



Sleep rough so others don't have to!

YMCA Essex Sleep Easy 2019 - FAQs

When? Friday 8th March 2019 – sign in at **7pm**. The event will conclude at 7am on Saturday 9th March 2019.

Where? Chelmsford Cathedral – full details about the venue and location will be made available once registered.

Do I need Sponsors?

Sleep Easy is primarily a fundraising event, and we're asking everyone who takes part to raise a minimum of £50.00. All of the money will go towards helping YMCA Essex's work with vulnerable young people.

You can send your JustGiving link to family and friends for them to give donations that way or you can use a sponsorship form, which you can download here (or pick one up from our Chelmsford office).

We encourage you to use Email, Twitter and your Facebook page to spread the word.

Can young children sleep out?

We are concerned about children's ability to complete the challenge, so we've decided to make it a 14+ event this year.

Do I have to sleep out all night?

To help provide insight into what it's like for homeless young people who have to spend a night (if not longer) on the street we would encourage you to sleep out as long as possible. However, we appreciate you sleeping out for as long as you can manage. The event will end with breakfast for those who manage to last through to the end at 7am.

Please consider how you will get home safely in the morning, or if you decide to leave in the night. It would be advisable to put a plan in place with a friend or relative who could collect you if necessary. Bear in mind that public transport might not be running and you may be cold and tired.

How should I create a shelter?

You will need to bring enough cardboard to build your shelter with (you may want to plan or build your shelter in advance). Also remember to bring strong tape and bin bags or plastic sheets to waterproof it.

Bring enough cardboard and blankets to sleep on, so you aren't in contact directly with the floor as it can get quite cold.

We will share information on our website and social media regarding shelter building on the run up to the event, so do keep a look out.

Please be aware that you will be responsible for removing and disposing of your shelter at the end of the event.





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What else do I need to bring on the night?

You will need to bring warm clothes, a sleeping bag, gloves, a hat and a scarf. We don't know what the weather will be like but it could be cold and wet so please be prepared for all weather conditions.

As we are trying to highlight what it's like for rough sleepers we ask you not to bring luxuries such as tents, camp beds etc. Camping chairs will be permitted to those with special health requirements but please bring your own as these will not be provided. We recommend that you do not bring valuables as we are unable to take responsibility for any possessions that are lost or damaged.

Where will I be sleeping rough?

The event will be taking place in at a secure site, and we will have access to the on-site toilet facilities.

Is it safe to sleep there all night?

Yes. There will be YMCA staff present and awake all night to make sure all participants feel safe and supported throughout the event. We will also keep in touch with Essex Police.

There are alternative arrangements in place to take the event indoors if weather conditions become too extreme. This will only happen in exceptional circumstances.

What happens if I feel unwell in the night?

Sleep Easy is not an 'easy' experience and you should consider your health before taking part in this event. If you feel unwell in the night you should speak to a member of the YMCA staff team as soon as possible. There will be trained first aiders present to deal with any first aid issues.

Please disclose any existing medical conditions you have and any medication you are taking on your registration form so we have sufficient information available if you need some help.

Before coming to the event you should plan in case you do need to leave during the night considering that public transport may not be running and you will be very tired. YMCA Essex cannot take responsibility for getting you home during or after the event.

Will there be photographers there? What if I don't want my photo taken?

Yes, we hope to take plenty of photographs on the night. If you do not want to be included in these pictures please indicate this on your registration form and highlight it to staff/volunteers when you sign in on the event night. Please also make sure that photographers are aware as they come around to your part of the site.



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Is there any parking?

There **will not** be parking available at the venue.

Can I have visitors?

For the security of the site, and to minimise disturbance to our neighbours, we've been asked to allow only properly registered participants on site. If someone needs to see you, it's possible to arrange to meet them at the front of the site (away from the Sleep Easy event) at an agreed time.

Can I smoke?

Smoking will be in a designated area in order prevent accidents and reduce littering. We also ask smokers to be considerate to others as there will be non-smokers taking part too.

Can I bring and drink alcohol?

In line with YMCA Essex's policies, alcohol will not be permitted at this event. Anyone who is found to be under the influence of drugs or alcohol will be asked to leave.

Can I bring a pet?

No – sorry. Pets are not allowed on site.

How can I help with Sleep Easy?

Please tell your friends about this event and of course why we are holding it. You could also encourage those you know to get involved and sign up.

We'll be putting regular updates on our Facebook and Twitter pages. Please take a moment to click and share Sleep Easy information with your followers and friends.

Please keep us up to date with your preparations for Sleep Easy via SleepEasy19 and #YMCASleepEasy

<https://twitter.com/ymcaessex>

<https://www.instagram.com/ymcaessex/>