



Sleep rough so others don't have to!

YMCA Essex Sleep Easy 2024 - FAQs

Q: When is the event?

A: 7pm on Friday 8 March to 7am on Saturday 9 March 2024.

Q: Where does the event take place?:

A: Anywhere but your bed! This is a hybrid event – the in-person supervised gathering takes place in the secure Guy Harlings Gardens on the grounds of Chelmsford Cathedral. These FAQs mainly relate to the onsite event. Individuals, families, and organisations will also be provided with the necessary support to participate at home.

Q: Is there a registration fee?

A: Yes, a £10 fee is payable per person for the onsite event. This is payable via Eventbrite <https://www.eventbrite.co.uk/e/sleep-easy-2024-ymca-essex-registration-793065649707>

There is a 30% discount for teams using the code TEAM30

Registration is free for remote participation or for young service users

Q: Who can participate?

A: Everyone can join in, but under 18's must have a parent or guardian accompanying them if attending our event in person at Chelmsford Cathedral. An older sibling or friend will not do. From home, all the family can take part

Q: What food will be provided during the event?

A: Supper and breakfast will be kindly provided by local suppliers. Hot drinks and snacks will be available all night long

Q: What do I need to bring?

- Lots of warm clothes and waterproofs
- Good quality sleeping bag
- Hat, scarf and gloves (some wooly hats will be made available)
- Waterproof groundsheet/sleeping mat
- Cardboard boxes, parcel tape, rope, scissors to fix your shelter together (if required)
- Torch – it will be dark!
- A flask to fill up on the hot drinks that will be supplied throughout the night
- Snacks
- Bin bag (for your rubbish)

Q: What will happen on the night?

A: The schedule is as follows:

7.00pm Arrival & registration via Guy Harlings carpark, off Waterloo Lane CM1



7.30pm	Build your shelter
8.30pm	Supper is served
9.00pm	Speeches and entertainment
6.15am	Breakfast & clear up
7.00am	Ends

The evening will have an informal feel with time spent chatting. You can participate in our 'Customise Your Box' competition and there is no set 'bed time'! You would be more than welcome to sit around chatting all night if you wish – but please remember the main purpose of this evening is to gain an insight into what life may be like for those that have no choice but to sleep outdoors, so attempting to sleep out would make for an insightful experience.

Q: What if it rains on the night?

A: The event will still go ahead as planned unless weather conditions are deemed unsafe. The Learning Centre will be a dry space everyone can use if the weather is proving challenging. When registering, please make sure you provide up-to-date contact details so we can let you know if plans need to be altered in any way.

Q: How do I register?

A: The easiest way to sign up is through Eventbrite and you can do so here <https://www.eventbrite.co.uk/e/sleep-easy-2024-ymca-essex-registration-793065649707>

For safety reasons, we cannot accept any last-minute sign ups on the night. Registration on Eventbrite will close on Monday 4 March

Q: Do I need Sponsors?

A: Sleep Easy is a fundraising event therefore we are asking everyone who takes part to try and raise as much as possible, so we can make a real difference in the community. Money donated will go towards helping YMCA Essex's work with vulnerable young people.

Please create your fundraising campaign with a suggested target of £100 via our justgiving page here <https://www.justgiving.com/create-page/in-memory?sessionId=44227d5> (you need to create a log-in). Supporters can also donate directly on this page – please spread the word via your socials!

Q: Do I have to sleep out all night?

A: 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. You will also need to dispose of your own cardboard box – cardboard boxes cannot be left on location when you leave.

Q: How should I create a shelter?

A: You will need to bring your own supplies to fix your shelter together on the night e.g. parcel tape, rope, scissors. You don't have to, but you can decorate your cardboard box in advance of the night, as there'll be a competition you can enter.



Q: What else do I need to bring on the night?

A: 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.

Q: Is it safe to sleep there all night?

A: Yes. There will be YMCA staff present and awake all night to make sure all participants feel safe and supported throughout the event.

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

Q: What happens if I feel unwell in the night?

A: 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.

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

A: Yes, we hope to take plenty of photographs on the night. If you do not want to be included in these pictures please let staff know.

Q: Is there any parking?

A: There will not be parking available at the venue unless you are a volunteer or have access requirements. Please notify us if parking is essential. Lots of parking is available locally

Q: Can I have visitors?

A: 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.

Q: Can I smoke?

A: 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.

Q: Can I bring and drink alcohol?

A: 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.

Q: Can I bring a pet?



A: No – sorry. Pets are not allowed on site.

Q: How can I help with Sleep Easy?

A: 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.

Q: How should I create a Shelter?

A: 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.

Q: What else do I need to bring on the night?

A: You will need to bring warm clothes, a sleeping bag, gloves 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. We will not be able to supply you with any items such as a sleeping bag on the night.

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.

Q: Where will I be sleeping rough?

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

Q: Is it safe to sleep there all night?

A: Yes. There will be YMCA staff present and awake all night to make sure all participants feel safe and supported throughout the event.

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

Q: What happens if I feel unwell in the night?

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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.



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

A: 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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Q: How can I help with Sleep Easy?

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We'll be putting regular updates on our Facebook and X/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 #SleepEasy24 and #YMCASleepEasy

<https://www.instagram.com/ymcaessex/>
[YMCA Essex \(@ymcaessex\) / X \(twitter.com\)](#)
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