

Arc's Big Sleep Out 2025 - FAQ's

Who can sleep out?

The Big Sleep Out is a family friendly event and can be a good opportunity to get together with friends, family, work colleagues, neighbours, and housemates to make a real difference. Anyone who feels safe and comfortable doing so is more than welcome to take part, either individually or as a team, but please remember to register all participants!

Can children come?

Yes – children are more than welcome! We have had participants as young as 4 years old join us before! Please note that any participant under the age of 16 years old must be accompanied by an adult guardian – both the child and the guardian must be registered to take part in the Big Sleep Out.

What will I need to bring?

Sleeping bags and blankets – even though it'll take place in June, it'll still get cold at night! We will provide cardboard for you to sleep on and there will be spare blankets, but the rest will be up to you.

Warm clothing and waterproofs (hopefully just in case!)

Food – there will be food available to buy at a discounted rate on the night, and a FREE breakfast, so please remember to bring some money if you'd like a hot meal in the evening. Please let us know any dietary requirements before the event (there will be a vegetarian option). You are welcome to bring snacks too!

Drink – there will be hot drinks available during the evening and morning. Although we will not ban alcohol from the event, the Big Sleep Out is a family friendly and welcoming environment for people of all ages to enjoy. If you would like to bring alcohol, we expect you to drink and behave responsibly with respect for those around you. Anyone found to be intoxicated or behaving irresponsibly will be asked to leave.

Torch – although there will be some lighting, we recommend that you bring a torch

Medications – if you take regular medication, or need emergency medication available, please remember to bring them with you

Please note that all rubbish/recycling must be disposed of responsibly. There will be facilities on site.

How do I fundraise for the sleep out?

Just Giving is a great tool for fundraising! All you need to do is create your own fundraising page by heading to the link in your Big Sleep Out confirmation email and click 'Start Fundraising'. You can also head to click 'Fundraise for Us', 'Taking part in an event', and then select 'The Big Sleep Out 2025'. Once you've done this, you can get sharing! Sponsorship raised through Just Giving comes directly to Arc, so it is hassle free.

We have also sent you a sponsorship form. To use this, people wanting to sponsor you can fill in their details along with the amount they've pledged, and they can then arrange to get the donation to you safely. You will then just need to collect the donations you've raised and send it to us, along with your forms to: Sam Parr, 7 The Crescent, Taunton, TA1 4EA. Cheques to be made out to Arc. If you would like to send your money by bank transfer, please ask us for the details.

Please get in touch with us if you need any help fundraising. We know it can be tricky – it's our job! But we are here to help and want to make sure you are fully supported. Our contact details are at the end of these FAQs.

How will the sponsorship money I raise be spent?

Arc supports over 170 individuals at any one time. Each of these people has their own unique story and journey, so we tailor our assistance to meet each person's needs and aspirations. The all-important funds you raise will be used throughout our facilities and services, allowing those experiencing homelessness to have a future full of hope and to be inspired by their own strengths. We also assist with 'little' items that some of us may take for granted. For example, donations have recently helped one of our clients to purchase a bike. The client has a heart condition, so wants to improve his health by getting outside and exercising. This will have a huge positive impact on both his mental and physical health, causing a boost in confidence and wellbeing. Your support will be changing lives for the better.

For more information about how your sponsorship may be spent, please ask Sam – contact details below.

What will happen on the night?

The event will start at 6.00PM, please turn up to sign in at our welcome gazebo! Hot food and cake will be available between 6.30PM and 9.30PM approx. We'll have some live music from some brilliant local artists from around 7.15pm –10pm, before settling into our sleeping bags for the night. The following morning you'll find we're normally awake by 6am – I know it's early but it's very light be then. We'll be treated to a hot breakfast by the amazing team at Loafers at 7.00am before heading home.

Will I be safe?

Yes of course! The safety of our participants is our top priority, and we will make sure that everyone is fed, watered, and warm throughout the night. Only participants and staff will be allowed on site, and there will be night security throughout the event, but please leave any valuables at home. We will not be liable for any loss or damage of items. It will be cold, and it may get wet too, but we will be continuing to sleep outside where possible. Remember that this is what rough sleepers may have to put up with, so it is all part of the experience! In the event of extreme weather, we can go inside the building.

Are there toilet/bathroom facilities on the night?

Yes, there will be access to toilets throughout the evening.

Is there parking available?

You can leave your car in the pay and display car park next to where you will be sleeping! This is pay and display but is free from **6PM until 8AM**.

Can I bring people who aren't registered with me on the night?

No, those who have not registered will not be allowed on site. Please make sure ALL participants are registered in plenty of time before the event.

Can I leave the event and come back?

Ideally, we would like all participants to stay on site for the duration of the event, but we understand this is not always possible! If you really need to leave the event, please notify us beforehand.

Who can I contact about the Big Sleep Out and Arc?

If this sheet has not answered your question, please do not hesitate to get in touch using these details:

Sam Parr 07852947954 or email sparr@arcinspire.co.uk

You can also visit our website: www.arcinspire.co.uk or find us on Facebook, Instagram, Twitter and LinkedIn.