

WAKE UP TO **CHANGE**

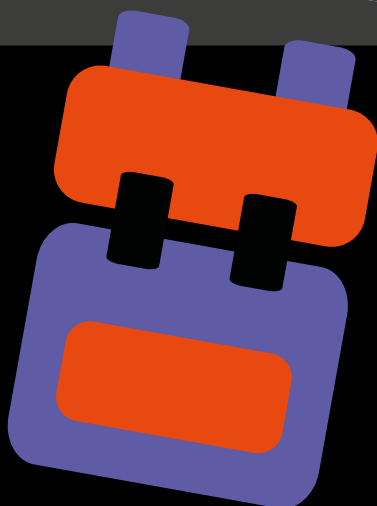
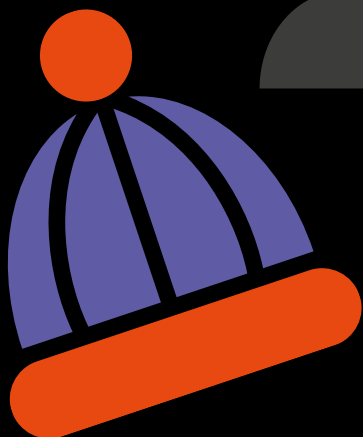


**CENTRE
POINT**

SLEEP OUT

My Sleep Out Workbook

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

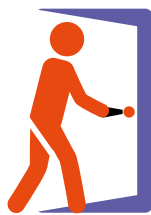


Who are Centrepont and what do they do?

Centrepont 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 16-25 years 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

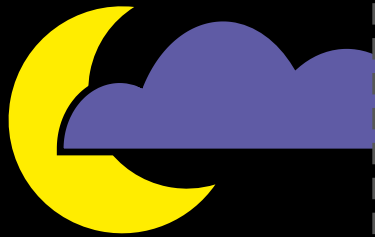


They are trying to end youth homelessness by 2037

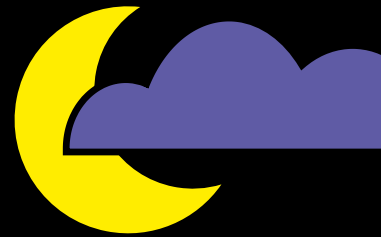


THANK YOU!

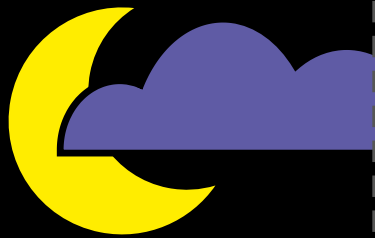
By Sleeping Out you are helping Centrepont to continue supporting young people in need!



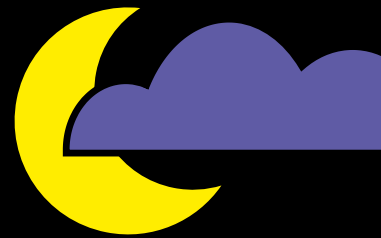
**What does it mean
to be homeless?**



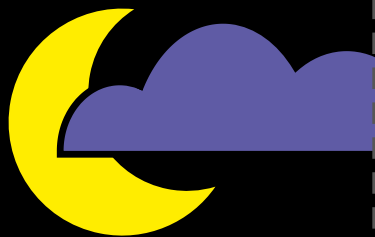
**What could cause a young
person to become homeless?**



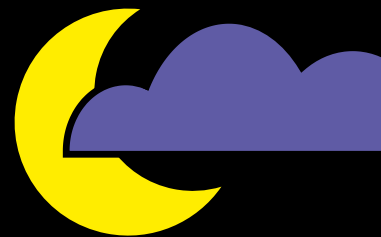
**If you were homeless, what
would you do all day?**



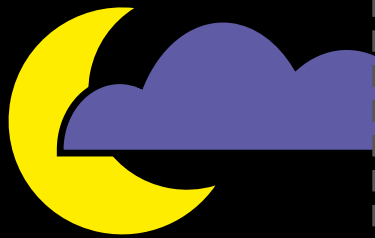
**What are some common
stereotypes of homeless people?**



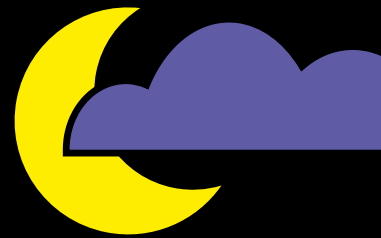
**How can we help
homeless young people?**



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



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



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

My **IDEAL** Home



SLEEP OUT

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.

A large dashed rectangular box for drawing.

Design a **POSTER** for Centrepoint!



SLEEP OUT



Centrepoint needs you! Can you help design a poster for Centrepoint that tells people about our work and why it's important to support us?

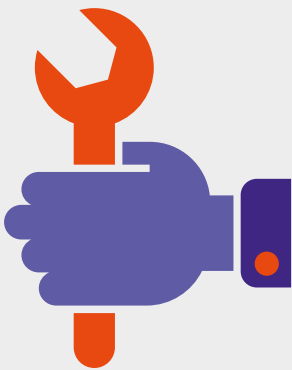
You can create this poster however you would like. Maybe you want to draw some pictures of what Centrepoint does and who we help, or maybe you'd like to make a collage using images from our website. However you decide to make it, make sure your poster is colourful and bold so that it catches people's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

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

BUILD a Home!



SLEEP OUT



Centrepoint 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.

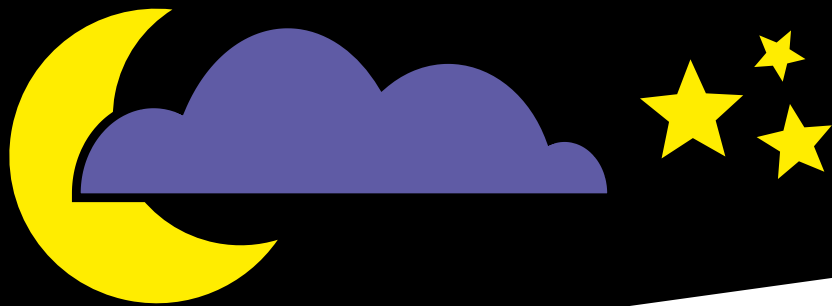
What does home mean to you?

Whether it's 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.

A stylized illustration of winter items. On the left, two purple mittens are shown. Below them are two orange carrots. To the right is a purple mug with a handle, featuring an orange interior. The entire scene is set against a black background with a white diagonal line at the bottom.

[illegible]

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 on Youtube



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



CENTRE
POINT

SLEEP OUT

zzz



SLEEP OUT

I took part in a Sleep Out for Centrepont on:

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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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Sleeping Out made me feel:

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During the Sleep Out I learned:

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