



THE BIG SLEEPOUT

Fri 6th Oct 2023
6pm at Stockwood Park
Athletics Centre,
Luton LU1 4BH



Hot food & drink



Virtual sleepout



For all the family



Parking available onsite

Live entertainment PLUS a visit from SPECIAL GUESTS!!!!

Just one night can make a **BIG** difference

Sign up now at:

noahenterprise.org/the-big-sleepout



Kindly sponsored by:



Charity Reg: 1059672

www.noahenterprise.org





Thank you for your interest in our second BIG NOAH sleepout

Homelessness can happen to anyone, at any time, and for a variety of reasons. By taking part in the BIG NOAH Sleepout, you'll be swapping your cosy bed for a sleeping bag and get a small insight into what rough sleeping is really like. With your help, we can make the sleepout a huge success and make a real difference to vulnerable people across Luton and Central Bedfordshire this winter.

Our hosts for the event are Stockwood Park, who have kindly allowed us to use an enclosed space to the rear of the park.

This pack contains tips, guidance and advice on how to take part in this event and how to fundraise. We want this to be a successful and meaningful experience for you, but it should also be fun and something that you can enjoy with all your family and friends!

Remember we are here to help so don't hesitate to get in touch with any questions. Thanks again for choosing to support NOAH Enterprise.

At a glance

- The BIG NOAH Sleepout 2023 will take place in the grounds of Stockwood Park Athletics Centre, Luton LU1 4BH
- There is parking available for the duration of the event
- Site supervised throughout the night by Luton Active staff, NOAH staff and volunteers
- For queries contact Shannon at Shannon.murphy@noahenterprise.org
- A little rain won't stop us but in the unlikely event of severe weather conditions, the event may be postponed and everyone contacted

You will help in a BIG way



Advice and support



Accommodation



Staff and volunteers



Food and showers

Can't make the event?

Why not take part in a virtual sleepout from your own home? Page 10 for details

Why support NOAH?

For 35 years, NOAH has continued to be there for those who find themselves homeless, rough-sleeping or in extreme hardship.

Our aim is to accompany people on a journey to a better life, ideally from the streets and into employment.

The NOAH outreach team work across Luton & Central Bedfordshire searching for rough-sleepers on the streets, in parks, abandoned buildings and car parks. Our aim is to engage and encourage them to get the support they need and deserve.

Often, the first step is welcoming them into our Welfare Centre. On any given day up to 100 people will arrive with a variety of needs. The centre provides a safe environment where people can come and discuss their problems.

We can provide clients with hot food, showers and a laundry service, provision of clothing, medical support, mobile dentistry, accommodation search, mental health support, addiction counselling, legal support, therapy, as well as help with training and employment.

By taking part in fundraising events like this one, together we can change the lives of vulnerable people living in Luton and Central Bedfordshire.

How your money makes a difference.

- £20 feeds a person for a week
- £175 helps 20 people to find accommodation
- £600 provides outreach support to 10 people each week
- Last year, the NOAH Welfare Centre received nearly 27,000 visits
- Last year 466 people were offered advice and support on the streets of Bedfordshire
- Last year we provided 7,617 lunches; 616 hotel stays; 675 showers
- Last year we helped nearly 284 into safe accommodation



How to take part

- 1** Sign up at:
noahenterprise.org/the-big-noah-sleepout
- 2** Download the information pack & fundraising resources.
- 3** Set up your fundraising page. Share the link on social media with your family and friends.
- 4** Share your fundraising journey. Encourage your friends and family to sponsor you.
- 5** Make sure you have the correct equipment/items to take part.
- 6** Arrive at The **BIG NOAH** Sleepout. Or set-up your sleepout at home!
- 7** Share your snaps. Post your pics of the event on social media using **#thebignoahsleepout**.
- 8** Send in your sponsorship money. If you were sponsored with cash, don't forget to send us the money you raised.

Payments can be made to: NOAH Enterprise, Co operative Bank, Sort code : 08 02 28, Account : 65276264 (Please reference 'Big Sleep Out')

Cheques can be sent to: NOAH Enterprise, 141 Park Street, Luton, Beds, LU1 3HG (Please reference on back of cheque 'Big Sleep Out')

Ticket Prices

Adults£25

Children.....£15

**Family ticket ..£65
(2 adults & 2 children)**

Ticket price includes:

- Entry to The BIG NOAH Sleepout.
- Breakfast bap in the morning (please specify your choice when purchasing your ticket).
- Live entertainment & special guests.



Don't forget to get sponsored too!

JustGiving™

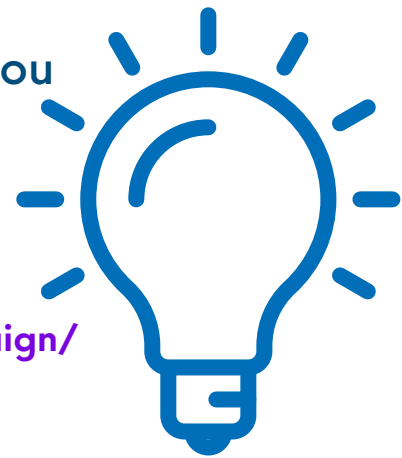
JustGiving link will be:
[justgiving.com/campaign/
TheBigNOAHSleepout](https://www.justgiving.com/campaign/TheBigNOAHSleepout)

Help fundraise for NOAH

In addition to your ticket entry, we kindly ask you to raise as much as you can in sponsorships!

Here are some ways to get started:

- Set-up a JustGiving page
- Create a fundraising page at www.justgiving.com/campaign/TheNOAHBIGSleepout or click [here](#).
- Tell people you are taking part in the sleepout and why.
- Your sponsors can also stay up to date with your target and track your progress!
- If you aren't able to create a fundraising page online, simply download our Sponsorship Form [here](#) or from the Sleepout page and collect donations that way.



Shout about it on social media!

If you're a social media user, don't forget to post about the Sleepout using [#thebignoahsleepout](#) and ask people to share your JustGiving page.

Don't forget to:

- Tell family & friends what you are doing & why.
- Tell your work colleagues and perhaps send an email around asking them to sponsor you.
- Let your school know you are raising funds for NOAH - they may want to sponsor you.
- Download our 'taking part' fundraising tools at www.noahenterprise.org/the-big-sleepout.



Anyone that raises over £100 in sponsorship will be entered into a prize draw!

On the night

What to bring with you

- **Sleeping bag**
- **Blanket or roll mat**
- **Cardboard (please take home after)**
- **Lots of layers of clothing to keep warm**
- **Waterproofs (incase it rains)**
- **Appropriate foot wear**
- **Torch**
- **Board games**

Timings

- **Arrival from 6pm**

Stockwood Park Athletics Centre,
Luton LU1 4BH

Turn into Stockwood Park Entrance off Farley Hill and continue to the end of the drive way where you will find parking and signs to the site entrance. Once parked please report to the event registration desk and then find a spot to camp down for the night.

- **Quite time 11pm - 7am**

- **Breakfast 7am**

A breakfast bap will be available with every ticket.

- **Leave site by 9am**

Food & drink

There will be hot food vendors on the evening should you wish to buy any hot food. We will also have snacks and drinks available to purchase to raise funds for NOAH.

Parking

Parking available onsite.

Please follow the sleepout signs as you enter Stockwood Park Athletics Centre and a parking marshall will direct you to a suitable parking space.

Toilets

We have toilet facilities available on site



Staying safe

We want you to enjoy this event but there are some rules that we need to tell you about:

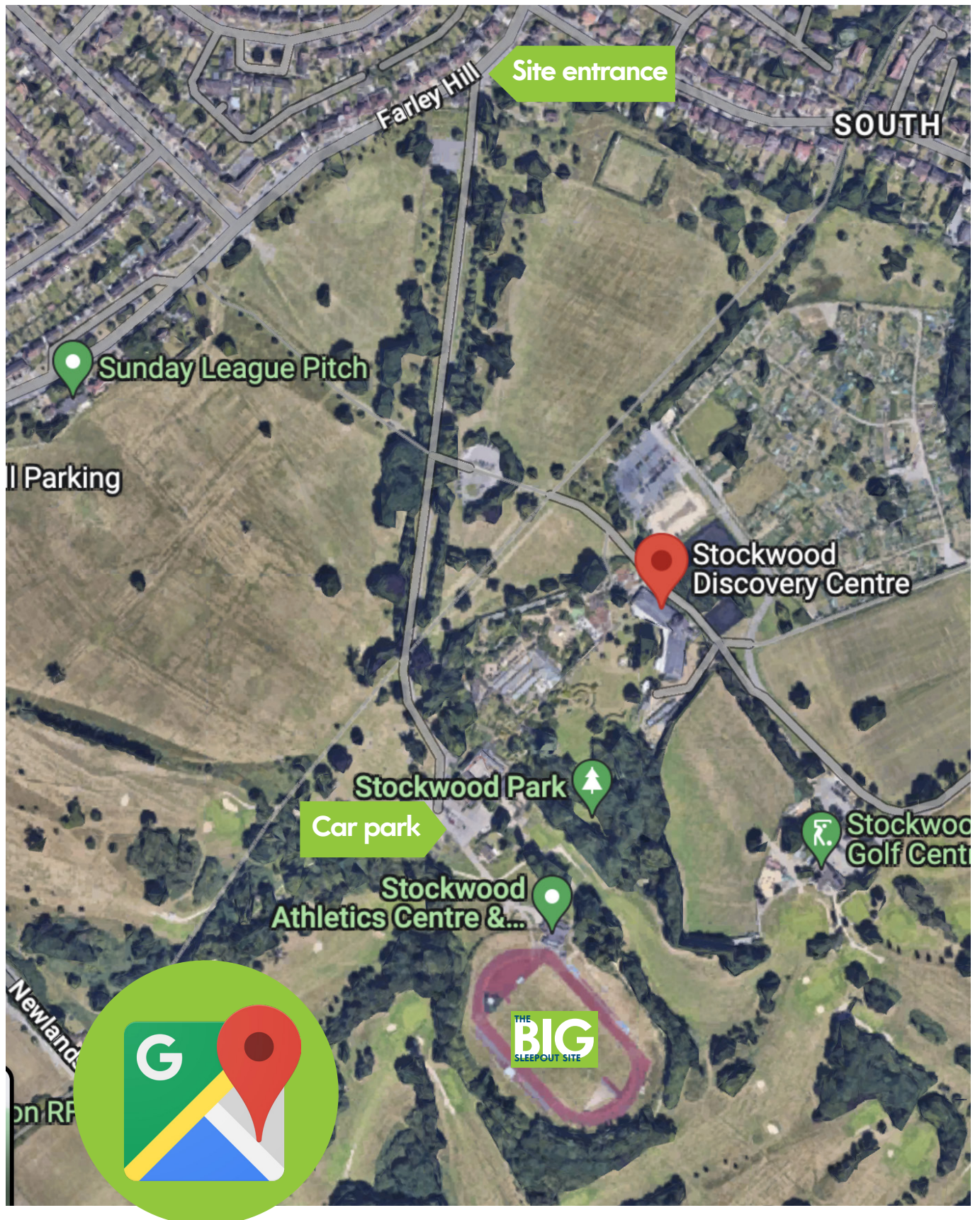
- For the safety of children, this event is not suitable for those under 8 years old.
- All children under 18 must be accompanied by a paying adult.
- Due to the uneven surface of the site, unfortunately this event is not suitable for wheelchair users.
- Please do not bring valuables, as we cannot be held responsible for their safekeeping.
- For everyone's wellbeing, alcohol must not be brought onto or consumed on the site.
- If you are under 18 please ensure any social media activity has been monitored by an adult.
- We ask that noise levels be kept to a minimum after the 11pm quiet time. Please consider the neighbours.
- Please take all rubbish with you when you leave in the morning.
- Sorry, but tents and bbq's are not allowed on site.
- Photographs and film footage will be taken at this event, should you wish for you or your child not be photographed, please tell us when checking-in when you register your arrival.
- Unfortunately no dogs or other pets are allowed on-site.

For your wellbeing and safety, we will have first aid trained staff on-site at all times.

COVID guidance

If you are showing any of the major symptoms of COVID-19 or have tested positive within the last 5 days, we ask you kindly not to attend the sleepout for the safety of others.

How to find the sleepout site



[Click for Google Maps](#)

How to take part virtually

If you can't join us in person, you can still take part at home!

All you need to do is pitch a tent in the garden, make a bed out of cardboard on your balcony, or take to the sofa for the evening.

It is completely up to you how you want to sleepout and you can be as creative as you like.

We will also be going live on social media from the camp site at Stockwood at various parts of the evening, so wherever you are, we can be together and share our own 'sleepout' experience with each other.

You can still fundraise in the same way, so tell your friends, tell your family and get everyone involved and raising awareness and funds for NOAH.

If you're a social media user, don't forget to tag us in your Virtual Sleepout pics using #thebignoahsleepout.





A BIG thanks for taking part!

Kindly sponsored by:    GREYSTONE SOLICITORS



-  @noahenterprise
-  @noah_luton
-  @noah_enterprise_luton
-  @noah_enterprise

Charity Reg: 1059672 www.noahenterprise.org  Registered with FUNDRAISING REGULATOR