


The YMCA logo is displayed in a large, bold, grey font. To its left is a decorative graphic consisting of several overlapping triangles in shades of blue, purple, teal, and brown, arranged in a fan-like shape pointing towards the top right.

Sleep Easy 2019



Ripon YMCA

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Charity No: 250986

A decorative horizontal bar at the bottom of the page, composed of several colored segments: yellow, light blue, purple, and green.

What is the Sleep Easy Campaign?

The YMCA Sleep Easy campaign aims to raise awareness of homelessness particularly in young people.

Homelessness is often hidden, and although some people do sleep rough on the streets, many with no fixed home will find themselves sleeping on a friend's floor, sofa or in a car.

In the past few years at Ripon YMCA we have worked with many young people who have slept in tents, sheds, on kitchen floors, on sofas, airbeds or outdoors.

The main reason young people become homeless is due to relationships with family or a partner breaking down. Many of our young people have mental health issues and suffer low mood and lack of motivation.

What do the YMCA do to support homeless young people?

Ripon YMCA can help. We provide young people with a safe place to stay and give them support to help develop independence. Our Housing Support Workers develop action plans and provide practical support to help young people learn, grow and engage in appropriate opportunities.

What happens at the Sleep Easy?

On March the 8th 2019 Ripon YMCA will be holding a sponsored sleep-out in support of the Sleep Easy Campaign. Staff, Trustees and Volunteers will be sleeping outdoors in tents, on sofas and in cars to raise awareness of how homelessness affects young people in our local area.

Take part in our Sleep Easy campaign and sleep out so others don't have to.

Fundraising

Most participants will raise funds through sponsorship. It's important to use our sponsorship forms or our Just Giving pages so we can claim Gift Aid on top of the total amount people donate.

All money raised will be used by Ripon YMCA to provide services and facilities for the young people we serve.





Essential Kit you will need

It will be cold, possibly damp or wet.

You will need adequate equipment to sleep out including:

- Sleeping bag
- Warm Clothing
- Hat, gloves, scarf
- Warm socks
- Torch
- Plastic sheet (to cover you if it's raining)

You need to provide all your own kit and take it away with you at the end of the event.

Fundraising

Every penny you raise will help Ripon YMCA support homeless and vulnerable young people in Ripon.

Please use the **sponsorship form** at the back of this pack. It will enable us to collect gift aid for your donations. We will need this along with your donations, so please keep it safe.

Just Giving

We also use **Just Giving**. This is a useful online platform for fundraising.

You will need to create an account at www.justgiving.com and then click on Start Fundraising.

If you search for Ripon YMCA you will find our page and the Sleep Easy 2019 event.

You can then use this page to start fundraising and the money raised will come directly to us.

The bonus is that gift aid is worked out by Just Giving and we receive an extra 25%.

Make sure you use your Just Giving link when you share info on social media, it will help people go straight to your fundraising page.

Fundraising Tips!

Don't be shy! The key to good fundraising is TO ASK! Make sure your family, friends, neighbours, work colleagues and others know what you're doing and why you're doing it.

Speak to your local YMCA. Talk to the staff, at Ripon YMCA, they will tell you first hand of the important work going on. If appropriate you may be able to come and visit.

Use social media and spread the word! Use all your social media accounts to let people know you are sleeping rough so others don't have to. Your social networks have more reach than you may realise. Remember to share your link and be sure to use **#SleepEasy2019**

Ripon YMCA Twitter / Facebook: @YMCARipon

Ask to promote your fundraising on your company's website or intranet. Companies are often happy to promote the community-based activities of their staff and this is a great way of letting everyone know about your fundraising efforts. You could also look into putting posters up in the staff kitchen or communal areas.

Update people in your networks. People who have donated will want to check in on your progress.



Registration Form Ripon YMCA Sleep Easy 2019

On March the 8th 2019 Ripon YMCA will be holding a sponsored sleep-out in support of our Sleep Easy Campaign. The plan:

8th March at 6.30 to 7pm – Meet at Ripon YMCA
7pm – Briefing and Dinner
8pm – Set up sleeping area on Ripon Market Square
9pm – Hornblower
9th of March 6am – Pack up market square
6am – Breakfast at Ripon YMCA

Registration Form

Please complete this form and return it to: ceo@riponymca.org

Information will only be used for the purpose of the 2019 Sleep Easy event unless you tell us otherwise. Participants must be over 18 years of age.

Title:		Date of Birth:	
Full name:			
Address:			
Postcode:			
Telephone No:		Mobile No:	
Email:			
Declaration:			Tick as required
I understand this is a sponsored event and pledge to raise as much money as I can			
I want to hear from Ripon YMCA about future events or campaigns			
I will complete all required forms and give details required to ensure the safe running of the event.			
From the information given I believe that I am healthy and competent to take part in the sleep out event			

You will receive a more detailed form in February 2019 which you must complete to confirm your place at Sleep Easy 2019.

Please note: Any media enquiries should be sent to Lucy at Ripon YMCA.

ceo@riponymca.org



