

Frequently Asked Questions

How do I Register?

Registration is £12 per person. However, Early Bird tickets are available for just £10 until 1st March 2019 so sign up now! [REGISTER ON EVENTBRITE.](#)

Are there age restrictions?

There is no minimum age limit but anyone under the age of 18 will need to be accompanied by a parent or guardian. Anyone under the age of 18 must also download and complete a [parental consent form](#) and return this to admin@stonepillow.org.uk no later than Friday 10th May 2019.

There is no upper age limit but it is your responsibility to ensure that you are healthy enough for sleeping out overnight. If in doubt, please take advice from your medical practitioner.

What about fundraising?

We encourage participants to set themselves a target of £250, it would be fantastic if everyone could hit this target. We've got lots of ideas and materials to help with fundraising and are on hand to support you to reach your target. Every penny you raise will go directly towards continuing to provide essential support to homeless people in the Chichester, Bognor and Littlehampton area.

Set up an online fundraising page via [JustGiving](#).

We're planning on joining as a team, how does that affect our fundraising?

If you are joining as a team you are welcome to combine your fundraising target. For example if you are a group of 5, you can set your target as £1,250

What about gift aid?

If you're a UK taxpayer, Gift Aid increases the value of your charity donations by allowing charities to reclaim the basic rate of tax on your gift at no extra cost to you. That's a whopping 25p for every £1 you give. Please ensure that anyone who sponsors you who is a UK taxpayer ticks the gift aid box!

What happens at the event?

The event does not aim to replicate homelessness, but it will give you a small insight into some of the harsh realities of rough sleeping. Registration takes place from 4:00pm followed by the big build of cardboard shelters. This is followed by the official judging and award of 'Best Shelter', a BBQ and evening of entertainment for all our participants.

Where will I be sleeping?

The sleeping area is located on the football pitch. In the unfortunate event that it rains, the quality of your shelter will be put to the test! In severe weather conditions, the stalls will offer additional shelter. Lights will be switched off at 11:00pm - if you are unable to sleep, please be considerate of others who may be sleeping nearby.

Will I be safe?

We have policies and procedures in place to ensure the safety of everyone involved. All activities will be fully supervised and take place within the football club's grounds. Security will be on duty throughout the night, making regular patrols and ensuring the safety of everyone on site.

**What should I bring?**

Cardboard will be provided for you to sleep on and build your shelter with. Please bring a warm sleeping bag or duvet to keep yourself warm when sleeping and a sleeping mat, pillows and a torch. Also bring lots of layers of extra warm clothing, as well as a couple of pairs of socks, hats and gloves as the night may get very cold so you will need to wrap up warm!

We will be providing an evening meal for participants, but you are welcome to bring your own snacks in case you get peckish during the night. We strongly advise you do not keep money or valuables in your shelter overnight.

If you take regular medication or might need emergency medication like inhalers, tablets, epi pens, please remember to bring them with you. We will have qualified first aiders on hand in the event of an emergency.

Who will be there?

The event is open to anyone who would like to fundraise and sleep out, however only registered participants may take part. There will be around 120 people sleeping out in total, and you will find it is a great event to meet like-minded people. If you are a solo participant we will do our best to ensure you are introduced to other participants at the start of the event (if you wish).

Do I have to be fit to take part in the event?

The event is not extremely physically demanding but sleeping conditions can be uncomfortable and the temperature may be very low. If you have pre-existing medical conditions which you think may affect your ability to take part, please check with your GP before registering for the event. Fully qualified first aiders will be on site at all times.

Will there be food and drink available?

We will provide a meal in the evening as well as hot drinks throughout the night and a light breakfast in the morning. We advise you to eat a meal before you arrive, and you are welcome to bring snacks and bottled water with you for the evening. The event will be a dry event and so we respectfully ask that you do not bring alcohol with you.

Where is the nearest station?

The venue is about 10 minutes' walk from Bognor Regis train station and there are bus stops on Nyewood Lane.

Is there parking at the event?

Parking is limited at the venue however you can park on the residential roads surrounding the football club.

Can I bring animals to the event?

No animals or pets may be brought to the event, with the exception of guide dogs.

Terms & Conditions

Only registered participants may take part in the Sleep Out and all individuals and groups will be required to sign to confirm they have read and understood the [T's & C's](#) when registering for the event.

If we have not answered your question, please do not hesitate to get in touch and ask as many questions as you like! You can contact us on 01243 537934 or email admin@stonepillow.org.uk.