



Hello,

Thank you for your interest in supporting the Soup Kitchen! Established in 1986, the Soup Kitchen is a resource for the homeless, elderly, lonely and vulnerable in London. We are a secular organisation providing free nutritious meals, clothing, toiletries and a sense of belonging to nearly 150 people each day. We recently launched Europe's first-ever on-site mental health drop-in centre within a soup kitchen to address our guests' mental health needs. With the help of hundreds of volunteers each year, we aim to provide a nourishing meal in a safe and warm environment that welcomes everyone.

We do not receive any government assistance and are entirely privately funded. We depend on a combination of private and corporate donations, grants and trusts to feed & support our homeless friends. The pandemic has heightened the many crippling aspects of homelessness that no one should have to endure. Thankfully, because of our incredible supporters, we've been able to provide an uninterrupted, critically needed service.

We are currently receiving an influx of offers to volunteer and we may not have availability for group volunteering until the new year. In the meantime, we want to offer an alternative means of showing your support through our 'Sleep Out at the Soup Kitchen'.

The Sleep Out is an excellent opportunity for us to show our solidarity with rough sleepers. Participants will gather at our centre on Tottenham Court Road in the evening and spend the night sleeping outside in our secured courtyard. It is important to recognise that the goal of this event is not to replicate what it's like to be homeless. Instead, we hope it will give you a glimpse into the reality and challenges rough sleepers face each night. Suffering the cold and discomfort of the evening and the struggle to carry on the next day with very little sleep is only a tiny part of it. If you are interested in taking this challenge one step further, you can invite friends and family, including kids, to join the Sleep Out.

We hope your organisation can use the Sleep Out as a sponsored event involving as many employees as possible. We encourage all participants to set a funding goal & register for the event on JustGiving or a similar platform. Many companies use this as a team-building exercise and donate their sleeping bags and blankets after completing the challenge. We always need general funds and anything raised from the Sleep Out would be very helpful.

We hope we can get you involved this way for now and we look forward to welcoming you in to do some hands-on volunteering soon. If you have any questions or need any guidance, please let us know. Thank you again!

Warm Regards,

Alex

Alexander Brown
Director
The Whitefield Charity SK Corporation

