

SLEEP OUT FOR CHANGE



SLEEP OUT 2026

For more than twenty years, Sleep Out has been bringing teams and individuals together to help young people change the story of their lives and leave homelessness behind.

By sleeping out with friends and colleagues for one night, you can show your support for the incredible young people we work with - and fund the projects they need to get back on track. We're asking you to sleep outside your comfort zone. This won't be the most comfortable night you've ever spent, but we promise it will be one of the most meaningful. Sleep Out, and wake up to change.



EVENT DETAILS

19 November at The Oval

Why: Help us raise £300,000 to continue running our life-saving services for homeless young people.

How: Swap your bed for a sleeping bag for one night, and individually raise £450.

What: Expect a hot meal, breakfast, tea and coffee, as well as a paid bar with all proceeds going to Centrepont. There will also be chances to learn more about the incredible work we do, with speakers and activities throughout the night.

To find out more or to sign up, contact us at: sleepout@centrepont.org

Supported by



Fairer Futures

Centrepont is a registered charity no. 292411