



# SLEEP OUT 4 HOMELESSNESS

Everyone should have a home

22ND JANUARY 2022

## SLEEPOUT SURVIVAL KIT

Everything you need to  
know to host a campsite in  
your community!



# WELCOME!

Inside this pack, you'll find all the information you need so that you can host your own sleepout campsite, whether it's outside, in your church, or online and at home, including:

- activities for the event
- worship and prayer ideas
- information about homelessness, including youth and rural homelessness

**AND**

- information about the charities that we are supporting this year

# THE CHARITIES

## CARECENT

Carecent is a charity based in York, serving breakfast to the homeless and unemployed 6 mornings a week, whilst signposting and helping to provide other services



## SASH

SASH (Safe And Sound Homes) help young people who are facing homelessness by helping them find accommodation.



Preventing  
Youth  
Homelessness  
Together

## INSPIRE NORTH

Inspire North provide services and training in mental health, wellbeing, housing and domestic abuse across the North of England.



# ACTIVITY IDEA

## BUILD A TENT

You will need:

- sheets and blankets
- pegs and elastic bands (something to tie/peg the sheets up with)
- sturdy chairs/furniture/thing (something to tie/peg the sheets to)



If you're using chairs or furniture, spread them out around the room, facing outwards. Drape large sheets over the backs of the chairs or furniture - if the chair has a thin flat back, you can peg the sheet to it, if the chair upright is thick, you can use elastic bands to secure the sheet to it. If you are using a sofa, try tucking the sheet into the creases. Try to avoid placing books or items on top of sheets, for example if you use a chest of drawers, as these could fall if the sheet is pulled.

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If you have sturdy hooks in your building (or some sturdy trees outside) you can link the hooks or trees with strong string, and then drape sheets over the string. Then use chairs or furniture to pull the sheets out at the sides to create a tent.

Whilst you're sat in your den, you could have a conversation with your den buddies about how it would feel to be homeless. You could ask questions like:

- If you had to sleep on the floor every night, do you think you'd get a good nights sleep?
- Do you think you'd stay warm if you had to sleep in a tent every night?
- How would you feel if you had to sleep in the middle of a busy town centre?

# WORSHIP IDEA

Follow this YouTube link for a Spoken Word video about the difficulties of Homelessness.

<https://www.youtube.com/watch?v=YVdvIDx6G5I>

You could use this in your Sunday morning worship, or as part of your evening devotions and reflections.



You could use this video to spark conversation about what each person could do to help, remembering that even the smallest things can help in big ways!

# ACTIVITY IDEA

## MUG CAKES AND HOT CHOCOLATE

1. Add all the dry ingredients to the mug, mix them together well, then add the egg and mix thoroughly.
2. Pour in the milk and oil. mix well, then add the choc chips and mix again.
3. Microwave for about 2 and a half minutes, this might vary depending on the microwave power.

You will need:

- 1 mug per person (make sure it is suitable for the microwave!)
- 4 tbsp plain flour
- 2 tbsp cocoa powder
- 1 egg
- 3 tbsp milk
- 3 tbsp veg oil
- 1 tbsp choc chips (optional)

To make hot chocolate, heat up **one cup of milk** per person in a small pan, whisk in **2 tbsp cocoa powder** per person, **2-5 tbsp honey or maple syrup** depending on how much you're making and **1-3 drops** of vanilla extract. Whisk it together well to get rid of any lumps, pour into mugs and add your toppings, like squirty cream and marshmallows!



Why not discuss your answers to the following questions whilst you eat your mug cake:

1. How does eating your mug cake make you feel?
2. Is this warming you up a little bit?
3. How would you stay warm every night if you were homeless?
4. If you were homeless would you be able to make a mug cake easily?

# RURAL HOMELESSNESS

Homelessness is not limited to busy towns and cities, in fact there may be just as much homelessness in rural areas, it is just harder to quantify because rural homelessness is largely invisible!

Rural homelessness often looks like people hiding out in barns, church yards, garages/sheds, parks, woods and fields. Also, like youth homelessness, a large part of rural homelessness is sofa-surfing.

Perhaps one of the biggest factors relating to rural homelessness is the limited availability of affordable housing, and the price of housing compared to the average household income in many areas.

In rural areas, it is also less likely that there will be accessible homelessness services, meaning that it may be harder to get out of homelessness in the countryside than it is in a bigger city.

Rural homelessness can be miserable, especially in the colder months, find out if there is a food, sleeping bag, blanket or tent collection that you could donate to or help with!

Find out if there is a campaign for more affordable housing in your area, and see if you can get involved!

## WHAT CAN YOU DO?

Find out who the Rural Housing Enabler for your area is, what do they suggest?

Find out what services for rural homelessness there are in your community

# WORSHIP IDEA

Here are some worship songs  
that you may wish to use during  
the sleepout weekend!

## Justice

God of Justice - Tim Hughes (STF 699)

Beauty for Brokenness - Graham Kendrick (STF 693)

Longing for Light - Bernadette Farrell (STF 706)

I will speak out - Bankhead et al. (STF 702)

Lord you hear the cry - Geraldine Latty

## Calling

Have you heard God's voice? - Jacqueline Jones (STF 662)

I, the Lord of sea and sky - Daniel Schutte (STF 663)

Speak, O Lord - Keith Getty & Stuart Townend (STF 161)

All the room was hushed and still - Graham Kendrick (STF 266)

From heaven you came helpless babe (The Servant King) - Graham Kendrick (STF 272)

## Mission

Let us build a house - Marty Haugen (STF 409)

Hear the call of the kingdom - Keith & Kristin Getty & Stuart Townend (STF 407)

God of all comfort - Joel Payne & Matt Weeks

## Adoration of God/Gathering Together/Praise

Everlasting God - Vicky Beeching (STF 46)

The Splendour of the King - Chris Tomlin (STF 15)

You're calling us - Graham Kendrick (STF 37)

Our God is an awesome God - Rich Mullins (STF 62)

Blessed be your name - Matt & Beth Redman (STF 41)

When we were in the darkest night - Matt Redman (STF 241)

You'll find the Singing The Faith number (STF) next to songs that are in the book, if they're not, look them up on YouTube!

# FACTS & FIGURES

The UK is the 6th biggest economy in the world, yet homelessness is still a very big and real issue!

There were over 95,000 households in temporary accommodation at the start of 2021.

An estimated 62% of single homeless people (often sofa-surfers) do not seek support because they don't see themselves as homeless.

The UK Government spent around £700 Million on homelessness and rough sleeping during 2020, and a further estimated £750 Million over 2021.

In a 2010 survey of 2590 people who access homelessness services, 73% said they have a physical health issue, and 80% said they have a mental health issue.

In 2019, an estimated 280,000 people were homeless in England. A count of 4266 people in a single night were sleeping on the streets in 2019.

In 2020, the single night count was 2688, which is 37% less than 2019, but still 52% higher than the 2010 count - which was 1247 people.

# HELPING HANDS

## A POEM BY JACOB FOLGER

The night time is coming to a close  
I have awakened now  
But I'm not ready to get out of bed  
I can hardly feel my toes.

This is pretty much a common place  
Among the friends I know  
It's okay, I will work it out  
Cause I got to take a leak right now.

So I am up and moving around  
Tidying up my things  
Put that there, stuff this here  
the trash in the trash can sling.

My friend the business lady  
Will be coming soon  
With coffee and perhaps some food  
Best of all, conversation too.

I thank my Higher Power  
For the good people in this land  
There is some hope for folks like me  
Thanks for the helping hand.

Maybe you could discuss the following questions about this poem, which was written by someone who experienced homelessness:

1. How would you go to the toilet if you lived on the streets?
2. What 'things' would you own to carry with you?
3. What would you hope others would bring you, like the business lady brings a coffee?
4. Who is Jacob's higher power? Who is yours?

# YOUTH HOMELESSNESS

Youth homelessness is a real issue in the UK.  
Here are some statistics and information:

It is estimated that around 150,000 young people aged 16-25 ask for help with accommodation each year.

Often youth homelessness can look like sofa surfing: sleeping on the sofa, or sometimes floor, of family and friends.

Sometimes, young people run out of friends and family who they can stay with, leading to higher risk arrangements.

Youth homelessness can often lead to mental health issues and substance abuse, and sometimes to illegal behaviour.

Young people can be homeless for a number of reasons, including family breakdown, fleeing violence, leaving care or not achieving the right grades for uni.



I've had eye opening experiences before, but trying to sleep when I can see my breath, and knowing that millions of others in this situation don't have a warm bed to sleep in the next night, has made me consider how much I take for granted!



# LAST YEAR

Because of Covid, last year we had to sleepout in our own houses and gardens! More than 20 of us around the District, from ages 9 and up, slept in their gardens, their garages, their bath tubs, under their tables and their desks!



Freezing cold; frost on the grass; the walls of the tent close enough to touch; sleeping bag up to my chin and hat pulled down so far it almost covered my nose. Only one night out in the open and my home so near. My thoughts during the long night were with those without homes.



# ACTIVITY IDEA

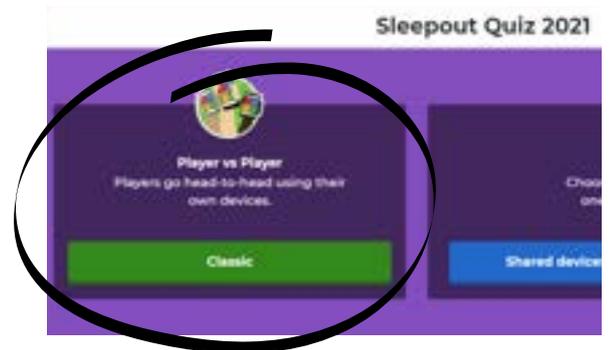
This quiz is a great way to engage with people on zoom or in person! You will need one person to be the 'Quiz Master' - this person will need a Kahoot account - go to [www.kahoot.com](http://www.kahoot.com) and sign up for free!

From the Home Page, find 'Discover' and search for 'Sleepout Quiz 2021' - find the one that looks like this:  
The 'Quiz Master' needs to 'Play' the quiz, choosing 'Host' and then 'Classic'.

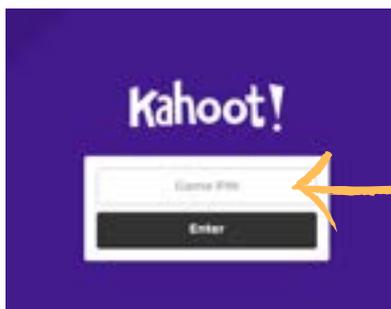


**Sleepout Quiz 2021**  
AmyYorkCircuit • 0 players

Choose a way to play this kahoot



On Zoom, the 'Quiz Master' just needs to share their screen with the players. In person, use a projector or big screen so that everyone can see!



Then get your participants to go to [www.kahoot.it](http://www.kahoot.it) on their smartphones or tablets and join the quiz with the unique Game Pin!

This will work best if there is a strong internet connection where you are meeting, and everyone has a smartphone or tablet to join in - if this is not the case, please email [amy.shephard@methodistyouth.org.uk](mailto:amy.shephard@methodistyouth.org.uk) for a paper copy of the questions and answers!

# WORSHIP IDEA

Follow this link to a video prayer about shelter:  
[https://www.youtube.com/watch?v=JTYYQqB\\_IEY](https://www.youtube.com/watch?v=JTYYQqB_IEY)

You could use it at any point of your worship the day after the sleepout, during the sleepout as your evening devotions, or even in the weeks leading up to the sleepout to raise awareness!

