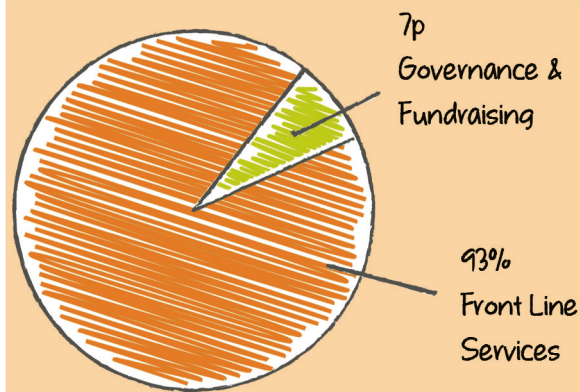


# HOW YOU'RE HELPING

HARP is the independent charity based in Southend-on-Sea that reduces homelessness by providing essential services, emergency housing and long term solutions - enabling people to rebuild their lives and return to independent living.

**Every £5 raised will help to ensure that someone has a bed for a night.**

The success of the Really Big South Essex Sleep Out will help to make sure that we are all there for everyone who needs us long after the Sleep Out is over.



Last year, for every £1 we spent, 93p went directly on our front line services, with just 7p spent on essential running costs and fundraising.

## FUNDRAISING TOP TIPS



**1** Start fundraising straight away. Creating a Just Giving page for your Sleep Out is easy. Just follow the link in your thank you email

**2** Share your page on all your social media sites to get as much exposure as possible for your Sleep Out!

**3** Set a sponsorship target and let everyone know how their support will help Southend's homeless community

**4** Make sure everyone who sponsors your Sleep Out ticks the Gift Aid box. This will make their donation worth 25% more at no extra cost

**5** Invite as many friends as possible and encourage them to raise money too! The more the merrier!



*The Really Big*  
**SOUTH  
ESSEX  
SLEEP OUT**

**HARP**  
Southend's Homeless Charity

## GROWN-UPS' SURVIVAL GUIDE

### SATURDAY 8TH OCTOBER 2016



# SLEEP OUT. RAISE MONEY. HELP THE HOMELESS.

Thank you for signing up to HARP's Really Big South Essex Sleep Out. You're joining families and groups across the South Essex area who'll be setting up camp on or around the 8th October 2016 and helping their Sleep Out Survivors to get sponsored to sleep the night outside under the stars, in support of local homeless people.



By getting sponsored to spend the night outside you will be helping to transform the lives of homeless people in and around the South Essex area. We believe that everyone should have a place to call their own, and that no one in this day and age should be sleeping on the streets. Thank you for joining us!



## GET READY FOR AN AMAZING SLEEP OUT

Here are our top five suggestions for a successful Sleep Out!

1

Make sure you have plenty of blankets, sleeping bags and warm clothes. Early October can be cold!

2

Your Sleep Out Survivors will need plenty of snacks, so make sure the cupboard is well stocked! You could always order a pizza, or if it's a nice night, why not fire up the BBQ?

3

Prepare for all kinds of weather - we've got everything crossed for an "Indian Summer" but it's far from guaranteed!

4

Share the adventure with your friends and family on Twitter, Facebook and Instagram! #essexsleepout

5

Make sure you get plenty of sleep the night before! It could be a long night!