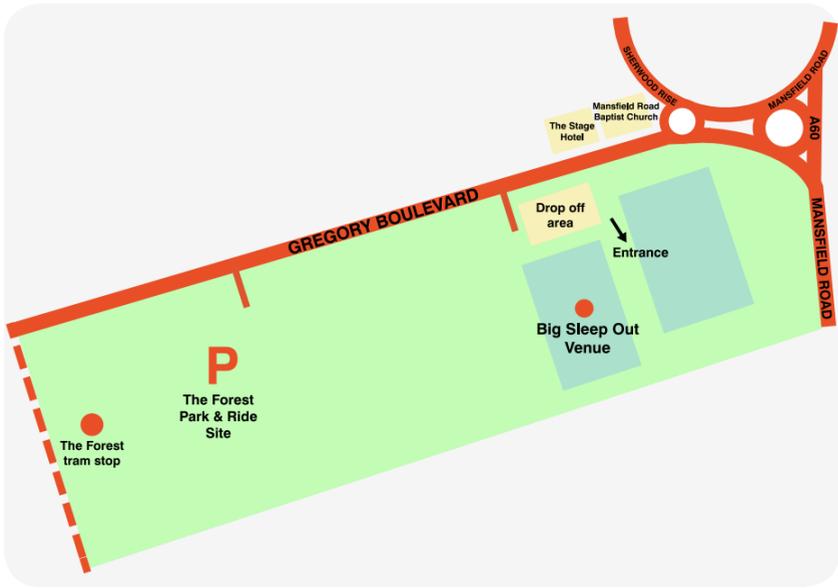


## How to get there



Framework's Big Sleep Out is held at Forest Sports Zone, The Forest Recreation Ground, Gregory Boulevard, Nottingham NG7 6LB.

### Tram

The Forest Tram Stop is only a short walk away.

### Bus

Forest Sports Zone is easily accessible via public transport and buses pass nearby: Calverton Connection, Sherwood Arrow, 141 Sutton line Ashfield and the Brown line 15.

### Walking

Forest Sports Zone is only a 15 minute walk from the city centre just off Mansfield Road.

### Car Parking

There will be a drop off area at the Forest Sports Zone however there is no parking there for participants. Parking will be available on Gregory Boulevard and at The Forest park and ride next to The Forest tram stop.

# FRAMEWORK'S BIG SLEEP OUT

SLEEP OUT SO THAT OTHERS DON'T HAVE TO



## Participant's Pack

Saturday 18th November 2017

Forest Sports Zone,  
The Forest Recreation Ground,  
Gregory Boulevard,  
Nottingham NG7 6LB

Visit: [www.frameworkha.org/bigsleepout](http://www.frameworkha.org/bigsleepout)  
For more information call 0115 970 9558 or  
email [fundraising@frameworkha.org](mailto:fundraising@frameworkha.org)

#BigSleepOut



Supported By



Reg. Charity No. 1060941

Sponsored By



[www.frameworkha.org/bigsleepout](http://www.frameworkha.org/bigsleepout)

#BigSleepOut

Since 2010 rough sleeping in England has more than doubled.



## The Big Night

- Framework's Big Sleep Out is an opportunity to spend a unique night sleeping outside. You'll spend the night without your usual comforts, but you'll have fun and be able to enjoy some great entertainment whilst preparing for the night ahead.
- We strongly recommend that you bring cardboard and plastic sheeting to create your shelter for the night.
- Prizes in the Box Factor competition for the most amazing shelter include a shirt signed by the Nottingham Forest team, kindly donated by Nottingham Forest Community Trust, and four seats at a Leicester Tigers match, kindly donated by Nottingham Building Society.
- There will be no indoor areas available to sleep in on the night, so bring warm clothes, bedding and waterproofing. Several thin layers are much better than one thick layer. A woolly hat, warm dry footwear and gloves are essential. It's better to bring too many layers and take some off than not have enough!
- Many participants bring waterproof survival or bivvy bags, as sold in outdoor equipment shops.
- Toilet facilities will be available throughout the night.
- Hot food and drinks will be available to purchase throughout the night. Please bring money to purchase food, hot drinks and merchandise at the event.
- A free breakfast roll will be available to send you on your way in the morning.



Thank you for signing up for Framework's Big Sleep Out 2017.  
Rough sleeping is rapidly increasing and Framework needs your help to tackle homelessness.  
Taking part in the Big Sleep Out, sponsored by Nottingham Building Society, is a great way to demonstrate your concern, learn more and raise funds.  
Cuts to services and restrictions on benefits for the most vulnerable have led to a big increase in rough sleeping across the country and while there's more to homelessness than rough sleeping it's a powerful indication of the level of need.  
More people are now sleeping rough in Nottingham than at any time since the late 1990s - 35 were found during the most recent count. A new outreach team began work across the boroughs and districts of Nottinghamshire in April 2017 and in five months has worked with nearly 300 rough sleepers.  
Supporters of Framework make a significant contribution to funding the work with rough sleepers in both Nottingham and Nottinghamshire through their donations and by taking part in fundraising events.  
**Please sleep out so others don't have to!**  
**And encourage your friends to join you.**  
Framework helps homeless people across Nottinghamshire, Lincolnshire, Derbyshire and South Yorkshire. All funds raised will go to tackle homelessness.  
We appreciate every penny you raise to help homeless and vulnerable people and to support them live stable and independent lives.  
**In this pack you'll find everything you need to prepare for your night sleeping out.**



#BigSleepOut

[www.frameworkha.org/bigsleepout](http://www.frameworkha.org/bigsleepout)

## Big Sleep Out 2017

# Money and Sponsorship

Places are limited so we ask each participant to raise at least £50 in sponsorship. But please don't stop there! The more you raise, the more we can do to tackle homelessness. Funds can be donated in several ways – see opposite.

Groups can be sponsored as a whole or as individuals – whichever you think might raise the most! Please note that we ask each group to raise the equivalent of **£50 per participant** as a minimum level of sponsorship.

Please collect and return sponsorship money to us by **Monday 8th January 2018**.

**The sooner we receive your sponsorship money, the sooner it can help local homeless and vulnerable people.**



## Make your fundraising go further

Please ask sponsors who are UK taxpayers to tick a Gift Aid box or sign a Gift Aid form if they are eligible to do so.

*giftaid it*

This enables us to claim an extra 25p for every £1 you raise at no extra cost to you. So a £10 donation is transformed into £12.50. All you need is the person's name, postcode and a tick in the Gift Aid box.

## How to send us the money you raise - the options

### 1 Online Sponsorship

Setting up your own online sponsorship page is a quick, easy and more rewarding way to get immediate support from family, friends and work colleagues:

- You can create a page in a minute and your sponsors can donate just as quickly
- Sponsorship money donated via your fundraising page is sent directly to Framework – so you don't have the hassle of collecting the money pledged to you.

We suggest two options for setting up your own fundraising page:



### 2 Bank Transfer

Please make the payment to the following details:

Account name: **Framework**  
Account no: **84595175**  
Sort code: **60 80 09**

**PLEASE NOTE: To ensure we can identify your payment please quote the reference BSO2017**

### 3 Cheque

Cheques should be made payable to Framework and sent to **Fundraising Team, Framework, Val Roberts House, 25 Gregory Boulevard, Nottingham NG7 6NX.**

### 4 Printed sponsorship form

Along with this pack there is a separate printed sponsorship form which you can complete and return.

## Top Fundraising Tips

- Encourage your close family, friends and those likely to give a generous donation to sponsor you first. Lots of people like to match the previous sponsorship amount that was added.
- Ask your employer to match fund your sponsorship. Employers are often keen to support their staff and demonstrate social responsibility.
- Remember to personalise your online fundraising page. Add a photo and a little bit of text about your reasons for taking part: use the information here to get started, visit [www.frameworkha.org](http://www.frameworkha.org) for more information, or link our page to yours.
- You can edit your page at any time with updates and news to show how dedicated you are to achieving your target.
- Promote your fundraising page in your email signature and on your Facebook, Twitter and Instagram page.
- Remember to follow us online and use **#BigSleepOut**
- For more information email event organiser **Abigail Mayfield** on [fundraising@frameworkha.org](mailto:fundraising@frameworkha.org) or call the fundraising team on 0115 970 9558.



/FrameworkCharity



@Framework\_HA



/FrameworkNottingham



/FrameworkCharity

[www.frameworkha.org/bigsleepout](http://www.frameworkha.org/bigsleepout)

#BigSleepOut

If you find a rough sleeper in Nottingham or Nottinghamshire call our 24 hour hotline 0800 066 5356.

## Get ready for the night

Visit [frameworkha.spreadshirt.co.uk](http://frameworkha.spreadshirt.co.uk)

## Checklist for the night

- Tickets
- Sleeping bag / bivvy bag
- Cardboard boxes
- Plastic sheeting
- Sticky tape / parcel tape
- String
- Several layers of clothing
- Hat
- Waterproof clothing
- Warm footwear
- Gloves
- Scarf
- Camera
- Money for activities and food

For branded Big Sleep Out gear visit: [www.frameworkha.spreadshirt.co.uk](http://www.frameworkha.spreadshirt.co.uk)



Buy your souvenir thermo mug, available on the night for only £5, and you get **free** tea and coffee throughout the night.



## Important Stuff

- **Registration is from 7.30pm – 9.30pm.** For the security and safety of participants, people will not be allowed to enter the event without prior registration. **Please remember to bring your ticket with you on the night.**
- **The gates to the Big Sleep Out will be locked at 10.00pm.** All participants must remain within the event area after this time. If you do choose to leave after this time, please note that you will not be able to re-enter the event. Under 18s will not be allowed to leave without a responsible adult.
- **There will be an official 'lights out' at 11pm.** Please consider the needs of other participants and local residents and keep the noise level down.
- Participants under 18 years old must have the signed approval of a parent/guardian, given to us via their Personal Details Form. All participants under 18 years old must also be accompanied by a responsible adult (one adult to every five under 18s). **No under 5s allowed at this event.**
- Group Leaders should submit the names of all group members to Framework in advance. NB each group member will have an individual, named ticket: group leaders should ensure these are distributed in advance.
- We strongly recommend that participants use public transport to get to and from the Big Sleep Out. We discourage participants from driving as they are likely to be tired when leaving: please plan a lift, use public transport or get a taxi. The Forest Sports Zone is well connected by the tram and bus: see *How to get there* overleaf. Parking is available at The Forest park and ride, and on Gregory Boulevard but not at the Forest Sports Zone itself.
- Participants take part in the Big Sleep Out at their own risk. Framework and Nottingham Forest Community Trust cannot be held responsible for loss or damage to personal effects, for personal accidents, or for injury or loss to third parties.
- Please note that photography and video will be taking place for promotional purposes during the evening.

**IMPORTANT NOTICE: The use of alcohol or recreational drugs will not be tolerated. People under the influence of alcohol or drugs will not be allowed to participate in Framework's Big Sleep Out.**



### Postponement in the event of severe weather:

In the event of extremely severe weather and it being necessary to postpone, we will telephone and text all participants. If you are part of a group we will notify the group leader. We will also publish a prominent notice of the postponement on our website [www.frameworkha.org](http://www.frameworkha.org)

[www.frameworkha.org/bigsleepout](http://www.frameworkha.org/bigsleepout)

#BigSleepOut

Framework outreach workers go out at 5am every morning to find rough sleepers.