



# STADIUM SLEEP OUT

## FUNDRAISING GUIDE

**10<sup>th</sup> OCTOBER 2025**

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# Welcome to the Stadium Sleep Out Fundraising Guide

**Thank you for signing up to take part in the Stadium Sleep Out – an unforgettable night with a powerful purpose.**

By sleeping out under the stars at the Wham Stadium, you're helping to raise vital funds for East Lancashire Hospice and Accrington Stanley Community Trust. The money you raise will support people across our community – from those facing life-limiting illnesses to people in need of support and opportunity.

This guide will help you get the most out of your fundraising journey, with tips, ideas, and all the information you need to hit your target.

**Together, we can make a real difference.  
Let's get started!**



## Here's how your night will unfold:



### 8:00pm – The Night Begins at Coley's Bar

We'll kick things off with a fun and energetic pub quiz at Coley's Bar, located at the Wham Stadium. Expect laughter, a bit of friendly competition, and great prizes up for grabs!

It's also a chance to meet fellow participants, hear inspirational talks from both East Lancashire Hospice and Accrington Stanley Community Trust, and be reminded of the real reason you're taking part – to support people in our local community. The quiz night will wrap up with a warm supper, getting you ready for the night ahead.



### 11:00pm – Sleep Out Under the Stars

It's time to head to the stands and settle down for the night. You'll be provided with cardboard to sleep on, but please make sure you bring everything listed on the kit list included in this pack.

Please be mindful of noise levels and try to avoid any disturbances out of respect for our neighbours in the surrounding areas. Staff from both East Lancashire Hospice and Accrington Stanley Community Trust will be on hand throughout the night, along with security, to offer any support or assistance you may need.



### 6:00am – Rise and Shine

Wake-up time! We'll pack up and make our way to The Crown Pub (just up the steps from the stadium) where you'll be welcomed with hot drinks and a well-earned breakfast. Please ensure you take all your belongings with you – nothing should be left behind at the stadium.



# Your kit list for the night

Here are things you may need on the night, why not tick them off once you've got them:

## Sleeping Essentials

Sleeping Bag

Pillow

Blanket

PLEASE NOTE – AIR BEDS ARE FORBIDDEN

## Clothing – Be prepared for the Weather

Appropriate clothing for a night outdoors – layers/ thermals are recommended

Waterproof clothing

Woolly hat, gloves, and scarf

Thick socks (plus a spare pair)

Comfortable shoes or boots

## Food

A warm supper is provided with your ticket and will be served during the quiz night, however you may like to pack items with you such as;

A reusable water bottle

Snacks

Flask for a hot drink

## Other Items

Torch or headlamp

Phone and power bank (no chargers available)

Toiletries – if you fancy freshening up in the morning

A spare bag for any wet items

ID & ticket documentation

Books

Earplugs

Eye mask

# Your Sponsorship Guide

There are many ways you can raise money for your sponsored sleep out, here are some helpful tips to get you started:



**Create** a personalised fundraising page: Set up your JustGiving page today – [www.justgiving.com](http://www.justgiving.com) – don't forget to link your page to our Stadium Sleep Out event and once someone donates on your page, East Lancashire Hospice and Accrington Stanley Community Trust will receive the money directly without any fuss for you.



**Share** what you are doing on your Facebook/JustGiving page, keeping your family and friends informed.



**Request** a sponsorship form from our fundraising team via email/post and put it up in your workplace, encouraging people to sponsor you.



Don't forget to add their full name, address (including postcode) and tick **Gift Aid** if they're a UK taxpayer, so that we can claim an extra 25% of their donation from the Government.



East Lancashire Hospice provide palliative and end of life care for people in the communities of Blackburn, Darwen, Hyndburn and the Ribble Valley.

It costs over £4 million each year to provide our essential services for our patients, family/friends. To find out more about our services and how you can support further, please visit our website – [www.eastlancshospice.org.uk](http://www.eastlancshospice.org.uk)



ACCRINGTON STANLEY  
COMMUNITY TRUST

Accrington Stanley Community Trust is an award-winning, non-profit, self-funding registered charity and community organisation that has been working within the Hyndburn community since 2007.

We engage people, strengthen community cohesion, and raise aspirations across Hyndburn. As a Community Trust, we respond to local needs while aligning with regional and national priorities. Sport plays a key role in tackling issues like obesity, anti-social behaviour, health, employment, and education.

Through strong partnerships and a multi-agency approach, we deliver our programmes effectively and strategically. These collaborations help us reach under-represented and hard-to-reach groups.

To find out more about our programmes and how you can support further, please visit our website – [www.stanleytrust.co.uk](http://www.stanleytrust.co.uk)





**ACCRINGTON  
STANLEY  
COMMUNITY  
TRUST**

# Thank You

**On behalf of everyone at Accrington Stanley Community Trust and East Lancashire Hospice, we want to say a huge and heartfelt thank you for taking part in the Stadium Sleep Out.**

By giving up the comfort of your own bed for the night, you've shown incredible compassion and commitment to supporting people in our community. Your fundraising efforts will go a long way in helping both charities continue the essential work we do – whether that's providing care and dignity for those with life-limiting illnesses, or offering education, health, and wellbeing programmes that inspire and uplift people of all ages.

We're truly grateful for your support and your dedication.

We would like to thank our sponsor Prestige Beds for supporting this event.

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