

Step by Step

How To Organise Your Own Sleep Out

1. What is a Sleep Out?

A Sleep Out is a fundraising event where participants swap the luxury of their beds for sleeping bags on the floor. It's a great way to raise awareness of homelessness and funds to help Step by Step support young people facing hard times.

Why Hold a Sleep Out?

You can support young people in your community through a challenging, educational and enjoyable event.

Why Step by Step?

Step by Step supports young people facing challenging circumstances, including homelessness. The charity offers vulnerable young people a range of services, including accommodation, counselling, training and development, and mental health support.

Each night Step by Step prevents homelessness for 245 young people.

Who Can Take Part?

Anyone willing to take up the challenge of giving up the comfort of their bed and sleeping out! Get your community, church or school involved.

How the Money Raised Could Help

£45

provides a young person with mental health support

£70

could cover the cost of a young person accessing an Emergency Bed

£210

allows us to offer a young person a week of accommodation and specialist support.



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2. What to consider



Choosing a location

- Choose somewhere that is secure and safe, ideally with an entrance and exit point that you can monitor. For example, a car park, a communal garden or school grounds.
- Make sure you have an area where you can shelter if the weather takes a turn for the worse.
- Ensure easy access to toilets throughout the night.



Health & Safety

- We would advise you to fill out a risk assessment in advance.
- Make sure that only your participants have access to the venue.
- Have a central register.
- Have emergency contact details for all participants.
- Consider having a First Aider at the event.



Setting up and packing down

- Ensure you have enough help with setting up and packing down, including clearing up any litter.



Bring your essentials

- We would advise everyone to bring lots of warm clothing – hats, gloves, scarves and thick clothing. It can get very cold at 2am when you don't have a roof or walls, even in the summer.
- Warm sleeping bag, roll mat and pillows are allowed, but no camp beds or inflatable mattresses - that's cheating!
- Consider collecting cardboard boxes in good time to cover the floor with. It's a good base layer between the sleeping bag and the floor.
- Bring some torches and make sure your phone is properly charged in case you need to make emergency calls.
- Supply a First Aid kit.



Food and drink

- Food draws people in! Think about the food options – do you want to provide hot food, will you run a BBQ, will you be hiring a catering van? Do you want to provide any snacks throughout the night? Can people bring their own food?
- Provide plenty of water throughout the event. Equipment to make hot drinks is often very appreciated by sleepers, especially in the morning.
- If you are considering allowing alcohol at the event, think about the risks and consider support from Security.

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3. Next steps

How We Can Help

- **PRE-EVENT:** Your team are invited to visit our award-winning accommodation facility in Aldershot. You will have the chance to see where their donations are going and get motivated!
- We are able to come to your hall, school or community centre and give a presentation about Step by Step if you are unable to visit us.
- **ON THE NIGHT:** A representative from Step by Step can attend your event to thank and motivate the sleepers.
- We have lots of promotional materials such as banners, balloons and collection buckets which you can use. We can even help you with template posters.
- Step by Step can follow your social media journey and interact along the way. We are on [Facebook](#), [Twitter](#), [LinkedIn](#) and [Instagram](#).
- **POST EVENT:** You will be given a certificate for you to proudly display and we will also share with you the impact of your support.

How to Fundraise

Decide how you would like to fundraise. You can set up your own JustGiving page or a Facebook fundraiser. This money will come directly to us. Or you can send donations to us via cheque, cash or BACS.



Need More Help?

Please get in touch if you have any questions. Contact our Fundraising Team at fundraising@stepbystep.org.uk or call **01252 346107**

