

**STAY IN FOR
SLEEP EASY
2019**

My Activity Pack
Especially for under 14's!

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**Welcome to
'Stay in For Sleep Easy' 2019!**



Thank you for joining us over the weekend of March 9th, when many adults will be sleeping out in Exeter and in other cities throughout the UK. Together we are raising awareness and sponsorship for the work of YMCA in helping young people at risk of homelessness.

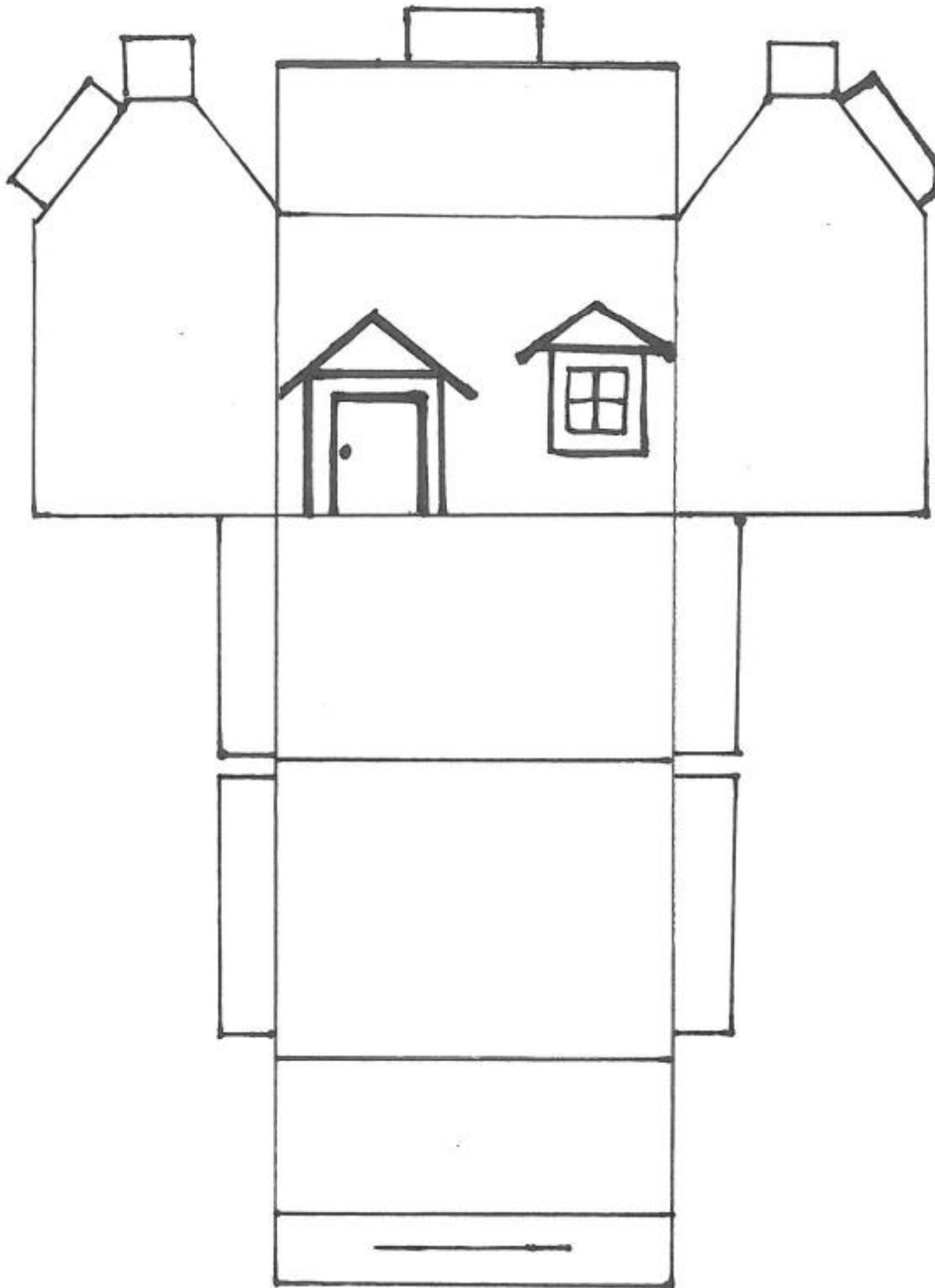
Did you know that here in Exeter we help many young people every year who have been homeless?

Young men and women from the age of 16 to 29 can have their own bedsit in our large house on St David's Hill or live in shared housing in the city. We offer individual and group support to everyone, to help them through whatever has happened in their lives and each person has the chance to start again.

With your help we can carry on making a difference in the lives of our residents. As one mum recently said:

"Thank you, YMCA Exeter for supporting my son during a difficult period and time of need. He has now turned his life around and gone from rock bottom to working full-time for a local organisation and is living now 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 many young people to look forward to a much brighter, purpose filled and hopeful future.

Activity 1 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 your poem and win a prize! 😊

Cheese Toasties

Ingredients

Serves: 2

- 4 slices of white bread
- 50g butter, divided into 4
- 4 - 8 slices Cheddar cheese

Method

Prep:5 min > Cook:15 min > Ready in:20 min

1. Preheat frying pan over medium heat. Generously butter one side of a slice of bread.
2. Place bread butter-side-down onto frying pan and add 1 slice of cheese.
3. Butter a second slice of bread on one side and place butter-side-up on top of sandwich.
4. Cook until lightly browned and flip over; continue cooking until cheese is melted.
5. Repeat with remaining 2 slices of bread, butter and slice of cheese.

Tip

How about adding sliced tomatoes with the cheese – delicious!

Carrot soup

Ingredients

Serves: 8

- 1 teaspoon butter
- 1 kg carrots peeled and sliced
- 1 onion sliced
- 5 cups chicken or vegetable stock – stock cubes work well

Method

Prep:10 min > Cook:35 min > Ready in:45 min

1. Melt the butter in a large saucepan, add the onion and carrot and cook very gently for 10 minutes.
2. Add most of the stock, keeping a cupful.
3. Bring to the boil then reduce to a simmer and cover with a lid.
4. Let the vegetables simmer for about 30 minutes or until they are extremely soft.
5. Using a stick blender, or a regular blender, puree vegetables and stock until they are smooth.
6. Add more stock if needed to get it to the consistency you like.

Tip

You can add a splash of lemon juice, salt and pepper to taste and top with chopped parsley or coriander

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

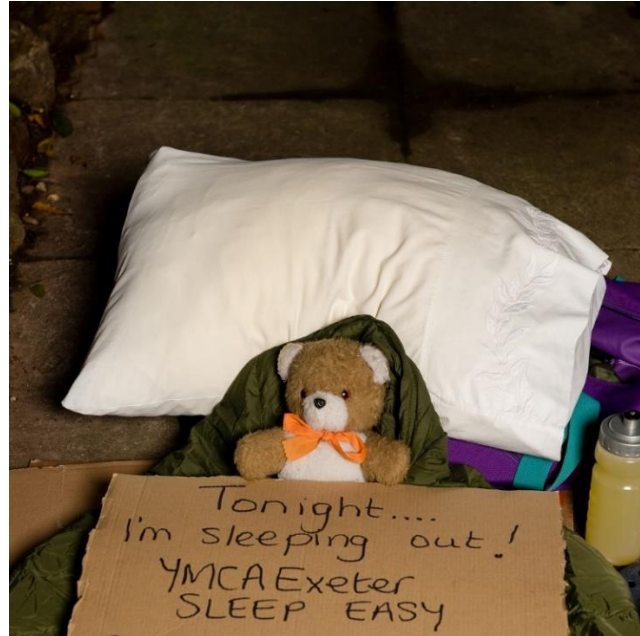
Serves: 1

- 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.



Thank you for joining in with Sleep Easy 2019!

We hope you had 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 'Stay in for Sleep Easy' experience – please get in touch!

Please also send any sponsor money you may have been given to:

Fundraising Team, YMCA Exeter, 39/41 St David's Hill, Exeter EX4 4DA

Or contact Hilary Bush on 01392 410530 Ext 4 or hilary.bush@ymcaexeter.org.uk



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 Exeter's 'Stay 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 Exeter for the value of the pledges on this paper sponsor form and be received by YMCA Exeter no later than 31st March, 2019.

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

If you would like YMCA Exeter to keep in touch with you and hear how your support is changing lives then please tick here to sign up to our monthly e-newsletter:.....

Telephone: 01392 410530
Website: www.sleepeasyexeter.org.uk
Email: events@ymcaexeter.org.uk
Registered Charity Nos: 803226 & 1162431



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 Exeter 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)	£ PLEDGED	DATE COLLECTED	GIFT AID ELIGIBLE (Please tick)