

Example Timetable for Sleep out

Timings

Session Outline

6.00pm	Arrivals, registration, refreshments & board games
7.00pm	Gather, Introductions, Health and safety briefing and expectations.
7.10pm	Divide into small groups and give time for getting to know each other. Use some of the session resources eg. Team building activities, Vinnie Packs, Candle of Hope, Quiz Session
8.00pm	Watch welcome video and then into small group discussions 'I sleep out because'.
8.15pm	Break/Supper
9.00pm	Video on homelessness and small group reflection
9.30pm	Night Prayer and settling down to sleep
6.00am	Wake up, clear away bedding and a warm cuppa
7.00am	Breakfast
7.30am	Morning Prayer
8.00am	Departures

Timetable for **Sleep out**

Timings

Session Outline

6.00pm	Arrivals of team and Angela
7.00pm	Participants arrive, refreshments. Gather, Introductions, Health and safety briefing and expectations.
7.15pm	Divide into small groups and give time for getting to know each other. Use some of the session resources eg. Team building activities, Vinnie Packs, Candle of Hope, Quiz Session
8.00pm	Watch welcome video and then into small group discussions 'I sleep out because'.
8.15pm	Break/Supper
9.00pm	Video on homelessness and small group reflection
9.30pm	Chill out time in the games room
10.00pm	Night Prayer and settling down to sleep
6.00am	Wake up, clear away bedding and a warm cuppa
7.00am	Breakfast
7.30am	Morning Prayer
8.00am	Departures between 8.00am & 9.00am



Example Timetable for **Sleepout/over**

Timings

Session Outline

6.00pm	Arrivals, registration, refreshments & board games
7.00pm	Gather, Introductions, Health and Safety briefing and expectations.
7.10pm	Divide into small groups and give time for getting to know each other. Use some of the session resources eg. Vinnie Packs, Candle of Hope, Quiz etc.
8.00pm	Watch welcome video and then into small group discussions using resources provided.
8.15pm	Break/Supper
9.00pm	Video on homelessness and small group reflection.
9.30pm	Night Prayer and settling down to sleep.
6.00am	Wake up, clear away bedding and a warm cuppa.
7.00am	Breakfast
7.30am	Morning Prayer
8.00am	Departures

