

**SLEEP
EASY** VMCA

**SLEEP ROUGH SO
OTHERS DON'T
HAVE TO**

**JOIN IN, SPEND A NIGHT OUT AND
HELP US BEAT YOUTH HOMELESSNESS**

SIGN UP AT:

WWW.SLEEP-EASY.CO.UK

YOUR LOCAL SLEEP EASY EVENT IS:

**THE HAWTHORNS, BRIGG TOWN FC,
HAWTHORN AVENUE, DN20 8PG**

30TH JANUARY 2015 - 6PM-6AM

SUPPORTING LOCAL HOMELESS CHARITIES

How

VMCA





Sleep Easy 2015

Background

Sleep Easy is a national campaign run by YMCAs across the country to raise awareness of homelessness issues and to raise valuable funds to support YMCA Projects.

The key phrase associated with Sleep Easy relates to the event participants who 'sleep easy so that others don't have to.'

In the Humber Region the YMCA work in partnership with a range of organisations that support homeless people in the area with funds raised shared accordingly between these organisations.

Over £100,000 has been raised in the Humber Region through Sleep Easy and those funds have allowed YMCA Humber and our partner charities to continue combatting the problem of youth homelessness in the area but it is a problem that is unlikely to go away in the foreseeable future, which is why this campaign is as important as ever

Facts Regarding Homelessness and Rough Sleeping

Homelessness is a significant problem affecting in the region of 400,000 people nationally and 2,000 across the Humber Region.

The vast majority of homeless people are not rough sleepers and most of them will be found sofa surfing, squatting, living in hostels or B&Bs.

The minority that do not fall into the categories above generally end up sleeping rough. The facts associated with rough sleepers paint a stark reality as the following facts illustrate.

There are many factors that can lead to young people becoming homeless. YMCA Humber believes that extra help and support to deal with associated practical and emotional issues will help young people move forward.

Young homeless are one of the most vulnerable groups in society yet, when they are ready to live independently, many are unable to find appropriate accommodation, leaving them in support or temporary living longer than necessary.

Research by Homeless Link in 2014 has shown that those experiencing homelessness at a young age have an increased chance of becoming homeless again and developing more complex problems later in life.

The Sleep Easy partners work across the Humber Region to provide better and more integrated services for young people at risk of, or experiencing homeless.

- Is 13 times more likely to become a victim of violence
- Is 47 more times more likely to become a victim of theft
- Is 3 times more likely to have to attend hospital
- Will have a reduced mortality rate from a healthy 81 years old to 47 years of age
- 62% of young people become homeless because relatives or friends are no longer willing to accommodate them. This is usually because of relationship breakdown.
- Some groups of young people are more vulnerable than others; 13% of young people experiencing homelessness are young offenders whilst 11% are care leavers.
- 8 out of 10 homelessness agencies think young people are affected by benefit sanctions
- 6 out of 10 homeless young people have complex needs with 5 out of 10 homeless young people's needs becoming increasing complex over time
- To be classified as statutorily homeless, a young person has to apply to their local authority. A decision then depends on an assessment of their particular circumstances. If accepted as being statutorily homeless, the local authority is required to provide accommodation if it also judges them to be in priority need.
- 57% of homeless young people are not in education, training or employment with half lacking the living skills needed to live independently. YMCA Humber and their partner charities will work with young people to develop these skills sufficiently and provide education, training and employment opportunities so that young people are in a position to make the transition into living independently.

This fact sheet draws information from two reports; *Youth Homelessness in the UK*, published in May 2008 by The Joseph Rowntree Foundation, The Centre for Housing Policy at the University of York and Centre Point; *Breaking it Down – Developing Whole-Family Approaches to Youth Homelessness*, a study carried out by YMCA England and Croydon Housing Association for Young Single Homeless (CAYSH) which sought the views of 50 parents and carers of homeless teenagers. Where Government statistics are used these come from Communities and Local Government Policy Briefing 18, *Tackling Youth Homelessness*, published in March 2007 and *Young & Homeless: Let's End Homelessness Together*, published in November 2014, a research paper produced by Homeless Link that explores the reasons why young people become homeless, the support available to them and areas that need to be improved.