

The BIG PNE Sleep Out guidelines

These are for your information and safety and to ensure the event is successful for all participants and is perceived as a success by sponsors and supporters.

What are the times for the event on 15th November?

Access to the Fulwood (Kop) end of the Deepdale stadium will be from 7 pm.

Everyone must be in the stadium by 9pm latest. The sleep out concludes at 7am on the Saturday morning and we would want everyone to have left by 8.30am. 'Lights out' will be from midnight and we would ask people to remain quiet after this time.

Can I park my car at the stadium?

Yes, the car park on Deepdale Road facing Moor Park will be open.

Can I bring my bike?

Push bikes would need to be brought into the stadium and it would be your job to store them safely.

What will happen when I arrive?

There will be a registration desk where you'll need to check in and confirm you are on the list of participants. The organisers reserve the right to refuse to admit anyone or to ask you to leave the sleepout if your conduct or demeanour is likely to disrupt the event.

There will be a welcome presentation by the organisers to greet participants. Organisers will be available to give advice on how to make the best of sleeping 'rough' on the indoor concrete concourse.

What do I need to bring with me?

Weather can be variable so check the forecast beforehand. However you'll need warm clothes to arrive and depart in, plus clothes to sleep in. Bring a warm sleeping bag and BIFFA will supply the cardboard to lie on.

Will there be refreshments?

Heathcotes, the caterers at North End, will provide a hot drink on arrival and a hot sandwich at breakfast. There will be a small charge with all proceeds going to the Sleep Out. You may wish to bring a flask, bottle of water and snacks. Water will be available from the taps in the toilets. Please don't bring anything too valuable since you will be responsible for ensuring its safety. There won't be charging facilities for electrical devices.

Can I bring alcohol and/or recreational drugs?

No. The Sleep Out is designed to highlight the nature of rough sleeping and your sponsors are donating because you are sleeping rough. The event isn't a party and we need to keep everyone safe.

Will there be any restrictions on grounds of disability?

No, although we would ask that you notify the organisers of your situation and needs.

Will there be a certificate to confirm attendance and participation ?

Yes, this will be provided on the Saturday morning before you leave. This can be used to confirm to sponsors that you have successfully completed the sleep out.

Do I have to use the online Total Giving system to raise my £100 minimum sponsorship?

No, a paper collection form is available from The Foxton Centre website at <https://www.foxtoncentre.co.uk/fundraising-resources>

What advice can you give about fund raising?

Ask your family, friends and workmates to sponsor you. Also, you can raise money through activities. For example, make cakes and sell them, organise a raffle with donated prizes, hold a sporting activity with a small charge for participating. There are lots of ideas on our website at <https://www.foxtoncentre.co.uk/wp-content/uploads/2018/11/50-ideas-infographicindd.pdf>

Is there a deadline for registration or can someone just turn up on the night?

The registration deadline is 1st November.

Are there any age limits for participation?

The PNE safety officer has stipulated that all participants should be aged 18 or over.

When do I need to have completed my fundraising?

Some sponsors are happy to donate in advance, others will wait till after the event. All monies paid into the Total Giving site are recorded on your fundraising page and paid directly to our bank. Any money collected using the sponsor sheet must be brought to The Foxton Centre by 23rd December 2019 where you will be given a receipt. Any cheques should be made payable to The Foxton Centre 50 (PBSO).

Any other questions, please send an email to Foxton50@foxtoncentre.co.uk.

A copy of these guidelines will be posted on the website and updated as required.