

# HOMELESS ACTION WEEK

TAKE ACTION. RAISE FUNDS. RAISE AWARENESS.

10th - 14th October

So many people are at risk of becoming homeless. We need you to stand with us and take action.





## About Providence Row

Providence Row has been supporting the homeless and vulnerable in London for over 160 years. We work with over 1800 people a year, offering a service of crisis support, advice, recovery and training activities.

We are working towards a vision where everyone has a safe home and a community of support.

**HOMELESS ACTION WEEK**  
TAKE ACTION. RAISE FUNDS. RAISE AWARENESS.

Every year our supporters come together for **Homeless Action Week** to raise awareness and take action to improve the lives of people affected by homelessness. This year the week follows **World Mental Day** and begins on **World Homelessness Health Day**.

In England, we are still in the midst of a housing emergency. As the health crisis caused by COVID-19 gives way to a significant increase in the cost of living, we

## Ella's Story



When Ella came to the UK from Zambia she was hoping for a better future. She had a cash in hand job and was able to support herself and her family back home. "When COVID-19 happened, I struggled to get work. I had no recourse to public funds so found myself on the streets. I found Providence Row when I was at my lowest and sleeping rough. I was able to get access to the showers - something that I realised I had taken for granted. Having my period is awful, I have nowhere to go, especially when I am uncomfortable and just want to lie down."

I now have 2 a meals day which gives me one less thing to worry about. The staff in the advice and support team have been so helpful. Although my options for getting my stay are not possible without me returning home, it has been really helpful to have the support that has been provided. Providence Row have never made me feel like a homeless person, just a person that needs a helping hand."

expect to see a rise in homelessness and the need for our services and more and more people needing our help.

We are here to support everyone who is homeless, regardless of their status, background and circumstances. We want to build a community of support, where everyone is welcome.

## How can you take action against homelessness?



Sign up to our monthly newsletter by visiting [Providencerow.org.uk/signup](https://www.providencerow.org.uk/signup)



Take part in our **Food Challenge** week.



Organise a **Harvest Collection**.



Host your own fundraising event - we have suggested other events you can hold at the bottom of this leaflet.



Donate to show your support.



You can find out more about Homeless Action Week on our website:  
[www.providencerow.org.uk/HAW2022](https://www.providencerow.org.uk/HAW2022)



# Food Challenge!

Experience 5 days in the life of our clients by taking part in our 'Food Challenge'. Monday-Friday over 120 meals including breakfast and lunch are prepared at The Dellow Centre. These are the only meals that our clients will receive in a day.

This year we invite you to take on our inaugural 'Food Challenge' and get sponsored to live on 2 meals a day. Just like one of our clients. Pick 5 consecutive days between the **10th -31st October** and follow the menu below.... Will you take the challenge?



## The MENU

### BREAKFAST

Golden Syrup Porridge, Cereals and Fruit  
Tea and Coffee

### MONDAY

Sausage\*, Winter Leek and Barley Stew

### TUESDAY

Sri Lankan Chicken\* Curry with Green Beans and Rice

### WEDNESDAY

Tomato and Padron Peppers with Spaghetti

### THURSDAY

Lamb\*, Tomato and White Bean Casserole

### FRIDAY

Black Urad Daal with Chilli Jam Chicken

\*Vegetarian substitutes detailed on recipes

**To access all of our delicious recipes visit [providencero.org.uk/food-challenge](http://providencero.org.uk/food-challenge)**

*Disclaimer. We ask that by you participating in this challenge that you declare yourself medically fit to partake, and that you do so at your own judgement and risk. You accept that the charity will not be liable for any loss, damage, action, claim, costs or expenses, which may arise in consequence of your participation in the challenge.*



## Hosting a collection

Harvest season is approaching, and we need your help. Harvest is a key time when Providence Row works with local Schools, Churches and Businesses to organise collections of much-needed food that we can use in our kitchen to prepare nutritious meals for people experiencing homelessness.

We would also like to ensure that our clients have access to hygiene products and clean items of clothing.

If you would like to partner with us and organise a collection in your School / Church / Business, please email us at [getinvolved@providencerow.org.uk](mailto:getinvolved@providencerow.org.uk) to arrange delivery of your collection.



### Food Items

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Pasta (Dry)

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Rice (Dry)

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Meat (Tinned)

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Fish (Tinned)

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Tomato sauce for pasta

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Coffee (Instant)

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Tea bags

---

Tinned carrots

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Tinned peas

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Tinned sweetcorn

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### Hygiene Products

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Single use body wash

---

Single use shampoo

---

Single use conditioner

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Toothbrush

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Toothpaste

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Razor (N/A to schools)

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Bath towel

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Feminine hygiene products

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Socks (men & womens)

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Underwear (men & womens)

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For more information please visit  
[providencerow.org.uk/harvest-collection](http://providencerow.org.uk/harvest-collection)

## Team Activity

If you are hosting your own fundraising event here are some ideas for you. You could host a quiz, scavenger hunt, Pictionary or team challenge which includes a round on homelessness, to see how much people understand about the current homelessness crisis and why it is important you are raising awareness with us.



### Fundraising ideas and ways to boost your target

#### Select a Fundraising Platform

We recommend using **Give as You Live (GAYL)** or **Facebook Donate**. All you have to do is follow the link below to set up your page with a suggested £200 target. Once your sponsorship money starts to come in Providence Row will automatically receive 100% funds your raise.

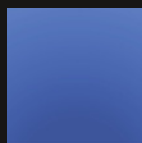
GAYL: [donate.giveasyoulive.com/campaign/haw2022](https://donate.giveasyoulive.com/campaign/haw2022)  
Facebook: [www.facebook.com/fund/ProvidenceRow](https://www.facebook.com/fund/ProvidenceRow)

If you have any questions or would like help setting up your fundraising page please contact us and we will be happy to help.

#### Personalise your page and share with all your contacts

Add photos, videos, and tell everyone why you are taking part in Homeless Action Week. Demonstrate how funds raised can tackle homelessness!

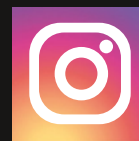
Share your page on social media and email friends and colleagues – you may even encourage others to get involved by doing so! Remember to tag Providence Row:



@ProvidenceRow



@Providence\_Row



@providencerow

## Boost your fundraising

Although the suggested fundraising target is £200, you can raise as much as you can! You can increase your sponsorship donations by setting challenges or hosting an event during Homeless Action Week. Here are some ideas and examples:



**"If I raise £600 I will dye my hair/ wax my legs/ shave my head on the night."**



**Host a virtual event with friends, such as a zoom quiz, a dance party, karaoke night or cooking competition – ask your friends to donate to your page to take part.**



**Pledge to run 5k when you wake up on World Homelessness Day.**

## Contact Information

If you have any questions, would like more information on Homeless Action week, please get in touch with our friendly fundraising team:

**Maria O'Donoghue - Head of Corporate & Community Fundraising**

Email: [modonoghue@providencerow.org.uk](mailto:modonoghue@providencerow.org.uk)

Website: [www.providencerow.org.uk/HAW2022](http://www.providencerow.org.uk/HAW2022)

Thank you for taking action against homelessness with Providence Row and making a difference to people facing homelessness in London.



HELPING HOMELESS AND VULNERABLE PEOPLE SINCE 1860

Providence Row is a charitable company limited by guarantee registered in England and Wales with company no. 07452798 and reg. charity no. 1140192. Its registered office is The Dellow Centre, 82 Wentworth Street, London E1 7SA.



# Thank You!