

Sign up. Team up. Sleep out.

Boycott your Bed



Boycott your Bed on

Friday 3 October 2025

London ☆ Leeds ☆ Glasgow ☆ Manchester

boycottyourbed.co.uk



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Sign up. Team up. Sleep out.

4.5 million children now live in poverty in the UK. That's 31% of all children. Tonight, many children 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. It's relentless.

We're a vital lifeline for vulnerable families – but we can't be there without you.

With every minute, every hour spent braving the elements – you and your colleagues could help us give a child warm clothes, hot meals and a proper bed.

Choose from London, Leeds or Glasgow – wherever you are in the country, just one night on 3 October without your bed could help the children who go to bed every night feeling unsafe, cold, hopeless.

Childhood is precious. We don't have long to get it right. But you can take action for children so they don't miss out on a safe and happy childhood. Sign up for Boycott your Bed today.

boycottyourbed.co.uk

Have questions?

Email boycottyourbed@actionforchildren.org.uk

#boycottyourbed



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