

Rock Trust invite you to sleep outside in November



On Friday 6 November, hundreds across central Scotland will sleep out to raise funds for The Rock Trust.

This year's Sleep Out will take place at Festival Square, Edinburgh. Participants will sleep outdoors in the square to raise awareness of youth homelessness and much needed funds for the Rock Trust, which provides vital support for homeless young people in Edinburgh and the Lothians.

Kate Polson, chief executive of The Rock Trust, said: 'The Sleep Out is one of our most important events of the year. It does not intend replicate homelessness – but it does give participants a glimpse of what homeless young people experience when they sleep on the streets of Edinburgh.

'It's a challenge – cold, uncomfortable and often wet but it is an experience that lives with the participants forever. Most of us can't imagine what it's like not have a safe home to go to.

'Homelessness is a real problem in Scotland. We support approximately 400 young people every year to build a better future and avoid or move on from homelessness.

'We're encouraging workmates, families, teams and individuals to sign up and take part to show that homelessness cannot be ignored.'



Photography for Rock Trust from: Colin Hattersley
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Deidre Brock, MP for Edinburgh Northern and Leith said: 'I'm delighted to be supporting the Rock Trust. This is an Edinburgh charity doing some fantastic work supporting young homeless people in the city and it deserves all the support we can give it.

'Everyone taking part in the Sleep Out on 6th November will be hoping that it isn't too cold to be sleeping outside but they'll all be keeping in mind that others don't have the option of going home to their own warm and cosy bed.

'I'm hoping this fundraising event will get more people interested in the work of the Rock Trust but, even more importantly I hope that people will put their hands in their pockets and come up with a few pounds to help the work of the trust.'

Refreshments will be available throughout the night along with entertainment and prizes for the best fundraisers and fundraising team and for those with the best onesies. Marshalls and security guards will be on watch all night and Stoats will serve a porridge breakfast from 6am.

For more information on how to take part please contact Katriona Harding at Katriona.harding@rocktrust.org or call 0131 557 4059.

Alternatively visit The Rock Trust [website](#)