

Satellite Event Pack

Sleep Easy
Host Info Pack

YMCA

Here for young people
Here for communities
Here for you



Thank you for your interest in hosting a sleep out!

Thank you for your interest in hosting your own sleep out in support of YMCA Lincolnshire's Sleep Easy campaign. By choosing to organise an event, you are joining a community of people committed to raising awareness of homelessness and taking practical action to help those facing housing insecurity across our county.

Every Sleep Out, no matter the size, plays a vital role in highlighting the challenges faced by people who have no safe place to call home. Your event not only sparks important conversations within your community but also raises essential funds that directly support YMCA Lincolnshire's work.

From providing emergency accommodation and supported housing to offering guidance, skills development, and long-term support, your efforts help transform lives right here in Lincolnshire.

We are incredibly grateful for your willingness to get involved. By hosting a Sleep Out, you are making a meaningful difference and helping ensure that some of the most vulnerable people in our communities receive the support, dignity, and opportunities they deserve.

This pack contains a bit more information about why Sleep Easy is such an important campaign for us, and some tips and tricks to help make sure you have the best start possible!

If you have any questions or feel like you need a helping hand with advice for your event, you can always email us:

fundraising@lincsymca.co.uk

THANK YOU!

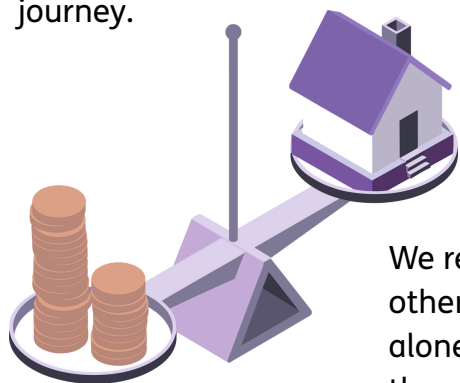
Team YMCA Lincolnshire

Why we need your help

Saving lives, tackling homelessness

Every night in Lincolnshire people are sleeping on our streets, our doorways, and in places they feel unsafe and unseen. In the last year, 1,611 individuals experiencing homelessness died, **11 of which were children**. These are not faceless statistics; they are lives cut short.

At YMCA Lincolnshire we want to save the lives of those at risk of homelessness and support them every step of the way on a journey to independence and a brighter future. Not only does our Nomad Centre emergency accommodation provide a roof and a warm space, our 24/7 wrap-around support ensures every individual has the resources they need to take on their journey.



Keeping our Nomad Centre open costs YMCA Lincolnshire over half a million pounds a year

We rely heavily on donations from the public and the kindness of others to contribute to the growing costs we face. We can't do it alone. Your help funds services that keep people safe tonight, help them off the street tomorrow, and work to rebuild their lives forever.

When someone sleeps outside, they're odds of dying young increase.

When someone is moved into safe temporary accommodation and given support...

we save lives.

With us, you can start saving lives in Lincolnshire.

A handwritten signature in black ink that reads "H Wright".

Helen Wright
Director of Housing



YMCA

Here for young people
Here for communities
Here for you

“Nomad saved my life”

Troubles began for Rob in March this year, who had to go to the council and declare himself homeless. In his own words this was a very, very stressful time, with anxiety going through the roof and struggles with depression.

A taxi driver up until March, but the medication that he is having made him start to see and hear things. “Now as a taxi driver, it's not very good, is it?” Rob would find this more and more of a struggle, he would see things like a red traffic light for no reason; things in the corner of his eye making him think “what was that?”- and it’s gone.

He never knew what it was or what had happened, so he had to give up his career before things became dangerous.

But after joining us at YMCA Lincolnshire Rob has found new hope and a pathway back to independence.

***“Things have turned out great,
Nomad saved my life I would say.***

***The prospect of living on the street, rough... I don't know.
So, Nomad, God bless.”***

Rob

**Rob
Housing Resident**

Because of your support residents like Rob can regain their independence and self-confidence, helping them build a better future beyond their time with us.



Keeping people safe

When thinking about running your event there are several key decisions you need to make that will shape how your Sleep Easy evolves. Everything from location and whether you have volunteers or staff to help run it, to your recycling and waste plan will have to be considered!

Below are a few important questions that are worth remembering as you get ready to sleep out:

- **Is your location confirmed?**
- **Are you providing boxes, sleeping bags ect?**
- **Will there be suitable toilets at the event?**
- **Will you be providing food?**
- **How will you be raising and collecting money?**
- **Have you made a risk assessment?**
- **Have you collected participant's emergency contact information?**
- **If there are under 18's participating, do you have a safeguarding policy / procedure?**

Support our mission!

Once you have decided to host an event, you can set up your JustGiving page to start fundraising with us right away! This is a simple yet effective way to raise sponsorship without having to deal with paper forms or handling cash!

justgiving.com/campaign/ymca-sleepout

JustGiving®

GET STARTED



Top tips for successful fundraising

• Use your social media networks

There are lots of online platforms you can share your story and your JustGiving page on. Consider using Facebook, LinkedIn, Twitter, Instagram and your work Intranet.

• Take part in and host fundraising activities

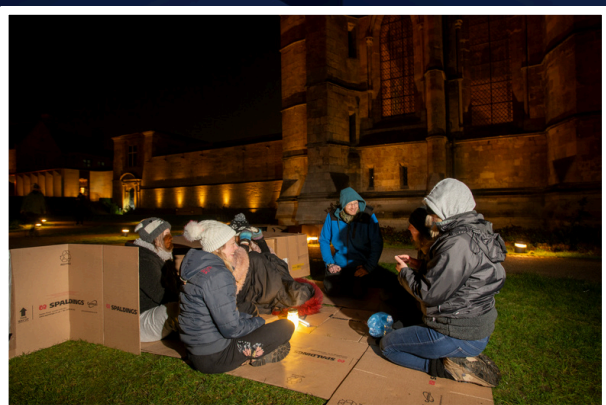
In the past, Sleepers have hosted activities in order to reach their fundraising target. Activities like coffee mornings and bake sales might boost your final total.

• Don't stop fundraising after the event

Did you know 20% of all online donations come in after the event has taken place? Update your friends, family, colleagues and online networks with how the event went, post photos of you sleeping out and share how far you've got until you reach your final target.

Try fundraising with friends!

We know it might seem like a big challenge to raise money on your own, but sharing your fundraiser can make things easy! Find out more about how you can spread the word via the button here:



SHARE NOW



Resources Pack

We know it's important to thank and celebrate the achievements of everyone that goes above and beyond to support us, and sometimes something for them to take home makes all the difference.

As part of this pack you will find a thank you note from our CEO Chris Kirkwood, as well as a participant certificate that you can print off and fill out the name of your participants on for an added thank you!

To display your fundraising efforts there is also a simple fundraising thermometer poster you can display to show how much you've raised.

As a satellite host you are also able to book a visit from one of our team to discuss the work we do and how your event will benefit those at risk of homelessness in the area.

You can do so by emailing Fundraising@LincsYMCA.co.uk

What do you need to bring?

Sleeping outside, even for one night, is not a challenge to be taken lightly. You need to be prepared for every possibility. We recommend you wear lots of layers and taking a hat, scarf and gloves too! Other things we recommend are on this example “packing list” below:

SLEEP EASY PACKING LIST

- ☐ **SLEEPING BAG (WITH APPROPRIATE TEMPERATURE RATING)**
.....
- ☐ **BLANKETS**
.....
- ☐ **PILLOWS**
.....
- ☐ **SPARE WARM CLOTHES**
.....
- ☐ **WATER PROOF JACKET**
.....
- ☐ **TORCH**
.....
- ☐ **WARM DRINKS FLASK**
.....
- ☐ **CHARGED UP MOBILE**
.....
- ☐ **SNACKS**
.....

NOTES OR EXTRAS

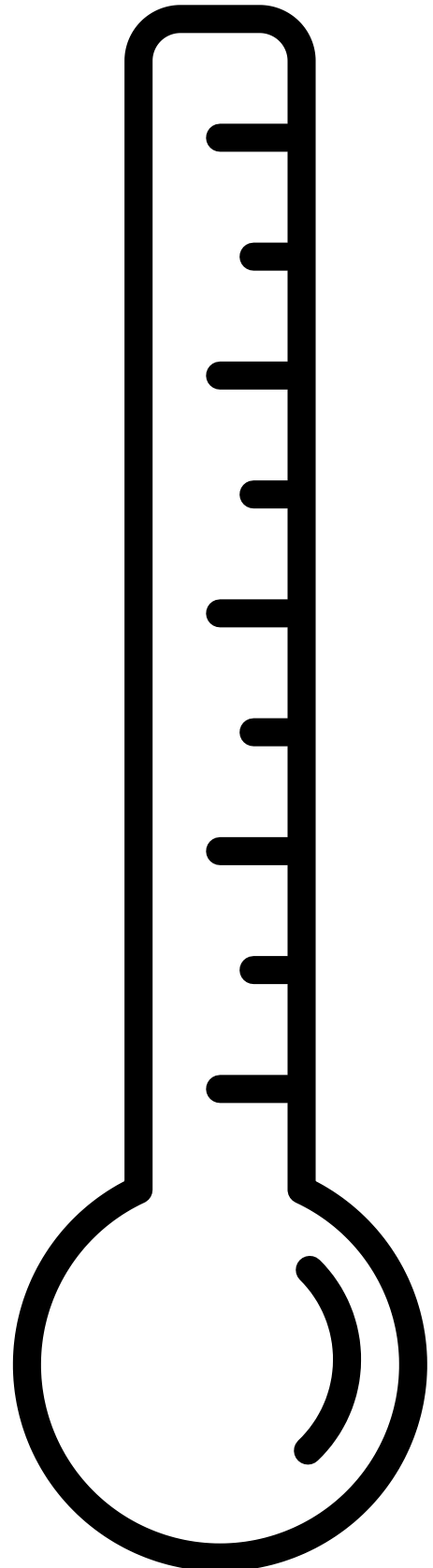
WE ARE RAISING MONEY FOR



*Saving lives,
tackling homelessness*

We are aiming to raise

To support their work!



Thank
you

Dear Sleep Easy Participant,

At YMCA Lincolnshire we aim to give those at risk of homelessness in our county the opportunity to belong, contribute and thrive.

By participating in Sleep Easy you have not only helped raise vital funds to support our services, but you have helped start conversations and spread awareness about what we do, so we can extend our reach and help more people on their journey to independent living.

We could not be able to do what we do without the generosity of others, and I'd like to thank you personally for being an advocate and a supporter of our charity.

With sincere thanks,



**Chris Kirkwood
CEO, YMCA Lincolnshire**



I COMPLETED SLEEP EASY 2026

Slept out to support those
at risk of homelessness in Lincolnshire

YMCA Lincolnshire aims to help people find a way to belong, contribute and thrive in our community. You can continue to support us by visiting lincsymca.co.uk



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