

DO ONE BIG

SLEEP OUT





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. 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 10th October 2025, at Stormont Estate from 6.00pm. The event will finish between 7.00 - 8.00am on Saturday with everyone off site by 9.00am.

Where will One BIG Sleepout take place?

One BIG Sleepout will be held in the beautiful grounds of Stormont Estate in Belfast. Ample parking is available - please see On the Day section for further information.

Who can take part?

One BIG Sleepout is open to individuals, groups, and corporate teams.

Can my family/friends/colleagues take part in the event too and can we organise a team?

Of course! If you would like to take part as a group of friends or colleagues that would be great – take part as a team and raise even more together! Please note, each person wishing to take part will need to register individually.

Can young people take part in One Big Sleepout?

Yes! Young people aged 11–17 years are welcome to join One BIG Sleepout, as long as they are accompanied by an adult. For safety, each adult can be responsible for a maximum of two young people in this age group.

Please note that anyone under 18 will need a parent/guardian to complete their registration and consent form.

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.



Registration and Fundraising

How do I sign up for One BIG Sleepout?

You can register for One BIG Sleepout via <https://simoncommunity.org/get-involved/events/one-big-sleep-out-2025>

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

Registration fees are:

- £40 for participants aged 18 and over
- £20 for young people aged 11–17 (accompanied by an adult)

Your registration fee enables us to cover the costs of the event - please note that this is non-refundable. We ask everyone taking part in our events to raise a minimum of £150. You can, of course, raise more! A fundraising pack will be included in your welcome email and our team will stay in touch with tips and ideas right up to the event.

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 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.



On the night

What do I need to bring?

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

- A sleeping bag or blankets
- A ground mat or cardboard for insulation. You are welcome to use a tent if you wish.
- 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)
- Mobile phone for emergencies and to share your experience

What are the travel and parking options?

Parking: If you wish to drive to the event parking is available inside Stormont Estate. Please enter via Massey Avenue only and park on Princes of Wales Avenue. Marshalls will be there to assist with parking. The entrance from Newtownards Road will be closed. Where possible, please consider car - sharing to the event.

Public Transport: Stormont Estate can be reached via Metro Service 3F. Please check Translink for timetable. The nearest stop is Castlehill Road. The venue is approximately a 6 – minute walk from the stop.

Is there a programme for the event?

Before the event, you will receive an information pack for the night - this will include programme details, site map, and a reminder of what kit to bring with you. During One BIG Sleepout you will be able to enjoy performances by local artists and hear stories from our frontline services that will highlight the impact of homelessness.

What food and drink will be provided?

A stall serving up warm drinks and snacks will be available from 7 PM to 10 PM. There will also be a BBQ serving burgers, sausages, and soft drinks, with vegetarian options - this will be available from 7.00 - 8.30pm). Breakfast will be provided the next morning. Please let us know on your registration form if you have any dietary requirements and we will do our best to accommodate these.

Can I bring my pet?

For safety and comfort reasons, pets are not allowed at the event.



On the night (cont.)

What facilities are there on site?

There will be toilets and hand-wash facilities on the lane leading into the site, which will remain open all night. These will be well sign posted and our event team will be on hand to provide directions when you arrive.

What safety provisions will be in place

The Simon Community and Bryson Team will be present throughout the event and during the night. A first aid station will also be available on-site. If you see or hear anything that concerns you, please raise it with a member of the team as soon as possible.

Is there a back up plan if the weather is bad?

The event will proceed rain or shine. We recommend checking the weather forecast and coming prepared for all conditions. In severe weather, we will notify participants of any postponements via text, email, and social media.

Are there lights on during the night?

As Stormont Estate is in a residential area, the lighting at the event will be switched off at 10.30pm. Please bring a torch with you.

Can I leave early if needed?

Yes, participants can leave at any time, but we encourage everyone to stay for the entire event to fully experience the purpose of the sleepout. Please let a member of the event team know if you are leaving early so that we can make ensure that we update our details of who is in the venue for health and safety and in case of evacuation.

Can I volunteer?

Absolutely! Volunteers contribute significantly to the success of our One BIG Sleepout event. Your involvement enhances the event's efficiency, reach, and impact, while also building long-term support for Simon Community's mission to end homelessness. In return, you can gain valuable experience, connect with others, and participate in a high-impact event. We have a range of roles available – please contact us on events@simoncommunity.org to discuss further. We would love to hear from you.



On the night (cont.)

Can I bring alcohol to the event?

No. Stormont Estate operate a strict no alcohol or drugs policy. We would ask all participants to be respectful of this.

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. You can also visit our website at 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. Even better, come and chat to the Simon Community team on the night.

simon community

Ending Homelessness

to learn more about simon community visit

simoncommunity.org

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