



# Boycott your Bed

Sign up. Team up.  
**Sleep out.**

This October, it's time to get your colleagues together and create a dream team. Wherever you are in the UK, take on the challenge of sleeping out and help more children to have a safe and happy childhood.



Boycott your Bed on

**Friday 4 October 2024**

London ✨ Leeds ✨ Glasgow ✨ Belfast ✨ Cardiff

[boycotthyourbed.co.uk](http://boycotthyourbed.co.uk)





# Sign up. Team up. Sleep out.

**4.3 million children now live in poverty in the UK.**

That's 30% of all children. Tonight, many will go to bed hungry. Struggle to sleep in a cold, damp house. And start the next day without a warm coat or shoes that fit.

**We're a vital lifeline for vulnerable families – but we can't do it without you.**

With your help, we could give a child warm clothes, hot meals and a proper bed. You could help us to be there, with love and without judgement, in moments of crisis when children are living without the essentials.

It's time to get your colleagues together, raise vital funds, and take on the challenge of sleeping out. Choose from London, Leeds, Glasgow, Cardiff or Belfast – just one night on 4 October without your bed could help children who face every night without a safe, warm place to sleep.

**[boycottyourbed.co.uk](https://boycottyourbed.co.uk)**

We're here to answer any questions.

Email us at: [boycottyourbed@actionforchildren.org.uk](mailto:boycottyourbed@actionforchildren.org.uk)

#boycottyourbed



Action for Children, whose registered address is 3 The Boulevard, Ascot Road, Watford WD18 8AG and registered as a charitable company limited by guarantee in England & Wales under number 04764232. Registered charity numbers 1097940/SC038092. © Action for Children 2024. ACT0118.