

PREPARING TO DO THE SVP 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



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Safeguarding	<p>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.</p>	<p>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.</p>	<p>This event should take place at home.</p>
Kit List	<p>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.</p>	<p>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</p>	<p>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.</p>



PREPARING TO DO THE SVP SUMMER SLEEP

Other Considerations

	Sleep...out	Sleep...over	Sleep...without
Other Considerations	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.

