

YMCA Milton Keynes 'Sleep Easy'

Milton Keynes YMCA is calling on the local community in Milton Keynes to take part in our annual '**Sleep Easy**' fundraising event to raise awareness of rough sleeping and raise money for young, homeless people.

The event, which will take place on Friday 3rd March and will last from 7.00pm – 7.00am the next morning, invites participants to brave the cold for one night and sleep in a makeshift cardboard box outside the YMCA in CMK.

MK YMCA already serves approximately 500 young, homeless people a year in the area and having lost £194,000 in council funding, we are looking to raise awareness among local people of what it is like to be on the streets for just one night.

Participants are asked to pay an entry fee of £10 to take part in the event, with all funds being used to eradicate the reality of youth homelessness for many young people. They are also encouraged to raise money through sponsorship.

According to the MK Community Foundation 'Vital Signs' report, at the end of January 2016 there were 27 confirmed rough sleepers in the city with another 31 reported but unconfirmed. This is a 237% increase on 2013 when there were 8 confirmed rough sleepers in MK. However, these are the official figures, but in reality the figures are probably higher as they don't take into account those who are constantly sofa surfing.

Our 'Sleep Easy' is a great way of getting members of our community to raise money for young homeless people, while experiencing a fraction of what many of the young people we work with have been through. We want to urge everyone to get involved and take part in the event, not only for MK YMCA, but for personal awareness on this sensitive issue. It can be an eye opening experience for many people who take part. We sleep rough for one night; so many young people can sleep safe for another.

Participants will be asked to bring a sleeping bag and will be provided with warm food and drinks to ensure everyone is kept safe, warm and in good spirit.

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.



All funds raised for this event will go to support the vital work of the MK YMCA with the young homeless people of Milton Keynes.

MK YMCA is a part of federation of 113 independent YMCAs, forming the oldest and largest youth charity in the world. Last year, MK YMCA provided approximately 500 young people with warm, safe and stable accommodation.

To find out more about taking part in '**Sleep Easy**' or about MK YMCA please contact Christine@mkymca.com or call 07802876929. To support the work of the **MK YMCA** please make a donation go to www.localgiving.com/mkymca.

Kind regards

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