



THE BACKUP SLEEPOUT PACK

SHINE A LIGHT ON
YOUTH HOMELESSNESS



FUNDRAISING
REGULATOR

Reg charity no 1064698





**Thankyou for giving up ONE NIGHT to shine a light on
Youth Homelessness by joining us at the
BACKUP SLEEPOUT.**

**The Sleepout is not about pretending to be homeless. We Sleepout to
show our solidarity with those who are — and to let the community
know that the number of young people who face homelessness is
rising and needs to stop.**

**By sleeping a night under the stars without warmth and the comfort
of home, you not only help us raise awareness of homelessness but
vital funds for our charity.**

**All funds enable BACKUP to support vulnerable young people facing
homelessness providing supported accommodation, sanctuary, and
helping them live happier, safer independent lives!**

FAQ'S & ALL YOU NEED TO KNOW INFORMATION

Date: Friday 15th November 2024

Venue: Bridgeman House, Bridgeman Street, Bolton.BL3 6BY

Parking available: Yes

Can children take part? : Yes, children from 10 years old may take part with adult supervision and parental consent.

Arrival Time: Please arrive by 7pm to pitch your sleeping bag.

Breakfast: Served from 7am and we aim to clear the site by 8am.

Will I be able to smoke/Vape?

There will be a designated area at the venue and the Event Team will show you the location on the night.

Toilets - available



Hot food, entertainment plus a light up lantern to shine throughout the night!



What do I need to bring?

- Groundsheet or waterproof sheet for under your sleeping bag.
- Sleeping Bag.
- Waterproof cover.
- Pillow.
- Hat, gloves, scarf, socks.
- Layer your clothes
- Additional Items (suggested)
- Snacks, food, water (No alcohol will be allowed)
- Flask
- Extra clothes for layering
- Change of dry clothes
- Any medication
- Fully charged mobile phone

What not to bring.

- Do not bring any valuables (laptops etc) as there will not be a safe place to store them. Only bring valuables you can keep on you at all times.
- Alcohol or drugs. The Sleep Out is an alcoholic and drug free event.



Remember to wrap up warm and prepare for a cold night.

How much sponsorship do I need to raise?

We are asking participants to raise a suggested **£100**.

Please ask all your sponsors to include Gift Aid if they are a UK taxpayer. This will add an additional 25p to every pound raised.

All the money raised will go directly to support the young people in our care.

Sponsorship Opportunities are available, please contact laurapendlebury@backup-charity.org.uk

Set up your own Justgiving page today

Go to

<https://www.justgiving.com/campaign/backupsleepout>



- [Click Start Fundraising](#)
- [Create and personalise your page](#)
- [Email the link to your family, Friends and colleagues and share it on your social media channels](#)

[Start Fundraising!](#)



Did you know....



This is what young people think would have happened to them if BACKUP DIDN'T EXIST?

- In a toxic household
- Most likely still putting up with the abuse
- I don't know, don't like to think about it
- Women's shelter without my son
- I'd still be homeless or dead
- Still be ROUGH SLEEPING
- Stuck with an abusive Mother
- Possibly still sofa surfing



Did you know....



That when asked how BACKUP has made a positive different to you?

They said.....

- They believed in me
- The staff being so understanding
- I have more self-confidence and motivation
- They have helped massively with my mental health
- I am managing my anger and have not flipped out as much
- I have learned new skills like budgeting and cooking etc.
- I now have space, time, comfort, composure



229

Young People accommodated

23,550

Home Visits

541

Food parcels handed out

HOW YOUR SUPPORT HELPS YOUNG PEOPLE (2022/2023)



Free hot food



Free lantern



Entertainment and competitions



For more information
Claire on 01204 520183
clairehand@backup-charity.org.uk

REGISTER NOW

