

YMCA CREWE

PARTICIPANT PACK



YMCA
**SLEEP
EASY**

SLEEP ROUGH SO OTHERS DON'T HAVE TO

ONE NIGHT CAN MAKE A LIFETIME OF DIFFERENCE

17th
MAY
2024

Salvation Army
Prince Albert St, Crewe CW1 2DF.

YMCA CREWE

Thank you for joining us in YMCA Crewe's Sleep Easy 2024!

This event is our largest fundraising initiative this year, and we hope that members of our local community will come together to spend one night sleeping outdoors, on their sofas, in tents, or anywhere out of their comfort zone, to support our ongoing efforts to prevent and combat homelessness.

It's important to clarify that this event is not meant to simulate rough sleeping, nor do we claim that one night outside one's comfort zone reflects the true challenges faced by the people we support.

Sleep Easy is a fundraising challenge like running a marathon or skydiving. It's about pushing boundaries and embracing a new challenge to raise funds for a noble cause. We hope that this initiative prompts reflection on what it might be like to lack a secure place to sleep. We aspire for Sleep Easy to inspire continued advocacy for the harsh realities of homelessness among local individuals.

In this pack, you'll find all the details you need for participating in Sleep Easy 2024.

Should you have any questions, please don't hesitate to contact us at 01270 257673 or admin@ymcacrewe.org.uk.

We look forward to seeing you on the night.

Best regards,
YMCA Crewe



YMCA Crewe Sleep Easy 2024 would not be possible without the generous support of The Salvation Army and the following local businesses and organisations:



SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

YMCA CREWE



Where?

YMCA Crewe Sleep Easy 2024 will take place at
Salvation Army, Prince Albert Street, Crewe CW1 2DF

When?

Friday 17th May, 7pm—7am

Why?

The aim of Sleep Easy is to raise funds to help us continue supporting young people who have experienced, or are at risk of homelessness. It is also an opportunity for us to engage with our local community, and raise awareness of the impact and risks of homelessness for young people in our local community. All money raised will go directly towards funding the support services we offer to local people who have experienced homelessness. These services include helping residents of YMCA Crewe to develop the skills needed to live independently, such as cooking and managing a budget, supporting them to access training and education opportunities and assistance in finding employment or volunteering placements.

What do I need?

We will provide cardboard for sleeping on, and hot food and drinks throughout the night, but you will need to bring:

- Lots of warm clothes and waterproof clothing
- Hat, scarf and gloves
- Spare socks
- Sleeping bag
- Waterproof ground sheet/sleeping mat (optional)
- Torch
- Snacks
- Thermos flask (optional)
- Bin bag (for your rubbish)

YMCA CREWE



Facts about homelessness

- * In 2023-2024, YMCA Crewe provided accommodation for 154 people experiencing some aspect of homelessness.
- * In the same time period, 67 people moved on from our services into their own accommodation, back with family, or even in to university!
- * YMCA's across England and Wales offer accommodation to more than 18,000 people each year.
- * Not all people who have experienced homelessness will have slept rough. Many people's experience of homelessness is hidden; in derelict buildings, squats or sofa surfing.
- * YMCA Crewe works with people who have experienced homelessness to help them gain the skills they need to live independently, access training and education opportunities and find employment or volunteering placements.

Case Study 1

CB is a 22-year-old female, living at YMCA.

CB came to stay at the YMCA due to a relationship breakdown with her mum. CB felt that her mum would not allow her to do anything for herself and was holding her back in becoming independent. She has mental health issues including severe Obsessive Compulsive Disorder (OCD).

CB's mum would administer her medication, cook all of her meals, manage her money and take her to all of her appointments, despite CB asking for the responsibility to learn how to manage these things herself. CB's confidence and self-belief was at an all-time low, she would refer to herself as stupid and would apologise all the time.

CB had not been homeless before and was very anxious about moving into the YMCA.

She engaged well with her Life Coach, working on how to budget money, buy her own food, cook and clean. CB is now able to manage and collect her own medication and attends her own appointments. This has had a massive positive impact on CB's confidence and self-esteem.

She takes part in almost every activity at the YMCA such as girls night, KIT (Key Independence Training), walks, movie night, cooking, discussion based sessions, and fitness training.

CB has made lots of new friends, is learning something new each week and is noticeably more confident, less anxious and her mental health has improved in such a short space of time.

She is an extremely talented artist and would like to be a costume designer.

(Names/ Initials changed to maintain anonymity)

YMCA CREWE



[How your support helps](#)

The money raised through Sleep Easy will allow us to continue providing training and support for young people who have experienced homelessness. In 2022-2023, we ran 835 engagement sessions, varying from health and wellbeing, arts and creativity, and employability skills workshops which saw a number of our residents undertake formal qualifications such as First Aid, food hygiene, and CSCS.

A recent Foyer Federation study showed that amongst the young people staying at YMCA Crewe:

- 96% made progress in personal development
- 92% improved their health
- 94% made progress with social skills
- 69% made progress in finance skills

Case Study 2

Harry is 17 years old and has lived at the YMCA for 14 months.

He came into YMCA emergency accommodation after a breakdown in family relationships.

Harry felt he couldn't be in a typical school environment, so started learning through virtual schools and achieved full marks in his maths entry level 2 exam.

He was keen to take an apprenticeship, so looked at different options, with the support of his key worker. He undertook a placement at a supermarket, preparing a packed lunch and getting to work on time every day.

Harry said that he didn't realise he was capable of getting a placement like this and his confidence has improved.

At the same time, Harry attended Key Independence Training sessions whenever he could, to improve his practical skills, such as cleaning and budgeting, and did one-to-one cooking sessions with his Life Coach. As a result of this, he was able to move from his YMCA room into an apartment, which he loves.

Harry applied to become a YMCA Crewe Resident Rep and attended an interview for that, another example of how his confidence has grown. His responsibilities include liaising with residents, attending meetings with staff and trustees and showing new residents around the building.

He said "I feel being at the YMCA has improved my confidence and given me independence. I can talk to new people now and manage my own flat and work".

(Names/ Initials changed to maintain anonymity)

YMCA CREWE



Sleep Easy Schedule

7pm—Arrive and register

7.30pm—Hot drinks and Live Music

8pm—A quick introduction to YMCA Crewe, Hot meal,
and Quiz Time!

9pm—Bedtime

6.30am—Stretching Class provided by Ministry of Yoga

7am—Breakfast, thank you, and goodbyes

Terms and Conditions

- All participants must be aged 18 or over,
- Sleep Easy 2024 is a sponsored challenge, with the aim of raising funds to support our work tackling homelessness. We ask that participants commit to raising as much money as they can through sponsorship or other appropriate fundraising methods.
- Participants are responsible for their own medical conditions and ensuring that they are fit to take part. Please consult your doctor if you are suffering from heart, joint, back or breathing problems, or any other medical condition that may affect your ability to take part.
- Photographs and videos taken at the event may be used by the YMCA in future publicity material. You must inform the organisers of the event if you do not want your photograph to be used for this purpose.
- There will be strictly no alcohol on the Sleep Easy site and immediate surrounding area, those under the influence of alcohol or recreational drugs will be denied entry.
- Smoking will be restricted to a designated site away from the premises.
- Please send any sponsorship money you raise to YMCA Crewe as soon as possible. Please do not bring cash with you on the night.
- YMCA Crewe reserves the right to refuse entry to the event at their discretion.



Top Sponsorship Tips

Don't be afraid to ask!
And don't be put off by rejection, plenty of people will want to support you, you just need to find them!

Take your sponsorship form with you wherever you go!
work, church, college, gym, etc

Commit yourself to the cause. Make sure everyone knows who you're raising money for, and why you're doing it.

Give copies of your sponsorship form to your friends and family so they can also raise money on your behalf.

If possible, collect the money as you go. It'll be much easier than going round collecting it all after the event.

Ask your employer to match fund your sponsorship, or make a donation. They may even let you raise money in work through a bake sale or dress down day.

Think about extra fundraising opportunities prior to the sleepout. Maybe organise a coffee morning, or a quiz night. All the money raised can go towards your sponsorship total.

Set up an online sponsorship page on Just Giving, or encourage people to donate online at:

www.justgiving.com/campaign/ymcacrewesleepeasy24



Encourage all your supporters to Gift Aid their donation. For every £1 donated, we will receive an extra 25p!

If collecting sponsorship isn't going as well as you hoped, don't be disheartened, contact us, and we may be able to suggest some ideas you haven't thought of!

Keep sharing details of the challenge on your social media. Keep an eye on the YMCA Crewe's social media pages for any posts that may help boost your fundraising.

YMCA CREWE

