

Hello,

Thank you for being so interested 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 150 people daily. 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 provide a nourishing meal in a safe and warm environment that welcomes everyone.

The Sleep Out is an activity we started years ago and an excellent opportunity to show solidarity with rough sleepers. We'll set a date that works with your schedule and your team will gather in the evening outside our centre on Tottenham Court Road. A wonderful staff member will bring you inside and tell you more about our organisation. After that, we'll have an opportunity to answer any questions you have and enjoy a few light snacks & drinks. Later in the evening, you'll find a place to sleep outside in our secure courtyard to spend the night. Your team will have access to toilets and a warm indoor space, should you need it, but we encourage participants to remain outside if possible.

It is essential to recognise that the goal of this event is not to replicate what it's like to sleep rough. Instead, we hope it will give you a glimpse into the reality and some of the challenges our homeless friends face each night. Suffering from the weather and discomfort of the evening while struggling to carry on the next day with very little rest is only a tiny part of their day. Because we're in a secure outdoor setting, friends and family, including kids, can join the Sleep Out.

We can comfortably fit about 40 members of your group in our courtyard and hope you can use this as a sponsored event. We encourage you 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 would be extremely beneficial, especially with the current economic environment.

The Sleep Out promises to be memorable! Thank you again and please let us know if you have any questions or need guidance.

Warmest regards,

A handwritten signature in black ink, appearing to read "Alex".

Alex