

Host Your Own Sleep-out Guide

Shine A Light Night

Proudly supported by
Bord Gáis Energy

FOCUS
Ireland



Before Shine a Light Night

Decide where to sleep out

Pick a safe and secure spot to sleep-out
Host a sleep-out at home with your friends, family or community group. You can bed down in a sleeping bag or a tent in your garden. If you don't have a garden, you can sleep on your living room or kitchen floor. Just ensure the spot you pick is safe, secure and not a public place. We want you to swap your comfy bed for one night to raise vital funds and shine a light on homelessness!

Get Fundraising!

Register

Get set up with your personal fundraising page by registering on the Shine A Light website. Select that you will be doing a sleep-out at home and set your target at €250.

Share your page

Share your page on social media, e-mail, WhatsApp messages and ask your friends, family and colleagues to support you to sleep-out. The more you share, the more support you will receive.

Organise a fundraiser

Organise a fundraising activity or challenge in the run-up to the sleep-out to motivate you!

Connect virtually

Join our Shine a Light Night Webinar

We are hosting a webinar on XXX where Focus Ireland staff will discuss the work we do and why your Shine a Light Night sleep-out is so important to us. It's a great opportunity for you and your sleep-out group to ask questions and get ready for the big night!

On Shine a Light Night

If you are sleeping out in the safety and security of your home, you still need to be prepared for the night, and the outdoor elements! We want you to leave your comforts behind for the whole night from 7pm until you wake the next morning. See our top tips for the night below:

Internet access for our virtual activities: We have a full schedule of virtual activities to join on the night so everyone stays connected no matter where they sleep-out! These include talks from individuals Focus Ireland have helped through homelessness, as well as interviews with staff and ambassadors. So, make sure you have internet connection to join us virtually!

We also want you to share your experience on the night via social media. Post photos and videos with **#ShineALightNight** and tag your friends and family! You can also use our Shine a Light Night filter on Snapchat to create content on the night.

Cardboard or bin bags to sleep on: If you are in a sleeping bag, get some cardboard to sleep on or line your sleep-spot with bin bags to ensure you stay as dry as possible!

Dress warm, with lots of layers and waterproofs: The average night temperature in Dublin in October is 8°C. You need to be prepared for wind, rain and the cold if outdoors. Wear warm clothing and ensure you have waterproof layers. We will provide you with the Shine a Light Night hat once you reach your target, but make sure you bring extra socks, gloves and jumpers. A hot water bottle is another top tip!

Access to snacks, warm drinks and bathroom facilities: We want you to try and stay outdoors or in your sleep spot for as much of Shine a Light Night as you can however, make sure you have access to snacks, hot drinks and bathroom facilities to ensure you are safe and secure for the night!

FOCUS
Ireland



If you want to register or have any questions, contact the Focus Ireland team on the details below:

E: shinealight@focusireland.ie T: 01 881 5900 W: shinealight.focusireland.ie

After Shine a Light Night

Well done for sleeping out in solidarity with people experiencing homelessness and raising vital funds for Focus Ireland! Here are some top tips to boost your fundraising and help generate awareness about homelessness after your sleep-out.

Share your experience online

Share your photos and videos on your social media and use **#ShineALightNight**

Tag Focus Ireland, your friends family or colleagues and ask them to donate to your page.

People want to hear why you decided to take part and how the experience was; so tell your supporters and share your page to gain more supporters!



FOCUS
Ireland



If you want to register or have any questions, contact the Focus Ireland team on the details below:

E: shinealight@focusireland.ie T: 01 881 5900 W: shinealight.focusireland.ie