

# The Upper Room

Girlies Sleep Over

**Dear Parent or Guardian,**

On **March 11th-12th 2011** we are having a girlies sleep over in the Upper Room. The plan is to **start Friday PM** and **finish on Saturday 1PM** The Sleep over is **STRICTLY** a girls only one and that includes leaders. **Please contact Laura ASAP so she can get a rough idea of numbers.**

It is being headed up by Laura Niblett (J's wife) and the plan is to hang out in the upper room watch a movie and then on Saturday morning to have pancakes and a discussion group. The Upper Room will provide breakfast but if you would like to bring and sweets you are welcome!

**You will need to bring:**

A sleeping bag

An air bed or mat

Basic toiletries (baring in mind there are no showers)

Any films (12A and under), games and snacks you want to bring!

If you have any questions or if you need to contact your young person during the sleep over and you cannot do this directly please feel free to contact **Laura on: 07813977087**

We would love it if your young person would join us!

**Please Fill in the Below Slip and bring it on Friday as it gives the leaders acceptable consent to look after your young person. Without the consent form we are unable to have your young person with us. SO PLEASE DO NOT FORGET.**

-----Please keep the top and return the below slip -----

Name of young person:

**Emergency Contact**

Name:

Contact Number:

Allergies or Medical Conditions (if applicable):

I give permission for the female youth team of The Upper Room under the supervision of Laura Niblett to look after my young person on the girlies sleep over on the 11th-12th March 2011.

Signature:

Date: