



Press Release

Will you sleep rough so others don't have to?

Saturday 3rd - Sunday 4th March 2012!

YMCA Bedfordshire is pleased to announce our SleepEasy Event which will take place on Saturday 3rd March 2012 in the grounds of Bedford High School for Girls, Bromham Road, Bedford, MK40 2BS.

On Saturday between 11am and 5pm we will be hosting a fundraising event with entertainment, art and craft stalls, games and activities for all the family. This will be followed by individuals taking part in a 12 hour SleepEasy - **sleeping rough so others don't have to** - from 7pm Saturday 3rd March until 7am Sunday 4th March to raise money for the YMCA Bedfordshire.

YMCA Sleep Easy is a nationally run sleep out event that raises awareness of youth homelessness and the work of local YMCA's in the UK. YMCA Sleep Easy challenges people to think about the issues affecting young homeless people by asking them to give up one night to sleep out in their local community.

What do we need from you?

There are lots of ways individuals, groups and companies can get involved with this great event. We need people who want to challenge themselves by sleeping rough for a night and raising money through sponsorship; donations from local companies to 'opt out of sleeping out' as well as prizes for our raffle and top fundraiser prize; however if you can't sleep out you can still come and join us in the daytime event and take part in the fun and games!

SO BOOK Saturday 3rd of March 2012 in your diary and come and join in the event to help us make it a roaring success!

In the past two years over 1600 people have braved sub-zero temperatures raising a staggering £250,000 to help young people across the UK supporting various YMCA's. Funds raised from our SleepEasy event will enable YMCA Bedfordshire to carry out vital work in our community with young people who find themselves homeless and without the basic necessities for living. The YMCA is an inclusive Christian Movement, transforming communities so that all young people truly belong, contribute and thrive.

For further information contact the Youth Participation Co-ordinator, Dele Johnson or Amy Elliott on Tel: 01234 307040/ 07508 807440 Email: sleepeasy@ymcabedfordshire.org.uk