

SLEEP IN FOR SLEEP EASY 2020

My Activity Pack
Especially for under 12's!

Contents

3	Introduction
4	Make your own House Money Box
5	Word Search
6	Poetry Competition
7	Recipe – Easy Pancakes
7	Recipe - Cranberry and Apple Smoothie
8	Thank you!
9	Sponsorship Form
10	Sponsorship Form

Welcome to 'Sleep In' for Sleep Easy 2020!



Thank you for supporting our Sleep Easy campaign during the weekend of February 7th 2020. Many adults will be 'sleeping out' in Grimsby and Hull to raise awareness and sponsorship for the work of YMCA Humber in helping young people at risk of homelessness.

Did you know that are an estimated 4,700 people sleeping rough across the country on any one night?

Yet for every rough sleeper across the Humber region there are dozens who are sleeping on a friend's sofa, in a car and moving location night after night!

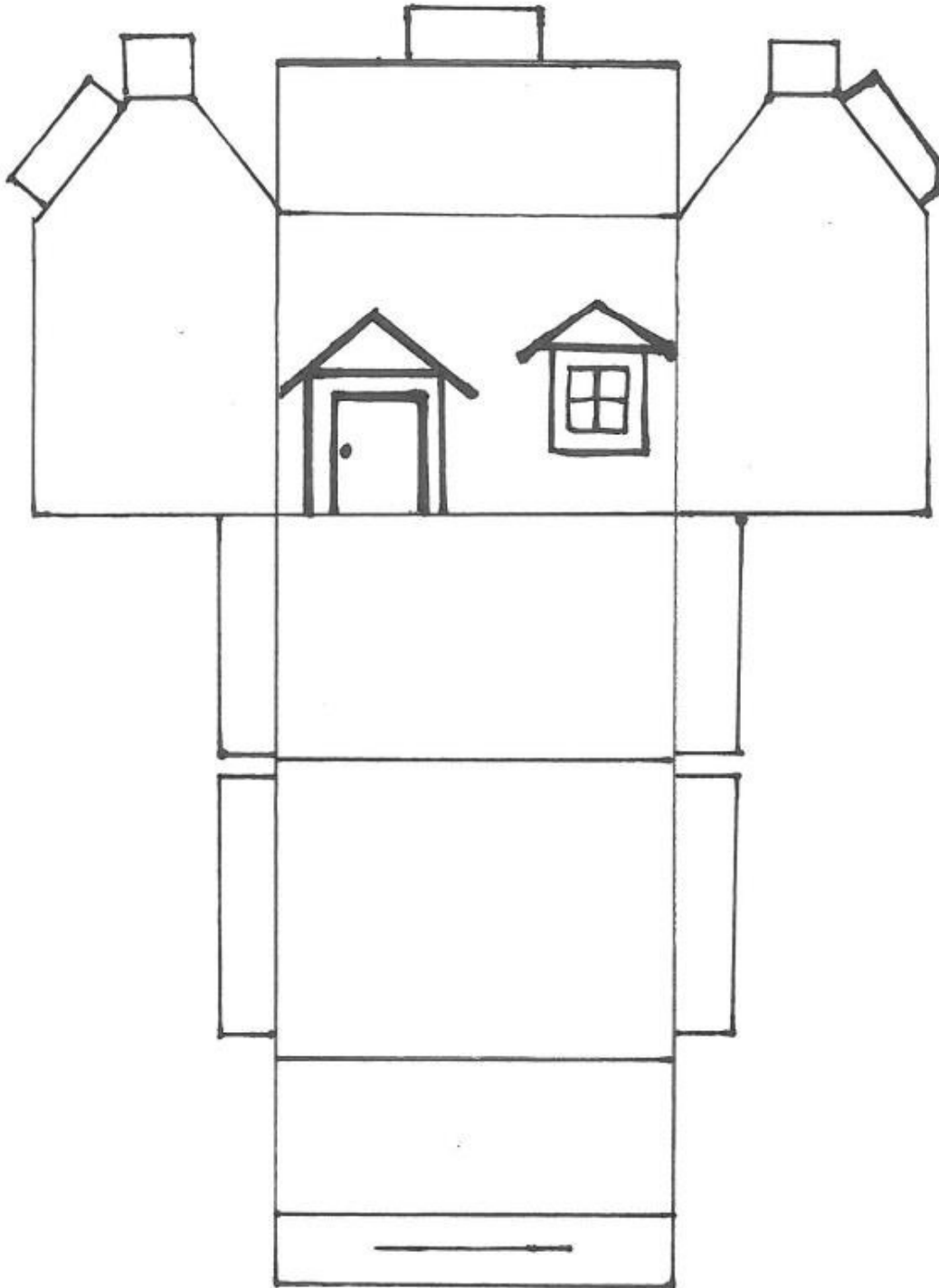
By giving up your own bed for one night and participating in the activities in this pack you are helping to raise money towards making a difference in the lives of YMCA Humber residents.

Young men and women from the age of 16 can have their own room in our venues at Peaks Lane and The Foyer or live in shared housing in the town. We offer individual and group support to inspire them to reach their full potential.

One mum recently said:

"Thank you, YMCA Humber for supporting my son during a difficult period. He has now turned his life around and gone from rock bottom to working for a local organisation and is living in a shared private rental house. I am very grateful to you for giving him this opportunity and support."

So, THANK YOU! It is because you help us, we can continue to help other young people to look forward to a much brighter, purpose filled and hopeful future.

Activity 1 Create your own House Money Box

- 1 Colour in your house!
- 2 Cut along the outside lines and carefully cut out the space for coins
- 3 Fold the tabs over and dab with glue
- 4 Collect your coins then enjoy your savings 😊

Activity 2 Word Search

Sleeping Outside

G W U S H J H V Y F U A L V L
 H O E O R U K T A T F O F L P
 O T P A N O E S S E N L L I S
 D L M G T F O P I E Y C S S U
 M S E R A H R D L R T V E A B
 N R G S A E E I T X J N A I W
 G V J I S W N R L U K E A U A
 S S A P R E D N U R O R L M Y
 H I E E S F G B A I D U W H Q
 G C K S H F L D Y I Y C R Z G
 T Z J B E X G Y S K A E Z V O
 H G Y P L A O U A Z R S V S G
 D O N A T I O N E W L N Q Q P
 S T R E E T R S N J T I J N O
 Q T J B R C R W U R E G N A D

DANGER
 HUNGER
 LONELINESS
 RISK
 STREET
 UNEASY

DARKNESS
 ILLNESS
 OUTDOORS
 SAFETY
 SUBWAY
 WARMTH

DONATION
 INSECURE
 RESPECT
 SHELTER
 UNDERPASS
 WEATHER

Activity 3 Poetry Competition

When I think about my home,

Submit a poem of your **Sleep In** experience and win a prize! 🎁

Activity 3 A Hearty Breakfast

Easy Pancakes

Ingredients

- 100g plain flour
- 2 eggs
- 300ml milk
- 1 tbsp sunflower / vegetable oil
- Extra sunflower oil or butter for cooking
- Lemon wedges, to serve (optional)
- Caster sugar, to serve (optional)

Method

1. Put flour, eggs, milk, sunflower or vegetable oil and a pinch of salt into a bowl or large jug, then whisk to a smooth batter.
2. Set aside for 30 mins to rest if you have time or start cooking straight away.
3. Set a medium frying pan or crêpe pan over a medium heat and carefully add half a teaspoon of oil or butter.
4. When hot, cook your pancakes for 1 min on each side until golden, keeping them warm in a low oven as you go.
5. Serve with lemon wedges and caster sugar, or your favourite filling.

Tip Once cold, you can layer the pancakes between baking parchment, then pack into an air-tight container and freeze for up to 2 months. If there are any left, of course!

Cranberry and Apple Smoothie

Ingredients

Serves: 1

- ½ cups of fresh or frozen cranberries
- 2 apples, cored and cut into quarters
- ½ cup of water or apple juice

Method

Ready in: 15 min

1. Put cranberries and apples in your juicer or blender.
2. Add some water or apple juice to dilute the smoothie to taste.

NB: You may need some assistance from an adult in the kitchen to keep safe!

Thank you for 'Sleeping In' as part of Sleep Easy 2020!



We hope you have an evening to remember and understand a little more about what it could feel like to not have your own warm bed every night.

We would love to hear the stories, read the poems and see the photos from your 'Sleep in' for Sleep Easy experience – so please get in touch!

Please make sure to send any sponsor money you may have been given by 13th March to:

Sleep Easy Team, YMCA Humber, Peaks Lane, Grimsby DN32 9ET

Contact on 01472 359621 or

sleepeasy@ymca-humber.com

If you have enjoyed this event there are many ways you and your family can get involved in the work of YMCA Humber.

From fundraising to volunteering within our projects, spending as little or as much time as you can spare, supporting our work with young people in the Humber Region.

Getting involved with YMCA Humber can be fun and rewarding but also helps our charity continue its work in our projects and in local communities.



Sponsorship Form

I'm sleeping on my sofa for one night to raise awareness of the hidden homeless and young people who have to sleep on a sofa every night. Please sponsor me as I take part in YMCA Humber's 'Sleep In' for Sleep Easy.

My Name:

Address:

.....

Postcode:

Parent's Phone Number:

Parent's Email

Address:

Please get your parents to sign, date and send in your completed sponsor forms. All cheques should be made payable to YMCA Humber for the value of the pledges and returned with this paper sponsor form and be received by YMCA Humber no later than 13th March, 2020.

Alternatively, it is possible for your parents to set up a Just Giving page for your donations. Please see details at: bit.ly/2PzVhXm

YMCA Humber will process your data in relation to our charitable purposes. We will not pass on your personal details to any other organisation.

Telephone: 01472 359621
Website: www.ymca-humber.com
Email: sleepeasy@ymca-humber.com
Registered Charity No: 1058613



If you are a UK taxpayer, please tick the box above and increase your gift by 25% at no extra cost to you under the Gift Aid scheme. By ticking the Gift Aid box you confirm that you are a UK tax payer and you would like all donations to YMCA Humber past, present and future to be Gift Aid donations. You understand that if you pay less Income Tax and/ or Capital Gains Tax than the amount of Gift Aid claimed on all your donations in that tax year it is your responsibility to pay any difference.

NAME (Title, initials & surname)	HOME ADDRESS & POSTCODE (For gift aid purposes only)	AMOUNT £ PLEGDED	DATE COLLECTED	GIFT AID ELIGIBLE (Please tick)