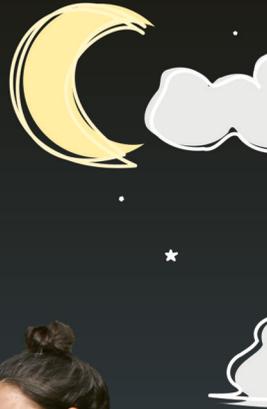
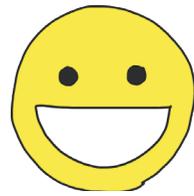


The Really Big
**SOUTH
ESSEX
SLEEP OUT**



SLEEP OUT SURVIVORS' KIT
SATURDAY 8TH OCTOBER 2016

THANK YOU!



We wanted to say a **REALLY BIG THANK YOU** for taking part in **THE REALLY BIG SOUTH ESSEX SLEEP OUT 2016!**

By getting sponsored to spend the night outdoors you are helping some of the most vulnerable people in our community in South Essex.

Invite your friends over and camp out all night in a tent, or sleep in the open in your garden. Whatever you do, make a night of it, have a great time and raise money for local homeless people as you go!

Inside your Sleep Out Survivors' Kit you'll find:

- A checklist to help you prepare for the big night
- A colouring activity & chance to write a message of support
- A wordsearch
- Tips to help you with your fundraising

A REALLY SPECIAL THANK YOU

Last year, HARP helped over 1,000 people who had no where to live. The reasons for people becoming homeless are usually complicated, but HARP always treats everyone with respect and care.



Matt came to HARP when he had nowhere else to go. With the help of people like you though, he got his life back on track:

"I did lots of very silly things when I was younger, and in the end I had no contact with my mum or my children. I was really stuck and thought I had nowhere to turn, until I found HARP."



“Without HARP, I don’t think I would be alive today. With the help of kind people like you, I was able to see my family again. You are amazing for raising money so that more people like me can turn their lives around. Thank you!”

Write your name here!



'S

SLEEP OUT SURVIVOR CHECKLIST

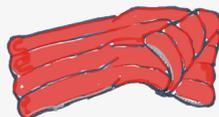
Every Sleep Out Survivor needs to make sure they have the essentials to make it through the night. Tick the items that you think you will need, and write any we've forgotten down at the bottom!



Tent



Snacks



Sleeping Bags



Books



Torch



Games

MY NOTES

HARP'S HAPPY HOUSE

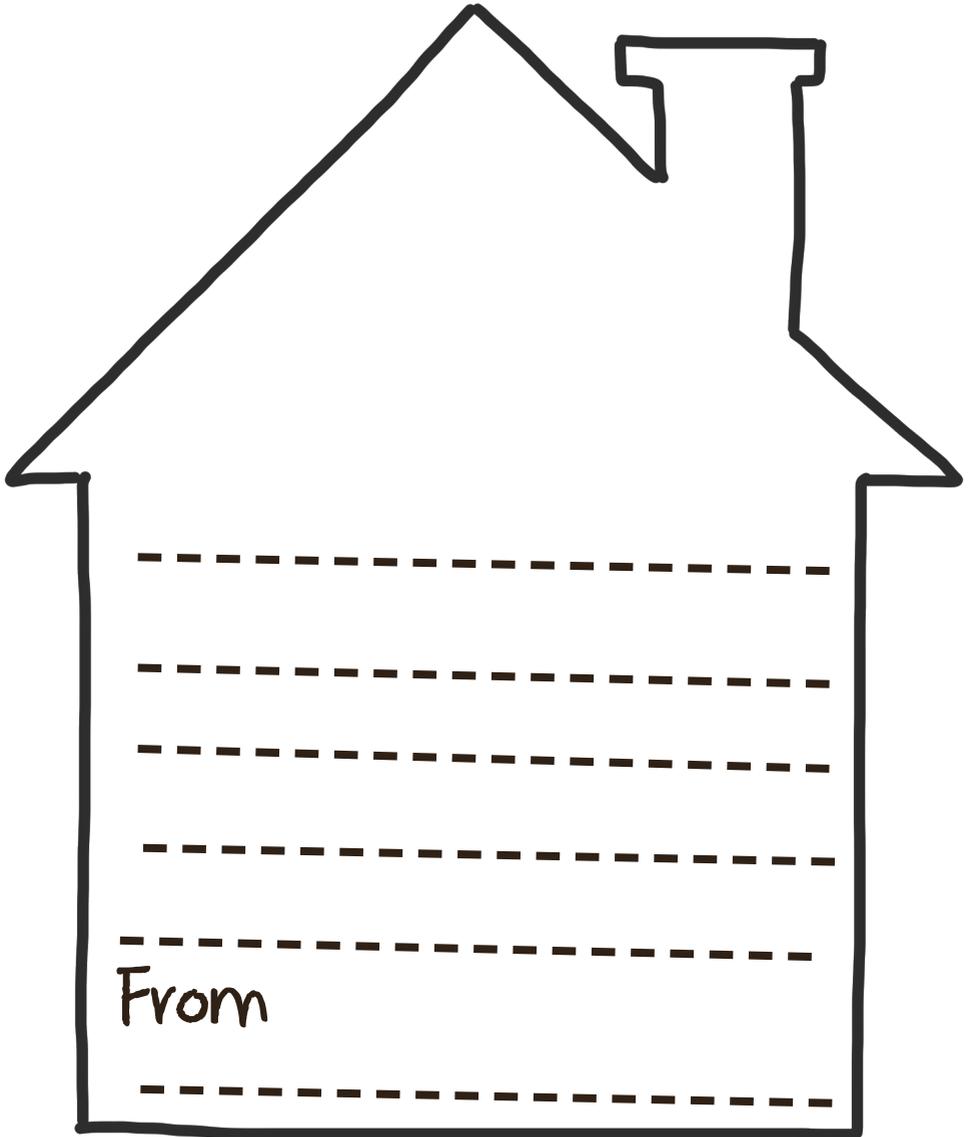
Here's a fun activity to do whilst you Sleep Out! Colour the house and show us your art skills! There's also a space to write a message to homeless people on the back of this page. Send us your work and we will feature the best on our website. Be sure to tell us your name on the back!



Get a grown up to help you cut along the dotted line and send your coloured house and message for homeless people to: HARP'S HAPPY HOUSE, 4th Floor Dencora Court, Tylers Avenue, Southend-on-Sea, SS1 2BB

HARP'S HAPPY HOUSE

Write a message of support to homeless people in South Essex. Your words could make all the difference to someone with nowhere to live. Send this sheet in to HARP and we will feature the best on our website. Don't forget to tell us your name below!



HELP THE HOMELESS

WORDSEARCH

Can you find all the words below? Cross them off as you go! Good luck!

P	D	T	N	F	A	E	C	M	S	H	Y
X	E	T	E	T	G	K	L	L	E	L	B
O	S	N	L	K	B	K	E	Q	S	T	L
A	P	B	N	A	N	E	T	E	U	U	W
D	E	C	G	I	P	A	N	G	O	O	J
O	R	D	O	I	L	O	L	O	H	K	I
P	A	H	N	L	L	E	K	B	B	H	A
F	T	G	G	A	D	D	S	L	E	D	E
O	E	F	O	O	D	A	H	S	D	Z	K
Z	A	K	R	O	G	A	E	L	V	Y	R
O	G	K	N	X	H	O	O	N	L	I	Z
N	B	X	D	O	Y	P	P	A	H	N	U

ALONE

BAG

BED

BLANKET

COLD

DESPERATE

FOOD

HOUSE

PENNILESS

SLEEPING

UNHAPPY

GREAT FUNDRAISING IDEAS

If you want to raise the most money out of all your friends, you need to have a wide range of fundraising ideas. Here are some to get you started!



Hold A Bake Sale!

Bake some tasty treats to sell to your friends!



Wash Some Cars!

Ask grown-ups if they will pay you to wash their car and put the money in your Sleep Out pot!



Collect Loose Change!

Ask everyone in your house to put pennies aside!



Ask Friends & Family To Sponsor You!

Most importantly, tell everyone you're raising money for local homeless people and ask them to sponsor you! Don't forget to say please and thank you!

THANK YOU

Thank you once again for taking part in The Really Big South Essex Sleep Out!



*Artist's impression!

Don't forget, every Sleep Out that raises £100 will receive an amazing **SLEEP OUT SURVIVOR T-SHIRT!** And remember to remind your grown-up to send your sponsorship money in so we can send you your Sleep Out certificate!