YMCA SLEEP EASY

YMCA DERBYSHIRE

SLEEP EASY PARTICIPANT PACK

Friday 5th March 2026

7pm-7am

The Central Co-op County Ground
Nottingham Road,
Derby DE21 6DA

fundraising@ymcaderbyshire.org.uk

www.ymcaderbyshire.org.uk/sleep-easy/

Thank you for signing up to YMCA Derbyshire Sleep Easy 2027.

#YMCASleepEasy

YMCA SLEEP EASY

We look forward to seeing you on what we know will be a fantastic evening of fundraising!

Please read through this participation pack thoroughly so you are prepared for what the night entails.

Your ONE NIGHT could make a LIFETIME OF DIFFERENCE

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YMCA SLEEP EASY

In 2025, 97 participants took part in Sleep Easy to raise funds for our vital support programme for our residents at risk of homelessness and the wider Derby community that face the hardship of living in poverty through Padley@YMCA Derbyshire.

The Impact of Sleep Easy

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YMCA SLEEP EASY

Young people enjoying a day out at Derby Pride Park Stadium

Residents at our Community Gardens

Residents take part in the Derby 10K

The Impact of Sleep Easy

While this is a sleep out, we understand that in no way does it replicate what it's like to sleep rough or worry about where your next meal will come from. For us it could be one uncomfortable night, but we know we'll be waking up to a cuppa and going back to a warm home. All we ask is for participants to take action and ask their peers to donate.

Each night, we provide housing for over 200 people who would otherwise have nowhere to live.

Money raised from Sleep Easy will support YMCA residents and members of the local community through our Changing Lives Fund and Community Hub.

The Changing Lives Fund enables us to provide essential support for residents, individuals and families in need - from mental health support and positive, hands-on activities such as football, gym sessions and creative workshops, to practical training and work-based programmes. It also helps cover the costs of a Youth Worker who runs activity sessions and days out for our residents, giving people something positive to focus on and look forward to. Together, these opportunities help build confidence, develop new skills and support people on their positive pathway forward.

Your fundraising will also support our Community Hub, a welcoming and vibrant space for individuals and families at risk of poverty and homelessness. The Hub offers vital support including education and training opportunities, housing advice, wellbeing activities, and access to essential food, clothing and toiletries. By improving physical and mental wellbeing and building resilience, the Hub helps people move towards stability and a brighter future.

YMCA DERBYSHIRE

Meet Jack*

Jack arrived at YMCA Derbyshire after a devastating period in his life. He returned home from college to find his family evicted from their home, and soon after, tragically lost his father.

Left reeling and unsure of his next steps, Jack found stability and support at YMCA Derbyshire. He remembers his first day vividly.

> *"I was nervous. I kept thinking, This is really happening. I'm here without my Dad. But when I walked in, the staff were so kind. Straight away, I felt like I was somewhere I could start to heal."*

With the help of his Housing Navigator and our Youth Worker, Jack began to process his grief and rebuild his confidence.

> *"My housing navigator helped me find ways to talk about what I was feeling instead of holding it in. That changed everything".*

Thanks to generous donations, we were able to provide Jack with vital one-to-one guidance, mental-health support, access to wellbeing activities, and a safe place to rebuild his life.

Jack embraced every opportunity, from joining our YMCA running club and completing his first 10K to studying hard for his A-Levels.

We're delighted to share that Jack achieved three A's and got accepted to study medicine at Manchester University. Jack* left YMCA Derbyshire equipped with everything he needed for his university halls. Jack* is determined to become a brain surgeon and knows our YMCA is only a phone call away if he ever needs us.

Fundraising for YMCA Derbyshire supports young people like Jack, giving them the chance to belong, contribute and thrive.

***Name and photo changed to protect identity.**

The plan for the night

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YMCA SLEEP EASY

We've created a brief itinerary to give you rough idea of how the evening will unfold. We like to encourage a relaxed evening, free from structured activities. YMCA will be keeping you fed and watered throughout the night, and there will be plenty of time to build your shelter for the night.

Most of the evening will be spent around the campfire, offering the chance to network, reflect on why we are participating in the event and gain an insight into what it is like to not have a safe place to live.

7pm - 7.30pm Arrival – drinks available throughout the event.

8pm - 10pm Free hot food served and shelter/box set up time.

9pm onwards Chats around the fire.

10pm Shelter competition winner announced.

11pm Car park gate locked for the night.

6am - 7am Rise and shine! Many hands make light work - please clear your space in the morning and recycle your cardboard in the recycling bins before leaving.

Important Information

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YMCA SLEEP EASY

Where will I be sleeping?

You will be hunkering down for the night around the cricket ground stands and part of the main carpark. YMCA Staff will be onsite to greet you and show you to the sleeping area.

Will there be parking?

You can park onsite overnight see the next page for directions to the carpark.

Click here for Google Maps directions.

Where are the toilets?

The toilets can be accessed any time throughout the night and will are located next to our sleeping area.

Directions

The Central Co-op County Ground
Nottingham Road,
Derby DE21 6DA

GETTING HERE:

From the M1 South (Junction 25):
Take exit 25 for A52 Derby. After approximately 6 miles, arrive at Pentagon Island. Take the 4th exit off this roundabout, signposted Derbyshire County Cricket Club.

From the M1 North (Junction 28):
Take exit 28 for A38 Derby. After approximately 13 miles, arrive at a roundabout. Take the 1st exit onto A61, signposted with a brown cricket sign. Follow over 2 more roundabouts, staying on A61. At Pentagon Island, take the 1st exit off the roundabout into the ground, signposted with Derbyshire County Cricket Club.

PARKING:

Carry on the road outside the main entrance passing Nuffield Health and the Travel Lodge on your right.

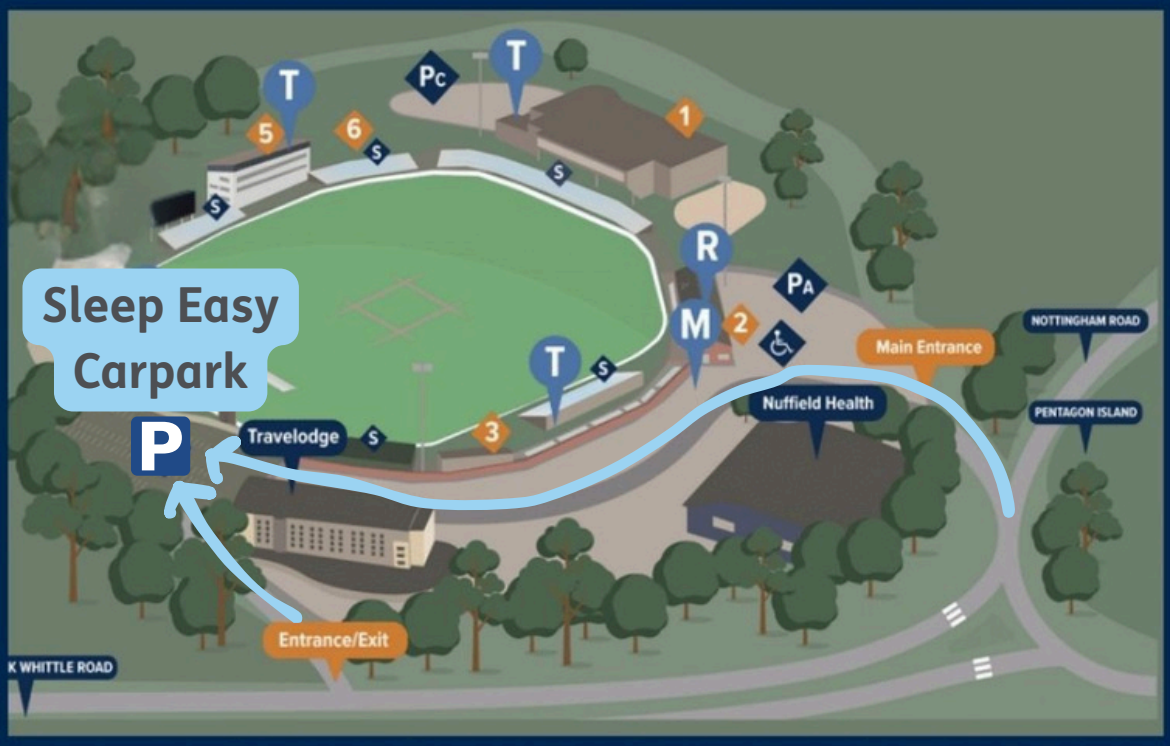
Opposite the Travel Lodge, turn right and enter the Marquee carpark through a set of green gates.

Park in this carpark and head towards the second set of green gates where you will see the Marquee.

WHAT3WORDS LOCATION:

We recommend using the what3words app
The location is:

///salad.hoot.reveal



What is included in your registration fee?

- Unlimited hot drinks. Please feel free to bring along a flask to top-up as you wish.
- We will also be serving hot food from our BBQ.
- A cardboard box, scissors and tape to build your shelter for the night.

Enter the Sleep Easy Shelter Competiton!

We'll be running a competition on the night for the Best Sleep Easy Shelter. Get creative and bring along any crafty items you'd like to use.

Security and Safety

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You should make your own judgement as to whether sleeping outside in the cold is suitable for you, or any children in your care. All under 18s must be supervised at all times. The recommended age for the event is 9+.

We reserve the right to ask participants to go home if we have concerns about their behaviour or health during the challenge.

Make sure you and all your team sign in with the YMCA team when you arrive.

If you need to leave during the event please find a YMCA Sleep Easy team member - this helps us to keep everyone safe. Security will lock the main gates at 11pm.

We will have a designated smoking/vaping area at the event, please don't smoke/vape around the sleeping area.

Our YMCA staff team will be available throughout the whole event. Stay in the designated area so we know where you are.

We will provide hot food and maintain a fire for everyone to enjoy, ensuring a safe distance from sleeping areas. No other fires, naked flames or cooking utensils are permitted.

Security and Safety

We will have first aiders and fire wardens on site.

Don't bring your hip flask! Alcohol may make you feel warm in the short term, but it causes dehydration and will lower your blood temperature - this could cause hypothermia!

Bad weather – due to the great British weather, rain is to be expected. In the event of extreme wind/rain we monitor the conditions and will always keep your safety in mind.

In the unlikely case that we need to cancel the event for any reason we will contact you in advance and will reschedule.

Have you read the kit list?

Make sure you dress suitably for the event. Read our kit list for our top tips

Suggested Kit List

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Please do not be afraid to come prepared for the night. Although Sleep Easy aims to raise awareness and crucial funds for those at risk of homelessness, we expect our participants to come armed with whatever kit they need to ensure they are as warm and comfortable as they want to be.

Below are our top tips for your kit list:

- ☑ **Extra cardboard and roll matt to put between your sleeping bag and the floor. This will keep you warmer and dry.**
- ☑ **A piece of tarpaulin or plastic sheeting to cover yourself in case of rain.**
- ☑ **Snacks - we will provide hot food in the evening but you may want to have a munch in between these times.**
- ☑ **Sleeping Bag - 3 season sleeping bags are designed for cold nights with no frost, while a 4 Season sleeping bag is ideal for those cold winter conditions that can drop below zero.**
- ☑ **LAYER UP! It's really important to wear lots of layers, warm boots, hats, scarves, gloves etc. You will be outside for 12 hours. It's better to remove layers than to be cold. Boots and outer layers should be waterproof. Please make sure you wear closed toe shoes - no sliders!**
- ☑ **Lets have some fun - Do you play any instruments or own any garden games? Feel free to bring them along.**
- ☑ **Craft supplies and lights for decorating your box! We provide basics such as tape and scissors but let your artistic license flow! Please don't bring aerosols or anything that will leave a mess behind!**

Time to get Fundraising!

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How to set up your own fundraising page in under 5 minutes!

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JustGiving™

Click on JustGiving to get started

1. Create a fundraising page by clicking here.
2. Set yourself a fundraising target
3. Personalise your page - we have already drafted a blurb for you! You can edit however you like.
4. Select your cover photo (we have a suggested cover photo loaded in already for you to use!)
5. Keeping in touch - if you would like to receive updates from YMCA Derbyshire, please tick the box.
6. Click 'Launch my page'.
7. Your fundraising page will now be live! Click the share button to share to your networks.

If you would prefer to use a paper form you can download one from our Sleep Easy webpage.

Fundraising Tips

We know that trying to obtain sponsorship can sometimes be difficult so we've detailed a few ideas below:

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JustGiving

The easiest way to get sponsored is by setting up your online fundraising page on JustGiving click HERE to get started. You can share the link to your fundraising page on your social media accounts, text or Whatsapp messages and emails. People will easily be able to sponsor you and the money will come directly to us.

EMAIL

It's a great idea to email people about your fundraising – family, friends and work colleagues are the obvious choices, but think more widely too. Think about the people at clubs/groups you belong to, schools, church, neighbours, and other business contacts. The more people you tell the more awareness and sponsorship you are likely to raise.

SOCIAL MEDIA

Networks such as Twitter and Facebook have an incredible reach to promote your fundraising page – this is where your online link to your fundraising page can really be utilised.

ASK PEOPLE TO GAIN SPONSORS ON YOUR BEHALF

Ask friends and family to gain sponsors on your behalf.

HOLD A FUNDRAISER

You could consider baking some cakes and selling them to friends/family/colleagues as a way of raising sponsorship.

PAPER SPONSOR FORMS

There is a paper form for you to print out at the end of this pack. If you would like to collect one from us, or have one posted to you, please get in touch. This is useful for your supporters who do not wish to sponsor you online.

YMCA Sleep Easy Sponsorship Form

I am sleeping rough for one night, so that others don't have to. All money raised from YMCA Sleep Easy will go towards delivering vital support to individuals and families supported by YMCA Derbyshire.

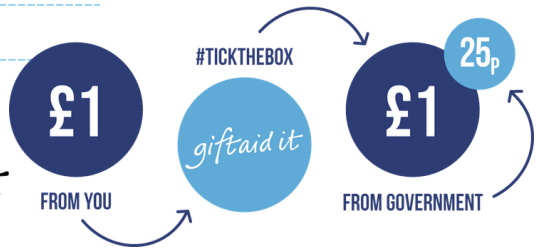
Name:

Phone:

Email:

Organisation :

Are you a UK Taxpayer? Make your sponsorship go further giftaid it



Gift Aid Notice

By ticking the giftaid it box I confirm I am a UK taxpayer, and I understand that if I pay less Income and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in the relevant tax year, it is my responsibility to pay any difference. I understand that YMCA Derbyshire will reclaim 25p (from the government) of every £1 that I give.

FULL NAME	PLEDGED AMOUNT	DATE COLLECTED	TICK TO giftaid it	POSTAL ADDRESS (ONLY NEEDED IF YOU ARE DOING GIFT AID)
GEORGE WILLIAMS	£15	03/01/2026	✓	770 LONDON ROAD, DERBY, DE24 8UT

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Key Contact Details

If you have any questions for us please reach out to us:

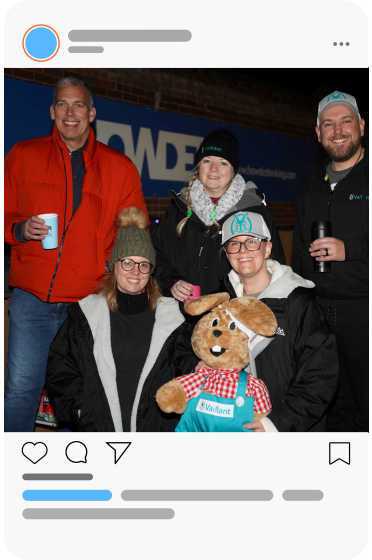
fundraising@ymcaderbyshire.org.uk

www.ymcaderbyshire.org.uk/sleep-easy/

01332 579550

Sharing is Caring

#YMCASleepEasy



Please share your photos from the night via social media, using the hashtag #YMCASleepEasy and tag YMCA Derbyshire wherever possible!

If you would prefer not to be photographed on the night or have your photo used through any of our social media channels please email us before the 1st of March.

Connect with us!

Click the icons to follow us on social media

TikTok