

Sponsored Sleep-out at St Albans Abbey

Friday 2nd December 2011 9pm – 7am



FOR

Centre 33 (St Albans)

www.centre33.org – Reg Charity No 285382

DENS (Hemel Hempstead)

www.dens.org.uk - Reg. Charity No 1097185

Leighton Linlade Homeless Service

Reg. Charity No. 1117896

LAMP (Luton)

www.lamp.uk.net - Reg. Charity No. 1053555

Open Door (St Albans)

www.opendoorstalbens-district.org - Reg. Charity No. 1028528

Stevenage Haven

www.haven.ik.com – Reg. Charity No. 1064495

Watford New Hope Trust

www.wnht.org.uk - Reg. Charity No. 1080784

Name:

Official Stamp

Address:

Telephone No:

Please read carefully!

Please arrive at **9pm** and register as soon as possible.

What you need:

Carry-mat or plastic sheeting to lie on

Survival bag, sleeping bag & cardboard boxes

If very cold, an extra blanket may be useful

Several layers of warm clothes, a hat and warm socks

Waterproofs, torch and snacks

Black bin bag for your rubbish

Sponsor form

(to be signed off in the morning)

Please do NOT bring:

Tents, Footballs, Stereos or Alcohol.

Toilets, hot drinks & first aid will be available throughout the night.

Please make your sponsorship cheque payable to ONE charity of your choice and send it and the sponsorship form direct to them (addresses overleaf) no later than 31st January 2012