

# LEADER'S GUIDE (including downloadable resources)



## **Thank you for your interest in the SVP Summer Sleep ....Over, Out, Without.**

We hope that this event helps your young people to raise money, consider those who experience homelessness, while also having some fun. We also hope that what they do will inspire their families and friends, and that the SVP Summer Sleep will spark conversations about the circumstances which contribute to people becoming homeless or living without the basics of life. No one ever thinks that homelessness will happen to them, and yet over 300,000 people in the UK have nowhere to call home. By understanding some of the causes of homelessness, perhaps we can learn how to be less judgemental and see the dignity in every human being. At the St Vincent de Paul Society (SVP), we believe that everyone has the right to a safe and stable home and the means to thrive, and not merely survive.



St Vincent  
de Paul Society

England and Wales

Turning Concern into Action

# MONEY RAISED

**OVER**

876

member groups

• make over •

**253,000**

VISITS OR CALLS to  
around

**55,000** people

— e a c h y e a r —

*your*

donations & support

*help us*

**LOCALLY**

TO BRING

**friendship**

to the

**LONELY**

**FOOD** to  
the  
*hungry*

*& shelter*  
to the

**HOMELESS**

The money raised through the SVP Summer Sleep will change lives, so thank you.

If you require more information about the SVP, or how to set up an SVP group in your school, please contact [youngvincentians@svp.org.uk](mailto:youngvincentians@svp.org.uk)

To fundraise and work alongside the SVP you do not have to have an SVP group in your school.



# WHAT IS THE SVP SUMMER SLEEP?

## Sleepout

## Sleepover

## Sleep Without

*Showing solidarity with those experiencing homelessness.*

This summer, the SVP would like to engage with our children and young people to raise awareness of the issues surrounding homelessness in England and Wales. For all those who lack a secure place to call home, who may be sleeping rough, fleeing from danger, stuck in hostels, bed and breakfasts, or sofa surfing, we want the SVP Summer Sleep to demonstrate our solidarity with them. This experience will not only give our children and young people a better understanding of what thousands experience every day, it will also give them the opportunity to turn their concern into action by raising vital funds which enables the SVP to continue to support the most vulnerable and socially excluded in our communities. The SVP Summer Sleep can be scaled up or down so that everyone has the chance to safely take part and make a real difference to someone in need.

## Sleepout

The **SVP Summer Sleepout** allows children and young people to experience what it's like to sleep outside for a night with only a sleeping bag, tent or cardboard box for comfort. This can be carried out as part of a large group in school or parish grounds, outdoors as a family, or alternatively with a couple of friends in a back garden.

## Sleepover

The **SVP Summer Sleepover** is aimed at primary school-age children, giving them the opportunity to safely support the campaign by sleeping over in a school hall or parish community hall, without the luxury of a bed and creature comforts.

## Sleep Without

The **SVP Summer Sleep Without** gives any child or young person the chance to take part in the campaign on a smaller scale by being sponsored to sleep for a night without a pillow, a blanket, or even a bed.



# SOME EXAMPLES OF THE PEOPLE THIS WILL SUPPORT

**Duncan** has been on the streets for 10 months and he is eager to secure housing, however he has found life tough and has supported his mother who is dying of cancer. St Vincent's Southend-on-Sea has provided continuous support by giving him essential items and emotional support.

The St Vincent's team were able to get him into his own flat, for which he was very grateful, and they continue to support him in his tenancy – **St Vincent's Southend-on-Sea**



**Daniel**, a young homeless man, came to St Vincent's Newcastle asking for food and a sleeping bag as he was sleeping under the Swing Bridge on the Quayside in the city. He had been in shared accommodation where he was being bullied into begging and giving the proceeds to the men with whom he was sharing. The team at St Vincent's gave him a hot meal, a sleeping bag, a fleece, and some food to take away with a flask of hot water. They then contacted the Rough Sleeping Co-ordinator at the council to make her aware of Daniel's situation. She has now contacted the St

Vincent's team to say that they have found Daniel alternative accommodation. Daniel is now safe and he feels he can now start to rebuild his life – **St Vincent's Newcastle.**



## These are some of the ways the SVP may use the money you raise to change the lives of those in need:

**£30**

There are many people who understand how it feels to be secure at home, but for some people the place where they live doesn't feel like home. Your gift of £30 will help a person, a couple or a family turn an unfurnished dwelling into a warm and safe home by providing essential items such as a bed, a table and chairs, a fridge or a cooker.

**£100**

Will pay for around 28 Vinnie packs for rough sleepers

**£1000**

Would supply nutritious hot food for people that need it delivered due to their medical condition or mental health.  
20 people a week for 4 months.

**£500**

Would pay for resources needed to run mental health programmes to help rebuild people's lives over a six month period.

**£2000**

Would help to pay for our yearly outreach van that goes to support people where they are. This would cover insurance and some fuel.





# PREPARING TO DO THE SVP SUMMER SLEEP

	Sleep...out	Sleep...over	Sleep...without
Age Range	We do not advise undertaking a sleep out in the cold with young people under the age of 11, unless it is done at home with their parents in a garden.	Anyone over the age of eight – children under eight may not have slept away from their parents/guardians before. If this is being done in the context of a family home, it is still worth considering the issues associated with having a group of young people together.	Any age.
Health and Safety	Do a full risk assessment. Choose a location where only your participants have access, where there is a place that can be sheltered from the rain if necessary, and where you have access to toilets throughout the night. Consider having a first aider on site and ensure there is a full first aid kit available. Make sure you have a register of all participants, any special needs they might have, medication they take, and their emergency contact details. Draw up a rota of volunteer adults who can stay awake in pairs in turn throughout the night. Ensure all participants have the correct kit (see below). Have hot drinks available throughout the night.	Do a full risk assessment. Choose a location where only your participants can have access. Consider having a first aider on site and ensure there is a full first aid kit. Make sure you have a register of all participants, any special needs they might have, medication they take, and their emergency contact details. Draw up a rota of volunteer adults who can stay awake in pairs in turn throughout the night. Ensure all participants have the correct kit (see below). Have hot drinks available throughout the night.	We suggest that this event takes place at home, however it would be worth checking that everything that is needed is on the floor and that lamps are not likely to be pulled down from bedside tables



# PREPARING TO DO THE SVP SUMMER SLEEP

	Sleep...out	Sleep...over	Sleep...without
Safeguarding	Ensure you have parental permission for all under 18s. Ensure that all adults involved in the event have had basic safeguarding training, and ensure all supervising adults have relevant DBS checks. Inform the young people that, unless there has been an agreement with parents/guardians, everyone is to stay at the venue throughout the night and no one is to leave.	Ensure you have parental permission for all under 18s. Ensure that all adults involved in the event have had basic safeguarding training, and ensure all supervising adults have relevant DBS checks. Inform the young people that, unless there has been an agreement with parents/guardians, everyone is to stay at the venue throughout the night and no one is to leave. Young people are to sleep in the clothes they arrive to the event in – this is part of the experience.	This event should take place at home.
Kit List	Instruct all participants to bring suitable kit – woolly socks, hats, scarves, gloves, sleeping bag, waterproof jacket. Gather enough cardboard boxes in advance as they provide a good lining between the sleeping bag and the floor. Torches. Phones that have been charged in advance.	Sleeping bags and warm clothing (even inside a school or parish hall it can get very cold at night). Gather enough cardboard boxes in advance as they provide a good lining between the sleeping bag and the floor	You may want to put cardboard down on the floor to reflect how people often sleep when they are outside, keeping something between them and the cold floor.



# PREPARING TO DO THE SVP SUMMER SLEEP

## Other Considerations

Sleep...out	Sleep...over	Sleep...without
Consider what food and drink you might want to have available through the night and in the morning. Consider how you will dispose of any cardboard or rubbish in the morning? Have you looked at the SVP resources and activities to help your group connect to the issue of experiencing being homeless? Please see links in this guide.	Consider what food and drink you might want to have available through the night and in the morning. Consider how you will dispose of any cardboard or rubbish in the morning? Have you looked at the SVP resources and activities to help your group connect to the issue of experiencing being homeless? Please see links in this guide.	There are some SVP resources which can help individuals or families understand a little bit more about how it feels to experience homelessness. Please see links in this guide.

Please help your group to understand that while we are sleeping without all our usual comforts in solidarity with rough sleepers, we are not truly experiencing what they would normally experience as they may have the additional uncertainties around their personal safety, the safety of their belongings, the issues of mental health, drug or drink addiction, and being ignored by most people passing by. We do not experience the indignity of other people's judgement.





# FUNDRAISING

You have a group who are getting involved, you have a date for your SVP Summer Sleep event, so now it is time to set up your fundraising!

Whether you are using **Just Giving** or sponsorship forms, below are the ways to set up online fundraising and make sure your fundraising (digital or physical) get's to the right place.



## Sending a cheque

Send it too: **St Vincent's, Bradford FAO:**  
**Olivia Stott,**  
**Allenby House,**  
**Rees Way,**  
**Bradford,**  
**BD3 0DZ**

- The cheque should be made payable to SVP or St Vincent de Paul.
- On the back of the cheque please write **SVP Summer Sleep (school/parish address)**.
- This allows us to allocate your funds to those who need it quickly and ensures that we have an address to send you a thankyou.



## Setting up a JustGiving page

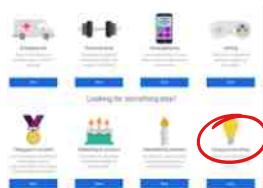
- To set up a page go to **justgiving.com**
- At the top click **start fundraising**
- Click on Raising money for **a charity**
- **Search for** St Vincent De Paul Society (SVP England and Wales) – it will look like this and you may need to scroll to find it.



St Vincent De Paul Society (SVP England and Wales)  
United Kingdom

The St Vincent de Paul Society (England & Wales) is a Christian voluntary organisation which provides practical help to anyone affected by poverty and...

- Click on do your own thing



- Type of Activity is **Appeal for a charity**.
- Activity Detail is **SVP Summer Sleep**.
- Add the date of your planned event.
- Set a target
- Page title **SVP Summer Sleep (insert school/parish name and postcode)**
- Why are you raising money? **This summer, we are taking part in the SVP Summer Sleep to raise awareness of the issues surrounding homelessness & poverty in England and Wales. We want the SVP Summer Sleep to demonstrate our solidarity with them & help us to raise vital funds so that the SVP can continue to support the most vulnerable and socially excluded in our communities.**



## Sending a bank transfer

**St Vincent de Paul Society**  
Sort Code: **60-60-04**  
Account No: **46073051**  
Reference: **SVP Sleep**  
**(school name & postcode)**



# SHARE THE GOOD NEWS

**We would love to see and share all that you are doing with the rest of the SVP and the wider Church community.**

Below are ways to share your good news:



Email us at **[youngvincentians@svp.org.uk](mailto:youngvincentians@svp.org.uk)**



Find us on Instagram **[@svpyoungvincentians](https://www.instagram.com/svpyoungvincentians)**



Twitter **[@SVPEnglandWales](https://twitter.com/SVPEnglandWales)**, **[@YoungVinniesEW](https://twitter.com/YoungVinniesEW)** or **[@MiniVinniesEW](https://twitter.com/MiniVinniesEW)**

We love to see your news, but in order to tell everyone about what you have been doing, we will need you to fill in the consent form below. This should be attached with any pictures that you send

**[Consent Form](#)**



# RESOURCES TO SUPPORT YOUR EVENT

To help in the planning of your event, find below age appropriate activities, session outlines, a proposed timetable, letters and consent forms and prayer times.

