Little Leeds Big Sleep

Aged 18 and under?

For the first time ever you can take part!

DIY sleep out at home!

Thursday 29th October

Download your online pack now at:

www.stgeorgescrypt.org.uk

Raise money for 2 Leeds based charities:

Changing Lives
Leeds Rhinos
through the power of sport

St. George's Crypt

IMPORTANT: A responsible adult must supervise and take full responsivility for the sleep out

1. YOUR DIY SLEEP OUT

On Thursday 29 October,create your own mini sleep-out at home and experience, for one night, a small taste of what it can be like to sleep somewhere other than your usual bed.

You could sleep in a garden, garage, shed, conservatory, porch or another suitable outdoor or covered space, but only if your responsible adult decides the location is safe.

DATE	WHERE
Thursday 29 October 2026	At home, in a safe place chosen and supervised by a responsible adult

WHO	WHY
Young people aged 18 or under who cannot attend the Leeds Big Sleep	To raise sponsorship for Leeds Rhinos Foundation and St George's Crypt

BEFORE YOU START

- ✓ Talk to your parent, guardian or another responsible adult and get their agreement.
- ✓ Choose a safe location together.
- ✓ Set up your sponsorship page or use the fundraising instructions provided by the event team.
- ✓ Tell the people sponsoring you exactly what you're doing and when.
- ✓ Have a warm indoor sleeping space available in case you need to stop.

2. SAFETY FIRST

Your safety is more important than completing the challenge. This is a fundraising activity it should never become a test of how cold, uncomfortable or tired you can get.

THE RESPONSIBLE ADULT RULE

A responsible adult must facilitate, supervise and take full responsibility for the DIY sleep-out. They must decide whether the location, weather and conditions are suitable, remain available throughout the activity, and make the decision to stop the sleep-out if they believe it is no longer safe.

Leeds Big Sleep, Leeds Rhinos Foundation and St George's Crypt are not responsible for the DIY sleep-out activity, its location, equipment, supervision, participants or any incident arising from it. By taking part, the responsible adult acknowledges that they are taking full responsibility for facilitating the activity and keeping it safe.

YOUR SAFETY CHECKLIST

- ✓ A responsible adult has agreed to supervise the activity.
- ✓ The sleep-out location is secure, clean, dry and suitable.
- ✓ You can get indoors quickly if you become cold, wet, unwell or uncomfortable.
- ✓ You have enough warm clothing, bedding and waterproof protection.
- ✓ There are no naked flames, candles, heaters, barbecues or other fire risks in the sleep-out area.
- ✓ You are not sleeping in a place where vehicles, machinery, water, heights or other hazards could put you at risk.
- ✓ The responsible adult has checked the weather forecast and can cancel or move the activity indoors if necessary.
- ✓ A phone is available for the responsible adult in case emergency help is needed.
- ✓ You know who to contact if you feel unwell or unsafe.

STOP IF...

You become very cold, wet, dizzy, ill, frightened or distressed; the weather becomes unsafe; the location becomes unsafe; or the responsible adult tells you to stop. There is no prize for staying out all night if it is unsafe.

2. WHO ARE YOU GOING TO HELP?

By doing your own Little Leeds Big Sleep you will be raising money for two Leeds based charities who help people who need it the most.

Here is a little bit more about them....

ST GEORGE'S CRYPT

St George's Crypt is a Leeds charity that helps people who are homeless, vulnerable or going through difficult times. They provide things that everyone needs, such as warm meals, safe places to stay, clean clothes and support. They also help people build confidence and work towards a brighter future. St George's Crypt has been caring for people in Leeds since 1930 – helping to give people care, compassion and hope.

LEEDS RHINOS FOUNDATION

Leeds Rhinos Foundation is a charity that helps to change lives through the power of sport!
They work with children, young people and adults across Leeds, helping people to be active, healthy, confident and included. Their projects use sport and other activities to bring communities together and help people achieve their potential.
They believe that everyone should have the chance to take part, have fun and be the best they can be!

3. GET SPONSORED

Your sleep-out is only part of the challenge... the fundraising is what turns your night into real support for people who need it most here in Leeds.

SET A TARGET

Pick a goal such as £50, £100 or £250.

MAKE A POSTER

Tell people your challenge, date and fundraising target.

SHARE YOUR STORY

Explain why helping people experiencing homelessness matters to you.

GET A TEAM INVOLVED

Ask your school, club or team to help spread the word.

MY FUNDRAISING PLAN

MY FUNDRAISING TARGET	£ _____
MY SLEEP-OUT LOCATION	_____
WHO IS SUPERVISING ME?	_____
WHAT TIME WILL I START?	_____
WHAT TIME WILL I FINISH?	_____

ONLINE DONATIONS: Get your adult to set up a JustGiving Page and connect St George's Crypt as your chosen charity, who will split your total with Leeds Rhinos Foundation.

IN PERSON: Please see the sponsorship pages at the end of the pack. If you are collecting money, please make sure your responsible adult returns the form with the money enclosed

4. PACK FOR YOUR SLEEP OUT

The most important things are warmth, dryness, safety and having your responsible adult nearby.

- ✓ Warm sleeping bag or plenty of blankets
- ✓ Warm layers, hat and socks
- ✓ Waterproof outer layer or shelter
- ✓ Pillow or rolled-up clothing
- ✓ Water bottle
- ✓ Torch
- ✓ Phone available to the responsible adult
- ✓ Something to read, draw or play with
- ✓ Toothbrush and toothpaste
- ✓ Any essential items you normally need — checked by your responsible adult

MAKE IT FUN!

Give your sleep-out a theme. Build a cardboard shelter, make a sleep-out sign, wear your silliest pyjamas, tell stories, play quiet games, read comics or have a hot drink indoors before bed. Keep anything involving food, heat or electrical equipment under adult supervision.

YOUR NIGHT AT A GLANCE

6:00pm	**SET UP**	Set up your safe sleep-out space
6:30pm	**SNAP IT**	Take a photo of your finished set-up (only if your adult is happy to)
7:00pm	**GO!**	Start your sleep-out challenge
EVENING	**HAVE FUN**	Relax and remember why you're fundraising
BEDTIME	**GET COSY**	Settle down safely for the night
MORNING	**CELEBRATE**	Finish the challenge, warm up and celebrate!

5. SLEEPY WORDSEARCH

CAN YOU FIND ALL 15 WORDS?

Words can runacross, down or diagonally.

SLEEP	**BED**	**DREAM**
PYJAMAS	**PILLOW**	**BLANKET**
TORCH	**STARS**	**NIGHT**
CAMP	**COSY**	**SPONSOR**
CHARITY	**LEEDS**	**SHELTER**

6. COLOURING PAGE

MAKE IT YOUR OWN!

Design your dream sleep-out! Colour in the image below using your most magical imagination...

7. READY, SET, SLEEP!

Use this page to tick off your challenge and celebrate what you've achieved.

- ✓ I have a responsible adult facilitating my sleep-out.
- ✓ We have chosen a safe location.
- ✓ We have checked the weather and have an indoor back-up plan.
- ✓ I have warm and waterproof clothing and bedding.
- ✓ We have removed fire and other hazards from the sleep-out area.
- ✓ I have asked people to sponsor me.
- ✓ I have completed my DIY sleep-out safely.
- ✓ I have thanked the people who sponsored me.

MY BIG SLEEP RESULT

I RAISED	£ _____
I STAYED OUT UNTIL	_____
MY FAVOURITE PART	_____ _____

THANK YOU!

For taking part and supporting Leeds Rhinos Foundation and St George's Crypt. Pllease get your responsible adult to email: **events@stgeorgescrypt.org.uk** to let us know how much you raised so we can send you a certificate!

This DIY sleep-out is independently facilitated at home. A responsible adult must supervise it and takes full responsibility for the activity. Leeds Big Sleep, Leeds Rhinos Foundation and St George's Crypt are not responsible for the DIY sleep-out.

St.George's Crypt

NAME:

I'm taking on the Leeds Big Sleep!
AMT Headingley Stadium - 29th October 2026

Changing Lives through the power of sport

Sponsorship and Gift Aid declaration for _____

Please help me reach my fundraising target of **£** _____ All money goes towards the work of St George's Crypt and Leeds Rhinos Foundation

If I have ticked the box headed Gift Aid, I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statementand want St. George's Crypt to reclaim tax on the donation detailed below, given on the date shown. I understand that if I pay less Income Tax and /or Capital Gains tax in the current tax year than the amount of Gift Aid claimed on all of my donations,it is my responsibility to pay any difference. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Remember: full name + home address + postcode + tick in Gift Aid box = Gift Aid donation

Full name (first name and surname)	Home address (do not put your work address if you're Gift Aiding)	Postcode	Amount £	Date paid	Gift Aid?	Please tick here if you would like to receive our newsletter

Data protection: Our Privacy Policy can be found at www.stgeorgescrypt.org.uk/privacy

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Total donations received:	
Total Gift Aid donations:	
Date donations given to St. George's Crypt:	

St George's Crypt does not undertake to collect the money donated and it is the responsibility of the individual or group to pass on the money donated.

Many thanks for your generous support!

Please make cheques payable to 'St George's Crypt.' Please send money with completed sponsor form to:
The Fundraising Department, St George's Crypt, Great George Street, Leeds, LS1 3BR.

Registered charity number: 1144474. Registered company number: 07780402.

Little Leeds Big Sleep

St George's Crypt charity number: 1144474

Leeds Rhinos Foundation charity number: 1112580