



RESTART

CREATING SAFE SPACES TO RESTART LIVES

EST. 2009

SLEEPERS' PACK



RESTART **SLEEPOUT** 2023
Friday 1 December

CONTENTS



- 1** **THANK YOU**
- 2** **EVENT DETAILS**
- 4** **LOCAL AMENITIES**
- 5** **KIT LIST – WHAT SHALL I BRING?**
- 6** **FAQS**
- 9** **ANGELA'S STORY**
- 10** **KEEP UP THE AMAZING WORK!**
- 12** **NEXT STEPS**

FIRSTLY A GREAT BIG THANK YOU



There were 271,000 households recorded as homeless in England at the start of 2023, and with the cost of living affecting everyone, that number looks set to rise.



Meeting the people we support day in and day out we are constantly reminded that becoming homeless can happen to anyone.

Whether it's mental or physical health, losing a job or a relationship, or falling into crisis as a result of another major life event, many find themselves without shelter, warmth, electricity and all the security that goes with those things we so often take for granted

With support, people can break the cycle and move away from homelessness. To all of you who have signed up to Sleepout for RESTART this year, thank you! We are so glad that you'll be joining us and have recognised a need to step up, sleepout and restart lives.

Olivia Pyle, Programmes Manager and Catherine Flay, CEO

EVENT DETAILS



We're sure you know by now what this challenge event involves but in case you need reminding!...

You, alongside other committed participants, will be sleeping out for one night on a cold London pavement to help bring awareness and vital funds to homelessness and the work of RESTART Lives.

- **When:** Friday 1 December
- **Where:** St Columba's Church, Pont Street, Knightsbridge, SW1X 0BD
- **Arrive:** at 9pm, having had something to eat! You'll be greeted and asked to register your attendance.
- There will be a welcome briefing at 9.15pm to ensure everyone knows the ground rules and what to do in the unlikely event that during the night you become concerned, feel unwell or wish to call it a day!

- You will be able to change, use the loos, get a hot drink to warm you up etc. inside the church.
- **Bed down:** 10pm – 6am the following morning.
We are asking that you aim to spend 8 hours outside the church. We will sleep together in a group outside St Columba's on a wide pavement along a stretch of Lennox Gardens that will be closed to traffic overnight.
- At 6am on Saturday morning, we will gather our stuff and complete the SleepOut with a cooked breakfast inside the church.



LOCAL AMENITIES

Whether you're coming from home or straight from work, here are some local amenities nearby the church, in case you need to pass time before the SleepOut.

Restaurants:

- Al Arez 2 (Lebanese), Knightsbridge
- McDonald's, Knightsbridge
- Ziateresa (Italian), Knightsbridge
- Franca Manca, South Kensington
- Honest Burgers, South Kensington

Also on the high street (Brompton Road), there is a Sainsbury's Local, Boots and range of other stores and coffee shops e.g. Pret a Manger, Caffè Concerto.



WHAT SHALL I BRING?

Essentials:

- sleeping bag – warm/3 season if you have
- camping/groundmat and/or cardboard (the thicker, the better)
- layers of warm, loose clothes e.g. leggings, fleece
- waterproof coat or jacket
- mobile phone

Other items to consider:

- hat, gloves and scarf
- something for a pillow
- 'bivvy bag' = a protective waterproof layer for your sleeping bag. A survival bag is another alternative or a cheaper option is a sturdy bin bag!
- water bottle (+ any snacks you might want overnight)
- any prescribed medication you know you may need
- headphones (if sensitive to noise when sleeping)
- eye mask (if sensitive to light when sleeping)
- change of clothes for the morning

What to leave at home:

- alcohol
- tents
- any unnecessary valuables



Will I be safe?

For your peace of mind, note that throughout the night we will have security discreetly in place, as well as a qualified first aider and team of staff and volunteers to respond to any issues that might arise. Should weather conditions become intolerable, respite will be available inside the church.

FAQS



What facilities will be available on site?

You will have access to the toilets and hot drinks and biscuits throughout the evening. We'll be providing a hot bacon or veggie sandwich for all sleepers on Saturday morning!

How do I get to the event?

It may be easiest to get to us via public transport. Nearest tube stations are:

- Knightsbridge
- Sloane Square
- South Kensington

We are unable to provide parking so if you choose to drive, please make your own arrangements locally. NB: the area is heavily permit-holder only.

Can I take part in a team?

Yes! If you are taking part with friends or workplace colleagues, then you can create a Team Page on Justgiving (ask RESTART for help if you need) to see your group total go up!

Each team member will still need to register individually to the Sleepout on the RESTART website here: <https://www.restartlives.org/sleepout2023>

Can children join?

Children aged 10 or over are more than welcome to join, but must be accompanied by a parent, guardian or teacher if coming as part of a school group.

The responsible adult will need to tick the 'bringing a child' box on the sign up form and provide us with the details.

How much do I have to raise?

There is no pledge amount but we have set ourselves a target of £132,000 and we hope you'll do whatever you can to help us reach our goal.

KEEP UP THE AMAZING WORK!



Thank you all for your fundraising efforts so far!
There's still time to gather sponsorship now and after the event.

Keep sharing your JustGiving page, speaking to your friends, family, contacts and encouraging them to sponsor you for your challenge!

Use your social media channels; don't forget to tag RESTART's social media in your posts – we're **@restartlives** on Instagram, Facebook, Twitter, LinkedIn.

Remind your supporters that by taking part in this challenge, you're helping us to fund:

20 guests' hot Friday dinner for one week **£10**

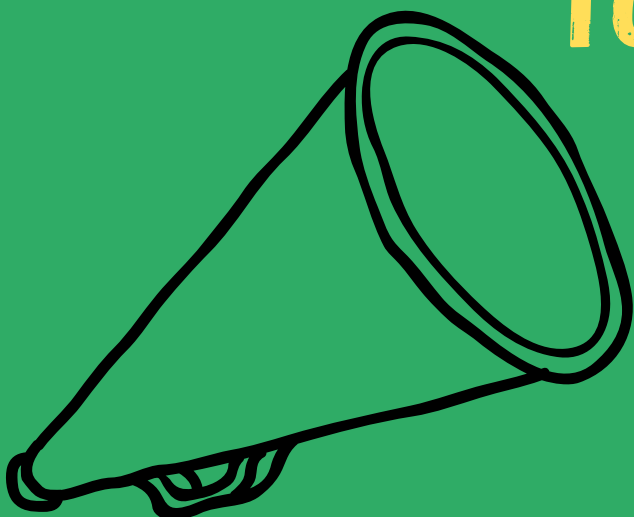
digital skills workshops and weekly laptop library **£20**

connection of a guest to 6 weeks of mental health support with Mind **£30**

weekly wellbeing and fitness workshops and a designated women's only space **£100**

tailored one to one casework **£200**

TOP FUNDRAISING TIP!



Personalise your fundraising page: set a target, add a photo of yourself, tell everyone in your story why you want to support RESTART and post updates in the lead up to the event!

NEXT STEPS ...



If you were not prompted to do so at sign up, complete the emergency contact form sent to you

It should only take 2 minutes and will help us to organise catering, accessibility and other requirements.



Use this barcode with donors

Rather than a website link, you can invite your supporters to scan this quick and easy barcode to donate. You can even generate your own personalised barcode for your individual page by visiting your page and adding **“/qrcode”** to the end of the web address.

This one takes you to the Sleepout page of the website



Make sure you've packed that all important sleeping bag!

Funny story: one of our very own staff members accidentally left theirs behind at home one year! Luckily, someone had a spare!

AND FINALLY,

Thank you so much for your support.

We're really looking forward to seeing you soon.

Let the countdown begin!



CONTACT US

olivia@restartlives.org

www.restartlives.org

Richmix, 35-47 Bethnal Grn Rd, E1 6LA

Registered charity no.: 1128848

Donations will be quickly passed and processed to RESTART via JustGiving.



JustGiving



@restartlives