

# Highworth Sponsored Sleep Out In Support of



Mike Buss is a former British Soldier injured on operations in N. Ireland. Mike was subsequently medically discharged. Lost, not knowing what he wanted to do and unable to adjust to civvi life, Mike found himself homeless on the streets of London.

Mike has since found purpose in life, raising money for military charities such as Help for Heroes and become a successful World Record Breaking Ultra Athlete and Personal Trainer.

**FACT: 1 in 4 people living on the streets of London are ex-forces personnel and many of them have seen combat and have found it impossible to adjust to life outside the forces and ended up on the streets.**

**Help Mike raise money to support these soldiers in similar situations and the injured coming back from Iraq & Afghanistan.**

**Nov 20<sup>th</sup> 2009 – The Highworth Help for Heroes Sleep Out.**

- Register your name by emailing Mike to receive a sponsor form at: [activelifeuk@hotmail.com](mailto:activelifeuk@hotmail.com)
- All we ask is that you pay the £10 entry fee (payable on the night) and raise at least £10 but the more the better.
- So what are we asking you to do?
- **Turn up at 7:30pm**, reporting to Brookes Cafe to pay your £10 entry and receive your FREE Soup.
- **8pm** move out to the Market Square get sleeping out and get your head down for the night.
- **8am Saturday morning**, it back into Brookes Cafe for a **FREE** good English Fry Up!