



## Frequently Asked Questions

### Where is the Big Sleep Out?

St Mary's Church of England Primary Academy, Warren Road, Folkestone CT19 6QH

### When is the Big Sleep Out?

Friday 27th September 2019. Gates open at 7.30pm and we ask that you leave the site no later than 8am the following morning.

### How do I register?

Download the registration form from [www.rainbow-centre.org](http://www.rainbow-centre.org). There are forms for individuals or groups. If you are registering on behalf of a group, please complete the Group Registration form. Group discounts apply. Once you have completed the form, please email back to [ali@rainbow-centre.org](mailto:ali@rainbow-centre.org)

### Why do I have to pay a registration fee?

Your registration fee helps to cover the cost of putting on the event and the materials and food provided which allows us to use every penny of the sponsor money for the work of the Rainbow Centre.

### How much is the registration fee?

Individual registrations: £10.00 per person

Groups registration of 5 people: £40 per group + £8.00 per additional person

Group registration of 10 people: £70 per group + £7.00 per additional person

### What happens once I have registered?

Ensure you have read all these Frequently Asked Questions and then start collecting sponsors!

### Do I need to get Sponsors?

YES – This is a sponsored event to raise funds for the vital local work of the Rainbow Centre. We encourage you to raise as much money as possible by asking people to sponsor you. The easiest way to do this, is via our 'Folkestone Big Sleep Out 2019' event on the Virgin Money Giving page or you can download the sponsor form from the Rainbow Centre website. Some employers will also match employee fundraising efforts so it is always worth asking your employer to see if they have a scheme.

If you are on Facebook or Twitter, why not create a link to your own Virgin Money Giving page? It can be great fun sharing this experience with your friends and they will want to support you, as sleeping rough is not an easy thing to do. They may even decide to join you by signing up too!

### Do I need to be over 18 to take part?

No. However, if you are under 18 you will need to be with a parent, guardian, youth leader or other responsible adult – this person will need to sign your form too.

### **What do I need to bring on the night?**

Warm clothes, cardboard & house decorating materials to build your own shelter, sleeping bag, torch, gloves, hat, snacks, drinks and you may even want to bring a loved one to cuddle up to! There will be a prize for the best constructed shelter.

We want you to have a taste of what it's like to sleep rough on the streets and so we don't want you to be too comfortable! For this reason, we don't allow tents or constructed camp beds or other little camping "luxuries". We don't know what the weather will be like – it's likely to be cold and it could rain, so please come prepared for all weather conditions. A small groundsheet is fine, as is a roll mat / small air bed some sort of bed base etc which you can construct your 'shelter' around.

### **Can I bring my own food?**

We will provide a hot meal although you are welcome to bring your own snacks to keep you going through the evening.

### **Can I smoke and bring alcohol?**

Smoking will be allowed outside the gates in the designated smoking area, but not inside the school property itself. Alcohol will not be permitted at any time, any alcohol brought onto site will be confiscated and you may be asked to leave the event. Any participants arriving at the event intoxicated will be denied access to the site.

### **Can I bring my dog?**

Dogs, except support dogs, are not permitted at the event. If your support dog will be accompanying you please contact us prior to the event to discuss.

### **Is it safe to sleep there all night?**

Yes. The Big Sleep Out takes place in the grounds of a school and is a secure venue; there will also be event staff present throughout the event.

### **What happens if I feel unwell during the night?**

The Big Sleep Out can be a little physically uncomfortable, and you should consider your health when taking part. If you feel unwell on the night there will be a trained First Aider on site and there is a mobile phone for any emergencies.

### **What if I have a question you haven't covered here?**

If you have any other questions, we would be very happy to answer them so please get in touch:

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