

EMAIL TO SEND TO FAMILY AND FRIENDS

Dear family and friends,

On 24 March I will be grabbing a sleeping bag, braving the cold and sleeping out at the Cardinal Hume Centre to raise money to support their work helping those facing homelessness and poverty.

Based in the heart of Westminster, this fantastic charity provides activities for children and families in need to learn and play together; expert advice and advocacy for vulnerable and isolated people; and safe accommodation with round-the-clock support for homeless young people.

Last year 1,200 people came to the Centre for help. At the Centre people like Annie are given the chance to turn their lives around...

Annie moved into the Cardinal Hume Centre after suffering considerable stress at home and was left with no choice but to leave. When Annie moved into the Centre, her confidence was very low. She was encouraged by her key worker to take part in cooking classes with other residents - Annie soon developed a real love of cooking. The Centre's employment team supported her on to a course with a guaranteed job offer at the end so Annie can turn her passion into a career!

Young people like Annie come to the Centre with very little, so your donation can mean so much...

- £12 can pay for a young person to travel to college for a week
- £25 can pay for a kitchen 'starter pack' so a young homeless person can learn to cook.
- £50 can pay for bedding and towels for when they move into their new room.

Please sponsor me as I brave the cold.

Thank you so much!

To learn more visit www.cardinalhumecentre.org.uk