



**CENTRE  
POINT**

**ENDING YOUTH  
HOMELESSNESS**

**HOLD YOUR OWN  
SLEEP OUT**

# My Centrepoin Sleep Out Workbook

**I'm sleeping out to support young homeless people  
throughout the UK**



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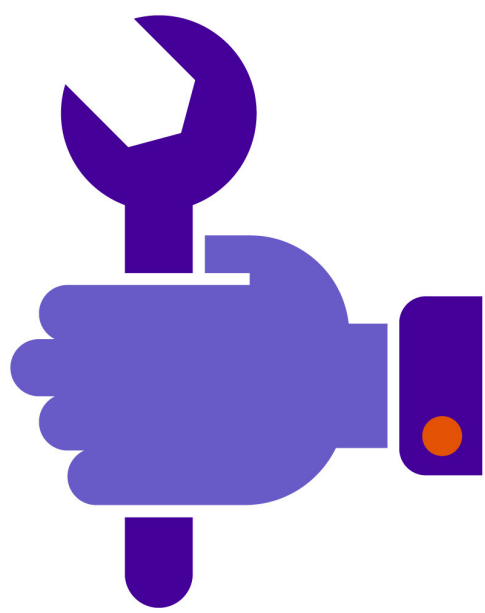
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# Who are Centrepont and what do they do?

**CENTREPOINT ARE A CHARITY THAT SUPPORTS YOUNG PEOPLE AGED BETWEEN 16 AND 25 YEARS OLD THAT HAVE EXPERIENCED OR ARE EXPERIENCING HOMELESSNESS. BY PROVIDING THIS SUPPORT, THEY HELP THOSE YOUNG PEOPLE TO BUILD BETTER FUTURES.**



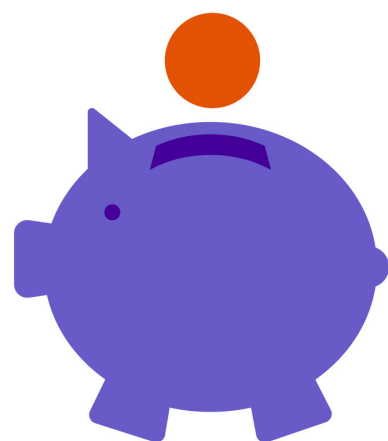
THEY PROVIDE HOMELESS YOUNG PEOPLE BETWEEN THE AGES 16-25YRS WITH HOUSING



THEY GIVE YOUNG PEOPLE THE SKILLS THEY NEED TO GET JOBS IN THE FUTURE



THEY GIVE YOUNG PEOPLE THE SUPPORT THEY NEED TO HELP WITH THEIR WELLBEING



THEY HELP YOUNG PEOPLE WITH THEIR EDUCATION AND LIFE SKILLS



THEY HAVE A HELPLINE THAT YOUNG PEOPLE CAN CALL FOR SUPPORT



THEY ARE TRYING TO END YOUTH HOMELESSNESS BY 2037



**Did you know?**

**136,000 young people aged 16-25 were reported homeless in 2022-2023**



**By Sleeping Out you are helping Centrepont to continue supporting young people in need!**

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**What does it mean to be  
homeless?**

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**What could cause a young person  
to become homeless?**

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**If you were homeless, what  
would you do all day?**

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**What are some common  
stereotypes of homeless people?**

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**How can we help homeless young  
people?**

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**How would being homeless make  
you feel?**

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**What can we do to prevent a young  
person from becoming homeless?**

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**Do you think homeless young  
people have families?**

# My Ideal Home

Lots of the young people that come to Centrepont for support either don't have a home to go to, or have left their home for a variety of reasons. Home can mean many different things; it could be a roof over your head, it could be somewhere you go to feel safe and comfortable, it could be wherever your family are, or it could be more than one place. Use the space below to draw a picture of your ideal home and what home means to you.





# Design a Poster for Centrepoin!

Centrepoin needs you! Can you help design a poster for Centrepoin that tells people about our work and why its important to support us?

You can create this poster however you would like. Maybe you want to draw some pictures of what Centrepoin does and who we help, or maybe you'd like to make a collage using images from our website. However you decide to make it, make sure your poster is colourful and bold so that it catches people's eyes.

Remember: Using key facts and figures is always a great way to get people interested in the cause!

Body

# Build a Home!

Centrepoin is a safe space for young people to build an independent future. We provide the expert support and secure housing that young people need to reclaim their dreams and have a future beyond homelessness.

What does home mean to you?

Whether its using recycled cardboard, or furniture in your classroom, using any materials available to you, get creative and build yourself a home! When you're building your home, think about what makes a home and why having a home is important.



# My on-the-night **Sleep Out** diary

Tonight I am sleeping out for Centrepoint

A series of 20 horizontal dotted lines for writing.



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# **HOLD YOUR OWN SLEEP OUT** : Watch List



**Centrepont YouTube Channel:** For short videos on our work and real stories of youth homelessness

**A Streetcat Named Bob:** A film about a homeless man in London befriending a cat, rated for those aged 12 and above

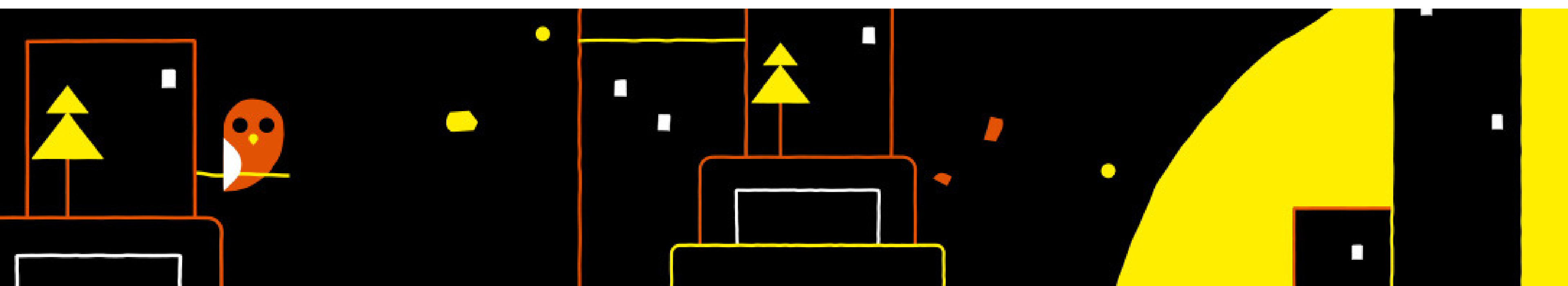


**The Young and Homeless:** Stacey Dooley's 2018 series for the BBC can be found on Youtube

**Queer Britain: Out on the Streets:** Follows the stories of LGBTQI+ young homeless people. Find this BBC episode of Youtube



**Rosie:** Film about a mother trying to protect her family after they are made homeless. Suitable for 12 years and above





I took part in a Sleep Out for Centrepont on the .....

I wanted to take part in a Sleep Out because  
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My favourite part of the Sleep Out was  
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My least favourite part of the Sleep Out was  
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Sleeping Out made me feel  
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During the Sleep Out I learned  
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