

Bethany Christian Trust: Big Sleepout 2010



Nearly 57,000 people declared themselves homeless in Scotland in 2007/2008. There are many reasons people become homeless: unemployment, addictions, mental health problems, bereavement etc. Often tied in to these problems is relationship breakdown which can leave people without support in a crisis. **Homelessness does not just affect one person; it affects our whole communities and society. There is something we can all do to change things.** Bethany helps homeless and vulnerable people work through the problems that have caused them to become homeless so they won't become homeless again. **When you help raise funds for Bethany you are helping people to tackle and overcome their problems so they can live more settled, happier lives.**

What is Bethany Big Sleepout?

Bethany's Big Sleepout is an organised charity event where people are sponsored to give up their beds for a night and sleep rough, raising money to help homeless and vulnerable people in Scotland.

Last year, the Sleepout raised £21,000 to meet the needs of homeless and vulnerable people. **Please help us increase this total this year!**

What will the event be like?

1. Participants arrive at the venue between 10pm -10.30pm and sign in for the night.
2. After signing in, a presentation will be given explaining the event. The brief introduction will also explain the work of Bethany and how your participation will help homeless people.
3. Participants then choose a spot for the night and lay out their bedding.
4. There will be a Shelter Building Competition (materials supplied by Bethany) during the night. Prizes will be awarded for the best effort.
5. Participants sleep out until around 6.30am when breakfast is served. Participants leave between 7am – 7.30pm.

What facilities are there?

- The event takes place in a contained area with toilet facilities.
- Members of Bethany staff will supervise all night to ensure your safety.

- A qualified first aider will be present.
- Teas, coffees, hot chocolates and soup will be available all night.
- A breakfast of hot drinks and bacon rolls will be served.

What should I bring?

Participants bring their own sleeping materials.

Please note: it will get very cold at night.

We would recommend:

- A good, warm sleeping bag and blankets
- A camping roll-mat or some cardboard
- Warm clothing, including a hat and gloves
- A bin bag or a waterproof mat
- Hot water bottle

How do I raise money?

If you register TODAY you can start collecting sponsorship from your family and friends right away using our sponsor form. The more money you raise, the more homeless and vulnerable people Bethany can help!

People can also donate money online using the Justgiving website: **www.justgiving.com**. The website takes you through a very simple step-by-step procedure to set up your own fundraising page and then all you have to do is email the link to your friends and family who have credit/debit cards, and they can donate online. It's very easy and it means you don't have to worry about chasing everyone for money! Check it out.

When and Where is the event?

**Friday 26 March 2010, 10pm – 7am
Edinburgh City Chambers, Royal Mile**

You must register to participate

(Participants must be 14+ or accompanied by a responsible adult)

To register txt: 'REGISTER' with your name address and date of birth to 07971 268955 or email sleepout@bethanychristiantrust.com with subject heading 'REGISTER' and tell us your name, address and date of birth, or call 0131 625 5320.

*Bethany Big Sleepout is a
smoke-free, alcohol-free event*