



DO YOU HAVE QUESTIONS?

WHERE IS THE BIG SLEEP OUT?

You are asked to find a safe place in your garden, on the patio, under the dining room table, behind the sofa ... anywhere at your home, church, etc. apart from your own, (or someone else's) comfy bed!

WHEN IS THE BIG SLEEP OUT?

The Big Sleep Out 2023 is being run over the course of a week this year, from Friday 15 to Friday 22 September 2023. You should choose one night during this time when you can sleep out of your comfy bed.

HOW DO I REGISTER?

Download the registration form from [our website](#).

DO WE HAVE TO PAY A REGISTRATION FEE?

NO. There is no registration fee this year.

DO WE NEED TO GET SPONSORS?

YES! This is a sponsored event to raise funds for the 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 '[Big Sleep Out 2023](#)' page on JustGiving: or you can download the sponsorship form from [our website](#). However, there are paper copies in your registration pack and you can request more copies of this from the Rainbow Centre if you are not able to print it from the 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 JustGiving page? It can be great fun sharing your experience with your friends and they will want to support you, as sleeping rough is not an easy thing to do.

Perhaps you can encourage friends and families to take part too!

DO WE NEED TO BE OVER 18 TO TAKE PART?

Definitely NOT! We are encouraging families to join together - have fun - and raise awareness of the good cause. This is an event for all age groups.

WHAT DO WE NEED TO HAVE ON THE NIGHT?

Definitely a sense of FUN - and creativity to make and build your own type of shelter and of course the resources you need to make your shelter.

It is suggested that you have a snack and some water with you on the night, so that the maximum amount of fun can be had.

We don't know what the weather is going to be like - but if it's too windy, too cold or pouring with rain - just build your shelter indoors. Have fun and be creative!

WHAT ELSE HAPPENS ON THE NIGHT?

Between 7.30pm and 10.30pm on the first and last Friday of the event. There will be opportunities to interact with the Rainbow Centre by uploading your photos via various social media routes and tagging us in them @RainbowCentre01 so we can share them.

We will have interactive links via a Zoom session so that we can see your creations.

There will be prizes!

WHAT IF WE DON'T HAVE THIS TECHNOLOGY?

If you are unable to access these types of social media then there will be a telephone link line on the night so that you can still take part in some of the interactive challenges and you can email us a photo either on the night or afterwards if you would like to.

CAN WE INCLUDE OUR DOG?

Of course ... even your cat and definitely a cuddly toy or two!

WHAT IF I HAVE A QUESTION THAT ISN'T COVERED HERE?

Please get in touch at events@rainbow-centre.org