

# PREP FOR SLEEPOUT

## 2025



Well done! Now that you're all signed up, here's where you can find our top tips, suggested kit and other ideas to prepare yourself for the big evening ahead :)

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1. Get your **fundraising** groove on!
2. Checklist - sleeping bag and **kit**
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# 1. FUNDRAISING GROOVE



If you're about to embark on your fundraising journey in support of RESTART, then thank you! You're not alone and we'll support you every step of the way so no question is a silly question!

Head over to our instructions here:

[https://www.restartlives.org/\\_files/ugd/4e1a02\\_42b8aa812ea2431b8eed20ce0a92981d.pdf](https://www.restartlives.org/_files/ugd/4e1a02_42b8aa812ea2431b8eed20ce0a92981d.pdf)

which can be found on our website if you need to go back and see them again at any stage. It'll take you through, in a few simple steps, how to launch your Justgiving page and then you are away to get sharing!

It's said often - but it really is true - that any small donation goes a long way. Whether it's a few pounds or a more, every contribution makes a meaningful difference, advancing our goals and strengthening the movement you are part of.

Thank you for helping us raise funds and edge towards our joint target of £150,000.

**BE PART OF**

**POSITIVE SOCIAL CHANGE**



# WHAT YOU'RE HELPING

## RESTART FUND

in a year



### CASEWORK

1:1 personalised advocacy and support for guests facing homelessness; moving towards safety and security, and along their progress pathway

**£43,547**

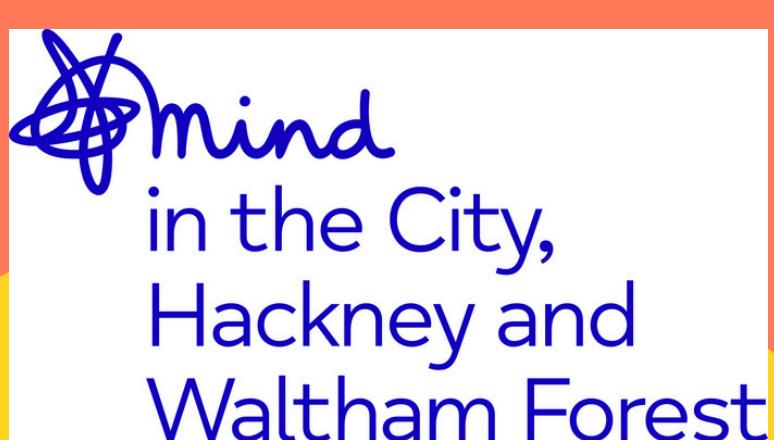
→ **THRIVING**

→ **CHANGING**

→ **ADAPTING**

→ **COPING**

→ **SURVIVING**



### MENTAL HEALTH SUPPORT

Our close partnership with Mind offers group and 1:1 therapy for guests in need. 100% of guests in 1:1 therapy saw their mental health improve after 6 sessions this year. Help us keep this going.

**£28,515**

### DROP-IN

From serving 14,481 meals a year to supplying haircuts and other immediate resources, the drop-in is Restart's beating heart.

**£129,274**



**£27,842**

### PROGRAMMES

Seasonal Resource Fairs (£12,499) supporting guests through tough weathers, Digital Inclusion (devices and coaching around tech), well-being events and 'taster' activities (£27,842) are in place every week to support guests interests, development, skills, mood & health.

### FAMILY & YOUNG PEOPLE SERVICE

We're proud to have launched more support in 2025 which guides and helps families struggling with homelessness, and focuses on early intervention within Casework.

# WHAT YOU CAN HELP US BUY

**£25**

Offers a lifeline to guests who have no other option or devices with a basic phone and powerbank



**£10.50**

Will give guests a pack of bus pass tickets (that's 6 journeys for them around London to key services)



*“Thank you, you make me feel like a person”*

Guest



**£100**

For a group day out to the cinema (with 15 of our Film Club guests)

**£83**

Will provide 120 guests with a hot Friday dinner for one week



**£1080**

A set of 12 therapy sessions with a mental health professional from Mind



# 2. KIT CHECKLIST

## Essentials:

- sleeping bag - warm/three or four season (if you have)
- camping/ground mat and/or cardboard (the thicker, the better to keep you elevated from the pavement)
- layers of warm, comfortable clothing e.g. leggings, fleece, waterproof coat or jacket
- mobile phone
- form of photo ID - to comply with our event management plan, we ask that adults supervising children bring their ID

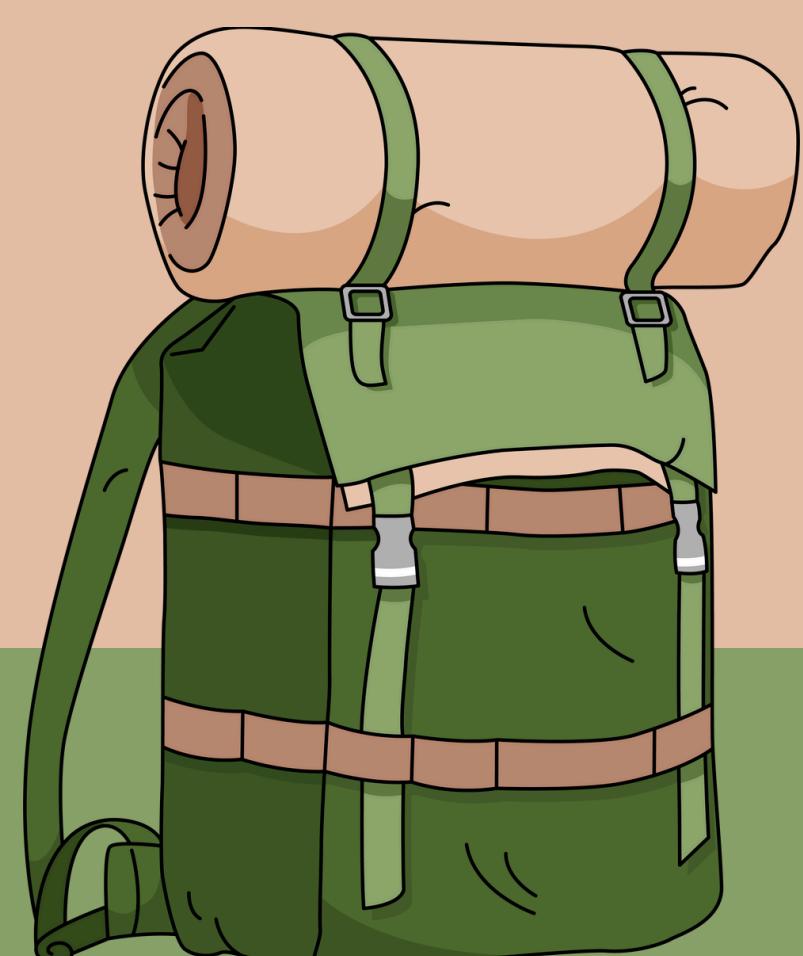
## Extra (other items to consider):

- hat, gloves and scarf
- something for a pillow
- 'bivvy bag' = a protective waterproof layer for your sleeping bag. A survival bag is an alternative or even 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 (especially if rain is due)

## What to leave at home:

- alcohol
- tents
- any unnecessary valuables

**SLEEP OUT  
SO OTHERS DON'T HAVE TO**



# 3. EVENT DETAILS

**When:** Friday 5 December 2025

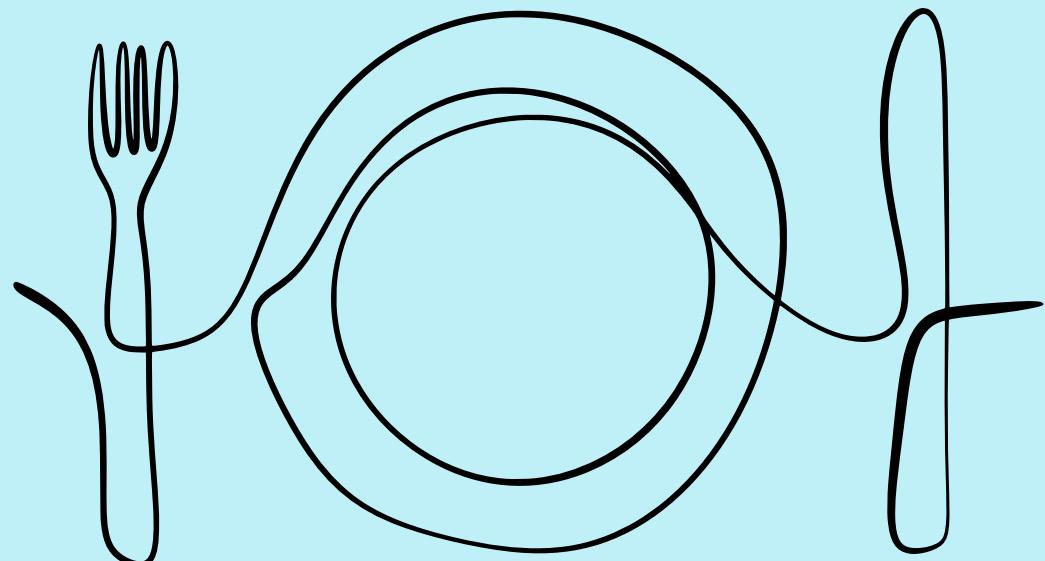
**Where:** St Columba's Church, Pont Street, Knightsbridge, SW1X 0BD

**What:** we will sleep outside together in a group beside the church (where our weekly Drop-in takes place) on a wide stretch of pavement that will be closed to traffic overnight.



- Please bring a sleeping bag, warm and water-proof clothing and some sort of a ground mat. You may wish to bring a pillow.
- **Arrive:** at 9.30pm, having had something to eat! You'll be greeted and asked to register your attendance. There will be a welcome briefing 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. We are asking that you aim to spend 8 hours sleeping out from Friday 5 December until the following morning on Saturday 6 December.
- At 6am on Saturday morning, we will gather our stuff together and complete the SleepOut with a hot breakfast inside the church.

# EVENT DETAILS



On event day, the RESTART team will be busy running our usual Drop-in till 8.30pm supporting guests to have their meals and seek help and advice, before we look forward to seeing you. Have a think about your plans and access to us e.g. travel routes, arrive having eaten, whether you might be coming straight from work or home, other arrangements etc. Here's some info to help support your planning:

## **Stations closest to the church:**

Knightsbridge (9 minute walk), Sloane Square (13 minutes) and South Kensington (13 minutes).

## **Local amenities, if need to pass time pre Sleepout**

*(there are various pubs, coffee shops and other chains on the high street, Brompton Road) along with:*

- Pret a Manger
- Sainsbury's Local
- Al Arez 2 Lebanese (Knightsbridge)
- McDonald's (Knightsbridge)
- Franca Manca (South Kensington)
- Rocca (South Kensington)
- Honest Burgers (South Kensington)
- Boots
- Cafe Concerto

# 4. KEY CONTACTS



**CATHERINE FLAY**

**CEO**

Catherine is our CEO and has been driving the launch of the Sleepout since the Summer. We are so thrilled now we're into the Winter to have so many people step up and be ready to take on the challenge with us!

While Catherine will welcome and brief us all on the night to open the event, she will also be sleeping out herself to take part, alongside other members of the team.

Catherine is our Safeguarding Lead and if you have any concerns, before or after the event, she will be the person you can report to.



**OLIVIA PYLE**

**Head of Programmes**

Olivia is your point of contact before and during the event. She also has been busy helping more people to hear more about the Sleepout! - and choose to sign up should they wish to.

She has been planning the event with the rest of our team and making it all come together. She will be there to support and oversee the smooth running.

Olivia is the Deputy Safeguarding Lead so if you have any questions before you come to the event you can reach out to her too, or can report anything to her afterwards.



### EUGENIA NOBLE

#### **Caseworker**

Eugenia will be joining us to help open the event - she will be signing people in and generally around to help meet and greet you before the big challenge! Her regular days at Restart consist of Casework with guests who are moving through different stages of homelessness; in particular working with cases with children, young people and families.



### PAULA MAZZEO

#### **Senior Caseworker**

Paula will be taking part in the challenge for the second year running. She and we all hope for a smoother weather conditioned evening as opposed to last year which presented Storm Darragh to us - with heavy rain, wind, you name it! Paula is a Designated Safeguarding Officer so you can come to her with queries or questions too at any stage.



### PHIL NUGENT

#### **Drop-in Manager**

Phil is our Drop-in Manager who will be busy running our Drop-in on the Friday for approx 100 guests. He has been liaising with the team to make sure a warm, hearty breakfast can be served on the Saturday morning!



### FRENCO

#### **Security**

Frendo is our Security Guard and is known by many of our guests. Once he's done his careful looking after of the Drop-in, he will then come and give Security to all of us sleeping out! He will be joined by two others and they will protect the road and ourselves during the night.



### ROMAN SUMAROKOVS

#### **Chef**

Roman is our Chef who has planned and will cook a warm, hearty breakfast to wake up to on the Saturday morning. Like Phil, he has been with us for most of our 10 Sleepouts and we are eternally grateful!



RESTART LIVES

**Registered  
Charity Address**

5, 69 Onslow  
Square, South  
Kensington,  
London SW7 3LS

**Drop-in**

St Columba's  
Church, Pont Street,  
Knightsbridge, SW1X  
0BD

**Office**

Richmix, 35-47  
Bethnal Green Road,  
London E1 6LA