



Charity Sleep Out

Friday 21st April 2017

7pm to 7am

**Where: Endeavour House, The Valley, 98 Waters Meeting Road,
Bolton, BL1 8SW**

FACT SHEET

Can I just turn up?

No, this is a fundraising event. We want to raise as much money as possible. Sleepers must be registered in advance.

The fundraising target for each person is a minimum of £150: your registration fee is £25.00.

You can set up a BYPHS Sleep Out Page on Just Giving. This allows us to claim gift aid. For every £1 donated by a UK tax payer, BYPHS gets 25p on the rate of basic tax.

Gift Aid does not count towards the fundraising target.

Will I be safe?

The purpose of the event is to raise money and awareness and show some solidarity for homeless young people. We are not attempting to match any sense of danger, hopelessness or hunger which they experience.

We will provide plenty of cardboard/mats for you to sleep on.

We will all be sleeping in a secure area and have a security guard who will protect us and our belongings. Be sensible though; avoid using expensive clothing or possessions – wrap up warm.

Please don't forget a sleeping bag!

Can I volunteer to help on the night but not sleep?

Yes: we need people to help manage the night. If you are interested, this would be from 6.30pm to 10pm. Please email mail@byphs.org.uk

Why Should I bother?

Case study 1: Alex (18)

"I was 16 and things weren't working out with my step mum, so I packed my bags and moved in with my dad in Bolton. But life didn't improve. We didn't get on – my dad was an alcoholic and he wasn't used to living with a teenager. There was never much food in the house, and there was nowhere for me to study. I just used to end up sitting in the 24-hour McDonald's.

I knew I really needed somewhere of my own to live, so I got in touch with Bolton Young Persons Housing Scheme (BYPHS). In July last year I moved into what BYPHS calls a supported tenancy – my own self-contained, furnished and fully equipped flat that's designed to support independent living.

I'm still there – it's really great. I love having my own space. I've got somewhere where I can get on with my studies or just watch television, and not have to worry about other people. I feel very independent – I'm responsible for all my bills and shopping – but at the same time there's a real sense of security. I have a support worker I see once a week who can help me out with any problems or difficulties, and I also come along to the BYPHS Drop In sessions every week.

I'm now in sixth-form college studying for A-levels in biology, psychology and law. I take my exams this summer and I'm on course to begin a degree in speech language therapy at university in the autumn. Longer term? I'd like to become a speech therapist so that I can help people like my brother, who suffers from speech difficulties.

But, none of this would be possible without the BYPH. I really don't know where I would be. I just couldn't study at home and I don't think I could have got through my A-levels so far".

Case Study 2: Jenny (21)

“When I was 20 I found myself homeless and living on the streets, after a family crisis. I spent some time in Bolton Council emergency accommodation, before being referred to the Bolton Young Persons Housing Scheme (BYPHS). It gave me a place in one of BYPHS’s supported lodgings – temporary accommodation in the home of a family who is trained and supported to allow young people to live with them.

It was just the supportive environment I needed before I was able to move into my very own flat in one of the BYPHS supported tenancies programmes – fully decorated, furnished and equipped. I love it. You’ve got your independence but it’s also like being part of a big family.

I’m also a regular visitor to the BYPHS Drop-In sessions and I really enjoy them – they give me a chance to do things like pottery and painting. That’s why I think the BYPHS isn’t just about housing, it’s also about being creative and doing new things.

Recently I was diagnosed with epilepsy. But, with the help of my BYPHS mentor, I’m coping well with my condition and taking the medicine I need to live a normal life. Mentoring has helped me a lot with my epilepsy. I don’t like going to the doctor on my own so my mentor comes with me, which is great. And she’s helped me come to terms with the fact that I could be on medication for a long time.

And that’s not all I’ve got out of the BYPHS. Living independently has really helped my self-confidence. I used to be a quiet little mouse and wouldn’t talk to anyone. Now I’m far more confident and I hope to become a social worker.

I can honestly say that if I hadn’t found BYPHS then I wouldn’t be the person I am today. Thank you”.

They are not grown-ups, but are penalised for not being grown up. Help us to help them.

How can I help to promote the BYPHS Sleep Out?

Please follow us on Facebook or Twitter. Share our posts #BYPHSSleepout17.

Terms and Conditions - BYPHS Sleep Out Terms and Conditions

1. Registration

Only registered participants may take part in BYPHS Sleep Out 2017. There is a registration fee of £25 to secure your place. The registration fee is non-refundable.

2. Fundraising pledge

You pledge to raise a minimum of £150 per person.

3. Personal health

It is your responsibility to ensure that you are healthy enough for sleeping out overnight. If in doubt, please take advice from your medical practitioner. We strongly advise you to dress appropriately for the event – warm and waterproof clothing – and to bring a warm sleeping bag.

4. Personal safety and security

During the event you are responsible for your own, and your team's safety and security. Further, you agree to take reasonable care not to compromise other participants' safety and security.

5. Age limits

Under 18's may not participate. There is no maximum age limit but participants over 65 should seek advice from their medical practitioner.

6. Animals

No animal or pet may be brought to the event.

7. Personal belongings

BYPHS accepts no responsibility for loss or damage to your personal belongings during the event. We strongly advise you not to bring valuables or delicate technology.

8. Stewards

You must comply with all the instructions and directions from event stewards or any other working or volunteering on behalf of BYPHS at the event. Failure to do so may result in you being required to leave the event site.

9. Media consent

By registering for the BYPHS Sleep Out 2017, you/your team give permission to use your name, photograph, voice or likeness, in any broadcast, telecast, advertising promotion, or other account of this event, or marketing or promotion for future or similar events.

10. Cancellation

BYPHS reserves the right to cancel or alter the event without notice.

11. Data protection

BYPHS will process your personal details for the purposes of the Sleep Out 2017. We would love to keep you informed about our work, if you would prefer not to hear from us following the event, please inform us by emailing mail@byphs.org.uk

Code of Conduct

You and your team accept that the interests and reputation of BYPHS are of paramount importance. You must not do anything, or conduct yourself in a manner, which is not in keeping with the values of the charity or could bring BYPHS into disrepute.

Failure to abide by the following code of conduct may result in you being required to leave the event:

1. Alcohol – Please do not bring any alcohol. Glass and alcohol will not be allowed into the 'Sleepzone'. Please do not consume any alcohol. This is an awareness-raising event and participants should conduct themselves appropriately.
2. Drugs – Any participant believed to be using or under the influence of illegal drugs will be required to leave the event and the police will be called.
3. Smoking – it is not allowed in the Sleepzone. You must follow the instructions of the event stewards as to where you may or may not smoke.
4. Respect for others – The 'Sleepzone' is solely for those who wish to sleep: please be respectful of those trying to sleep. Those not wishing or who are unable to sleep should stay in a designated 'Wakezone'; if you are chatting in the 'Sleepzone' you will be asked to move to another area.
5. Toilets – Only use designated toilets: event stewards can direct you to their location
6. Emergency evacuation – In the event of an emergency you must follow directions given by the event managers

Food

Supper (8pm) and Breakfast (7am) is being provided free of charge by The Green Café. Tea and coffee will be available until 10pm Breakfast will be indoors. The venue is being provided by Bolton at Home.

After supper there will be a quiz with prizes. Teams can be up to 4 people.

Do I really sleep?

Yes; this is not an all night trip. You will be expected to be asleep by 11.30pm or at least silent (reading?).

Toilet facilities are available all night.

Parking is available.

The event is covered by BYPHS insurance.

Event Manager (and Sleeper!)

Maura Jackson

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