

YMCA

Sleep Easy 2023



Ripon YMCA

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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 adults 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 April the 21st 2023 Ripon YMCA will be holding a sponsored sleep-out in support of the Sleep Easy Campaign. Staff, Trustees and Volunteers will be sleeping outdoors 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 encourage you to use **Just Giving**.

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

Search for the **Ripon YMCA Sleep Easy 2023** page and then select. The next page will let you create your fundraising page.

Make sure you link to the correct event or page – **Ripon YMCA Sleep Easy 2023**.

The money raised will come directly to us. And 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 us. 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 **#SleepEasy2023**

Ripon YMCA Facebook: [@YMCARipon](https://www.facebook.com/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.

