

**DO ONE  
BIG**

**SLEEP OUT**

**AT HOME**



## **General Info**

### ***What is One BIG Sleepout?***

The One BIG Sleepout is Simon Community's annual flagship fundraising event set within the iconic grounds of Stormont Estate. For those who are unable to join us in person, we also offer a One BIG Sleepout At - Home option to enable you to still be involved and make a huge impact. Through asking people to swap their beds for a sleeping bag and brave the cold, the event aims to give participants a small glimpse into the challenges faced by those without a safe place to call home while also bringing the community together in solidarity.

### ***When is it and what time does it start?***

This year, One BIG Sleepout will take place on Friday 11th October 2024. With the At - Home option, you can choose to sleep out at any stage during the weekend of 11th - 13th October. You can hold it outdoors in your back yard or garden. It can be just you or you can encourage the rest of your household to take part too! You can pitch a tent, create your own shelter or simply sleep out under the stars. Further details and ideas for hosting your At - Home Sleepout are included in this pack.

If you opt to host your sleepout on the Friday evening, we will have a livestream from the main event which you can link in with.

### ***Can I host a sleepout with friends or family?***

Absolutely! Hosting a sleepout with friends or family can be a great way to bond and raise more awareness. If it's your property, you generally do not need any special permissions. However, if you're renting, it's wise to inform your landlord. Ensure you're compliant with any local noise ordinances or residential guidelines.

### ***Is there a minimum age requirement?***

There is no minimum age requirement for One BIG Sleepout At Home. One BIG Sleepout at Home is also a brilliant way for families, youth groups, and schools to participate! Children should be supervised by an adult at all times. Make sure they are warm and comfortable, and explain the purpose of the sleepout in a way they can understand - we can provide you with guidance on this.

### ***Is One BIG Sleepout a realistic experience of homelessness?***

It would be impossible to replicate the experiences of people who are street homeless at this event. One BIG Sleepout is a challenge event which exists to shine a light on all forms of homelessness and raise vital funds for our frontline services across Northern Ireland. Through your generosity we can continue our mission of providing the right support at the right time for individuals and families at risk of or experiencing homelessness. Together, we can and we will change futures in Northern Ireland.





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## **General Info (cont.)**

### **Can I host a sleepout if I don't have a garden?**

- Of course! If you don't have a garden, consider sleeping on your living room floor. The key is raising awareness and funds, so be creative!

### **Is it safe to sleep outside in my back garden?**

- Sleeping in your back garden is generally safe, but ensure your surroundings are secure. Lock gates, inform a neighbor or family member, and keep your phone nearby in case of emergency. Ensure you have access to your house if needed.

### **Are there any health considerations I should be aware of?**

- If you have any health issues, consult with a healthcare professional before participating. Ensure you stay warm, hydrated, and have access to any necessary medications during the sleepout.

### **What if the weather is bad?**

- Check the weather forecast leading up to your sleepout. If conditions are unsafe (e.g., severe storms), postpone your event to a different date. Safety should always be a priority. If it's just chilly or lightly raining, bundle up and make the experience part of the challenge!



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## **Registration and Fundraising**

### **How do I sign up for One BIG Sleepout at Home?**

You can register for One BIG Sleepout via <https://simoncommunity.org/get-involved/events/one-big-sleep-out-2024>.

### **What is the registration fee and is there a fundraising target?**

There is no registration fee for One BIG Sleepout At Home. However, we ask everyone taking part to raise the minimum of £150. You can, of course, raise more!

### **What will I receive when I sign up?**

When you sign up to take part in our One BIG Sleepout you will receive the following:

- A welcome email with links to our downloadable fundraising guide and a information for setting up your own personal fundraising page. In an effort to be more sustainable, we will not be sending you printed materials.
- Support from our Events Team throughout the process including on the night.
- Regular email updates with key event details, top tips to help you smash your fundraising target, and inspiration through stories and insights from our support services.

### **How do I promote my sleepout and raise funds?**

Use social media platforms, email, and word of mouth to let friends and family know about your event. A fundraising pack (including a guide on setting up your JustGiving page for collecting donations) will be included in your welcome email and our team will stay in touch with tips and ideas right up to the event. You can provide regular updates on your preparation and progress to keep people engaged.

### **I'm worried about hitting my fundraising target - is there someone I can speak to you for advice?**

We are so grateful that you have chosen to support Simon Community - our dedicated team is committed to supporting you to reach your fundraising goals.

### **How will the money I raise make a difference?**

Funds raised from the One BIG Sleep Out will end homelessness for people across Northern Ireland. The money you raise will support Simon Community's emergency accommodation projects across 20 sites in Northern Ireland, our wider support services, and our activities to prevent homelessness.



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## ***On the night***

### ***What do I need to for my One BIG Sleepout At Home?***

When you register to take part in One BIG Sleepout At Home, you will receive a full essential kit list which will include:

- A sleeping bag or blankets
- A ground mat or cardboard for insulation.
- Warm clothing, including layers, a hat, and gloves (remember, this is Northern Ireland and it will be cold in October).
- A torch or lantern
- A tent or a waterproof covering (optional)
- Snacks and a hot drink in a thermos
- Mobile phone for emergencies and to share your experience

### ***What activities can I include during the sleepout?***

You could hold your own BBQ, create a fun quiz or board games by torch-light.

### ***What if I can't sleep through the night?***

It's okay if you can't sleep! The aim is to raise awareness and funds, not necessarily to get a good night's sleep. However, try to experience the night as fully as possible to better understand the difficulties faced by people experiencing homelessness.

### ***Who do I contact for more information or if I have a question that isn't covered?***

For more details, please contact our Growth and Engagement Team at 02890 232882 or [events@simoncommunity.org](mailto:events@simoncommunity.org). You can also visit our website at [www.simoncommunity.org](http://www.simoncommunity.org).

### ***How can I stay involved after the One BIG Sleepout?***

There are many ways to stay involved, including volunteering, donating, and advocating for policies to end homelessness. Visit our website for more information on how you can continue to support our cause or get in touch directly with our Growth and Engagement Team.

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to learn more about simon community visit  
**simoncommunity.org**

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