

Your Step-by-Step Guide To Taking Part

SUPPORTING HOMELESS SINGLE ADULTS IN ESSEX

CHES Homeless BIG Sleep OUT

FRIDAY | 15 | OCTOBER | 2021

To be held in the grounds of
**Felsted School,
Felsted, Essex**

Registration:
6pm onwards
Evening Opening:
7.30pm



OPENING DOORS TO
INDEPENDENCE

Included in this Pack:

- All you need to know about taking part
- How to set up an online fundraising page
- Fundraising Hints & Tips
- Health & Safety Guidance

Thankyou for registering for the 2021 CHESS BIG Sleep Out!

For many years our annual SleepOut event has been held at Chelmsford Cathedral. With the past year being a year like no other our SleepOut will also look and feel different. Our hosts for the event are Felsted School, Dunmow who have generously offered part of their grounds to use for the night. We are excited and grateful to have them involved in an event that benefits the homeless in Essex.

We need to raise funds that have been lost during the pandemic. With events being cancelled our Sleep Out is a way to do that, to experience sleeping rough but also have some fun in the process.

By taking part you may not really get to experience what it's like to be homeless, but you will become more aware of the challenges that a homeless person faces, and the money you raise will make a huge difference to the services we can offer to those that need us.

Homelessness can happen to anyone, at any time, and for a variety of reasons. It is a lonely and frightening experience. At CHESS we believe that everyone should be given a second chance and a safe and stable home.

This pack contains tips, guidance and advice on how to take part in this event and how to fundraise. We want this to be a successful and meaningful experience for you, but it should also be fun and is now also something that you can enjoy with your family and friends! Remember we are here to help so don't hesitate to get in touch with any questions.

Thanks again for choosing to support CHESS Homeless. **Good Luck!**

CHESS BIG SleepOut 2021 will take place in the grounds of Felsted Prep School, Braintree Rd, Felsted, Dunmow CM6 3JL

There is parking available for the duration of the event.

Stay Connected



@chesshomeless



@chesshomeless



@chess.homeless



CHESS Homeless

Hodgkinson House, 200 New London Road,
Chelmsford, Essex CM2 9AB

T: 01245 281104

E: fundraising@chesshomeless.org

W: www.chesshomeless.org

Why Support CHESS Homeless?

CHESS Homeless is a charity supporting vulnerable single adults in Essex who, for a variety of different reasons, find themselves homeless.

CHESS seeks to ensure those that find themselves homeless in Essex are supported in ways that enable them to move forward purposefully and in good health.

With our dedicated staff, volunteers and trustees we offer a step by step provision that helps people regain control of their lives and where possible move people on to live independently. Across our 11 properties we can currently accommodate up to 55 individuals.



The Shelter, Chelmsford

The first step to independence is to access our Shelter. Here we can support up to 4 single homeless adults, providing them with a roof over their head, food, hygiene, laundry facilities and one to one support, training and counselling.

Following on from the Shelter we have The Annex. Here individuals receive their first key to becoming independent. They continue to work with their Support Worker on our programme and if needed, they are sign-posted to outside agencies. They then move into one of our move-on properties when they are engaged, more settled and either actively working, seeking employment or back into further education.

Everyone's story for becoming homeless is very different and there are many contributing factors as to why this may happen. CHESS believes that everyone deserves a second chance and it is only through the support of generous individuals, organisations, trusts & grants and groups in the local community that we can continue to provide the service we do.

How could your fundraising impact the lives of those who find themselves homeless in Essex?

£5 goes towards hot meals and drinks

£10 goes towards welfare and counselling to help individuals move on positively

£20 goes towards costs to stay at the shelter



The Impact Your Money Makes

Keith stayed at CHESS for 11 months. He has recently been re-housed into his own flat and sent us this lovely thankyou.

“Due to the breakdown of my marriage I was left homeless and actually living in my car. I was at my lowest I have ever been. With nowhere to turn to I called the Samaritans, who put me in touch with MIND, who then put me in touch with CHESS.

You didn't have a bed for me at first but you gave me a hot meal, shower and a chance to wash my clothes on many occasions. Then I had a call to say you had a room for me. *This was the point in my life that everything started to change.*

I now have a fantastic place that I can call my own and most of all a place where my son can come and stay. This as you know means everything to me.



Keith wishes to remain anonymous

Because of your continuous help, support and encouragement I am now looking for a full-time job. Because of your help I have worked for the Royal Mail on different occasions and am now volunteering for the NHS during these unprecedented times with COVID 19. **This time last year I was homeless and thinking the very, very worst. Now look at me!!!**

I can never thank you enough and the rest of the team at CHESS for what you have done for me. I dread to think where I would be now if it wasn't for you guys.”

Step by step – how to take part

1

Sign up at
[chesshomeless.org /](http://chesshomeless.org/)
bigsleepout

2

Download the
Information Pack

3

Set up a fundraising
page, share the link on
social media and with
friends & family

4

Make sure you have
the right equipment
to take part

5

Share your
fundraising
journey and stay
active on social
media!

6

Sleep Out

7

Post your pics on
social media
using
#bigsleepout

8

Send us
the money you have
raised

(if you didn't use an online
page)

Be Prepared – you will need....

- Warm clothing and waterproofs – lots of layers!
- Tent (if you feel you need one)
- Hat and gloves
- Sleeping Bag/blankets
- Possibly roll mat/cardboard to sleep on
- Suitable footwear for the weather conditions
- Torch
- Snacks



Raise awareness about your event!

- **SOCAL MEDIA:** If you use Facebook, Instagram or Twitter, post about the Sleep Out using **#bigsleepout** and ask people to share the page. Make sure to share a link to your Fundraising Page on any posts
- **Tell family & friends** what you are doing & why
- **Tell your workplace colleagues**, perhaps send an email around asking them to sponsor you
- **Let your school know** you are raising funds for CHESS - they may want to sponsor you

Get your
BIG SleepOut
noticed

Online Sponsorship

There are various online platforms you can use to raise money that gets paid direct to the charity. For example: **Justgiving** www.justgiving.com/chess-homeless

Virgin Money Giving www.uk.virginmoneygiving.com

It's easy to use:

- Register yourself and create a page telling people what you are doing and why. CHESS Homeless are registered on both of these sites for you to select as the charity you are raising funds for. You can then send them a link to your page or include it in any social posts so people can donate direct.
- Registering is free and only takes a few minutes.
- It provides a secure, easy to use way for people to raise money for the charity of their choice.
- Your sponsors can stay up to date with your target.

Good old fashioned style of fundraising!

If you aren't able to create a fundraising page online, simply download our Sponsorship Form from the SleepOut page and collect donations that way.

Once you have completed your SleepOut you will have to collect the money and send it into us at: **CHESS Homeless, 200 New London Road, Chelmsford, CM2 9AB**

Or money can be paid direct into our bank account:

Cooperative Bank plc A/c No: 65107375 Sort Code: 08-92-50

Account Name: CHESS Homeless R/C 1093901

Please use the reference **bigsleepout** and the fundraisers name



There will be some activities arranged on the night with some special guests paying a visit.

You will be able to buy hot food and drinks for a donation but please don't bring anything of great value with you.

You can participate in the Homelessness Quiz with prizes for the winning team.

You will learn more about CHESS Homeless and the partners that we work with.

Most importantly - enjoy the evening and let's raise some funds for a fantastic cause!

On The
Night

Post lots of pictures of the event and your fundraising achievement using **#bigsleepout**

Leave your fundraising page open for at least 2 weeks after the event to allow for last minute contributions.

Finally UPDATE and THANK all who gave to the cause and remind them of the difference they have made to lives of the homeless.

Send any offline sponsorship and forms to **CHESS Homeless, 200 New London Road, Chelmsford, Essex CM9 2AB** or make a payment direct to your bank (**details above**). Please include your name and if you want us to send a thank you letter. Please do not send cash in the post.

After
the Event



We want you to enjoy this event but there are some rules that need to be adhered to. Full details can be downloaded on the CHESS Big SleepOut webpage www.chesshomeless.org/bigsleepout

- Over 18's are welcome if accompanied by an adult.
- Please do not bring valuables as we cannot be held responsible for their safekeeping.
- No Alcohol should be brought onto or consumed on the premises.
- If you are under 18 please ensure any social media activity has been monitored by an adult.



If you have any questions about this event, about fundraising or anything else do please get in touch with us - we would love to help you. Contact us at fundraising@chesshomeless.org or on **01245 281104**.

We look forward to seeing you there and having a successful event!

