

DEPAUL

Homelessness has no place



**FUNDRAISE
TOGETHER FOR
DEPAUL UK**

Fundraise together for young people experiencing homelessness

FUNDRAISE WITH YOUR SCHOOL

Bring your school together to help young people experiencing homelessness



Choose your fundraising event

Here are some great ideas to give your school the chance to reflect, get together and raise money for young people at risk of homelessness.

- > Take on a Weighted Walk. See page 4.
- > Dedicate an assembly to talk about youth homelessness and the issues facing so many.
- > Hold a charity concert.
- > Sleepout under the stars in solidarity with young people.

Set up your JustGiving page

The easiest way to start fundraising is by setting up a JustGiving page and letting us know all about it.

Head to [justgiving.com/depaul](https://www.justgiving.com/depaul) or scan the QR code below. Fill out the details of your event and start sharing with family and friends. Watch the donations roll in.

Scan QR code to set up your JustGiving page



Paying in your fundraising money

If you have raised sponsorship outside of your fundraising page you can send that to us by heading to [depaul.org.uk](https://www.depaul.org.uk) and clicking 'Donate' or you can transfer the money using the details below. Don't forget to let us know by emailing Kurt Sullivan fundraising@depaulcharity.org.uk

Donations Account
Sort Code: 20-00-00
Account No: 03449580



For more amazing fundraising ideas, check out our online A-Z of fundraising at

Scan QR code using phone



TAKE ON A WEIGHTED WALK

Choose your walk leader, pack up your rucksack, and take on your own Weighted Walk to help carry the weight for a young person at risk of homelessness.

Is your school looking for an active way to make a difference? Picture the open countryside, fresh air, and imagine taking steps to help end youth homelessness.

When a young person flees their home, they often pack a bag quickly and leave with whatever they can carry. With nowhere to go and no one to turn to, many are forced into unsafe situations. Not only is a young person

fleeing home carrying the weight of their belongings but also the worry and stress of an unknown future.

Help us to carry the weight for them. By carrying a weighted rucksack on your sponsored walk, you'll raise money to keep our essential services running, giving young people experiencing homelessness a safe place to stay and the chance to take steps towards a brighter future.

Organise your Weighted Walk your way. Decide on a distance and route. Load up your rucksacks with whatever you can carry. Fill it with books, cans or clothes, and away you go!

A happy looking Met Police Rugby Club mid way through their epic 16-mile Weighted Walk



Thinking of organising a Weighted Walk?

Let us know by emailing Kurt Sullivan: fundraising@depaulcharity.org.uk
To find out more you can watch our Weighted Walk video here:

Scan QR code

using phone



SPEND A NIGHT UNDER THE STARS

Brave a cold winter's night and sleepout under the stars. Everyone can take part. Your school can come together and spend a night outdoors, in reflection and solidarity with young people at risk of sleeping rough tonight.

Sleeping out can never replicate what it's like for a young person to spend a night on the streets, but it can give you an idea of the discomfort and cold experienced by so many young people.



"The stars were unreal, a very clear cold night".

Planning on sleeping out? Let us know by emailing Kurt Sullivan at fundraising@depaulcharity.org.uk and we'll be in touch to help.

Or visit depaul.org.uk for some top sleepout tips.

Scan QR code

using phone



The Met Police Rugby Club took on a double challenge



Members of the Met Police Rugby Club slept out overnight at their home ground in Esher and then followed the sleepout with a 16-mile Weighted Walk to our head office in London. They raised almost £4,000 and had just their roll mats and sleeping bags to brave the night as temperatures dropped to single figures.

Beena, Captain of the women's team, said: "I definitely feel proud at

what we've done, carrying all that weight, walking all that distance. We achieved something really incredible!"

A huge thanks to the rugby club for supporting young people experiencing homelessness.

To get inspired watch our Weighted Walk video

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using phone





GET YOUR BAKE ON!

Who doesn't love eating cakes? We certainly do. Bring your school together and organise a bake sale and raise money. You only need two things – cakes and people willing to eat them! Imagine tables full to bursting with colourful cupcakes, gooey brownies, and homemade cookies. Imagine all that deliciousness!

Wondering when to hold your bake sale? How about on the Feast Day of St Vincent de Paul on 27 September? Mark the day with a feast of your own. Vincent lived in the 17th century and devoted his life to helping people living in poverty. You could use the day as an opportunity to learn more about his work and eat cake! How about a Christmas bake sale, or a Harvest festival feast?

Not only is it a chance to let everyone's baking skills shine, it is also an opportunity to bring your community together.

Thinking of taking on a sponsored challenge or organising your own bake sale?

Let us know, email Kurt Sullivan: fundraising@depaulcharity.org.uk
Head over to depaul.org.uk for top fundraising tips

Scan QR code

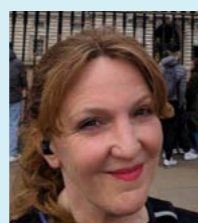
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READY TO RUN?

Fitness and fun all in one go! Taking on a sponsored run for young people experiencing homelessness is a fantastic way to make a positive impact. Whether it's a fancy dress 5K, a charity sports day, or an adventure filled obstacle course. Get your class together, lace up, and with every step you'll be helping to support more young people to leave homelessness behind for a brighter future..

One event not enough for you? Challenge yourself over a month to complete 10,000 steps a day for 30 days, or run 3 miles a day for a month. You will be making an incredible difference to the lives of young people experiencing homelessness.



Our superstar fundraiser Clare raised over £3,000!

Clare works as a secondary school teacher in London and ran the London Marathon, raising more than £3,000. She has seen first-hand the effect the lack of a stable home can have. Clare says, "I'm frequently overwhelmed by the strength and bravery of teenagers and young people, and it breaks my heart that many of them have to be so strong."

AN INCREDIBLE EFFORT CLARE! THANK YOU!





How we support young people out of homelessness

Sleeping rough can have catastrophic long term affects for young people. The impact on their physical and mental health can be severe and that's why it's vital we reach young people as soon as possible.



SERVICES



Nightstop

Nightstop is our emergency accommodation service for young people at risk of spending a night on the streets. Trained and vetted volunteer hosts open their homes to young people who have nowhere safe to stay, providing a hot meal, a shower, a place to wash their clothes and the chance to get some much-needed rest. Our dedicated support staff then work with the young person to find long term solutions and more stable accommodation.



Wraparound support

Young people living in our accommodation services or staying with a Nightstop host can get support for other issues that are preventing them moving forward. We work with them to identify their individual needs and create a unique support plan. This could be anything from dealing with mental health issues, family relationship breakdowns, access to financial and housing support, or help with education, training and employment.



Family mediation

Over half of the young people that come to us, do so because of family breakdown. We have dedicated teams that work with families to rebuild their relationships, improve communication, and where possible, help a young person return home safely. Where it is safer to live outside of the family home, we work with young people to find suitable accommodation and support them to learn about healthy relationships, building their resilience for the future.



Education programme

Across the country, our education team work with schools to deliver thought provoking, interactive workshops that educate students about homelessness and how to get help. The teams also deliver targeted sessions to students identified as most at risk of experiencing homelessness. They cover important subjects such as mental wellbeing, healthy relationships, and making safer choices. This equips young people with the knowledge to seek help.

HOW YOUR FUNDRAISING HELPS TRANSFORM THE LIVES OF YOUNG PEOPLE AT RISK OF HOMELESSNESS

£100

raised through a bake sale could provide a young person with stationary, books, and a bag so they can complete their studies.

£570

raised through a sleep out could ensure 15 young people spend a night in a Nightstop host's home and do not have to face sleeping on the streets.

£1,000

raised through a sponsored Weighted Walk could mean four young people have access to a series of counselling sessions to improve their mental health.



JASMINE'S STORY TOWARDS A BRIGHTER FUTURE



Family breakdown at home meant Jasmine had nowhere to go. "I slept in my car for

nearly a week and had to spend my tight budget on basic survival things like a blanket, bottled water, wet wipes and a glass so I could brush my teeth." Thankfully, Jasmine found Nightstop. "I was invited into the Nightstop office where there's a communal space I could hang out in for the day, so I got out my laptop and did some of my Uni work." Jasmine was placed with volunteer hosts that same day. "My anxiety lifted as soon as the host opened

the door. I felt safe and relaxed instantly. It felt so peaceful and calm." We worked with Jasmine to secure more permanent and stable accommodation where she felt safe and supported to get her life back on track. Since leaving Depaul UK, Jasmine has been working hard to improve her confidence, independence, and knowledge in the hope of building a brighter future. Having graduated with a degree in art and design creative enterprise, she is working

as a Communications Coordinator for a homelessness charity. Jasmine said: "I want to work in the charity sector. I want to help young people and use the digital skills I've learned to allow them to have a voice." She is now living in a shared ownership property with her partner and is currently studying for her master's degree in digital marketing. Jasmine hopes one day to volunteer as a Nightstop host.

HOSTING A FUNDRAISING EVENT

Want to screen Jasmine's video at your event? Let us know and we can arrange that for you. Showing Jasmine's video is a powerful way to show just how much a young person's life can change for the better with support from Depaul UK.

To hear Jasmine tell her story in her own words, please scan the QR code

Scan QR code using phone



MY ANXIETY LIFTED AS SOON AS THE HOST OPENED THE DOOR. I FELT SAFE AND RELAXED INSTANTLY. IT FELT SO PEACEFUL AND CALM.





DO YOU HAVE A FUNDRAISING EVENT IN MIND?

We would love the chance to support you and your community to raise awareness about Depaul UK and raise money for our vital work.

A Weighted Walk, a sleepout, or a bake sale, these are just some of the great ways you can

get involved. Your efforts will help transform the lives of young people at risk of or experiencing homelessness. We can help you plan, set up, and raise as much as possible from your event. Please get in touch by emailing Kurt Sullivan:

fundraising@depaulcharity.org.uk

Thank you so much. Your support means we can change more young people's lives for the better and work to achieve our mission of ending youth homelessness.

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Stories used in our fundraising pack reflect real life experiences of young people in Depaul UK's services. Names and photos are changed to protect identities. Your donation will support Depaul UK's services wherever it is needed most.

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