

SAT 18TH MAY 2019  
from 7PM > 7AM



# SLEEP ON THE PITCH

SOUTHEND UNITED

Southend  
**YMCA**



SIGN UP BEFORE 15TH MAY FOR  
**SOUTHEND YMCA'S SPONSORED ANNUAL SLEEP OUT**  
AND HELP VULNERABLE YOUNG PEOPLE  
BUILD A BETTER FUTURE

**FAMILY FRIENDLY (UNDER 18s WELCOME) / LIVE MUSIC /  
HOT DRINKS & BREAKFAST PROVIDED / FLOODLIT PENALTY SHOOTOUT /  
MATCH DAY BOX FOR THE BIGGEST FUNDRAISING TEAM AND MORE**

telephone. **01702 431676**  
email. **sachaedwards@southendymca.org.uk**  
bookings. **southendymca.org.uk/sleeponthepitch**



Southend YMCA Charity No. 1102837  
Company No. 5051166  
YMCA England Charity No. 212810  
Company No. 73749

**OUR COMMUNITY. OUR CHILDREN. YOUR CHARITY.**



**WE WANTED TO HELP OUT BY  
DOING SOMETHING POSITIVE**



# CONTENTS

- 01 //** Introduction
- 02 //** About Southend YMCA
- 03 //** Registration & Fundraising
- 04 //** What Should You Bring On The Night?
- 05 //** Venue Location & Parking Info / Contact Details
- 06 //** Terms & Conditions

**01 //**

# Introduction

Thank you so much for your interest in **Southend YMCA's** 'Sleep On The Pitch' event which is taking place on;

**SATURDAY 18TH MAY 2019 BETWEEN 7PM - 7AM**

**at**

**SOUTHEND UNITED FOOTBALL CLUB, ROOTS HALL,  
VICTORIA AVE, SOUTHEND-ON-SEA SS2 6NQ**

We're incredibly grateful to Southend United Football Club for hosting this years sleep out event. The club's generosity and community spirit has been exemplary. With their support and the support of amazing participants like you, we'll be able to make a real difference to the lives of some of the most vulnerable young people in Southend, who face the daily challenges of homelessness, neglect, poverty, unemployment and hardship.

In these current times of austerity and cuts, it is becoming increasingly difficult for local charities to sustain their work. Southend YMCA recognises this, and is working hard to increase the income generated from sponsored events and donations to ensure that we are able to continue to provide our vital support services. Sleep out events have been a staple part of Southend YMCA's fundraising initiatives for the past 6 years. Previous event totals combined have raised over 50k for the charity.

**This year our target is £25,000.**

This pack includes everything you need to know about the event so you are all well-prepared for sleeping out for the night. We look forward to meeting you all at the event and thank you for your support.

**THE SLEEP ON THE PITCH TEAM**

**02 //**

# About Southend YMCA

Southend YMCA is a local grass roots charity which works with over 2000 vulnerable children and young people each year. The YMCA is the largest and oldest network of youth charities in the world and Southend YMCA is just one of 116 YMCA's here in England and Wales.

Each YMCA is responsible for setting its own charitable objectives and raising its own funds, for us at Southend YMCA we have 4 main overarching aims;

**AIM 1** - To provide safe, supported & affordable accommodation for vulnerable young people

**AIM 2** - To provide good education, training & mentoring which equips young people for employment & inclusion

**AIM 3** - To provide positive activities which enable young people to develop personal, social & cultural development and active citizenship

**AIM 4** - To provide initiatives which promote health & wellbeing and have a community impact

**03 //**

# Registration & Fundraising

The registration fee is £10 per adult & £5 per child and is non-refundable. We have limited places so please register early to avoid disappointment.  
[www.southendymca.org.uk/sleeponthepitch](http://www.southendymca.org.uk/sleeponthepitch)

The booking site will close 3 days before the event on **15th May**.

All sponsorship money raised **MUST** be sent by **17th June 2019** to:

**Southend YMCA**  
**FAO Sacha Edwards**  
Newlands  
85 Ambleside Drive  
Southend-on-Sea  
Essex SS1 2FY



## 04 //

# What Should You Bring With You On The Night?

- > Waterproof clothing and plenty of layers.
- > Sleeping bag and a pillow.
- > An insulated sleeping mat or groundsheet.
- > Thermal clothing including hat, scarf and gloves.
- > Tea, coffee, hot chocolate and soup will be available throughout the night.
- > A bacon buttie or a veggie sausage sandwich will also be provided in the morning.

The event is alcohol and drug free. Anyone found with alcohol or drugs will be respectfully asked to leave by security.



05 //

# Venue Location & Parking / Contact Details

The main event will be held at  
**Southend United Football Club,  
Roots Hall, Victoria Ave,  
Southend-on-Sea SS2 6NQ**  
and we'll be sleeping on the pitch.  
Car parking is available for those driving to the event.

For those of you travelling on public transport the closest train station  
is Southend Victoria. The stadium is a 10 - 15 minute walk.

## IF YOU NEED TO SPEAK TO US

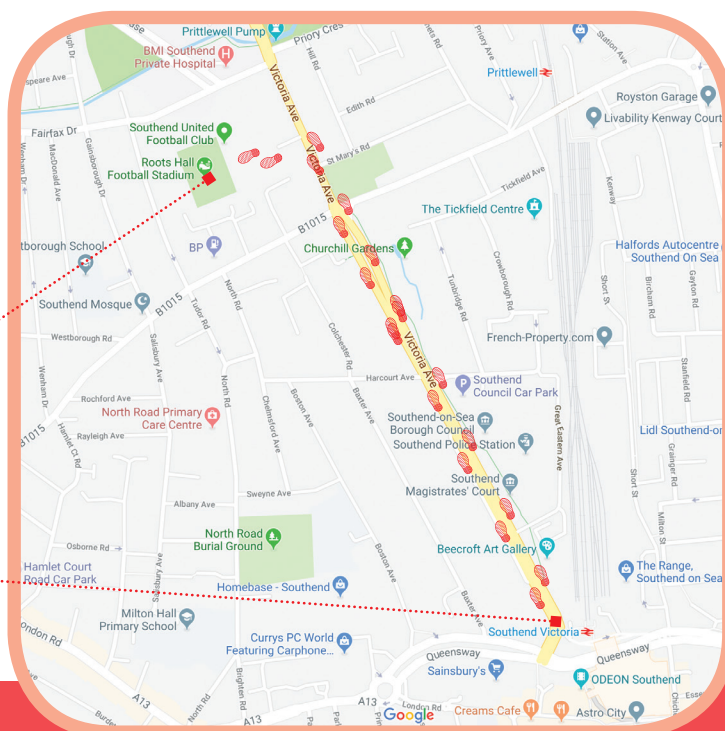
If you need any further information on Sleep Easy 2019 please contact  
**The Sleep Easy Team** by telephone on **01702 431676** or by email at  
**sachaedwards@southendymca.org.uk**

Or you can visit us at:

**Southend YMCA**  
Newlands  
85 Ambleside Drive  
Southend-on-Sea  
Essex  
SS1 2FY

**SOUTHEND UNITED FC**

**SOUTHEND VICTORIA  
TRAIN STATION**



# 06 //

## Event Terms of Participation & Informed Consent for the Southend YMCA Sleep on The Pitch 2019

1. "The Participant" has registered before the 15th May to participate in the Sleep Out on the Pitch event on Saturday 18th May 2019 from 7pm to 7am on Sunday 19th May 2019.
2. Please arrive between 7pm – 7:30pm on the Saturday evening and be ready to leave the event on the Sunday morning between 6:30am –7am.
3. Please register with the SYMCA representative on arrival and let them know when you leave the site. ***SYMCA will not be providing any cardboard boxes or sleeping materials*** and request that when the event finishes all participants take away everything they brought with them including litter, cardboard boxes, plastic sheeting and bin bags.
4. Participants under 18 are permitted to take part this year, however all under 18's must be accompanied by their parent or guardian at all times during the event. Please note, one adult can not be responsible for more than 4 participant's under the age of 18
5. The event will last all night outside and no special provisions are being made for children to sleep indoors.
6. No animals or pets may be brought to the event.
7. Alcohol & Drugs - **Drugs and alcohol will not be permitted** to be consumed during the event. Any participant believed to be using or under the influence of illegal drugs will be required to leave the event and the police will be called.
8. Smoking – Please use the designated smoking area situated next to the tea bar.
9. Participants are encouraged to fundraise before the event, we hope that each participant can raise a minimum of £100. Participant's fundraising targets can be set higher if desired.
10. You will have up to 4 weeks after the event to reach your target, all funds raised must be handed in to SYMCA head offices at; **85 Ambleside Drive, Southend, SS1 2FY no later than Monday 17th June 2019.**
11. The ground is likely to be cold and damp, possibly muddy, so it is essential to have something insulating and waterproof to lie on as well as to cover you. A combination of cardboard and plastic sheeting is often used. We strongly advise you to dress appropriately for the event – wear warm and water-proof clothing and bring a warm sleeping bag. During the event you are responsible for your own, and your team's, safety and security. You must agree to take reasonable care not to compromise other participants' safety and security.

# 06 //

## Event Terms of Participation & Informed Consent for the Southend YMCA Sleep on The Pitch 2019

12. No open fires will be permitted.
13. Respect for others - Please be respectful of those trying to sleep. If you are chatting or disruptive whilst others are trying to sleep, you will be asked to move to another area.
14. Hot drinks, soup, toilet facilities and shelter is available throughout the night for anyone who may need it, breakfast will also be provided in the morning. (Please remember to state any dietary requirements on the booking form)
15. Participants will ensure they are fit enough to sleep in the cold and are aware of the risks involved with possible adverse weather and sleeping conditions in an outdoor environment. It is your responsibility to ensure that you are healthy enough for sleeping out overnight. If in doubt, please take advice from your medical practitioner. If you have any medical conditions that may impact your participation, details should be shared with The Organiser via the booking system during registration. Current medication should be brought with you as required.
16. Stewards and qualified first aiders will be on duty throughout the event to ensure the safety of participants, however possessions will be the responsibility of participants and The Organiser will take no responsibility for any loss or damage to persons or possessions.
17. I understand that the event photographer will be taking photos on the night on The Organiser's & SUFC's behalf, and that these images may be used by Southend YMCA & SUFC for publicity purposes, by signing these terms and conditions I agree to give my consent for photos and videos to be taken of me and used for publicity purposes.
18. By registering for the event, I agree to the terms of participation as detailed above, I agree that I am aware of the risk involved and am willing to participate.
19. Registration fees are non-refundable.
20. Should a participant register for the event, but due to unforeseen circumstances is unable to attend, it will be the participants responsibility to inform their sponsors of the situation. Should sponsors request a refund the participant agrees to return any donations received and contact Just Giving to arrange for sponsors to be reimbursed online if they so wish.
21. SYMCA & SUFC reserves the right to alter or cancel the event without prior notice.
22. I agree to have first aid administered if I am unable to verbally consent during the event.
23. In the event of an emergency you must follow direction given by the event managers. You must comply with all terms and conditions as laid out in this document and follow instructions from event stewards. Failure to do so may result in you being required to leave the event.



SIGN UP FOR  
**SLEEP ON THE PITCH**  
AND HELP YOUNG PEOPLE  
BUILD A BETTER FUTURE

**SOUTHEND YMCA**  
Newlands  
85 Ambleside Drive  
Southend-on-Sea  
Essex  
SS1 2FY

**t. 01702 431676**

**e. [sachaedwards@southendymca.org.uk](mailto:sachaedwards@southendymca.org.uk)**

**w. [southendymca.org.uk/sleeponthepitch](http://southendymca.org.uk/sleeponthepitch)**

Southend YMCA Charity No. 1102837  
YMCA England Charity No. 212810

Company No. 5051166  
Company No. 73749

**t 01702 431676**

