

Shine

Light

October
10

Host Your Own
School Sleep Out

FOCUS
Ireland



Bord Gáis
Energy

Proudly supported by Bord Gáis Energy

Why do we need your support?



What is Shine A Light?

This October 10, Focus Ireland and Bord Gáis Energy are calling for schools, communities, and businesses to join the nationwide sleep out against homelessness.

The School Sleep Out aims to inspire students, teachers and school community members to take action, raise funds for crucial homeless services, and foster empathy for thousands of people in Ireland experiencing, or at risk of, homelessness.

Together with Bord Gáis Energy, and your amazing fundraising, we aim to raise €1.2 million to support thousands of people experiencing homelessness in Ireland.

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 leave homelessness forever.



Latest Homeless Figures*

**15,500+ people
are currently in
homelessness in Ireland***

*Latest figures are correct as of April 2025. Please visit the Focus Ireland website for updated figures: www.focusireland.ie

The Sleep Out: Why, Where and When



Why host a School Sleep Out?

The statistics around homelessness are staggering. With over 4,000 children experiencing homelessness, it's clear we need to take action.

The School Sleep Out aims to inspire students to take a stand, raises funds for crucial homeless services, and fosters empathy for thousands of people in Ireland without a safe and secure home.

This is an opportunity for students to take part in the nationwide sleep out against homelessness.

When is it?

Shine A Light will be taking place nationwide on the 10 October. We encourage everyone to join us on the same day for a big impact but you are welcome to adapt to your school's needs.

Where can we sleep?

Choose somewhere safe and secure, for example, your playground, gym, auditorium, or even a larger room. All that we ask is that you step out of the comfort of your own bed for one night. Please do not sleep out in a public place.

The Sleep Out: Before The Night



Health & Safety

We would advise that you conduct a thorough risk assessment of your chosen event location before the night. Your event should have a First Aider and make sure that the venue is safe, accessible to only your students and staff.

Be Prepared

Make a checklist of everything you need and ensure you are covered by your insurance. Check the School Sleep Out webpage for a recommended list to share with your students on 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 students 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 teachers, family, or your local community. Ensure you have enough help to set up and clean up after your event.



Event Plan - Example



Time	Activity	Who	Materials Needed
3:30pm	Students leave school	Students	-
4-5pm	Set up registration table, cardboard, first aid station, dinner/breakfast area, sleeping area, presentation area, any activities	Sleep Out Committee	Pen Registration form Cardboard First aid kit Cutlery, plates, etc. Projector Speaker Extension lead
5-6pm	Adult supervisors and first aid officer arrive and go over overall plan for the night.	Adult supervisors First aid officer Sleep Out Committee	-
6-6:30pm	The event starts: <ul style="list-style-type: none"> Students arrive; Registration; Collection of sleeping material; Setting up of materials and belongings. 	Students Sleep Out Committee	-
6:30-7:30pm	Dinner is served, time to gather energy and start getting ready for the night	Students Adult supervisors Sleep Out Committee	Prepared food/Catering
7:30- 8pm	Presentation: <ul style="list-style-type: none"> Why the students are participating in the sleep out; The current state of homelessness in Ireland; Going over the plan for the night. 	Students Adult supervisors Sleep Out Committee	Projector Speakers

Continued on next page

Event Plan - Example



Time	Activity	Who	Materials Needed
8-10pm	Activities We prepared some ideas for activities on page 8, but feel free to get creative!	Students Sleep Out Committee	Activities materials
10-10:30pm	Preparation for the lights out	Students Adult supervisors Sleep Out Committee	-
10:30pm-6am	Lights out and sleep	Students Adult supervisors Sleep Out Committee	-
6-7am	Wake up and Breakfast	Students Adult supervisors Sleep Out Committee	Prepared food/Catering
7am	Packing and pick up. Students register out and get picked up.	Students Sleep Out Committee Parents/Guardians	



Activities during the Sleep Out



Paint a mural

Grab your art supplies! What better way to get students thinking than recreating different scenarios that include messages that reinforce the idea that homelessness is wrong. Some ideas for this murals can be:

- Your community;
- Your home;
- Their safe place;
- Helping someone.



Group talks

Divide the students into groups and give them a topic to discuss. This topics can be:

- Why do you think your home is important?
- Where do you feel safest?
- Which activities remind you of home and why?

There are a lot of variations that can start meaningful conversations and get your students thinking about day to day routines and not taking things for granted.



Matching concepts

Sometimes understanding concepts can be hard. Some definitions are new to the students and aren't used in their day-to-day life but little by little we can raise awareness to their meaning.

You can arrange this however it works better for your students.

Concepts:

Homelessness
Equality
Social Awareness
Community

Definitions:

The state of being equal, especially in status, rights, or opportunities.
A group of people living together within a larger society.
The state of having no home.
The ability to take the perspective of and empathize with others.



Thank you & Further Support



Fundraising Dashboard

When you sign up to Shine A Light, a fundraising page will be created for you. On your fundraising dashboard, you will have access to a QR code poster, social media guide, fundraising tips, email & social media templates, and more.

Didn't find what you were looking for?

Have you tried looking through the downloadable resources on our website?

shinealight.focusireland.ie

We also have a list of FAQs that might be able to answer your question.

If you still haven't found the answer to your question, please feel free to get in touch with our team:

shinealight@focusireland.ie

or call the Focus Ireland team on:

01 881 5900



Thank You!