

marah

Please complete the Application Form overleaf and return to:

Marah Cardboard City
Palace Chambers
Ground Floor
40 London Road
Stroud
Glos GL5 2AJ

Further enquiries:

office@marah.org.uk

and at Facebook as Marah Trust

01453 76 76 55
Office open Monday to Wednesday

www.marah.org.uk

Registered Charity No. 1115471. Company Registered No. 5731514

Friday 7th March 2014

marah

Cardboard City in Stroud

Marah Trust is proud to announce the return of our Cardboard City fundraising event.

We are looking for kind and hardy people to sleep outdoors with us in the grounds of St. Laurence Church and to ask others to sponsor them to do so. As well as raising funds and support for our charity, our aim is to highlight the issue of homelessness in our area and the difficulties that vulnerable and socially excluded people experience in their lives.

If you are interested in supporting us with this event and are prepared to experience a night sleeping out in the open, we would love to hear from you.

The weather could be bad on the night and sleeping outside could be a challenge. We ask therefore that participants have a reasonable level of health and fitness.

Marah is a Christian charity and the event will have a Christian feel to it – including an all-night prayer vigil at St. Laurence. We welcome people and groups of all faiths and none and hope you can join us to make the event a success once again.

We invite those who are unable to sleep out to sponsor someone who can, or to support the event in other ways.



Marah Trust
Palace Chambers
Ground Floor
40 London Road
Stroud
GL5 2AJ

01453 767655
email: office@marah.org.uk
www.marah.org.uk

Registered Charity No. 1115471. Company Registered No. 5731514

The aim of the sleep-out is to raise awareness of homelessness and to raise funds for the Marah Trust, who support vulnerable and socially excluded people in Stroud

Homelessness

It's not just about rough sleeping. Many people may find themselves 'sofa surfing' - staying with various friends or family, without a place to call home. They can often be staying in unsafe or overcrowded accommodation. Being homeless means you have no fixed address. Finding a job becomes yet more difficult. There are very practical problems also: how do you wash your clothes? Keep yourself clean? Homelessness also affects your physical and mental health and wellbeing.

An example of how Marah has helped

A young man,'Pete', called into the Marah office in Stroud in the early evening. He had been staying at a friend's place for a while but had been thrown out that day after an argument. Pete had been sofa-surfing and occasionally sleeping rough for over a year. He was planning to sleep rough that night. He had no possessions and no coat, and the temperature that evening was already below zero and due to be much colder.

Marah liaised with a partner agency (GEAR) who helped arrange emergency B&B accommodation via the local authority, but this was in Gloucester. Marah contacted the B&B landlord for directions, bought the train ticket and took Pete to the station, ensuring he got on the train. A hot meal was bought for Pete, as he had not eaten all day. He was given some supplies, including toiletries, to take for the night. The landlord agreed that he would call Marah to confirm Pete's safe arrival, which he did. Pete attended GEAR in Gloucester the next day for follow up work. He was eventually referred to hostel accommodation and then supported longer-term housing. Pete has as remained there since and is engaging well with support services.

Pete is no longer homeless due to the intervention by Marah and our successful work with a partner agency.

How to participate

We will be sleeping out in Stroud from 9:30 pm on Friday 7th March until 7 am on Saturday 8th.

All applicants must be at least 14 years old, and if under 18, participants must be accompanied by a parent or approved guardian.



Full details will be sent to you once your application has been accepted.

You need to sign up in advance, by using the form opposite.

If you can't sleep out yourself, will you sponsor someone who will?

Cardboard City Application Form

Personal Information

Title Mr / Mrs/ Miss / Ms / Other (please circle appropriate option)

First Name:

Surname:

Address:

..... Postcode:

Phone Day: Evening:

Mobile: Date of Birth (d/m/y):

(Please make sure that this is the number of the phone you will have with you on the night of the sleep-out)

Email (This is the most effective way for us to communicate with you):

.....

Please advise us of any medical conditions that you have:

.....

.....

Next of kin name and telephone number (in case of emergency on the night)

.....

.....

Conditions of entry

I understand that this experience of sleeping outdoors could be challenging and is potentially hazardous. I am aware that the organisers and their volunteers cannot be held responsible for any personal injury or loss, damage or public liability. I confirm I am in reasonable health and fitness. If under 18 I will be accompanied by an adult.

Entry forms that have not been signed by hand will be returned.

Signed Date:.....

Please return your completed form to Marah Trust: address overleaf.