilitation and welfare. We help our clients deal with a number of organisations such as the police, social services, GPs, hospitals, mental health professionals, the council, housing associations and many other external agencies. We run awareness talks in schools, colleges and businesses and we supply local schools with sanitary products. In taking part, you will help to raise funds for us to continue operating, whilst also raising awareness of homelessness and the work that can be done to help those suffering.

Arrival times and procedure:

The sleep out event will start approximately at 8.30pm following our outreach session on **Saturday 27th April 2019** and last until early the following morning. Participants will be sleeping rough in Burton town centre in The Washlands. We want you to take the challenge to sleep out for the duration but you are free to leave at any time should you need to get out of the cold; just speak to the group leader on the night.

Preparations:

The weather in April can be cold and horrible as many sleeping on the street will know. Therefore, it is very important to come prepared for all weather conditions. The key to keeping warm is to have layers: a waterproof layer, several layers of warm clothing, multiple socks and a really good layer of insulation between yourself and the ground. Some items you may consider bringing:

- Sleeping mat/cardboard
- Sleeping bag
- A torch
- Waterproof outer clothing (jacket, trousers)
- Thermal under layers
- Hat, scarf and gloves
- Necessary medication
- Food and soft drink
- Black bin bag for your rubbish

None of the above will be provided. You are solely responsible for all items that you bring and Burton HOPE accepts no responsibility for any loss or damage to any possessions that occurs. Please be mindful that you will have to carry everything you bring, a frequent challenge for many of the street homeless.

Age Restrictions:

You must be aged 16 or over to take part in the sleep out. Participants aged 16 or 17 must be accompanied by a responsible adult aged over 18, detailed on their participation form.

Medical information:

Please ensure that you inform us of any pre-existing medical conditions and of any medication that you are taking. If you are on any medication for an existing condition, please make sure you take your medication with you in adequate amounts for the duration of the event. If you suffer from any pre-existing medical conditions, regardless of severity, please consult your GP before signing up.

Health and safety information:

All participants will be put into a group with a group leader and First Aider. For your safety, it is important that you stay within your group at all times. The organisers will carry out a risk assessment for the event. However, you undertake to take part in the sleep out entirely at your own risk. The organisers will not be held responsible for any damage, loss or injury.

Will we be sleeping in tents?

No. The challenge will be to sleep outside in the Washlands and city centre without any cover. Participants could be sleeping on grass with only your sleeping bag and plastic sheet for protection. Many people around the country have to do this every night, could you do it once?

Will I actually get any sleep?

Not a lot, but you will be part of a unique event experience, coming together to help raise awareness of homelessness and helping Burton HOPE raise funds to enable us to continue to help the homeless community. The sleep out will be a very sociable event, where we will be making new friends and helping each other through the challenge.

What if it is bad weather?

The event is taking place on 27th April 2019, and it is possible that the weather will be variable. Weather conditions will be monitored in the week leading up to the event and updates reported via our website and social media. You must dress appropriately for an outdoor early spring event. If rain is forecast, waterproof clothing and a plastic sheet to protect your sleeping bag are essential. The homeless have no choice but to sleep rough whatever the weather. Therefore, only extreme weather conditions would result in the event being cancelled.

Litter:

Please help us by clearing up your rubbish before you depart. Please do not leave any rubbish behind.

Sponsorship:

The sleep out is free to take part in and designed so that you can participate in a fun but challenging event whilst raising money for Burton HOPE. The easiest way to do this is by sponsorship and donations. So, don't forget to tell everyone you are doing this to help you raise as much as you can. Sponsor forms will be sent to after you have registered.

Certificate:

In the morning, every participant will receive a Certificate of Achievement. Please ensure that you collect this from one of the organisers. If you take part in the sleep out you will have earned it!

Photography consent:

By taking part in the sleep out you are consenting to having any photographs or videos taken being used to promote the activities of Burton HOPE.

Disclaimer:

You undertake to take part in the sleep out entirely at your own risk. You will not hold the organisers responsible for damage, loss or injury.

Further information:

If you require further information or clarification please email us on 'burtonhopefundraising@hotmail.com'.

Thank you for being part of this exciting event. We hope it will leave a lasting impression on you and help you to understand what life could be like for someone with no permanent home.

DONATE at www.burtonhope.co.uk