



INFORMATION GUIDE

**Australian Institute of Sport Track and Field
Leverrier Crescent, Bruce ACT 261**

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Communities@Work



St Vincent de Paul Society
CANBERRA/GOULBURN
good works

The Canberra Community Sleepout is a partnership between
Communities@Work and St Vincent de Paul Society Canberra/Goulburn

**Thanks for getting involved in the
Canberra Community Sleepout.**

**This guide includes everything you
need to know about joining the
Canberra Community Sleepout,
raising awareness about
homelessness, and raising essential
funds for the work of Communities@
Work and St Vincent de Paul
Canberra/Goulburn.**



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Why get involved?

Every night in Canberra, nearly 2,000 people are homeless, giving our capital city the 2nd highest homelessness rate in all of Australia. Sadly, half of Canberrans who seek emergency housing each night are turned away. By curling up in our sleeping bags for one night, we are creating greater awareness of this issue and raising funds for two key purposes:

- To assist with intervention programs for those in our community who are at risk of being homeless,
- And to support those who are currently experiencing homelessness in our community.
- You can help us by sleeping out, spreading the word, seeking support, being sponsored and raising much needed funds to support the homelessness services provided by Communities@Work and St Vincent de Paul Canberra/Goulburn. By getting involved with the Sleepout, you or your team are playing an active role in our community by raising vital funds and awareness of the situation faced by many Canberrans living without secure housing or accommodation.

Communities@Work and St Vincent de Paul Canberra/Goulburn aim to tackle the complex issue of homelessness by offering services that provide immediate assistance to those experiencing homelessness as well as ongoing empowerment to create better futures and break the cycle of homelessness. We do this by providing food, essential services, education and training to build independence, resilience and community connection across Canberra.



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What is the Community Sleepout?

The Canberra Community Sleepout is a family friendly event for the entire Canberra community. In this second year, we aim to have 1,000 Canberrans sleeping out on Friday 14 November. The Sleepout is jointly run by Communities@Work and St Vincent de Paul Society Canberra/Goulburn.

Who you are helping

Awareness and fundraising are two key ways the Canberra Community Sleepout helps people who are at risk of or are experiencing homelessness in Canberra. Homelessness is a growing problem and many of the issues facing the homeless are unique to Canberra.

Communities@Work and St. Vincent de Paul Canberra/Goulburn operate numerous services that support the homeless and those at risk of homelessness. We depend on the generosity and support of the Canberra community to continue our work. Our services include:

- Food rescue and delivery
- Supported accommodation and outreach to families who are homeless or at-risk of homelessness
- Crisis accommodation
- Family services
- Young Parent Support
- Referral services for people experiencing homelessness
- Mental health services
- Life skills courses and training
- Youth and Young Adults Support
- Education programs for at-risk and homeless young people
- Affordable energy efficiency program for low income households
- Nutritional meals and food hampers
- Hygiene items
- Cooking lessons & nutritional support
- Budgeting assistance
- Recreational and social activities
- Emotional support
- Free clothing for job interviews, work experience or important events
- Referrals to specialist organisations
- Mentoring
- Volunteering



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Before the Event

1. Register for the Canberra Community Sleepout at sleepout.org.au

You can register as a team or an individual. Registering as a team is a great way to spur some healthy competition and hold creative fundraisers to work towards your goal. To register as a team, simply go to sleepout.org.au and:

- Click on the “Create a Fundraising Page” button. (You will need to login to your account first) or register with GoFundraise
- At step 3 of creating your fundraising page, choose Team Fundraising Page instead of Individual fundraising page.
- Follow the rest of the steps until 9 & complete the fundraising page creation.
- You will be directed to your team page and be emailed a confirmation email in a few minutes with your new fundraising page link this is the link for your team page.

2. Set your fundraising goal and start raising funds

Don't be afraid to reach for the stars. For instance, \$1,000 can prevent a family from being evicted from their home.

3. Start fundraising

- At sleepout.org.au, you can find creative ways to raise funds including cook offs, movie nights, talent show and bake sales.

4. Spread the word

- Invite all your friends to the Canberra Community Sleepout and make sure they have plenty of information on how they can get involved, either as a participant or as a supporter.
- Use Social Media. Sample Twitter and Facebook posts can be found at sleepout.org.au
- Email all your friends your fundraising page link and let them know about the event. A sample template can be found at sleepout.org.au



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At the Canberra Community Sleepout

1. What to bring

- Make sure you have something warm to sleep in and under such as sleeping bags, mats and swags. Bring a pillow and some blankets for extra warmth. No tents please.
- It's a good idea to wear warm clothing and extra layers just in case.
- Bring a torch for when it gets dark.
- Dinner and breakfast items will be sold in the evening and morning. Alternatively, you can bring your own food.
- The evening will include dynamic presentations about homelessness as well as fun, interactive activities for children and adults alike.
- Use social media to share your experience with your friends who couldn't make it and let them know why you are sleeping out.

2. Canberra Community Sleepout schedule

6:30 – Arrive at AIS, sign in and find a spot to sleep.
There will be a designated family zone.

7:30 – Dinner, music and fun activities for children, teens and adults

8pm – Presentations and performances

10:30pm – 11.00pm – Lights out!

5:30 – 6am – Breakfast available

6:30 – 7am – Event conclusion and departure

After the Canberra Community Sleepout

- Did you reach your fundraising goal? If not, why not try one last push to get you over the line?
- Use all your communication channels to let people know how much you raised and the difference you've made in the community.
- Thank any community leaders or corporates that supported you by sending a letter and photos.
- Share your photos on Communities@Work's or St. Vincent de Paul's Facebook page to us to let us know what your experience was like sleeping out.



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Thank you for taking part in the Canberra Community Sleepout and for assisting people experiencing homelessness in Canberra. We hope your journey brings you a greater understanding of the issues in our community for those at risk or who are currently experiencing homelessness. With your help, we have made a difference!



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