

THE BIG SLEEP OUT - 2026



KINGSTON CHURCHES
action
on homelessness
10/10/26
**@ YOUR
SECURE
SPACE**

WELCOME TO THE TEAM!

Thank you for participating in Kingston's Big Sleep Out (BSO) 2026 in support of Kingston Churches Action on Homelessness (KCAH).

By choosing to forgo your beds and sleep out safely in your gardens, you are now part of a very important movement supporting our mission that "Everyone in Kingston is in a safe and stable home and is able to build a happy life".

We support single adults with a connection to the borough of Kingston, that means they have no partner and no dependant children and that they have been in the borough for 3 out of the last 5 years, or 6 out of the last 12 months.

Why just this group? Single adults are at the bottom of the pile for help from councils and governments because they are supposed to be the most resilient and capable, able to find their own way to stability and happiness, but there is a group of single adults who do not have that ability, many of the people we see have been faced with a series of circumstances that led them toward homelessness.

The money you raise by sacrificing your time and comfort will help to ensure that KCAH's services remain available to local people who find themselves in housing crisis. Your amazing fundraising efforts will provide life-changing support and services to local people in their hour of need.

£40 will fund an hour of vital face-to-face expert support for an individual in a housing crisis while £75 will provide a new home starter pack, giving the person bedding and essential items for their new room.

By raising funds for KCAH, you are providing local people with services including our Housing Crisis Intervention Service, Winter Night Shelter, Access Project temporary accommodation and The Bridge.



ON THE NIGHT

Participants

To take part in the sleep out all you need to do is commit to spending a night outdoors.

How you do that is entirely up to you, some of the people we see don't even have a sleeping bag, let alone a shelter (We always give out a sleeping bag if we can't find a better solution on the day).

But you can do whatever you like! To try and maintain some sense of authenticity, we would suggest you build a shelter from objects or materials you might find if you were sleeping rough; cardboard, tarpaulins, boxes, plastic bags, scrap wood, etc.

Our recommendations:

- Eat before you settle down, but maybe have a snack and some water available.
- Make sure you have something to both sleep on and in. A camping mat and a sleeping bag is a common choice.
- Make sure you have warm clothing, a hat, gloves, waterproofs, an extra pair of socks and an umbrella if rain is expected.

The site

Where ever you think would make a good shelter! But please make sure it is somewhere safe and secure, your own or a friends garden with walls or fences works well (there should always be an adult on site) or if you are part of an organisation that can offer a secure space for a larger group of people, e.g. a sports club, speak to them about gathering lots of people in one space!

There will be up to 70 adults in All Saint's Churchyard on the night, and we will be livestreaming our night on youtube, if you want to check in on us!

Making the event a group effort really makes a difference to the experience itself as well as to the fundraising. When you set up your fundraising page using the instructions below, we will be in touch to say thank you and offer more hints and tips for the night and for your campaigns.





FUNDRAISING

We ask everyone to use **Zeffy** for collecting donations. Unlike other platforms that charge processing fees, Zeffy is completely free. This ensures that 100% of the money your team raises goes directly to KCAH and the people we support.

Access the Platform: Scan the QR code to open the official KCAH Big Sleep Out campaign hub, or visit: <https://www.zeffy.com/en-GB/peer-to-peer/the-big-sleep-out--2026>

Create Your page: Select the "Fundraise" option and select "create a new team" if you are participating with others, or solo campaign if you are taking part by yourself.

To maximise your fundraising, please consider the following:

Add Visuals: Upload a clear profile or team photo. Campaigns with authentic photos build trust and raise significantly more funds.

Write Your Campaign Story: Once you've created your team, selected "Edit Campaign" > "Description". Do not leave the default text. Own the page by stating your "Why". Explain clearly why you are / your team is sleeping out and the specific impact the funds will have (check out our substack for the newsletter archive <https://substack.com/@kcahomelessness>). It's a nice idea to make your "thank you email" personal too.

Get your QR code: when you hit "Save & Share", click "More ways to share" to access your personalised page QR code.

Guiding Your Recruits. If you are creating a team, please guide them through the next steps clearly. Give them these exact instructions: "Scan my QR code to view my page, select 'Join Team' to register yourself for the sleep out, and the platform will automatically generate your personal sponsorship link."

Our 2025 impact.

403 Kingston people registered with us facing homelessness

196 people were successfully housed.

83 people were supported to stay in their homes.

70 people were helped out of debt.





CONTACT

If you have any questions about your fundraising journey, please don't hesitate to get in touch with Paul Seymour using the details below:

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Also consider signing up to our newsletter, the Impact News, <https://kcah.org.uk/impact-news-sign-up/> for regular updates, behind the scenes reflections, the story of someone we've helped and a new way to continue your support with every issue.

Registered Charity #1075890



THANK YOU!