**SU Sleep out Thursday 14th November 2019**

**The aim of the Sleep out is to raise a minimum of £1,000 for Turning Tides, our local Worthing charity looking to end homelessness.**

**We have set up a Just Giving page for everyone to use so if you’re taking part please share with family and friends so they can support you.**

<https://www.justgiving.com/fundraising/worthing-college>

**Please make sure you have a parental consent form submitted by Wednesday 13th November. You won’t be able to participate without one.**

1. Arrive at The Sealight Theatre at 8.00pm. Build shelters and set up sleep area.
2. Sleep out commences at 9.30 pm when security leaves the site and 6am when security returns to the campus.
3. **Emergency staff contact and phone number is Anne Pithie 07810 545229**
4. There will be a communal breakfast in the East Café at 7.30am. Showers are available by the gym or in the changing room block
5. All participants are asked to act responsibly being aware that people may be tired and sensitive to sleeping out for the night.
6. No alcohol should be brought on site and smoking will not be permitted.
7. All participants are expected to help breakdown their shelters and tidy away any rubbish using the bins provided.

**Thank you in advance for your help in making this a safe and successful event.**

**Do**

* Bring warm clothes and waterproofs-layer up
* Cover extremities: hats/scarf/gloves/layers of socks
* Bring food/drink
* Bedding: Sleeping bag/pillow/blankets
* Shelter: cardboard boxes/plastic sheet/bin bags/newspapers/torch
* Use ear plugs if you want to sleep (noisy people or trees in the breeze)
* Equipment:-wash bag/clothes/make up and books for lessons if not going home first.
* Eat breakfast before going home or to lessons

**Don’t**

* Order pizza delivery!
* Bring naked flames: gas lights/cooking/
* Bring alcohol
* Set off an alarm
* Keep those awake who want to sleep, including near residential neighbours
* Stay up all night if you have lessons the next day!