SLEEPOUT FAQ

FRIDAY 4th December 2026

We love because
He first loved us.
(1 John 4:19)

What is the purpose of the Sleepout?
This is not about replicating homelessness. Firstly it is about raising awareness of the injustice of someone having to sleep on the street. Secondly it is to raise vital money for the work of GrowTH, which provides a night shelter for seven months of the year with resettlement support and supported housing.

How can I raise sponsorship?
You are welcome to set up your own fundraising page on any platform you prefer. We use Big Give this year to collect all of the sponsorship money raised.

When should I arrive on the day?
The event begins at 8pm. Please do aim to arrive on time to enjoy the full experience of the evening. On arrival, please report and sign in with the GrowTH staff.

What is planned during the evening?
There will be a simple dinner served outside during the evening, along with hot and cold drinks. After dinner, we will hear from some previously homeless guests about their experience of rough sleeping.
There will be breakfast on the Saturday morning in the barge, with time for reflections and feedback.

Where will I sleep?
Participants will sleep on either the grass or paved areas outside the church, on the north and east sides of the building, near the crypt entrance. We will provide cardboard to sleep on. The crypt will be open throughout the night for toilets and drinks. The gates of the church grounds will be locked at 9pm.

What do I need to bring?
It is very important to come prepared for the cold and/or wet conditions. We recommend that you bring: preferably, a 3 season sleeping bag with a hood; sleeping mat (either foam or air); waterproof cover (bivvy bag, tarpaulin) as this will keep off rain and condensation; pillow; several layers of warm clothes (e.g. leggings, waterproof coat, good shoes suitable for the outdoors (especially for wet and cold weather), a warm hat, gloves, multiple socks. (No stereos or tents please).

Will there be refreshments and toilet facilities?
Free hot and cold drinks will be available throughout the event in the church crypt, which will remain open. A hot dinner and hot breakfast will also be served in the crypt. Toilets will be available throughout the night.

What security will be available?
The church grounds will be secure. Gates will be locked at 9pm and a marshal will be awake and on duty throughout the night.

What happens if there is severe weather?
If there are severe weather conditions we will go inside the church building. We are not trying to fully replicate homelessness and want to ensure the safety of all those involved.

What time will the Sleepout finish?
Participants will be awoken around 7am on Saturday 5th December. Following a breakfast and time of reflection, participants will be asked to help tidy their away cardboard beds. The event will formally finish at 9am.

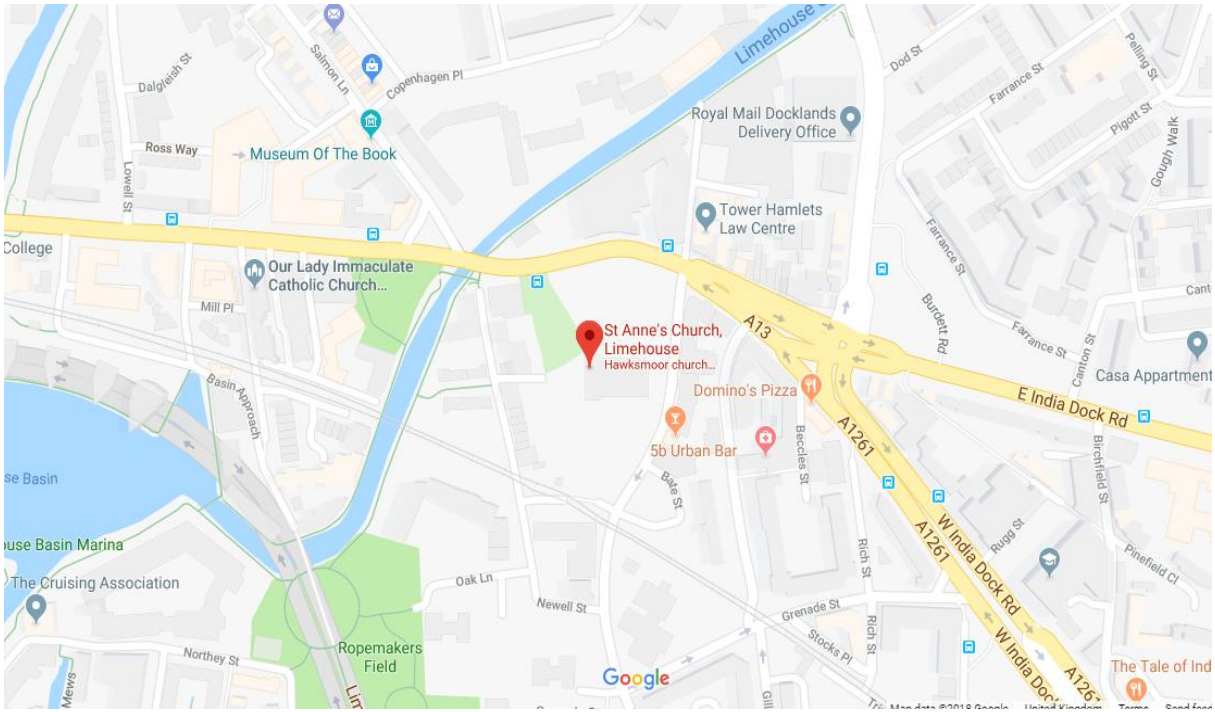
WHERE IS IT?

MAP AND DIRECTIONS

The Sleepout will take place at **St Anne's Church Limehouse**, Three Colts Street, London, E14 8HH.

It is the large, white church visible from Commercial Road. Although there are various gates into the grounds, please enter via the gate on Three Colts Street which is by the back of the church building, where the crypt entrance is.

The nearest stations are Limehouse and Westferry DLR stations.
Bus numbers **15**, **115**, **135**, **D3**, **D7**, **277** and **D6** all stop nearby



Terms and Conditions

All participants registered for this event have agreed to adhere to the following Terms and Conditions:

1. Registration – only registered participants may take part in the event.
2. Fundraising commitment – we suggest a minimum fundraising amount of £250, depending on your means. All money raised will go towards GrowTH. GrowTH is a Registered charity (number 1161226).
3. Personal health – it is your responsibility to ensure you are in good health and able to sleep out overnight at the event. If in doubt, please take advice from your medical practitioner. We strongly advise that you make GrowTH aware of any pre-existing medical conditions before the event.
4. Personal safety and security – participants take part at their own risk. GrowTH cannot be held responsible for personal accidents, injury or loss to third parties. Furthermore, you agree to take reasonable care not to compromise other participants' safety and security.
5. Personal belongings – GrowTH strongly advise you not to bring valuables with you to the event. GrowTH accepts no responsibility for any loss or damage to your personal belongings or loss to personal effects belonging to third parties during the event.
6. Clothing and sleeping bags – please ensure you dress appropriately for the event and bring warm and waterproof clothing with you. You are welcome to bring floor mats and blankets for extra comfort but every participant must have an appropriate sleeping bag to bed down. Please do not bring tents or other forms of shelter as you will not be allowed to use them.
7. Age limits – the minimum age limit for the event is 15 years old. Under 18s may only participate if accompanied by an adult who has already registered to take part in the Sleepout. There is no maximum age limit but participants over 65 are advised to seek advice from their medical practitioner before the event.
8. Animals – no animal or pet may be brought to the event. If you have a registered help-dog please advise GrowTH prior to registering for the event.
9. GrowTH marshals – you must comply with all instructions and directions from the GrowTH marshals or GrowTH staff, GrowTH volunteers or others volunteering on behalf of GrowTH at the event. Failure to do so may result in you being required to leave the event.
10. Media consent – by registering for the event, participants have given permission to GrowTH to use their name, photograph or voice in any advertising promotion or other account of this event, marketing/promotion for future similar events.
11. Cancellation – GrowTH reserves the right to cancel or alter the event without notice. This may be due to unforeseen circumstances that are out of control of GrowTH.
12. Data Protection – we like to keep supporters informed about our work in helping street homeless people off the streets and back into accommodation. Therefore, your details will be recorded and processed in accordance with the requirements of the 1998 Data Protection Act. We will not share your information with other organisations. However if you would prefer not to hear from us please email jacqueline@thisisgrowth.org

Code of Conduct

We kindly ask that you conduct yourself in a manner that is in keeping with the values of the charity and to avoid any actions that may bring the interests or reputation of GrowTH into disrepute. Failure to abide by the following Code of Conduct may result in you being required to leave the event:

1. Alcohol – we request that participants do not bring alcohol with them to the event and that they conduct themselves in an appropriate manner.
2. Drugs – any participant believed to be using or under the influence of illegal drugs will be required to leave the event. If necessary, GrowTH event marshals will contact the police.
3. Smoking – smoking is not allowed in any covered area at the event or in any part of the designated sleeping zone. You must follow the instructions of GrowTH event marshals as to where you can smoke during the event.
4. Respect for others – the sleeping zone is solely for those who wish to bed down and we ask you to please be respectful of participants trying to sleep. The deliberate disruption to other peoples' dwelling, use of obscene language or unruly behaviour will not be tolerated. In extreme circumstances, participants may be required to leave the event.
5. Toilets – participants must only use the designated toilets during the event. GrowTH marshals will direct you to their location.
6. Emergency evacuation – in the event of an emergency you must follow the directions given by the GrowTH even marshals.