



Participant Guide

2024

Soup & Sleep

www.soupandsleep.org.au

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Introduction

Welcome to our participant guide and thank you for signing up to join us on June 6th for Soup & Sleep

As you know Soup & Sleep is Food on the Table's major annual fundraising activity, created to help in our mission to make sure that

"No One Goes Hungry"

All proceeds go directly towards feeding those who are doing it tough right now, and cannot afford a fresh and healthy meal! Proceeds also go towards providing various training opportunities to help community members better themselves.

www.soupandsleep.org.au

**Soup &
\$leep**



SUP & SLEEP

On the night we'll be preparing food to be provided to those in need (with the help of iconic local chefs), we will be entertained (with iconic local entertainers), and most importantly we'll hear from some people sharing their own stories, about just how hard life can be for many in the community, not as fortunate as you or I.

To finish the night we'll be doing it tough ourselves - sleeping on a piece of cardboard under the stars.

A truly humbling experience.



Event Guide

LOCATION



The location of the event will be at our fabulous venue just outside of the city

2 Chief St, Hindmarsh SA 5007

TIMINGS



Please arrive at the venue from **5.15pm** on Thursday June 6th, for a **6.15pm** hard start. We want to get you all signed in with your event kits, and allow time for you to get involved, relax, mingle and meet the other participants before we get stuck into things!

Dinner, hot beverages and other refreshments will be provided.

The event itself will run until about **10.30pm**, and those staying on to sleep out for the night will then be supplied with a piece of cardboard as their 'Bed'.

The event will be photographed, filmed, and live streamed. We will assume your permission to publish pictures/videos etc. that may include you, so please just let us know if you do not want this.

The event will conclude on the morning of Friday **7th June**, after an early breakfast (and coffee!) served around **6am**, with no other formalities. You are of course free just to head off whenever best suits you.

PARKING



We will be using our entire car park for people sleeping out, so there will be no parking available at our venue.

Directly across the road from us on Chief Street, there is a car park owned by Mossop Group, who have generously offered to allow us to use the carpark for the night to safely store our cars. The boom gate will be open (directly off Chief St) from 5pm and locked at 7pm.

URGENT NOTICE:

Please ensure you fill out the below mandatory questionnaire as soon as possible, as it provides us with all we need for the night, including dietaries and attendees.

Simply [click here](#) to fill in our Pre-Event Questionnaire

CONTACT NUMBERS



Please see contact details for our team below, to share with your family or call if you need anything.

Roxy Jones
Raegan Coleman
Kane Richardson
Louise Horobin

0434 706 332
0435 430 045
0456 379 853
0422 923 721



WHAT TO BRING

For those choosing to sleep out in the car park with us, the weather will be cold and potentially wet.

*Please note that there will also be cover if needed in the event of heavy rain.

PLEASE PACK THE FOLLOWING IN A GARBAGE BAG LABELLED WITH YOUR NAME:

- Small tarp
- Sleeping Bag
- Pillow
- Toothpaste & Toothbrush
- Sleep mask (optional)
- Please DO NOT bring a swag or mattress/foam! Strictly Forbidden!
- Warm comfortable clothes to sleep in (no need to change, just roll up dressed cosy, comfy & warm) - a warm woollen scarf is highly recommended too!
- Mobile phone, camera, tablet - for capturing the night and posting to social media:

Facebook: @Food on the Table
www.facebook.com/foodonthetableau

Instagram: @foodonthetableau
www.instagram.com/foodonthetableau

Please use the hashtag:
#SOUPANDSLEEP2024

We have a 'Cloak room' set up, so don't worry, we will store these bags securely for you at the venue as you enjoy the night and you can pick up your gear before bedtime.



DID YOU KNOW...

Every night, **1 in 7** people experiencing homelessness are **sleeping rough**.



The huge increase in the cost of living means many more people are now **regularly experiencing food insecurity**, which is of course heightened among people experiencing homelessness.

Every night in SA it is estimated there are some **7000** people experiencing homelessness. Alarmingly some **15%** of them are under 12 years of age.

The average person lives to some 80 years of age, whereas people experiencing homelessness live on average to only **47** years of age.

More than **130,000** households in SA now experience severe food insecurity, meaning they need to **skip meals**, sometimes for a full day.

More than **50%** of people who are **severely food insecure** go a whole day each week without eating.



**SUP &
\$LEEP**



soupandsleep.org.au

About Us



Why are we here?

Food on the Table is a 100% profit for purpose community hub providing food, support, venue/function space, and training opportunities for marginalised groups, including those experiencing homelessness. All profits generated service our mission. Our core vision for our humble venue is to be a place that continues to provide hope, support, love and inspiration to our community!

How we help

Our model is a little different from most venues, with our 100% 'not for profit' business model redefining "pay it forward" in order to support those less fortunate in our community.

Many hands make light work, and with the efforts of our core team and amazing volunteers, we cook, prepare and package thousands of meals onsite each and every week!

We then supply these meals to several fabulous charitable organisations who distribute these meals directly out to those in the community who are struggling for their next meal!

These wonderful organisations include Hutt St Centre, Baptist Care, Puddle Jumpers, Vinnies and the Salvos just to name a few.

What we offer

We also offer a range of possibilities for your next big event, corporate meeting or dream function!

We offer a complete catering service (including liquor license) for events held on-site or elsewhere!

We are able to offer our entire venue - The Grand Hall, including a stage, sound, serviced bar, plenty of on-site car park, and can host up to 250 people in total.

By hosting your function at our venue you are directly helping those in need!



ABN 74 622 595 706

Our Impact



55,000

Meals made and distributed in 2022!



51,241

Meals made and distributed in 2023!

95,550

Meals made and distributed in the last 12 months!!!



Fundraising Tips

Kickstart your Fundraiser!

A great way to encourage others to make a donation is by making a donation of your own!



Use your Email!

Create a personalised email template that you can send to your family, friends and work colleagues to spread the word about what you are doing and why, which might encourage them to sponsor you!



Create a Numbers Raffle

Everyone loves a good raffle - so keep it simple and run a numbers board with a cash prize, this can be done through your socials too, so raffle it off to your friends and colleagues, and make a donation on behalf of everyone to your own page!



Share what and why!

Make use of any of the resources we have made available to you (www.soupandsleep.org.au/resources) and share what you're doing and why you're doing it with your family and friends on Social Media. Don't forget to include a link to your page so they can donate.



Personalise your Page!

Login to your personal *Fundraising* page and edit your description to be a little more personal. People that read more about why **YOU** are doing it will be more likely to sponsor you.



Give Thanks!

Don't forget to thank your sponsors for donating to your page and letting them know how grateful you are. Why not see if they want to jump on board and join in on the night too!?



Share & Share

SHARING YOUR EXPERIENCE **#SOUPANDSLEEP2024**

The more engagement you have and the more sponsors means the bigger impact you make to those in need. Just by participating, you have made a huge step to putting hope on the table to someone in need.

If you want to spread that impact a great place to start is to begin your social media posts and continue to share as much as you want right up until and including on the night! Don't forget to link to your personal sponsorship page so that friends, family and colleagues can support your efforts. Remember to use the hashtag #SOUPANDSLEEP2024 and tag us (@foodonthetableau) in your posts!

**There are several resources and graphics available for you to use at:
www.soupandsleep.org.au/resources**

On June 6th as we come together as a community, we'd love for you to take and post as much as you'd like. Remind your social network of what you're doing, how it's going and if you're staying on to spend the night out in the cold with us - let them know what it's like!

Here is a suggested social media post to get you started:

On the 6th of June, I will be rolling up my sleeves to help to make a lot of hearty and healthy soup for people in need who are doing it tough right now. After the event, I'll be staying on to spend the night sleeping on a cold hard surface under the stars! You can sponsor me for the night and leave a message by selecting the donate button on my page, or you can come along and join in on the night! Thanks for supporting me in raising money to help ensure "No One Goes Hungry"!



Don't forget to include a link to your page! xx

We thank you for your ongoing support in our mission to make sure **"No One Goes Hungry"**

Acknowledgements

We acknowledge the Kaurna people, traditional custodians of the lands on which we have built our community. We pay our respects to their Elders, past, present and emerging. Always was, always will be, Aboriginal land.

We acknowledge the contributions of the people who worked tirelessly on the success of Food on the Table's mission since our last annual fundraising event in 2023.

Our Amazing Team!

General Manager:

Roxy Jones

Events Manager

Louise Horobin

Head Chef:

Kane Richardson

Volunteer Coordinator:

Raegan Coleman

Directors:

Sam Adcock

Mike Chalmers

Andrew Cole

David Evans

Christopher Sale

Our Corporate Partner

People First Bank

Our Supporters

Garden Master

And last but certainly not least, we acknowledge the incredible efforts of every single one of our other Staff, Volunteers, Donors, Fundraisers and Supporters who help us to keep our world spinning.

Our mission simply wouldn't be possible without you!

Food on the Table

2 Chief St Hindmarsh SA 5007

www.foodonthetable.org.au

hello@foodonthetable.org.au