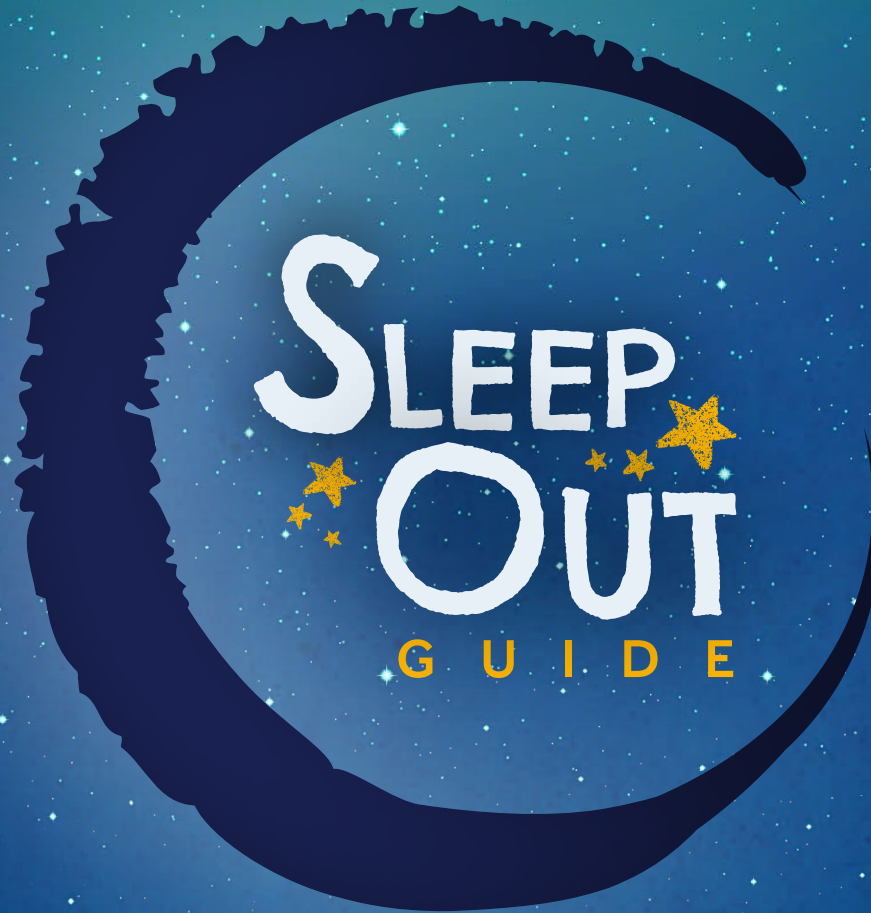


Llamau

Imagine a World Without
Homelessness



HEADLINE SPONSOR

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Sleep Out info

We're asking you to Sleep Out anywhere that isn't your bed. That could be your office, your garden, or your living room!

You'll be Sleeping Out in recognition, not replication of homelessness and while it might be an uncomfortable night's sleep, you'll be taking this challenge on by choice.

For the women and young people that we support, sleeping in an unsafe place is sadly often a necessity.

We are asking you to fundraise **£98** per person, the cost of a safe night in one of our projects.

To get your fundraising off the ground, open your Just Giving page and share it with family, friends and colleagues.

About Us

For over 30 years, Llamau have been helping young people and women evade homelessness through prevention, safe and homely accommodation, and help to move on.

We're here to stop homelessness happening in the first place, to offer support for when it does, and to help people leave homelessness behind for good.



SINCE 2021

7,697 young people, women and children were supported to achieve their potential

1,883 people received housing-related support through our young people's supported accommodation; floating support services or gender-specific accommodation

1,194 young people who were homeless or at risk of becoming homeless received specialist advice and support

83% of people supported last year had improved mental / emotional health

68% of those receiving Family Mediation were able to stay or return home

86% of people leaving support, left in a planned way



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Case study

Luke's story

Luke became homeless after a family breakdown. He was shut out from where he lived and left to wander around town looking for somewhere to sleep. Luke would sofa surf but experienced several nights of being street homeless.



Safety Guidance

- Full risk assessment
- Make sure emergency procedures are in place and you have a trained first aider with you
- Make sure you have all the relevant insurance to cover your event
- Consider whether the council should know about your Sleep Out
- Make sure everyone is registered and you have their emergency contact details
- Have a secure place for valuables or money to be locked away
- Remember the right gear – woolly socks, hats, gloves, jumpers, sleeping bag.



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Safe and Homely Accommodation

Our supported accommodation projects are small and homely, with no more than 9 young people living in any one project. Each person has their own private space, and projects have communal living areas for young people to hang out and catch up.

Supported lodgings are provided for young people who are more likely to thrive in a family environment. Like Luke, young people are carefully matched with chosen hosts who are given guidance on how to best support the young person who is living with them.

Our projects provide so much more than shelter. Holistic, tailored packages of support enables each person to develop their strengths and overcome the issues that led to them becoming homeless. Allowing them to work towards independent living at their own pace.

BANK DETAILS:

Llamau Ltd
Account No: 53972518
Sort Code: 20-18-23



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Where can you Sleep Out?

—
To help you get creative about where to Sleep Out,
we've put together a little list of ideas. Remember
to always Sleep Out somewhere safe.

**Community
Centre**

Bathroom

**Football
Field**

Town Hall

Tent

**Living
Room**

Office

**Back
Garden**

Campsite

Sofa

**Anywhere
that's safe!**

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What to do when you're sleeping out?

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01.

Show us your worst view!

Show us your worst view competition!

We know that some of you may be Sleeping Out in some unusual places, so why not enter our competition and show us your worst view for the night.

Maybe you're in your offices squashed between the printer and the water cooler, looking at a car park, some building work or worse. Perhaps those of you sleeping out with your family will be watching your kids squabble over the games or the dog has stolen your sleeping bag

Post your pics on social media with the hashtag
#LlamauSleepOut





02.

Chocolate Chip Cookies

+ Vegan Alternative

Ingredients

For 10 servings. To make this recipe vegan, use vegan chocolate and non-dairy milk.

- 100g sugar
- 165g dark brown sugar, packed
- 1 teaspoon salt
- 120g coconut oil, melted
- 60ml (non-dairy) milk
- 1 teaspoon vanilla extract
- 185g flour
- ½ teaspoon baking soda
- 115g semi-sweet chocolate, in chunks
- 115g dark chocolate, in chunks

Method

- In a large bowl, combine the sugar, brown sugar, salt, and coconut oil.
- Whisk in the milk and vanilla, until all sugar has dissolved and the batter is smooth.
- Sift in the flour and baking soda, then fold the mixture with a spatula, being careful not to overmix.
- Fold in the chocolate chunks evenly.
- Chill the dough for at least 30 minutes.
- Preheat oven to 180°C.
- Scoop the dough with an ice cream scoop onto a grease proof paper-lined baking tray. Be sure to leave at least 2 inches of space between cookies and the edges of the pan so cookies can spread evenly.
- Bake for 12-15 minutes, or until cookies just begin to brown.
- Cool completely.
- Enjoy!



03.



Sleep Out Games

Long distance charades

To recreate, divide into teams and play charades from over 2m away.

Creepiest Things

Make your Sleep Out a little more spooky by bringing a creepy object or story. Whichever will scare your teammates the most!

Water features

Create the most striking water feature. Divide into teams and take inspiration from a tap running over piled up washing up in the kitchen sink.

Soapy Scenes

Divide into two teams and come up with the best soap opera cliffhanger. Create your own characters and find your Coronation street-style ending!

Reverse Psychology

Film something that looks good in reverse – perfect chance to trial your hand at directing.

Hidden Pineapple

To recreate, divide into teams and have one person conceal the pineapple. Take turns in guessing where they've hidden it.



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04.

Campfire Stories

How to play

1. Create a set of trigger words that can kickstart a storytelling session. Think of words like “first day”, “work travel”, “partnership”, “side project”, etc. Add them to sticky notes.
2. Ask a participant to pick out one trigger word from the sticky notes and use it to share an experience (say, about his/her first day at the company).



05.

Spectrum Mapping

How to play

1. Start by identifying a few key topics on which you want insight and opinions from the participants.
2. Write down a topic in the center of a whiteboard. Then ask participants to write down their opinions and perspectives on the topic on sticky notes. Post these notes on either side of the topic along a horizontal line
3. Once everyone has chimed in, work with the group to arrange the notes as a “range” of ideas. Group similar ideas together to the left. Place outlying ideas to the right.
4. Continue doing this until you’ve arranged all ideas as a “spectrum” with most popular ideas to the extreme left, the least popular ideas on the extreme right.

06.

Magazine Story

Who wouldn’t want to be featured on a magazine cover?

In this activity, each team has to create an imaginary magazine cover story about a successful project or business achievement. They have to get the right images, come up with headlines, formulate quotes, etc.

A great exercise in creativity that can also inspire your team to think bigger.

How to play

1. The goal of this game is simple: get players to create a magazine cover story about your company or project (choose either). The players don’t have to write the complete story; they only have to write the headlines and create images, quotes, and sidebars.
2. Divide participants into teams of 3-6 players. Give them markers, pens, and anything else they’ll need to create a fictional magazine cover.
3. Create several hints for different elements of the magazine story. This could include: a) magazine cover, b) cover story headline, c) quotes from leaders and team members, d) sidebars about project highlights and e) images.
4. Distribute these hints to each team and ask them to create a magazine story.
5. Choose the best magazine cover.



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07.

Best Moments

How to play

1. Instruct your team to spend a few minutes contemplating the best moments of their lives.
2. Then ask them to decide which 30 seconds of their life they would relive again if they had the chance.
3. Now, ask each team member to share their memory out loud.



08.

The Big Sleep Out Quiz

Welcome to Sleep Out. We hope you're having an amazing night wherever you're Sleeping Out.

Check out our Big Sleep Out Quiz over on the next page. Click the blue buttons for the answers once you've done each round. Good luck!



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Round 1

Connections

There are 4 questions and the answers all connect- what is the connection.

Questions:

What is the stiletto named after?

Which Alfred Hitchcock film was famous for looking like it was filmed in one shot?

Which Beatles album features the songs 'And your bird can sing', 'Got to get you into my life' and 'Eleanor Rigby'?

In Disney's Beauty and the Beast, what object is Lumiere?

Round 2

Wipeout

1 pt per answer, put one wrong answer and you loose all points per round

Questions

Which two dances appear in the NATO alphabet?

Which country receives the most tourists (not including local)?

In Harry Potter, a Quidditch team consists of three chasers, two beaters and one each of what positions?

Which song featured in the 1996 film Trainspotting and had a star studded version released as a BBC Charity single in 1997?

From which fruit is grenadine obtained?

Round 3

Cocktails

Here are the ingredients, can you name the cocktails?

Questions:

Vodka, Kahlua and milk (or single cream)

Tequila, Grenadine and orange juice

Vodka and orange juice

White rum, lime juice, sugar, mint and soda water

Gin, cherry brandy, Cointreau, Benedictine, grenadine, lemon or lime juice, pineapple juice, Angostura bitters

Round 4

Baby Animals

Name the baby animals

Questions:

What do you call a baby owl?

The baby echidna - a spiny anteater native to New Guinea and Australia - shares its name with a designer dog breed. Which is it?

What do you call a baby hare?

2 of the following animals have babies called pups, which one of the 3 does not. A bat, a shark or a raccoon?

What do you call a baby puffin?

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Compass Cymru, part of Compass Group UK & Ireland, the UK's largest food and support services firm, announced its three-year partnership with Llamau in October 2021.

This commitment launched with Compass Cymru's headline sponsorship of Llamau's 2021 Sleep Out. In addition, Compass Cymru has pledged to support Llamau with a mix of event sponsorship, staff engagement, volunteering, work placements and skills sharing.

The partnership builds on Compass Cymru's dedication to nurturing young talent and providing skills and training to improve their

future. The business will work with Llamau to offer skills sessions around cooking and nutrition, as well as work placements and training in some of its 60 sites across Wales.

Managing Director of Compass Cymru, Jane Byrd, said: "One of the main reasons why we distinguished Compass Cymru as its own business in 2021 was to support Wales through a regional approach. This means creating Welsh jobs and generating business for Welsh farmers and suppliers, as well as helping charities like Llamau to make a difference in our local communities.

"As a business with a real commitment to apprenticeships and skills development, Llamau's mission to end homelessness by supporting young people and women is a great fit for us. The work they do to not only provide immediate help to vulnerable people, but to also give encouragement and respect, is such an important part of what is required to finally end homelessness. We cannot wait to get involved in supporting this vital service."

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SLEEP OUT CHAMPIONS



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