

Shine A Little Light

OCT 13

**Host Your Own
Sleep Out Guide**

FOCUS
Ireland



Proudly supported by Bord Gáis Energy

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Why Get Involved?

Why sleep out?

While we know one night will never replicate the experience of being homeless, Shine A Light is a way to bring people together to stand in solidarity with those facing homelessness. We encourage you to use this as an opportunity to step out of your comfort zones to get a deeper understanding of the experience of homelessness and how we can come together as a community to fight homelessness in Ireland. Wherever you choose to sleep out and support us, expect a great night of connection, engagement, and purpose.



Who can take part?

Individuals, groups, schools and companies are encouraged to host their own sleep out for Shine A Light with their friends, family members, neighbours, co-workers, school, sports club or community group.



Why fundraise?

Homelessness affects real people; men, women, children, families, young people, elderly, and people with disabilities. Focus Ireland is driven by the fundamental belief that homelessness is wrong. We work to prevent homelessness and find sustainable long-term solutions to help people settle in a home of their own. Together, with the support of Bord Gáis Energy and your amazing fundraising, we're aiming to raise €1.2 million to support people experiencing homelessness across Ireland.

For more information:

T: 01 881 5900

W: shinealight.focusireland.ie

E: shinealight@focusireland.ie

How to organise your own sleep out?



Before the night



Choosing a location: Choose somewhere safe and secure, for example, your workplace, school, garden, or even kitchen floor! All that we ask is that you step out of the comfort of your own bed for one night. Make sure that you have permission to organise your sleep out at your chosen location venue. Please do not sleep out in a public place.



Health & Safety: Make sure that the venue is safe, accessible to your participants only. We'd advise that you conduct a thorough risk assessment of your chosen event location before the night and consider having a First Aider at the event.



Be prepared: Make a checklist of everything you need and ensure you are covered by your insurance, where relevant. Check out our 'On the night' checklist to share with your participants in advance so they know what items to bring on the night, and what to wear for a cold night outdoors.



Food & Drink: Think about food options – do you want to provide any snacks throughout the night, or should people bring their own food? Provide plenty of water throughout the event and check out options to source some equipment for hot drinks.



Event support: Get help from friends, family, colleagues, or your local community. Ensure you have enough help to set up and clean up after your event.



Spread the word: Set up your own team fundraising page on the website: shinealight.focusireland.ie and make sure to let everyone know about your sleep out event. Encourage them to sign up online and join your team to help your fundraising efforts or ask them to donate.

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How to organise your own sleep out?



On the night



Sleep out area: Make sure to look around and consider any risk in the immediate area e.g. broken glass. Make sure you have access to toilet facilities and an area for shelter if the weather takes a turn for the worse!



'On the night' content: Make sure that you have stable internet access to stay connected with fellow participants throughout the night. Engage in online activities on the Shine A Light website, and keep up with the total funds raised!



Health & Safety: Supply a First Aid kit for your event and have a First Aider on standby. As this is an outdoors event, please be aware of the signs of hypothermia, and if you or anyone sleeping out feels unwell, please go indoors and make yourself warm.



'On the night' checklist: We've prepared a full checklist of essential items for you to bring and what you should wear to stay warm and comfortable for the night. The average night temperature in Dublin is 8°C in October, so be prepared for wind, rain and the cold.



Run your event: Be proud that you are joining hundreds of people across the country to sleep out against homelessness. Share your photos and videos on your social media and use the dedicated hashtag #ShineALight, tag Focus Ireland and don't forget to ask for donations!

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How to organise your own sleep out?



After the night



Share your experience: Reflect on what you learned about homelessness during the night, and share your experience on social media, tagging @FocusIrelandCharity. Thank your supporters, update them on your fundraising, and be proud of yourself for taking a stand against homelessness.



Donations: Transfer any cash donations to Focus Ireland within the next 30 days.

Cheque

Donations made by cheque can be sent to our office at the following address:

Focus Ireland
9-12 High Street
Christchurch
Dublin 8

Bank Transfer

Our bank transfer details are:

Name: Focus Ireland
IBAN: IE30BOFI90001715834518
Sort code: 90-00-17
A/C No: 15834518
BIC: BOFIIIE2D

Please make sure to include your name/details, and reference that your donation goes towards 'Shine A Light'.



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Learn more about homelessness



About homelessness in Ireland

Homelessness is a complex issue and there is often not just one simple explanation for a person finding themselves without a home. There are many different pathways into homelessness and there is usually more than one reason for an individual becoming homeless. There are currently over 12,000 people experiencing homelessness in Ireland today. A small percentage of this number sleeps rough on the streets, with the majority staying in emergency accommodation (such as hostels, and bed & breakfasts) on a night-by-night basis.

Latest Homelessness figures*

Number of people who are homeless and relying on emergency homeless accommodation:



1,804 families



8,835 adults



3,765 children



**Latest figures are correct as of June 2023. Please visit the Focus Ireland website for updated figures: www.focusireland.ie*

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Further Support

We also encourage you to use our online resources and fundraising materials to boost your fundraising:

- **Fundraising Guide:** Top tips to help you reach your fundraising goals.
- **Your own unique fundraising poster:** featuring a QR code linked to your fundraising page is available to download from your fundraising page dashboard.
- **'Challenge a Friend/Colleague':** Encourage your friends, family, or colleagues to take part by sending an email prompt from your fundraising page dashboard.
- **Sponsorship cards:** Please send your request to shinealight@focusireland.ie. Please note supply is limited.
- **Collection buckets:** Please send your request to shinealight.focusireland.ie. Please note supply is limited and you will be asked to provide further details including sharing a copy of your identification.
- **Book a school talk:** The programme aims to encourage secondary schools to become actively involved in the issue of homelessness in Ireland. It provides a framework, structure and incentive for schools to integrate equality and awareness activities into their school planning and learning. Register your interest on: www.focusireland.ie/schools-talks-programme
- **Secondary school resources:** 'Without your home' provides a series of lessons and discussions on homelessness. Visit our Knowledge Hub on the Focus Ireland website for more details.

Our team is here to provide you with the guidance you need to organise a successful sleep out. If you are wondering about your choice of location, what activities to plan for the night, or have any other questions, please contact us at shinealight@focusireland.ie or call 01 881 5900.



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