

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 :)

Contents

1. Get your fundraising groove on!
2. Checklist - sleeping bag and kit
3. Event day and details - where to eat, meet, Sleepout!

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

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 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

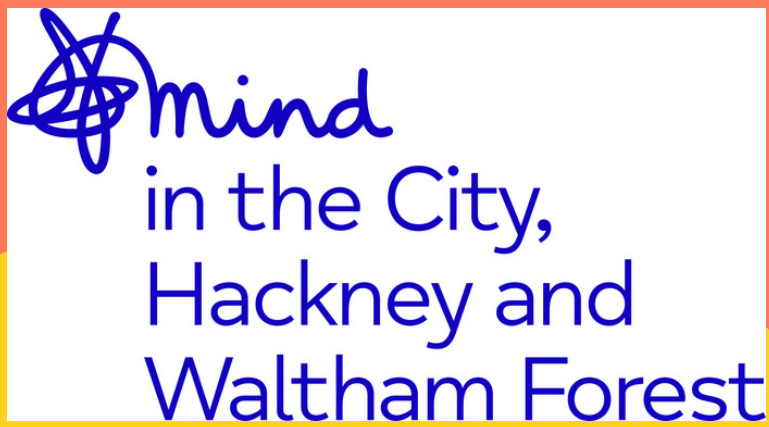
→ THRIVING

→ 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

“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)



£10.50

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



£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:

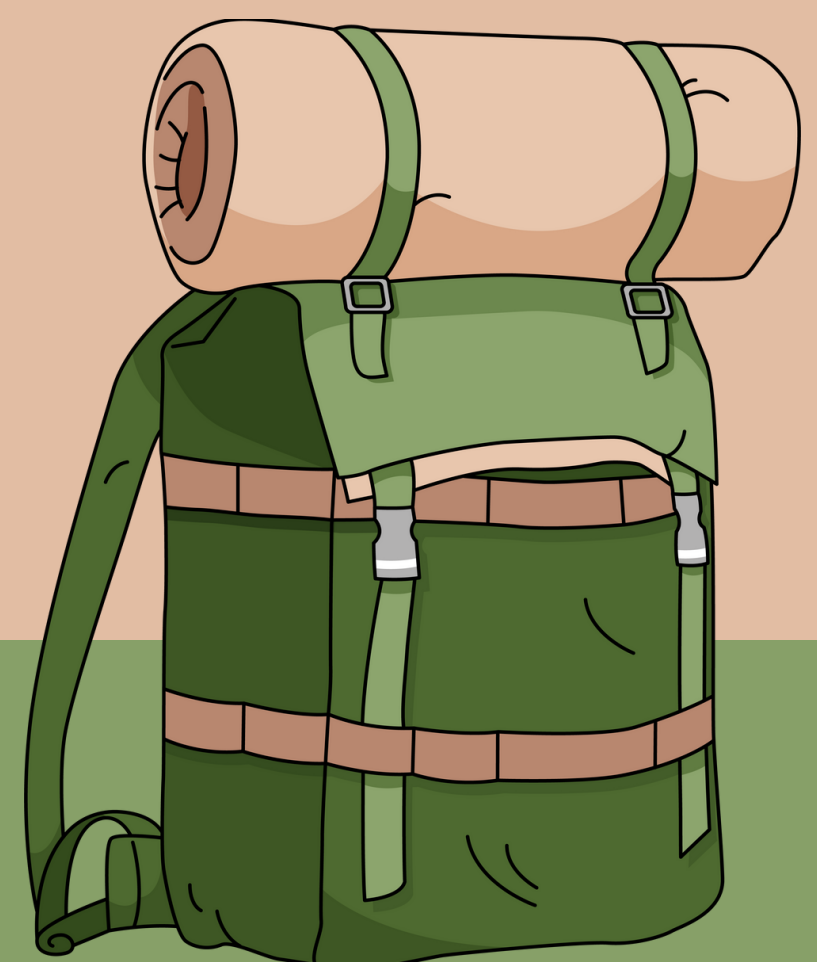
- sleeping bag - warm/three or four season (if you have)
- camping/ground mat and/or cardboard (the thicker, the better to keep you elevated from the pavement)
- layers of warm, comfortable clothing e.g. leggings, fleece, waterproof coat or jacket
- mobile phone
- form of photo ID - to comply with our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

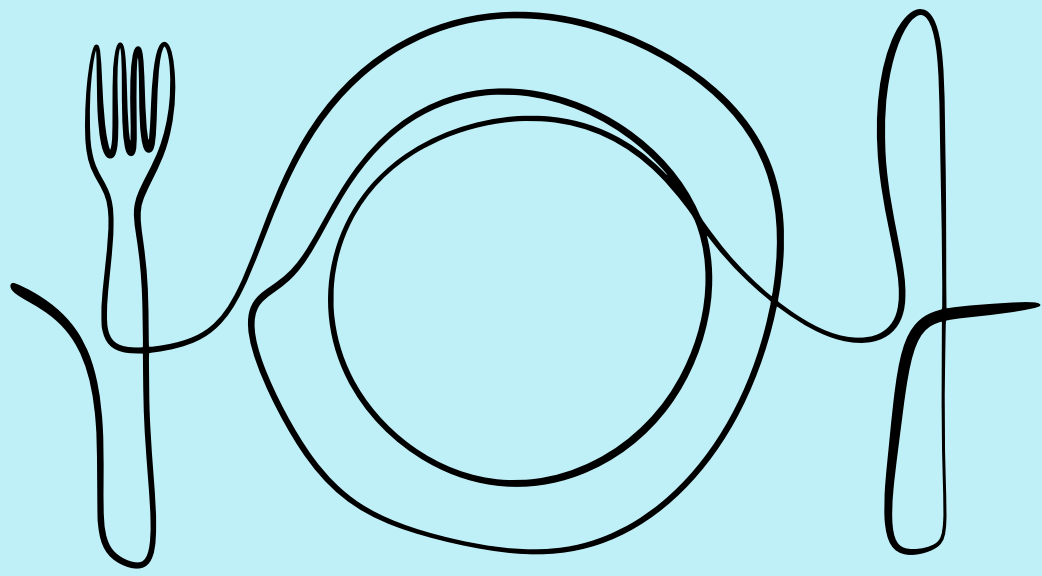
Where: St Columba's Church, Pont Street, Knightsbridge, SW1X 0BD

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 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. 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