PREP FOR SLEEPOUT 2027

RESTART
CREATING SAFE SPACES TO RESTART LIVES
EST. 2009



You're about to be part of something big - thank you for signing up to Sleep Out. This pack gives you all the info you need to make a gamechanging impact via fundraising, to stay as comfortable as possible on the night, and to know what to expect.

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

1. FUNDRAISING GROOVE

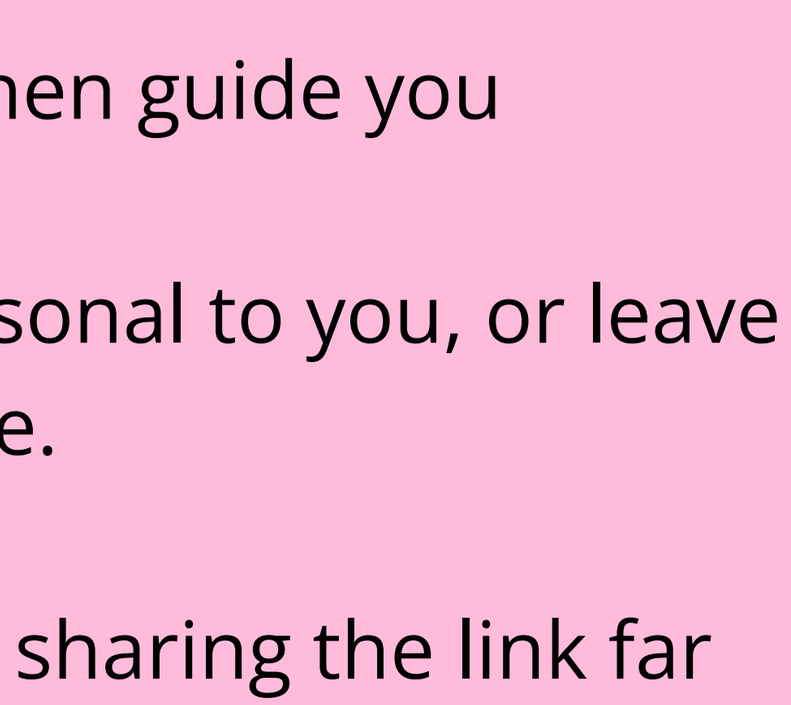
BE PART OF POSITIVE SOCIAL CHANGE

This year, we're encouraging all our participants to get fundraising as soon as possible. The event may be in February, but it's important that we don't miss out on Christmas giving and the generosity of the festive season. So now is the team to start for the biggest impact.

All fundraising takes place on JustGiving. Even if people donate to you via cash or bank transfer, you should log that on a JustGiving page, linked to our event page, so that we can see the total rise together.

iHead to our event page on JustGiving which is here: https://www.justgiving.com/campaign/restartsleepout2027
Click on the orange button 'Start Fundraising'
This will prompt you to log in or sign up, and then guide you through a short 2 minute set up of your page.
You can add photos and a message that is personal to you, or leave our template pictures and text in place for ease.

Once you have set up your page, you can start sharing the link far and wide on social media, through direct emails and whatsapp messages, or any way that makes sense to you and your community.



Thank you for helping us raise funds
and edge towards our joint target of £110,000.

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



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.

mind in the City, Hackney and Waltham Forest

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

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)



£83

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

"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)



£1080

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

2. KIT CHECKLIST

Essentials:

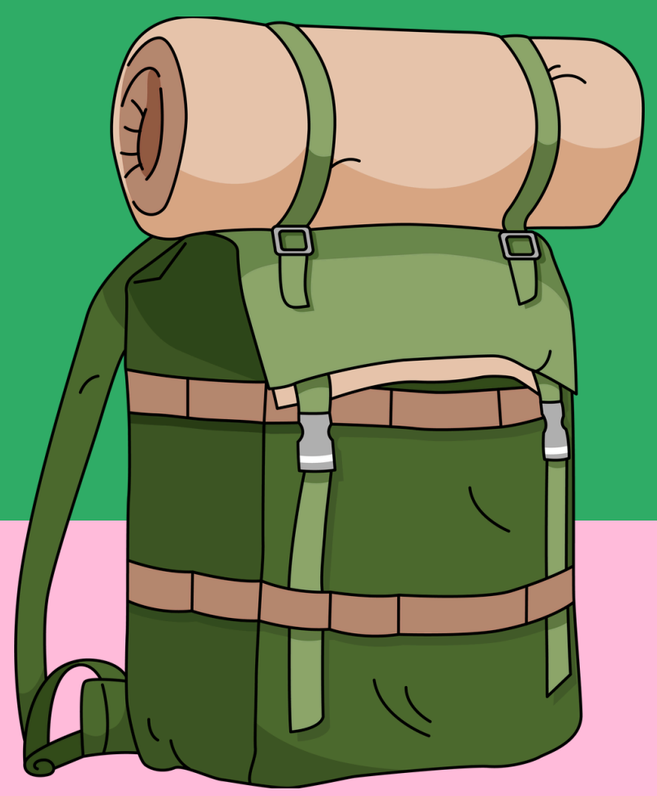
- sleeping bag - warm/three or four season (if you have)
- camping/ground mat and/or cardboard (the thicker, the better to keep you elevated from the pavement)
- layers of warm, comfortable clothing e.g. leggings, fleece, waterproof coat or jacket
- mobile phone
- form of photo ID - to comply with our 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 February 2027
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.
- This year our Sleepout is in memory of RESTART founder, Andrew Marshall, and longterm volunteer, Arthur, both of whom we lost in 2026. We will share words of celebration and commemoration on the night.
- 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 February until the following morning on Saturday 6 February.
- At 6am on Saturday morning, we will gather our items 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)



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 about the Sleepout!
She has been planning the event with Catherine 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.

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