

## **The BIG PNE Sleep Out guidelines**

These are for your information and safety and to ensure the event is successful for all participants and is perceived as a success by sponsors and supporters.

### **What are the times for the event on Friday 27th March 2026?**

Access to the Fulwood (Kop) end of the Deepdale stadium will be from 7 pm.

Everyone must be in the stadium by 9pm latest. The sleep out concludes at 7am on the Saturday morning and a breakfast sandwich will be served from 6 am. 'Lights out' will be from midnight and we would ask people to remain quiet after this time.

### **Can I park my car at the stadium?**

Yes, the car park on Deepdale Road facing Moor Park will be open.

### **Can I bring my bike?**

Push bikes would need to be brought into the stadium and it would be your job to store them safely and securely.

### **What will happen when I arrive?**

There will be a registration desk where you'll need to check in and confirm you are on the list of participants. The organisers reserve the right to refuse to admit anyone or to ask you to leave the sleepout if you are intoxicated or your conduct or demeanour is likely to disrupt the event.

There will be a welcome presentation by the organisers to greet participants at 9.15 on the Kop. Organisers will be available to give advice on how to make the best of sleeping 'rough' by the pitch.

### **What do I need to bring with me?**

Weather can be variable so check the forecast beforehand. However you'll need warm clothes to arrive and depart in, plus clothes to sleep in. Bring a warm sleeping bag, plastic covering to protect against damp and Veolia will supply the cardboard to lie on.

### **Will there be refreshments?**

Sodexo, the caterers at North End, will provide a hot drink and a hot sandwich at breakfast. You may wish to bring a flask, bottle of water and snacks. Water will be available from the taps in the toilets. Please don't bring anything too valuable since you will be responsible for ensuring its safety. There won't be charging facilities for electrical devices.

### **Can I bring alcohol and/or recreational drugs?**

No. The Sleep Out is designed to highlight the nature of rough sleeping and your sponsors are donating because you are sleeping rough. The event isn't a party and we need to keep everyone safe

### **Will there be any restrictions on grounds of disability?**

No, although we would ask that you notify the organisers of your situation and needs.

### **Will there be a certificate to confirm attendance and participation?**

Yes, this will be provided on the Saturday morning before you leave. This can be used to confirm to sponsors that you have successfully completed the sleep out.

### **Do I have to use the online Just Giving system to raise my £100 minimum sponsorship?**

No, a paper collection form is available from The Foxton [foxton50@thefoxton.org](mailto:foxton50@thefoxton.org)

### **What advice can you give about fund raising?**

Ask your family, friends and workmates to sponsor you. Also, you can raise money through activities. For example, make cakes and sell them, organise a raffle with donated prizes, hold a sporting activity with a small change for participating. If you have a good idea, why not share it with others! Send any ideas to [foxton50@thefoxton.org](mailto:foxton50@thefoxton.org)

**Is there a deadline for registration or can someone just turn up on the night?** The registration deadline is 20th March.

### **Are there any age limits for participation?**

The PNE safety officer has stipulated that all participants should be aged 18 or over.

### **When do I need to have completed my fundraising?**

Some sponsors are happy to donate in advance, others will wait till after the event. All monies paid into the Just Giving site are recorded on your fundraising page and paid directly to our bank. Any money collected using the sponsor sheet must be brought to The Foxton Centre, Knowsley Street, Preston by 23rd April 2026 where you will be given a receipt. Any cheques should be made payable to The Foxton (PBSO3).

**Any other questions, please send an email to**

[foxton50@thefoxton.org](mailto:foxton50@thefoxton.org)

An updated copy of the guidelines is on The Foxton website.