

SLEEPOUT 21

Information pack produced by Age UK Lancashire



WHAT TO EXPECT

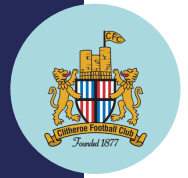
What you can expect from our "Sleepout" fundraiser

HOW TO GET INVOLVED

How you can get involved and how to sign up to #Sleepout21

FAQ'S & EXTRA INFORMATION

All our frequently asked questions and extra information you might need



RAISING MUCH-NEEDED FUNDS FOR OUR WINTER WARMTH CAMPAIGN FOR 2021

#SLEEPOUT21

SLEEP OUT 21
FRIDAY 19TH NOVEMBER

Arrival from 7pm, last registration by 8:30pm, leave any time after 6am the following morning

Clitheroe Football Club

#SleepOut21 is a joint fundraising event between Age UK Lancashire and HAPPA. We're calling on supporters of both charities to join us and 'Sleep Out' at Clitheroe Football Club for one night. There will be tea/coffee available, but feel free to bring your own food and drinks (no alcohol).

11+ (children between the ages of 11 and 18 MUST be accompanied by an adult)

For more information visit our website

£20 FOR INDIVIDUALS
£50 FOR FAMILIES

- Calling all fundraisers far and wide, we're very excited, we have a surprise! -

- Do you have what it takes to brave the cold? A November night, are you feeling bold? -

- Grab your sleeping bag some gloves and a hat. Fundraising for us, why not do that? -

- We can't wait to see you join in the fun. Sign up today, just get it done! -

- #Sleepout is here! what are you waiting for! Read below, to find out more! -

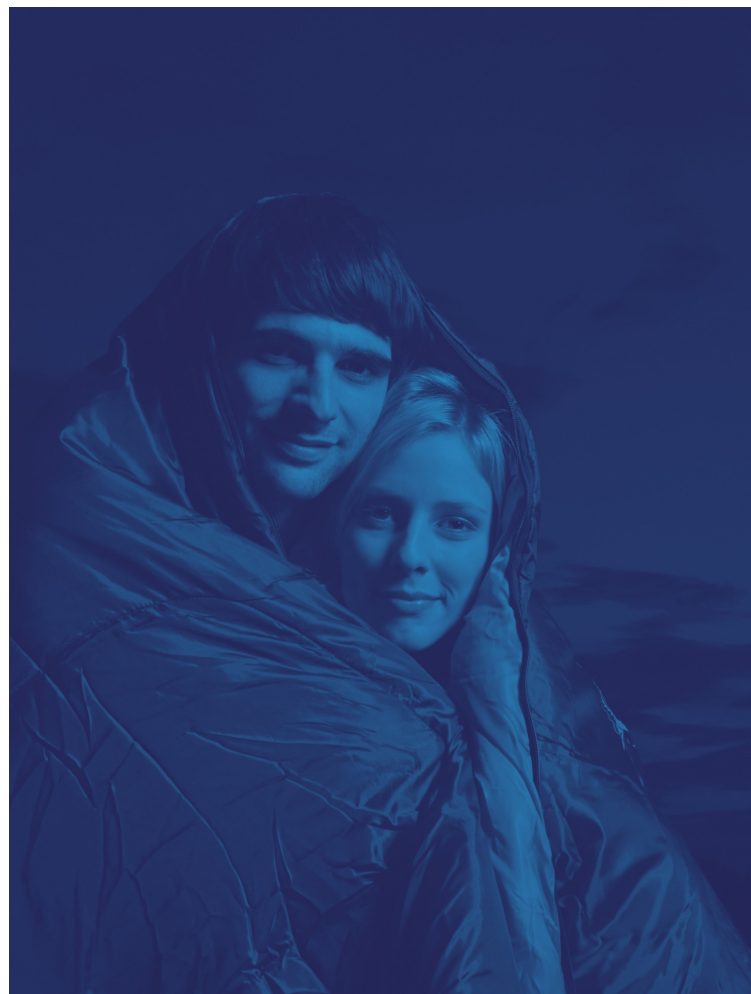
INTRODUCING SLEEPOUT!

Age UK Lancashire are delighted to announce that we have partnered up with HAPPA and will be running our "Sleepout" fundraising event this November!

Taking place at Clitheroe Football Club, on Friday 19th November, the Sleepout gives you the chance to get together with friends, family or colleagues and be part of a mass sleepover with up to 100 people.

"The reason we have joined together to put on this event is that both our charities become very busy over the winter months. Older people sometimes face the choice between eating or heating and particularly in the current climate with gas supplies being affected, this problem is only going to get worse. We as a charity can offer essential advice and support to people struggling but need to raise funds for us to be able to do this".

Sharon Watson - Age UK Lancashire



SLEEP • OUT 21
FRIDAY 19TH NOVEMBER

HOW TO GET INVOLVED

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You can sign up for the event through our website by filling out the application form. We have set a sponsorship target of £250 per person, or a family or group target can be arranged. You will be given all the tools, advice, and support to help you achieve your target.

We have 100 places available for the event so if you're interested in our sleepout event then please register as soon as you can to avoid missing out. You can get in touch with us at fundraising@ageuklancs.org.uk if you have any questions.

What are you waiting for! Sign up, and Sleepout!

Why have we teamed up with HAPPA?

Age UK Lancashire and HAPPA have joined forces to help raise awareness of our Winter Warmth campaign. Winter is a particularly tough time for both charities - Age UK Lancashire support the older population of Lancashire to help them cope with the cold winter months. Often older people must choose between heat and eat as they cannot afford both (and it is going to be really tough this year with the price of utilities) and winter with its dark morning and nights can be very lonely for our older residents. No one should be living like this, and the charity helps support as many as possible – we want the older residents of Lancashire to live their best later life.

Winter is a tough time for HAPPA who are working hard to bring neglected and abandoned horses and ponies in from the cold and starvation – the aim of the charity is to rehabilitate them and ultimately rehome them to loving, caring new homes.

If you join our #SLEEPOUT21 and help us raise funds you will be making a big difference to both great causes.



Click here to sign up!

FAQ'S & EXTRA INFORMATION

#SLEEPOUT21

Where is the event?

The event is taking place at Clitheroe Football Club, 49-51 Shaw Bridge St. Clitheroe. BB7 1LZ

Is parking available?

There is a large car park available at the football ground, where you can leave your car free of charge. Plus, there is lots of on-street parking which is free of charge after 6pm.

What time does it start?

The sleepout will take place on 19 November and you need to register your place. On the night, please arrive at the football club between 7pm and 8.30pm.

What can I expect on the night?

Coffee/tea/biscuits/water will be available on arrival.

Between 8.30pm and 10.30pm there will be some light entertainment from Ribble FM (our local community radio station) plus we will share information so you can see what a difference your fundraising will make.

You will be allocated a "pitch" to set up your sleeping bag/pillow.

Lights out at 11pm

Please be aware we cannot guarantee complete silence on the night, or a good nights sleep! However, we would ask everyone to be respectful of those around them.

Tea/coffee and bacon rolls will be available from 6am on Saturday morning.

What do I need to bring?

- Essential items
- Groundsheet or waterproof sheet for under your sleeping bag
- Sleeping Bag
- Waterproof cover
- Pillow
- Hat/gloves/scarf/socks.
- Please remember to layer your clothes as this will keep you warmer during the event.
- Head torch or small hand torch (in case you need to use the facilities during the night)

Suggested additional items:

- Snacks/food/water (No alcohol will be allowed)
- Flask (to fill with hot/cold drink for during the night)
- Extra socks for layering
- Change of dry clothes (just in case).
- Any medication you may need prior to bedtime or first thing in the morning.
- Fully charged mobile phone (for pictures/social media posts).
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How do I sign up to join the Sleepout for 2021?

Simply complete a registration form and email it to fundraising@ageuklancs.org.uk A £20 registration fee per person will be required (contact us for larger group/family amount) and you will receive a confirmation email that you are signed up for the challenge.

Everyone who registers to join us will receive an information pack containing details of the event.

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How much sponsorship do I need to raise?

We are asking each person to commit to raising a minimum of £250. Please ask your sponsors to include gift aid if they are UK taxpayers as this allows us to claim an additional 25% from the government.

All the money raised will go to the Winter Warmth campaign which will help older people cope in the harsh winter months.

Will we really be sleeping outside, even if it's raining?

Yes, we will be sleeping outside at the Football Club. Please bring a sleeping bag, a groundsheet to lay on and something waterproof to put over your sleeping bag. A small tarpaulin will suffice or some plastic sheeting. Please dress warmly - it can get really cold. We do have covered stands at the ground and so if it is very wet, we will have the option to sleep under these – but it is still outdoors and open to the elements.

How old do I have to be to join the Sleepout event?

The minimum age is 11 years of age – all under 18's must be accompanied by an adult.

There is no upper age limit.

What time does the sleepout finish?

6am on Saturday morning, 20th November.

Is it safe to Sleep outside at this event?

Yes. The venue will be secured once all participants are inside the ground and external gates will be secured.

An event manager will be on hand to answer any questions or queries during the event.

Toilet facilities are available throughout the event.

Alcohol will be prohibited.

A full risk assessment has been undertaken and first aid cover is provided at the event.

What difference will the money I raise make?

We are asking each person who joins us on the Sleepout to commit to raising a minimum of £250. This money will make a huge difference to each charity – so please do all you can to raise as much money as possible (and don't forget to ask for gift aid). Your one night sleeping outside will have a lasting effect on the charity that you are supporting.

For Age UK Lancashire:

£10 will pay for transport to a day club for an older person

£25 will pay for an older person living with dementia, to attend a specialised centre

£45 will pay for the entire cost of an older person attending a day club

£100 will pay for a digital tablet to keep an older person digitally connected

**"GET INVOLVED AND MAKE A
DIFFERENCE TODAY"**



#SLEEPOUT21

Secure your place today!

