‘Sleep rough so others don’t have to’ with YMCA Lincolnshire & The Nomad Trust’s Sleep Easy 2016 Event!

Wednesday 13 January, 2016

YMCA Lincolnshire and The Nomad Trust are inviting Lincoln residents to spend a night sleeping rough in aid of the homeless.

Sleep Easy is an annual event supported by YMCA's across the country, where sponsored participants spend a night making a shelter from cardboard and experiencing what it feels like to spend a night on the streets.

As well as raising vital funds to support the homeless of Lincoln, we hope this event will raise awareness of the homelessness across the county.

Malcolm Barham, CEO of YMCA Lincolnshire, explains how; “every night in Lincolnshire people sleep rough. YMCA Lincolnshire and The Nomad Trust are working hard to tackle rough sleeping and homelessness."

In 2015, 231 homeless people requested accommodation in Lincoln, with YMCA Lincolnshire & The Nomad Trust supporting 152 in accommodation and housing support.

YMCA Lincolnshire operates 129 units of accommodation, with The Nomad Trust's Night Shelter housing 21 Emergency beds. The charity also offers accommodation advice, supported housing for veterans and various other charitable and commercial services across the county.

Sleep Easy Lincoln 2016 will be held at Minster Yard within the grounds of Lincoln Cathedral.

Emma Hume recalls her experience of last year's Sleep Easy Event; “Sleep Easy really made me think how hard it could be to live on the streets. Although the event runs with a positive, community atmosphere and a degree of fun, there's no getting away from the fact we challenged ourselves to do something that many have to do every night as a necessity."

There are three ways in which you can support #SleepEasyLincoln2016:

Sponsor the event;
Support the YMCA Lincolnshire & The Nomad Trust Staff, Volunteers and Supporters taking part in the event, and help us reach our £10,000 target! Visit http://www.lincsymca.co.uk/sleepeasy

Sponsor an individual;
Know someone who's taking part? Support them in reaching their personal fundraising target as well as the event! Navigate to their Personal Fundraising Page if they've provided you with a link, or find them by viewing all participants taking part in our Campaign on JustGiving.com; search 'Sleep Easy Lincoln 2016'.

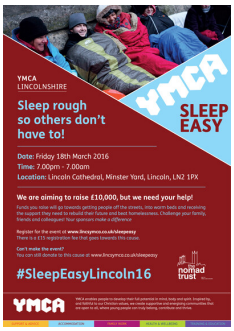
Register to take part;
We would love it if you could join us on the night!

The event is open to ages 12+, though under 18's must be accompanied. Registration is £15, payable as a donation to the Sleep Easy Campaign. We ask participants to raise a minimum of £50 sponsorship as places are limited.

Register now at: http://www.lincsymca.co.uk/sleepeasy

Ends.

Media:



Related Sectors:

Charities & non-profits ::

Related Keywords:

YMCA :: Lincolnshire :: Sleep :: Easy :: sleepeasylincoln2016 :: Homeless :: Homelessness :: Emergency :: Shelter :: Sponsored :: Charity :: Fundraising :: Sleep :: Rough ::

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