



# **Fundraising Pack** 10th – 17th October 2022

### What's the Big Sleep?

To coincide with World Mental Health Day The Cart Shed is relaunching its annual Big Sleep campaign. The Big Sleep will take place from the 10th to the 17th of October.

Did you know that a good night's sleep is essential for our mental health? The Big Sleep aims is to increase awareness about the importance of good sleep, open up conversations about mental health and raise money to support the work of The Cart Shed charity.

#### What's The Cart Shed?

The Cart Shed charity enables adults and young people to manage their mental and physical health and wellbeing in a sustainable way. Based in north Herefordshire we transform lives by using the principles of Occupational Therapy which helps people find meaning, purpose and a future.



Our enriching and engaging crafts based activities are run by tutors, occupational therapists and mental health practitioners in a natural woodland setting. Time at The Cart Shed enables individuals to build confidence, reduce isolation, increase self-esteem and improve their social connection and sense of belonging.

#### Join the fundraising fun!

To get people talking and raise money we are asking everyone to go to work, school or collage for a day during the Big Sleep week in their dressing gown, pyjamas, slippers or their night cap!



'The Covid 19 pandemic and the challenges we have faced since have had a huge impact on people's wellbeing, this has made the need for opening discussions on mental health more important than ever. We think that donning our night clothes for the day will be a fun way to get everyone talking about how we can help ourselves to stay healthier and happier.'

Katie Eastaugh CEO of The Cart Shed

## Simple steps to getting involved ...

- 1 Choose your best
  - dressing gown, coolest
    PJs, or snazziest slippers.



2. Tell your friends, family and work colleagues that you are taking part in the Big Sleep and ask them to donate.

> They can do this easily by scanning our Big Sleep QR code or by text message donation.



Go to work, school or college on
 the 10th October wearing your chosen nightwear. When people ask you why, tell them about the Big Sleep and why sleep is so important.



4. Go home and get a good night's sleep knowing you've raised money that will make a Big Sleep difference to the lives of people coming to The Cart Shed.



## Why is sleep so important?

Sleep is as essential to us as breathing, eating or drinking. It is often thought of as a time when we are inactive but in fact the opposite is true; sleep is an active and essential process which enables us to recover and regenerate. While we sleep our brains process information which helps us to learn and function effectively during the day. Good sleep is particularly important for our mental health as it also allows our brains to evaluate, remember and consolidate thoughts and memories which helps us to process emotional information.

Prioritising our sleep is a great way to support our wellbeing.

#### What can we do to help ourselves?



Get good exposure to natural light during the day, this resets our circadian rhythm and helps us sleep.



Turn screens and gadgets off at least an hour before bed.



Make sure your bedroom isn't too hot. Between 18 and 20 degrees is right for most people.



Have a warm bath or hot shower before bed. As you cool down afterwards your body is tricked into thinking you have gone from daytime into night-time which brings on a greater sleep urge.



Reduce your intake of caffeine and alcohol as well as foods and drinks that are high in sugar, as these can all hinder a good night's sleep.



Meditate. Mindfulness meditation can help improve your ability to release the day's stress and tension in preparation for a good night's sleep.



Skip strenuous exercise before bed. Instead, try some yoga or stretching.



Try journaling to relieve stress. Writing in a journal can give a place to process concerns which reduces the need to unpack them mentally in bed.

# **Further information**

More information on the importance of sleep for our mental health can be found on these websites:

www.mind.org.uk www.mentalhealth.org.uk www.verywellmind.com

If you are experiencing continued difficulties with your sleep, speak to your doctor for further support and advice.

If you would like to be supported by The Cart Shed please got to www.thecartshed.co.uk and click on the referral button on our home page.

## Three easy ways to donate!





Scan this QR code to go to our quick donation portal.

2.

Text: BIG SLEEP3 to donate £3 BIG SLEEP5 to donate £5 BIG SLEEP10 to donate £10 To the number 70711

3.





Set up a Kindlink page to share with friends, family and colleagues so that they can sponsor you. Go to: www.kindlink.org/individual -charity-online-fundraising

# And finally ...

A huge thank you for getting involved, the money raised will make a big difference to all those supported by The Cart Shed.

Keep an eye on our website and our social media to see how the Big Sleep is going.

# www.thecartshed.co.uk



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