

The background of the image shows two women sitting in front of a wooden pallet wall. The woman on the left is smiling and holding a white mug. The woman on the right is wearing glasses and a grey scarf, holding a blue and white patterned mug. A rainbow graphic is overlaid on the left side of the image. The Church Urban Fund logo is in the top left corner, and the 'ROUGH SLEEP IN CHALLENGE' text is in the center-left. The '2020 SUCCESS PACK' text is in the bottom right.

**CHURCH  
URBAN  
FUND** ⊕

CHANGING LIVES AND  
COMMUNITIES TOGETHER

**ROUGH  
SLEEP  
CHALLENGE**

**2020 SUCCESS PACK**

# Thank you for taking the Challenge with me!



**This year has taught us how important it is to have a safe, stable home. Homelessness has always been isolating and dangerous. Covid-19 has only made the threat of homelessness worse.**

Covid-19 has put a stop to our usual Sleep Out Challenge events across England. But it hasn't put a stop to our mission to be there for people in need.

More than **4,000 people** sleep rough each night across the country.\* They will sleep on the street, on friends' sofas, in empty rooms in squats, or roam between temporary accommodations.

That's why I'm so grateful that you will be joining me in the **Rough Sleep IN Challenge** this festive season. Giving up our beds for the night won't be comfortable and it won't be easy. But we know that our efforts will be worth it. Together, we can help people who are homeless to turn their lives around.

A handwritten signature in blue ink that reads "Rachel Whittington". The signature is written in a cursive style with a long horizontal stroke at the end.

**Rachel Whittington**, Executive Director

• Gov.uk- Rough Sleeping Snapshot in England, Autumn, 2019

# 2020: The year of staying IN

**ROUGH  
SLEEP IN  
CHALLENGE**

While usual Sleep Out Events cannot go ahead this year, the **Rough Sleep In Challenge** is a new, socially-distanced version that allows you to challenge yourself, connect with members of your household, and have fun – all while raising money for the Church Urban Fund.

During the festive season, you will be joining people all over the country by giving up a night of comfort and finding somewhere slightly unusual to sleep at home. You can sleep on the floor, in a garden shed, in your bathtub... pretty much anywhere, just as long as it's not your bed.

Funds raised will support the work of the Church Urban Fund, a social action charity working through local partnerships with communities across England. Our networks offer help and support to people who need it the most in a number of different ways, including through community initiatives, church social action and financial equality programmes. **To find out more about the work of the Church Urban Fund and how the funds raised by the Rough Sleep In Challenge can make a difference, check out page 8.**

# Next Steps for your ROUGH SLEEP IN

You've already registered your event, which means you're well on your way to planning your challenge. You probably have a date and an idea for your Rough Sleep In – here are your next steps:

## **1. Choose your resting place**

Get inventive! Previous participants have slept in garden sheds and garages, and some creative people have transformed their spaces into Christmas 'stables' to sleep in for the night. You can still choose to Sleep Out, as long as you do so safely and in line with your local government Covid guidelines.

## **2. Create your Fundraising page**

Creating a fundraising page on Just Giving will make it easy for your friends and family to sponsor your Rough Sleep In online. Instructions for joining Just Giving were in your welcome email, but if you need a hand just email us at [hello@cuf.org.uk](mailto:hello@cuf.org.uk)

## **3. Invite your friends to join your challenge**

You can download digital fliers from our website to help you share the news about your Rough Sleep In with your friends, family and social media community – get as many people as possible taking the challenge with you!



#### **4. Get Organised**

There are lots of shapes Rough Sleep INs can take – even at home! Will you be indoors or are you lucky enough to have a garden? Will you video call your friends and make it a virtual party? Will it just be the one night or are you aiming for something more extreme? Everything you need to get organised should be here in your hosts pack or can be downloaded from the resources section of the website. If you need any extra tips or support, just contact the Rough Sleep IN Challenge team.

#### **5. Start fundraising!**

Make sure you have set up your own fundraising page and set your fundraising target. We encourage you to aim for a minimum online sponsorship target of £100. To help keep you safe and encourage social distancing measures, we have not provided paper sponsorship forms.

**We encourage you to collect your donations online via the Just Giving platform.**

# Putting the FUN in Fundraising



**The Rough Sleep In Challenge is all about having fun whilst stuck at home and...** of course, raising lots of money so that Church Urban Fund can make a difference in the lives of the poorest in our communities.

**Start your fundraising by emailing a link to your supporter page to your friends and family or posting it on social media.** We're asking everyone to aim for a target minimum of £100.

**That's only 10 donations of £10 each!**

**Spread the word about what you're doing using the Rough Sleep In Challenge digital poster –** You can share this via social media, email or your website to let people know that they can join in at home or sponsor you. If you want to spread the word more widely, why not print a poster to stick to your window!



## **Don't wait till the last minute, there are lots of ways to start fundraising before roughing it for the night:**

**Get Silly:** Offer the highest sponsor the chance to choose where you will sleep rough! You could offer a prize to the wackiest suggestion.

**Dress to Impress:** Give your Rough Sleep In a fancy-dress theme. Everyone uses a £1 online donation to vote for the best dressed!

**Make it a digital party:** You could set up a digital meeting space and organise fun activities (pub quiz, charades) for the night. You could ask for a £10 donation to attend.

**Skill up:** Do you have an awesome skill that you could share with others through an online lesson or workshop?

**Declutter:** Spending so much time at home is a great opportunity to work through the clutter. You could sell clothes, CDs, DVDs, homewares and donate the money to your challenge.

**Oh Christmas Tree!** Start off with a bare Christmas tree and get everyone to 'sponsor' a decoration so that by the end of the evening your tree looks twinkly and magnificent.

**Sing for Your Supper:** Have you got a musical talent? Go live through Instagram or Facebook live and ask those who join you to make a donation to your Just Giving page.

**The Business:** Ask businesses to match funds raised on the night or make a corporate donation.

If you've got any of your own great fundraising ideas, don't forget to share them:

**#roughsleepinchallenge**

# Big challenge. Best rewards.

The Church Urban Fund believes that the best solutions to today's challenges come from strong communities. That's why we work through local partnerships to support and deliver social action projects and enable local churches to respond to issues in their communities.

Through our networks, we know that the biggest challenges facing communities today are debt, homelessness, isolation, food poverty and mental health.

One way that the Church Urban Fund is responding to local needs is by facilitating one-to-one, relational support through the Positive Pathways program. In the past five years, over 350 people have accessed this personal support network, as well as a unique range of courses focused on personal development, skills acquisition and wellbeing. In addition, generous people like you have

supported hundreds of projects which tackle inter-connected issues such as debt, mental illness and offer refugee or asylum seeker support.

This year, we are all facing the additional challenges brought about by Covid-19. That's why we need your support more than ever, so that we can expand our Positive Pathways work to areas like London and support a unified, faith-based response to homelessness amidst Covid-19.

The ethos of Positive Pathways is to offer whole person solutions, much more than just a bed for the night. This kind of support is deeply transformative and gives more people a chance for renewed hope and an opportunity to live life in all its fullness.

**our amazing support of the Rough Sleep IN Challenge will support the work of CUF and our networks wherever the need is greatest.** To read about how Paula's life was turned around through the work of Positive Pathways go to page 8 opposite

# Hi, I'm Paula.\*



## Happy. Settled. Hopeful.

Paula was evicted illegally from her home and lived in a tent until she was cared for by the Together Network in Bradford – one of the Church Urban Fund's core networks. **This is her story...**

Paula was struggling to pay her rent and was evicted from her home in the middle of winter. She was feeling very low but was adamant that she wanted to find work rather than claiming benefits.

Together Network workers helped Paula to gain confidence as a Positive Pathways volunteer. Paula thrived in this role and found a sense of purpose in helping others. When Covid-19 hit earlier this year, Paula was offered a paid role with one of our network partners, giving her paid and settled employment. Now, Paula is happy because she is doing what she loves best – giving back to the community.

\* Names and images have been changed to protect anonymity. This account is a true testimony from a beneficiary of a project supported by Church Urban Fund's Together Network.

# Staying safe and legal

**Taking part in the Rough Sleep IN should be challenging – but also safe and enjoyable, so please read this booklet carefully and follow these guidelines.**

Please follow the following guidelines:

- Check the insurance for the venue provides cover for people sleeping overnight.
- Carry out a risk assessment on the place where you will be sleeping and any activities you might be doing at home.
- Access to a telephone is essential in case of emergencies.
- Make sure there is a first aid kit and first aider present on the night.
- Only invite people you know to any video calls or online chats. Do not issue an open invitation e.g. via social media giving out your home address or any personal details.
- If under 18s are participating, please ensure they are appropriately supervised at all times, especially if you are engaging online.
- Get consent: if you are taking photographs of your Rough Sleep In to share with us and on your social media, please make sure you gain written consent first. This is especially important if you are photographing children. The Church Urban Fund will assume that consent has been given for any photos that are sent to us, and these may be used on our website, social media accounts and in publications.



# Are you ready?

**The list below will help to ensure your Rough SleepIN Challenge is a great success.**

- Register your event at:  
[www.justgiving.com/campaign/roughsleepin](http://www.justgiving.com/campaign/roughsleepin)
- Set up your Fundraising page
- Invite others to take part
- Share your fundraising link and ask people to support you
- If using a venue check insurance and find a copy of your liability insurance
- Take a look at the resources available online
- Decide on activities
- Stock up on food and drinks
- Complete a risk assessment
- Organise any extra fundraising ideas
- Double check emergency contact numbers
- Get parental permissions for under 18s
- If necessary, ensure DBS checks have been completed
- Gather activity resources and props
- Make sure any online participants know what to bring and do
- Identify a First Aider and locate a first aid kit
- Use **#roughsleepin** with any social media activity
- Submit the funds you raise via your Supporter page or by sending them to us
- Share your experience with the Rough Sleep In team

Don't forget to email [hello@cuf.org.uk](mailto:hello@cuf.org.uk) if you'd like any guidance.

# Top tips from us:

**1. Have fun!**

**2. We're here for you! Get in touch if you need anything.**

**3. Be proud! We are so grateful for all you do.**

**Your gift will be used to support the work of CUF and our networks, wherever the need is greatest.**

**If you would like to change how you hear from us please get in touch using the contact details below**

Your Privacy Matters to Us: Church Urban Fund and its subsidiary charities, including the Together Network, Near Neighbours and Just Finance Foundation, promise to make all reasonable efforts to keep your data secure. We do not make your personal details available to anyone not directly working on our behalf. We will only use your details to provide you with information you would reasonably expect or have agreed to. You can withdraw your consent to us using your data at any time by contacting us on the details given above. If you would like to know more about your data protection rights and how we process your data, please read our full Privacy Policy at [www.cuf.org.uk/privacy-policy](http://www.cuf.org.uk/privacy-policy). We cannot accept regular donations from children under the age of 18. For guidance and support on fundraising involving children, please contact us directly.



**#roughsleepin**



## **Church Urban Fund**

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