



# HAYDEN'S HELPING HANDS

**Sleep Like They Do, 2023**

# Hayden's Helping Hands Overview

Hayden's Helping Hands' principal purpose is to provide for the relief and alleviation of poverty, distress and misfortune suffered by people experiencing homelessness or disadvantage in Australia. This includes, but is not limited to - people sleeping in improvised dwellings, people who frequently move from one temporary shelter to another and people staying in accommodation that falls below the general standards of the community. Our team of volunteers, predominantly made up of youth, answer this need by:

- (a) distributing food and supplies to people experiencing homelessness;
- (b) improving access to basic human needs for people experiencing homelessness, such as sanitation and clothing;
- (c) promoting good nutrition for people experiencing homelessness;
- (d) creating opportunities for people experiencing homelessness to interact on a meaningful and mutually beneficial level with the community, particularly with young people;
- (e) creating opportunities for people experiencing homelessness to engage positively with the community, particularly with young people, and develop a shared sense of social inclusion; and
- (f) promoting and raising awareness and understanding of homelessness in Australia, particularly among young people.



# Youth Changing Lives

- HHH was founded in 2015 by then 8 year old Hayden and 5 year old Stephanie with the dream of ending homelessness in Melbourne
- Youth-led charity with 40+ volunteers of all ages
- To date, HHH has provided over \$360,000 worth of relief to some of Melbourne's most vulnerable residents, \$94,000 in the last 12 months alone (2022-23), and if this continues we will soon reach half a million dollars from a simple plan 8 years ago to help others
- HHH provides:
  - an outreach in the CBD every Sunday for essential items such as food, toiletries, bedding/blankets and clothing
  - food parcels to families in need
- Hayden and Stephanie speak at schools, organisations and community events to help raise awareness about homelessness and how we can help





# Sleep Like They Do - Annual Sleep Out Event

## Friday 8th September 2023

### Purpose

- HHH has launched this annual event to raise awareness of homelessness and disadvantage in Australia and to raise much needed funds to provide relief for the individuals we assist

### Details

- The Sleep Like They Do annual sleep out event is for school-aged youth to get involved in (participants take part at their own risk and MUST have adult supervision. HHH will not be held liable for any accidents)
- There is a tax deductible registration fee of \$10 per person, plus booking fee (the \$10 fee provides 1 Survival Pack for a rough sleeper - read on for more information)
- Participants can register [here](#) and can collect donations/sponsorship via [this link](#)
- Get yourself a piece of cardboard and sleep out in your backyard (we will distribute a 'how to' video closer to the date)
- Sleep out on your own or with a group of your friends



# Sleep Like They Do - Annual Sleep Out Friday 8th September 2023



## Showing Your Support

- Decorate your cardboard, and include a message of support for those sleeping rough every night
- Share photos of your creations - the best creation will win a prize
- 'Adapt like the homeless' too - if it rains try and find shelter, and you can add to your experience by eating like the homeless do (e.g. non-perishable/canned food)

## Fundraising and Raising Awareness

- Ask your family and friends to sponsor you - they can sponsor you a total amount for the event; or they can sponsor you for every hour you spend sleeping out
- Highest fundraisers will win a prize
- Help us to create some hype and awareness by sharing photos of your event to our social media event pages (check you have a parent/guardian's permission first)
- If you do not wish to participate in this event but would like to make a donation to HHH, please do so [here](#)

# Survival Pack

The \$10 registration fee will provide 1 Survival Pack for a rough sleeper.

Hygiene is so important for health in our everyday life, imagine how hard it would be for the homeless and rough sleepers.

Everybody deserves the essentials like socks, undies, shaving equipment, sanitary items, soap and face towels.

Restoring and helping maintain their dignity is the least we can do.



# Frequently Asked Questions

FAQ	Answers
Are donations/sponsorships tax deductible?	All sponsorship amounts over \$2 are tax deductible (email address will need to be provided for tax receipt)
Is Hayden's Helping Hands a Registered Not for Profit?	Yes, and has deductible gift recipient (DGR) status
Does HHH have participant merchandise available?	Not this year, but we are considering this for future years
How do I get my donated funds to you?	We will have both an online option and in-person drop off location – further details to be provided closer to the event
What is our ask of schools and community groups?	Please help us to raise awareness for this event and the plight of the homeless in your youth cohorts
Could we have someone from HHH come and talk about the event and homelessness in general?	Yes, that is welcomed, please reach out via <a href="mailto:info@haydenshelpinghands.org">info@haydenshelpinghands.org</a> (we invite any other questions too)
Where can I find more information on HHH?	Website - <a href="http://haydenshelpinghands.org">http://haydenshelpinghands.org</a> Facebook - <a href="https://www.facebook.com/HaydensHelpers">https://www.facebook.com/HaydensHelpers</a> Insta - <a href="https://www.instagram.com/haydens_helping_hands/">https://www.instagram.com/haydens_helping_hands/</a>