

Hope in Action

A Big Sleep at Home to help the homeless

Christian charity Alabaré is calling on people across the UK to take part in the Big Sleep at Home event on 5th March. The charity says that the ongoing pandemic, and the economic and mental health repercussions, are putting thousands more people at risk of homelessness.

All the funds raised from the sponsored event will help provide accommodation and support for those who find themselves in crisis and without a home. Big Sleepers will give up their bed for one night, and sleep in an uncomfortable place in their home, garden or other venue permitted by Covid restrictions. Throughout the evening, Alabaré will be joined by local celebrities and other figures as the event is streamed online.

Bishop Andrew has already signed up to take part, and newly appointed Alabaré Patron, author and presenter Revd Joanna Jepson will be sleeping out from her post as a British Army chaplain.

Helen Inglis, Church Engagement Officer at Alabaré says:

"We are thrilled that people are responding so positively to the idea of doing the Big Sleep at Home. Thanks to all those signing up online, we can still hold this vital, community event, making a massive difference for those who are struggling or facing crisis during this devastating pandemic.

"We are so grateful to all the church communities that support us so generously, and do hope that they will encourage their clergy and members of their congregations to join us from their homes, gardens or even churches!"

Staff at Alabaré homes have been working on the frontline throughout the crisis, making sure those who have lost their own home have safety, warmth, food, and support to begin rebuilding their lives once more.

The charity has lined up a diverse and entertaining evening for those sleeping out at home. Big Sleepers will be able to listen in to a bedtime story from renowned award-winning local author Barney Norris, take part in den building with ex-SAS Major Ken Hames, join in an online quiz, and hear from Alabaré CEO Andrew Lord, as well as some of the many people who have been supported by Alabaré and who know first-hand the difference that events like the Big Sleep can make.

This year's event replaces the charity annual Big Sleep at Salisbury Cathedral which cannot take place due to the current Covid restrictions.

For more information, and to register for free, go to www.alabare.co.uk.