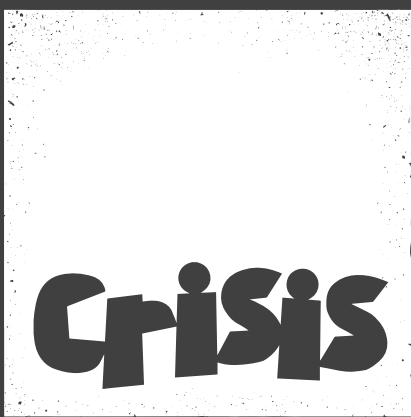




Stay Awake for 24 hours

fundraising pack



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**Together
we will end
homelessness**



Thank you for signing up to Stay Awake for 24 hours.

Whether you've already decided how to spend your 24 hours, or you need some inspiration, this guide has everything you need to make your 24 hour fundraising mission a huge success.

On any given night, tens of thousands of families and individuals are experiencing the worst forms of homelessness across Great Britain. The lack of a good night's sleep has a huge mental and physical impact and is why we won't rest until homelessness is ended. Thank you for joining us.



Share your plans with us!



#CrisisStayAwake

f in

@Crisis



@Crisis_uk

What your fundraising can achieve!

£10 could provide a warm welcome to a Crisis service and help someone take their first steps out of homelessness

£50 could provide someone with the basic essentials they need to settle into a home, such as a kettle, pans and microwave

£150 could provide support, training and equipment to help someone find their way back into employment

£25 could support someone to access volunteering opportunities, helping them to give back to society and gain valuable work experience

£100 could help someone improve their mental and physical wellbeing, building resilience through group sessions and one-to-one psychological therapy

£250 could provide specialist advice and one-to-one support to help someone find a place to call home and leave homelessness behind for good



Giving people the right support



A warm welcome

- a cup of tea and someone to listen
- an initial needs assessment, to see how Crisis can best help
- opportunities to build confidence and meet new people through social activities.

Kemi's Story

Kemi lived with a foster family until she was taken into care at 16. After school she started work and began a relationship, but when she became pregnant her partner asked her to leave and she had no choice but to sleep on friends' sofas and in a hostel. Eventually she was introduced to Crisis and put in touch with a coach – Steve.

Kemi says: "From the first time we spoke, I felt very welcomed and supported. Steve listened to everything I said and took it on board. If I was not feeling well, I could just call and speak to him."

Mental and physical wellbeing

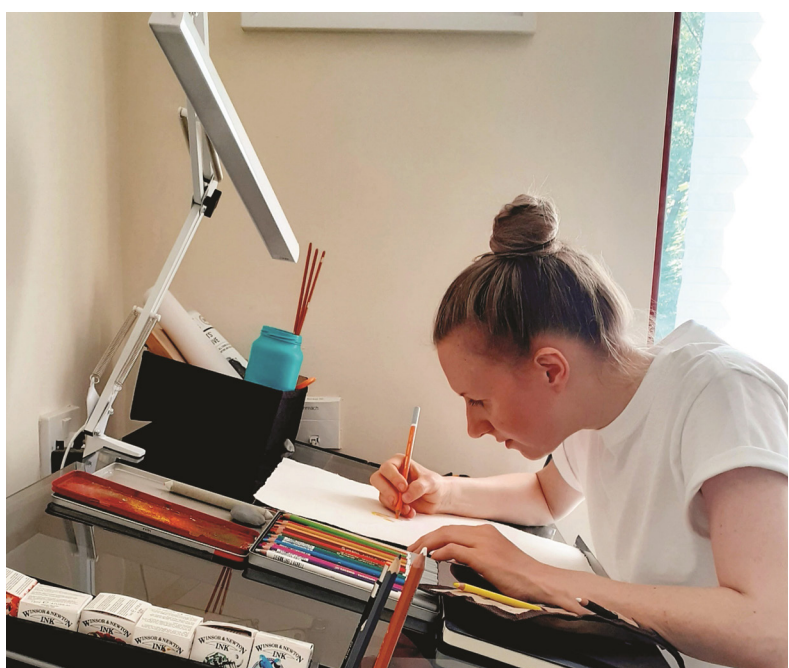
- help people reflect on their wellbeing and start to build resilience
- enable them to access care from the services they need
- provide a space to talk about their experiences and future.



Stephen's story

Stephen became homeless after his marriage ended. He ended up sleeping rough in a public toilet, then a shelter, where he heard about Crisis. We gave him food parcels and a tablet and data, so he could get support and join our drama and creative writing classes.

Stephen says: "It has been a real lifeline. I have had struggles with my mental health. I was totally isolated. It's been fantastic to keep in touch with Crisis over the phone and by Zoom. I've been helping with interviews for a director role at Crisis recently, which was like going from rejection to acceptance and respect."



Learning and skills

- advice on deciding which skills to learn, and how to learn them
- access and support for accredited qualifications like IT, English and maths
- training in practical, employable skills like painting and decorating or cooking.

Laura's story

Laura became homeless when she didn't receive the support she needed after her mum died of cancer. But thanks to coaching and courses with Crisis, she's now a self-employed illustrator and is full of hope.

Laura says: "I've done courses on everything from mental health to finances. My coaches have been amazing with one-to-one support and helping me apply for a grant so I can train to be an illustrator. I know Crisis will always be there for me. I've gone back to the Laura I used to be. It's a beautiful feeling."

A way back to employment

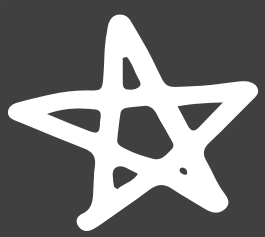
- expert advice on work opportunities and motivational support
- interview practice, work experience and volunteer placements
- grants to help with equipment, tools and course fees.



Stefan's story

Stefan moved to the UK from Bulgaria when he was 15, as his father couldn't accept him being gay. He lived with his aunt, until she lost her job in the pandemic and they were forced to sleep rough for months. Then he found Crisis.

Stefan Says: "I was moved into a hotel and Crisis helped me access benefits and open a bank account for customers with no fixed abode. Crisis helped me find a job in a café. I am enjoying learning lots of new things. Now that I am working, I am hoping the council will find me a permanent place to live."



Fundraising **ideas**

Every penny you raise will help to end homelessness for good. Here are some ideas to get you started!



Sponsorship dares

Why not get people to set you dares in return for sponsorship? £10 to go for a run, £100 to shave your head?!

Bake Bake Bake!

Why not spend some of your 24 hours baking and sell your goods! You could even host a live baking auction on social media.

Get people to sponsor you per hour



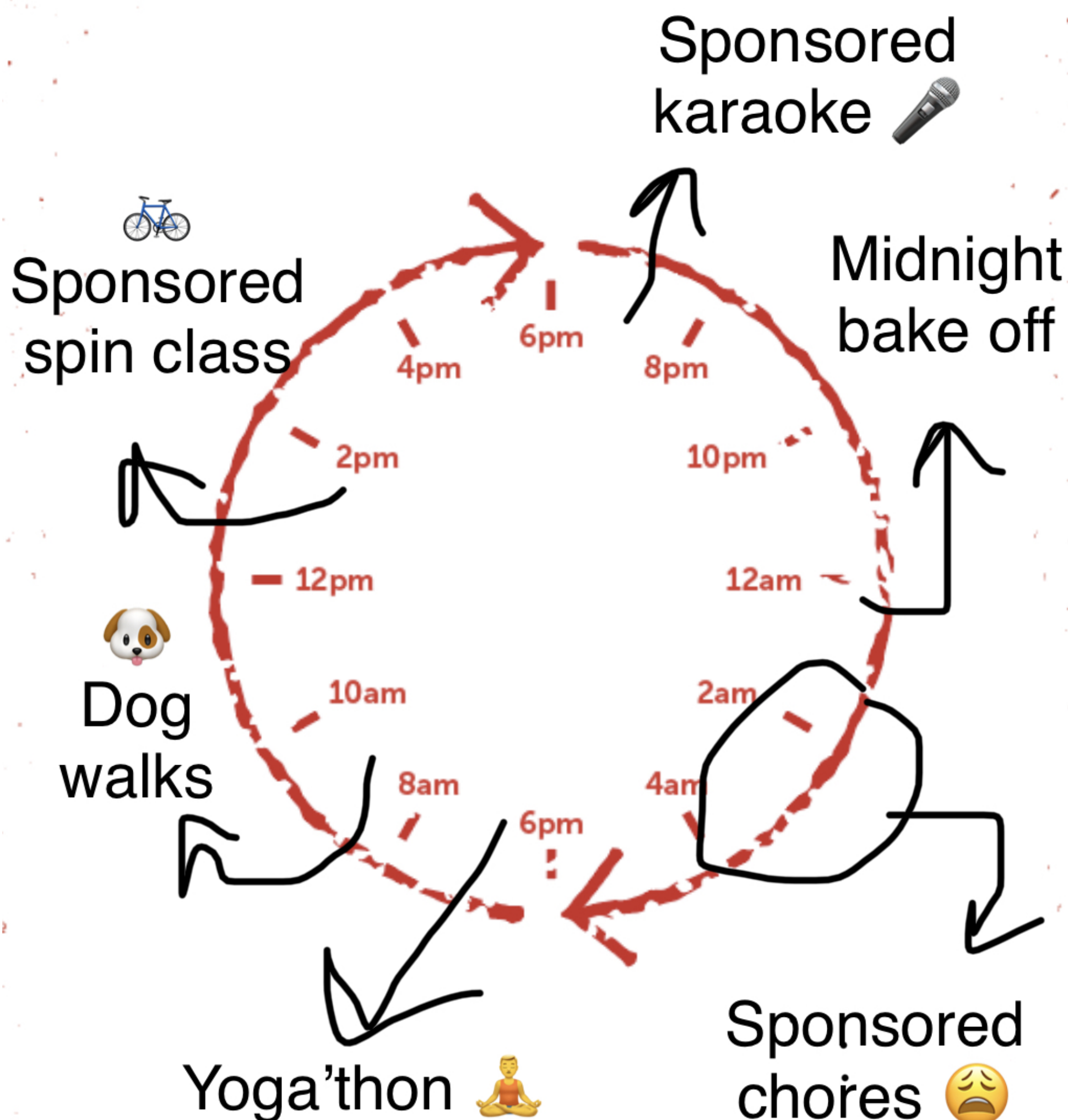
Dedicate your hours to people who sponsor you, 24 hours, £10 an hour, you'll be at £240 in no time!

Chores

Ask for sponsorship in return for doing chores – walk the neighbour's dog, do a spot of gardening, or start up a car wash for your street.

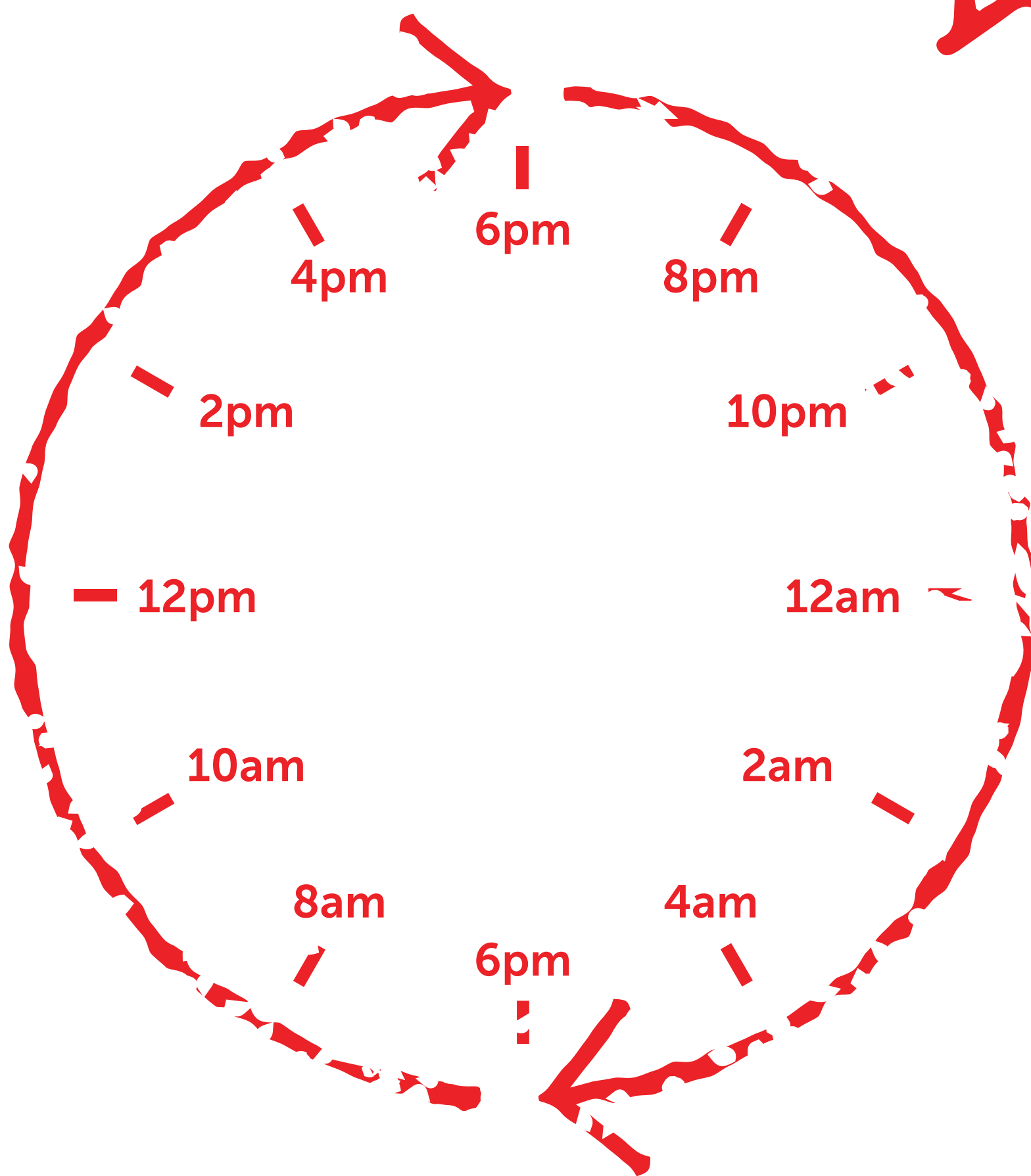


Plan and share your **24 Hours Awake!**



Screen shot the template on the following page.
Add your plans, fundraising page link and share
with your followers across your channels.

My 24 Hours Awake!



Sponsor me @

Sponsor an hour sheet

Please sponsor me to stay awake for 24 hours!
Pick an hour and I'll dedicate that hour to you...

Hr	Name & amount	Hr	Name & amount
1		13	
2		14	
3		15	
4		16	
5		17	
6		18	
7		19	
8		20	
9		21	
10		22	
11		23	
12		24	



Welfare **tips**

Staying awake for 24 hours can have huge impacts on your body, mentally and physically. This challenge should only be done for 1 24-hour burst. Here are some tips to help you through safely.



Before



Make sure you get a good sleep and rest up before your challenge.

Hydration is key, drink the daily recommended intake of water to help prevent feeling sluggish.

Tell everyone about your Stay Awake challenge! Getting support and encouragement from friends and family will give you a well deserved boost.



During

Again, hydration is key. Drinking enough water can give your energy a boost just when you need it.

Fuel from food will also keep you going. Avoid sugary foods that will give you a temporary boost, but can make you crash soon afterwards.

Keep moving! Get up and walk around every hour to give yourself a natural boost.

Try a morning walk or maybe some gentle yoga to keep you going.





Welfare **tips**

Take a shower, or even splashing some cool water on your face can help you feel more awake.

Find some bright lights, and trick your body into thinking it's day time.

Small amounts of coffee can help you stay awake and stay alert throughout the night. Around 4 cups of coffee spread across the day can help with your tiredness and energy levels. But much more than this can have the opposite effect, and even cause feelings of anxiety. Listen to your body and only drink coffee when you feel you need to.



After

Try to plan your 24 hours at a time when you can rest properly the day afterwards.

Get some sleep initially to help you recover – but don't sleep too long! You don't want to change your sleep cycle, make sure you're tired enough for your usual bedtime the next day.





On the **day**

We want you to have fun in your 24 hours, as well as raising plenty! Here are some tips to help you...

1 Decide what time you will start and finish and plan the time wisely, break it up with plenty of chill out time.



2 Share on social media! There's always someone awake! Share your journey and don't forget to post your fundraising page link for some extra sponsors!



3 Take a selfie every hour! Put them together as a little video and we're sure it will raise some smiles.





Collecting the **money**

The easiest way to fundraise is through a JustGiving Page. You should have created one during the sign up process, but if you haven't, now's the time!



We've provided you with images in this pack to share on social media – don't forget to add your JustGiving link when you post them.

If you would prefer to use a paper fundraising form, you can download one here:

www.crisis.org.uk/media/246972/sponsorship-form-1.pdf

And any money you collect offline can be paid in on our website using the online donation form here: **www.crisis.org.uk/get-involved/donate/pay-in-event-money/**

If you prefer, you can also donate over the phone or by post by contacting our supporter helpline:



supporter.helpline@crisis.org.uk

08000 384838



Social media tools

Make sure everyone knows that you are staying awake for Crisis. Download and share our social media tools.

www.crisis.org.uk/get-involved/fundraise/stay-awake-with-crisis/

