

THE BIG 20 NEWARK 25 SLEEP OUT



Thank you

By taking part in the Big Newark Sleep Out 2025, - you're stepping into the shoes of those in our community who face the harsh reality of having no place to call home and are forced to sleep rough each night.

Homelessness can affect anyone, often for reasons beyond their control.

Thank you for standing with us in this important cause and raising vital funds to support vulnerable young people in our local community.

We want to make sure that your night is safe, so please take the time to read through the information in this registration document.

It includes important details about what equipment to bring and everything else you'll need for your sleep out.

Your participation makes a real difference.

Raising funds for
YMCA Newark & Sherwood and Newark Emmaus Trust



Here for young people
Here for communities
Here for you



Supported by



Buttercross
Estates

Save the date

Friday 7 March 2025

Arrival from 7pm

THE BIG 20
NEWARK 25
SLEEP OUT

YMCA Community & Activity Village

Lord Hawke Way
Newark
NG24 4FH
01636 233 125



Parking can be found in the **YMCA car park** located through the Active4Today sports centre car park and can be accessed through a gate in the bottom left-hand corner.

A volunteer will be there to direct you to the registration point.

Toilet facilities are available throughout the night.

The main car park gates will be locked around 10pm on Friday and reopen at 6:30am on Saturday morning.

At the end of the event, please make sure that you take home all of your belongings and dispose of any rubbish.

What to bring



Before the Sleepout you will need to prepare for a night of rough sleeping in the open air. Your clothing should be warm and waterproof, a woolly hat, warm footwear, gloves and a sleeping bag will be essential.

You can buy your own Big Newark Sleep Out 2025 woolly hat for £20 with all profits going towards our fundraising total.

Head the website to order online.

Kit Check List

- Good quality sleeping bag
- Warm clothes, several thin layers are best
- Thick socks, woolly hat and gloves
- Change of clothes (in case you get wet)
- Travel mug
- FREE hot drinks and water will be available
- Camping or Yoga roll mat
- Pillow
- Torch
- Medication (if needed)
- Snacks & Water

Cardboard boxes and tape will be available for you to build your own shelter.

We ask that you don't come in a ski-suit, to make the night as realistic as possible.

Mobile phones are permitted.

Alcohol is not permitted.

Please note - there will be no food provided during the evening, but a bacon cob or toast will be offered in the morning with the option to purchase hot drinks from the YMCA Café.

Shelter Building Tips

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1

Think ahead of time and plan

Decide what style and shape of shelter you want to build. We'll provide you with cardboard boxes and tape for you to build your shelter on the night. Remember that a shelter with a roof will protect you a little more from the elements and reduce heat loss.

2

Minimise the size of your shelter

The smaller the shelter, the easier it will be to warm up with your own body heat and keep warm. Don't make it too small that you can't fit in it with all your layers and blankets though!

3

Think about waterproofing and insulation

If you're making your shelter waterproof bring plastic bags/bin bags and tape to cover the outside of your shelter to protect it from the rain. You can use newspapers to line the inside walls of your shelter for insulation, but you will need to bring this with you. All your rubbish must be taken away with you after the event.

4

Positioning of your shelter

On the night you will need to consider where you will build your shelter to minimise exposure to the wind. For example, placing it next to a wall means that fewer sides will be exposed to the wind meaning that there will be less heat loss.

Cardboard boxes and tape will be available for you to build your own shelter.



Raising funds for vulnerable **young people** and awareness to the plight of the **homeless**

The Big Newark Sleep Out is back for its third year to raise awareness and vital funds for vulnerable young people in our community. We aim to highlight the struggles of those without stable housing while raising funds for YMCA Newark & Sherwood and Newark Emmaus Trust.



Funds go towards supporting children living in YMCA Children's Residential Care Homes and YMCA scholarships for activities at the YMCA Community & Activity Village, providing young people with opportunities they might otherwise miss. This year YMCA Supported Housing provided temporary homes and support to 1,345 individuals.



Provide supported housing for homeless young people aged 16-25, offering them not just a place to stay, but also access to educational and community resources that can help them build stable, independent lives. Accommodation in Newark includes shared houses for young people, parents and their babies or family units.

Homelessness is a critical issue in the UK

Affecting an estimated **121,000 young people** each year who lack stable housing or their own bed, often relying on temporary shelters or sleeping rough.

The reality that 16-24-year-olds now make up nearly one in five of those assessed as homeless or at risk of homelessness, this year alone, the number of young people facing homelessness has risen by 6.6%.

Many are closer to homelessness than they realise; research indicates that a significant number of individuals are just one paycheck, illness, or crisis away from losing their home.

The Big Newark Sleep Out seeks to raise awareness of this and demonstrate how community action can help support those at risk.



These aren't just numbers -they represent young lives deeply impacted by housing insecurity, anxiety, and mental health struggles.