

Shine

Light

Oct 10

**Cork Shine A Light
Sleep Out**

FOCUS
Ireland



Bord Gáis
Energy

Proudly supported by Bord Gáis Energy

Welcome to Shine A Light!



What is Shine A Light?

This Friday, October 10, Focus Ireland and Bord Gáis Energy are calling on all schools, communities, workplaces, and business leaders to join the nationwide sleep out against homelessness.

The sleep out in Cork City Gaol aims to inspire people 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 company's amazing fundraising, we aim to raise €1.2 million to support the 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
homeless in Ireland*

There are **695** adults and **193** children currently experiencing homelessness in the South West (Cork and Kerry).

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

Event Details



*Friday 10 Oct, 7pm
until Saturday 11 Oct, 7am*



*Cork City Gaol, Convent
Avenue, Cork T23 VX25*



*Business Leaders &
corporate teams*

What to expect on the night

Shine A Light is more than a fundraiser; it's an impactful experience that fosters awareness, community, and support for those experiencing homelessness. Here's what you can expect:

- **Networking:** Exclusive networking opportunity for business leaders during a dedicated networking session.
- **Team Building:** Corporate teams can use the unique experience to foster collaboration and communication.
- **Inspiring talks:** Hear powerful stories of resilience from Focus Ireland staff, and our customers who have experienced homelessness.
- **The Sleep Out:** Experience a night of solidarity in the gaol's courtyard as we sleep out against homelessness as part of a nationwide movement.
- **Refreshments:** Enjoy a delicious evening meal and a light breakfast to fuel your participation.



Event Checklist



What to bring?

- Your own sleeping bag (essential)
- A yoga mat/ sleeping mat (optional)

What will be provided?

- Shine A Light beanie hat.
- Survival bag (to cover your sleeping bag to ensure your bedding remains dry).
- Emergency foil blanket.
- Cardboard mat.
- Tea & coffee will be available.
- Hot evening meal & light breakfast.
- Support from staff, First Aider & security (available throughout the night).
- Toilet facilities (available throughout the night)

What to pack?

- Overnight bag.
- Waterproof jacket (required for your comfort and safety).
- Extra layers, a change of clothes and spare socks (store in a dry bag in your backpack).
- Mobile Phone (fully charged) + charger + battery pack.
- Any medication you use (please do not share this medication at any time with other members under any circumstances).
- Toothbrush & toothpaste.

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!

