

Sleep Out

24/25

Hello,

Thank you for being so interested in supporting the Soup Kitchen! Since 1986, Soup Kitchen London has been a valuable resource for the homeless, elderly, lonely and vulnerable. We are a secular organisation providing free nutritious meals, clothing, toiletries and a sense of belonging to nearly 200 people daily. In 2019, we 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.

As an entirely privately funded organisation, we depend on individual and corporate donations, as well as grants and trusts, to support our guests. The current economic environment has heightened the many crippling aspects of homelessness and food poverty that no one should endure. Thankfully, because of our incredible supporters, we've provided an uninterrupted, critically needed service for four decades.

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 suits your schedule and your team will gather at our centre on Tottenham Court Road in the evening. One of our colleagues will tell you more about our organisation and the people we support. We'll have an opportunity to answer any questions you have and enjoy a few light snacks and drinks. Later in the evening, you'll find a place to sleep outside, but in our secure courtyard to spend the night. Your team will have access to toilets and warm indoor space, should you need it, but we encourage participants to remain outside if possible. The event typically runs from 19:00 to 07:00

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 our homeless friends' challenges 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, family, and children can join the Sleep Out.

We can comfortably fit about 40 members of your group in our courtyard and we hope you can use this as a sponsored event. We encourage you to set a funding goal and 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.

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

Warmest regards,

The Soup Kitchen London Team