

To help you tell your friends and family why you're fundraising and what their donation could mean to someone affected by homelessness we've created some messaging for you.

Posting on social media can be done in [4 simple steps](#).

Step 1 - Add us on social media

Add the Cardinal Hume Centre to your social media of choice.

 @CardinalHumeCHC  @CardinalHumeCentre  @cardinalhumecentre

Step 2 - Select a photo

Use a favourite photo or select an image from our [social media image gallery](#) on our Sleepout page.



Step 3 - Talking to your supporters

Copy any of the statements below and post to your social media of choice. Feel free to edit and personalise and [don't forget to link to your fundraising page!](#)

Asking for sponsorship

I'll sleep out and #BraveTheCold on 24 March so the Cardinal Hume Centre can continue to tackle poverty and homeless. Please sponsor me what you can <INSERT YOUR FUNDRAISING ADDRESS HERE>

14,700 people sleep out each year. For one night only I will too. I'll #BraveTheCold to raise money to help Cardinal Hume Centre prevent homeless. Please sponsor me <INSERT YOUR FUNDRAISING ADDRESS HERE>

On 24 March I will sleep out for one night to help raise money to prevent homelessness. Please sponsor me to help me reach my target. <INSERT YOUR FUNDRAISING ADDRESS HERE>
#BraveTheCold

A week before and after the event

I've almost reached my target of £300. Every £1 helps the Cardinal Hume Centre to prevent homelessness <INSERT YOUR FUNDRAISING ADDRESS HERE>

Please sponsor me to help the Cardinal Hume Centre prevent homelessness <INSERT YOUR FUNDRAISING ADDRESS HERE>

Only x days until I #BraveTheCold and Sleepout to raise money to support the Cardinal Hume Centre's work tackling homelessness and poverty <INSERT YOUR FUNDRAISING ADDRESS HERE>

Last night I took part in the Cardinal Hume Centre Sleepout to help support people experiencing homelessness and poverty. It's not too late to sponsor me <INSERT YOUR FUNDRAISING ADDRESS HERE> #BraveTheCold

Thanking your supporters

(You may want to include some pictures of yourself at the Sleepout)

Thank you for supporting my Sleepout! It was not easy but thanks to your support I raised an amazing £xx to help prevent people from becoming homeless. #BraveTheCold

Thank you for helping me raise a fantastic £xx so the Cardinal Hume Centre can continue to tackle poverty and homelessness!

Step 4 – Tag us!

Don't forget to tag us so we can re-tweet and re-post!   

If you need any help with your social media posts contact

patriciamarron@cardinalhumecentre.org.uk or call 020 7222 1602.