

FUNDRAISING PACK



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

WELCOME TO SLEEP EASY

Thank you for registering an interest to be a part of a life changing 'YMCA SLEEP EASY' fundraising event.

Sleep Easy is a YMCA fundraising initiative, raising money to help change the lives of vulnerable young people. Each year we ask individuals, teams from local companies, groups of friends and students to sign up, join in and sleep rough for one night. By doing so you will help raise awareness of what is a growing issue in the Black Country; youth homelessness.

Sleep Easy is a challenging and eye opening experience. By taking part you will gain an insight into just how tough it is for young people to face the prospect of sleeping rough night after night in freezing conditions and in fear of their own safety.

Together we can make a difference.

Sam was 16 when he was referred to our Supported Lodgings project by his Social Worker (Supported Lodgings is a project which places young people in the homes of trained and approved volunteer Hosts). He was referred when the relationship with his family completely broke down and it was no longer safe for him to stay at home. Sam's mother was an alcoholic and Sam felt badly let down by her. Sam moved in with a Host family in Wolverhampton, and the stability this provided enabled him to get his life back on track. He enrolled in college and started to learn the life-skills he needs to live independently. After living with his Host family for two years, Sam was ready to move into his own flat. The flat was near to his Host family so they could continue to provide him with support and friendship but when Sam got his flat he didn't have any furniture, white goods, cutlery, pots, pans, curtains. Nowhere to sleep and nowhere to sit, and no support from his family. The money raised by Sleep Easy through the Moving Forward Fund enabled us to help Sam purchase the things he needed to create a home.



Dear Partner,

Re: Sleep Easy 2019 – Together We Can Make a Difference!

On Friday 8th March YMCA Black Country Group will be sleeping rough for one night to raise funds and awareness of youth homeless and we're inviting you to join us!

Sleep Easy is a YMCA fundraising initiative, raising money to help change the lives of vulnerable young people. Each year we ask individuals, teams from local companies, groups of friends and students to sign up, join in and help raise awareness of what is a growing issue in the Black Country; youth homelessness.

The money raised from Sleep Easy goes into our Moving Forward Fund. This pot of money enables us to support young people and vulnerable adults who are moving on from our services or making a positive progression in their lives. Last year alone we supported over 100 applications to the Move on Fund and supported residents to get the physical things they need to create a home, purchased appropriate clothes for residents attending interviews, we have purchased bikes so young people can get to and from college or paid travel expenses so young people can get to University open days – and many other things that have helped vulnerable homeless people progress.

Sleep Easy is a challenging and eye opening experience. But by taking part you will gain an insight into just how tough it is for young people to face the prospect of sleeping rough night after night in freezing conditions and in fear of their own safety, and you will help to support young people and vulnerable adults Move Forward with their lives.

This year we are holding our Sleep Easy event in a covered car park at intu Merry Hill Shopping Centre. You will be provided with two cardboard boxes to back your bed, hot drinks and food throughout the evening. Other than that, all you need to bring is yourself, sleeping bags and blankets and wear lots of layers!

There will be plenty of fun activities to keep you occupied too. Join in with some team games and challenges and our Cardboard Box Pub Quiz. There will be busking throughout the night and you can listen to the stories of the people you are there to help.

We invite you and your colleagues, friends and families to get involved and register your team to help make a real difference to young homeless people in 2019. Registration is open now and discounts are available for teams of 5 or more.
<https://www.ymcabc.org.uk/support-your-ymca/fundraising/sleepeasy/>

In exchange for taking part you will receive a Sleep Easy Sponsorship Pack full of wonderful resources to help you maximise your fundraising, be listed on our website as a supporter, have the chance to win one of our Top Fundraiser Awards, as well as a fun and life changing experience and the peace of mind knowing you have made a genuine difference to a young person's life.

So please sign up today. Together we can make a difference!

Yours faithfully,

YMCA Black Country Group



Anna moved into YMCA Supported Housing after the relationship with her parents broke down and they threw her out of the family home on her 16th birthday. Anna was still at school at the time and this was an extremely traumatic time for her. With help from her Support Worker, she was provided with safe and secure accommodation and the stability she needed to continue her studies. She worked hard, and with perseverance she achieved the grades she needed to study Science at Wolverhampton College. Anna said, 'When I was home we were arguing all the time, I could never do my work, I never felt safe. With the help of the YMCA I had peace. I could focus.' Like all 16 year old girls, Anna wanted to attend her school Prom but didn't have anything suitable to wear. She accessed the Moving Forward Fund to buy a beautiful red sequinned prom dress and this made a significant impact on Anna, her self-belief and confidence. She deserved it! One year on, Anna has continued to make great strides. She is still living in Supported Housing but will be leaving next year to read Medicine at Keele University.

SLEEP EASY REGISTRATION

To officially become part of this life changing event, you can now register and sign up to sleep easy.

Online registration

To register online simply visit www.ymcabc.org.uk/sleepeasy simply follow the steps to register, pay your registration fee and create your fundraising page via Virgin Money Giving.

All we need is a few details, so that we can send you more information about the fundraising event.

First name: _____ Last name: _____

Email: _____

I have registered online as an individual: YES / NO (Please circle)

I have registered online as a group/team: YES / NO (Please circle)

Team/Group name _____ No. of members _____

Registration form

Alternatively, please complete the following registration form and return it to: Sleep Easy, YMCA Black Country Group, 29-31 Temple Street, Wolverhampton, WV2 4AN

I would like to register as an individual: YES / NO (Please circle)

I would like to register as a group/team: YES / NO (Please circle)

Please note: discounts are available for group bookings, please get in touch to find out.

For more information call 01902 371500 or email info@ymcabc.org.uk

Sleep Easy Registration Form

1 Yes, I will participate in Sleep Easy

Name: _____

Address: _____

Postcode: _____

Telephone: _____ Email: _____

Do you have any medical conditions that we should be aware of? If so, please state here:

Dietary Requirements:

Please inform us if you have any requirements (vegetarian/other dietary requirements/allergies)

Under 18's:

Parental/carer consent is required for all participants under 18 years of age; they must be at least 16 and accompanied by a responsible adult.

Date of Birth (DD/MM/YYYY) if under 18: ____/____/____

I am happy to confirm my permission for _____ to participate in Sleep Easy on _____ in accordance with the disclaimer above.

Print Name _____ Signed _____

Date _____ Relationship to young person _____

2 Disclaimer to be signed by all participants:

Yes! I would like to participate in the Sleep Easy Sleep out on _____. I confirm that I am physically fit enough to sleep outside and that the organisers will in no way be held responsible for any injury, loss or illness incurred to me as a result of this event. The same applies to my possessions.

I also understand that the event photographer will be taking photos on the night, and that these may be used by YMCA Black Country Group in publicity. By signing here, I give my consent for photos of me to be taken and used for publicity.

Signed: _____ Date: _____

3 The Sleep Easy sleep out is a sponsored event.

We are asking participants to raise as much as possible in sponsorship to help us end youth homelessness. Please tell us here how much sponsorship you are hoping to raise:
£ _____

I enclose my registration of £10 / I have registered online via Virgin Money Giving (Please make cheques payable to YMCA Black Country Group)

4 Please return the completed form to the Sleep Easy

YMCA Black Country Group, 29 – 31 Temple Street, Wolverhampton, WV2 4AN

Thank you for your support.

FUNDRAISING TRACKER

Keep track of how much money you've raised and see how your donations help improve the lives of those facing homelessness.

Our Goal £

£

£

£

£

£

£

Total raised £

Top fundraising awards to be won, including:

- * Corporate fundraiser award
- * Retail fundraiser award
- * Team fundraiser award
- * Staff fundraiser award
- * Individual fundraiser award

TOP TIPS

1. Wear lots of layers

Pull out the thermals and pile on the pullovers – whether its socks, vests or jumpers, it's always best to load up on the layers and remove them if you get too hot, during the event.

2. Put the fun back into fundraising

On the night, be prepared to take part in a variety of fun activities including 'decorate your box', busking and more.

SURVIVAL KIT

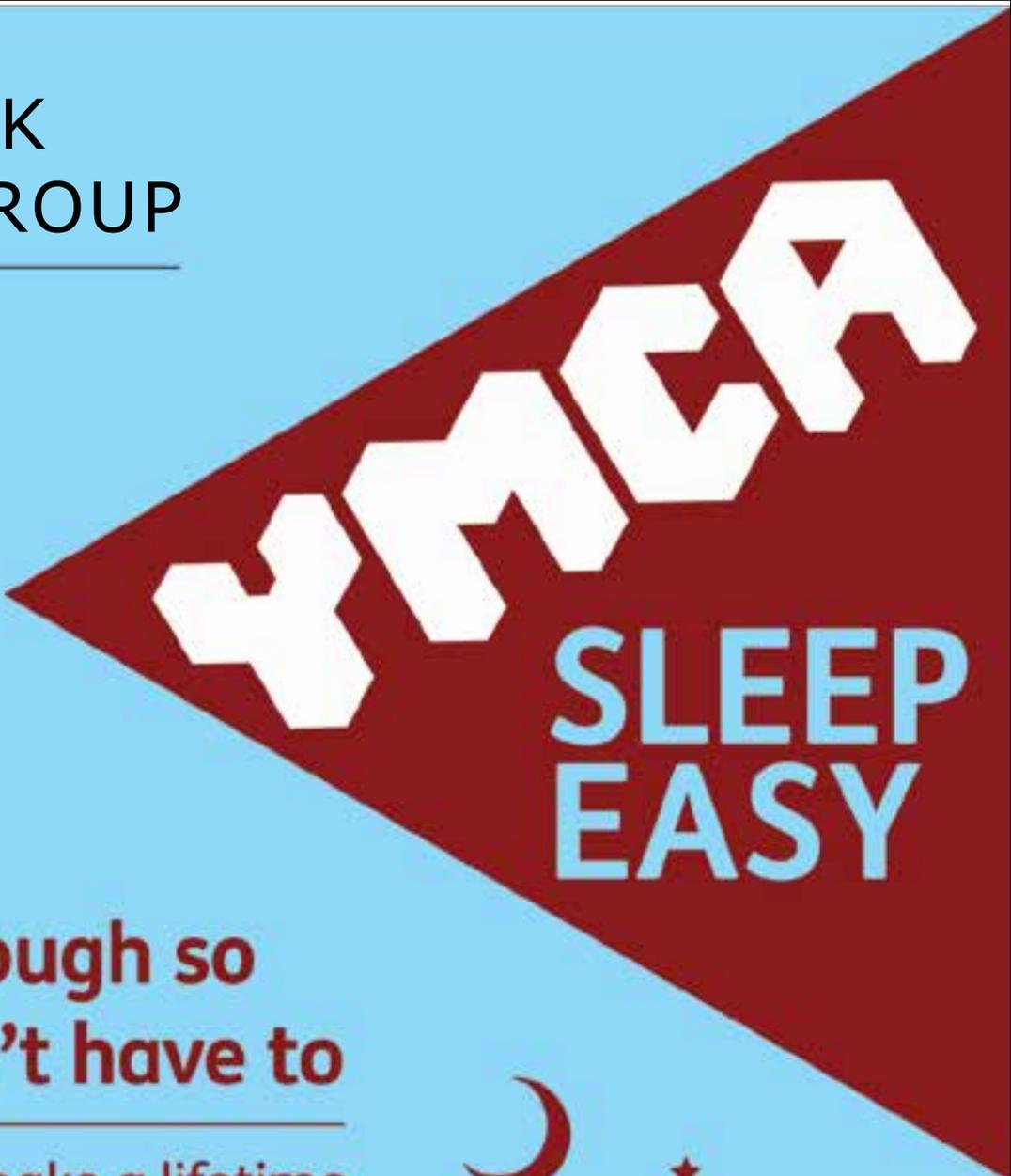
Whether this is your first time or you are a season professional – here is a list of a few useful items to take with you, on the night:

- Sleeping bag
- Hat
- Scarf
- Gloves
- Coat
- Thick or thermal sock (if you have them)



TOP TIPS AND SURVIVAL KITS

YMCA BLACK COUNTRY GROUP



YMCA
**SLEEP
EASY**

Sleeping rough so others don't have to

One night can make a lifetime
of difference. Register today!

Where: intu Merry Hill Shopping Centre, DY5 1QX

When: Friday 8th March, 2019

Details: To find out more visit
www.ymcabc.org.uk/sleepeasy

#YMCASleepEasy

Registered charity number: 1086320



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#YMCASLEEPEASY

