

## Jackie's Sleep Out



On Friday 31<sup>st</sup> March I didn't go to bed. Or at least, not bed as I know it!

I tried to sleep in a corridor of QPR's Loftus Road stadium, with other YMCA and QPR supporters. I wasn't really homeless - I had a home to go to in the morning - but the concrete was hard, the corridor drafty and noisy, and the box really uncomfortable. The speech bubble shows my thoughts in the morning.

Why did I do it?



I really believe that everyone should have a safe place to stay. Nearly 1,000 people slept rough in London on a single night in Autumn 2016, according to government figures - the number has more than doubled in the last five years.

The event raised over £10,000 and will help YMCA West London and QPR Community Trust tackle the downward spiral of no job / no home for two very vulnerable groups:

- Local young people with no qualifications or family support
- Ex-service people needing emotional and practical support to find a job.

I was so pleased to be the highest fundraiser on the night (over £1,000!) and I was commended for my box decoration.

It was fun to be at QPR, next to the famous pitch, and there were games and laughter on the evening. But by the morning, the reality of the experience hit home,

and it has made me even more determined to do my best to take YMCA West London's work forward to give vulnerable young people the opportunity to change their lives.



Jackie Adusei  
YMCA West London Director of Operations and Deputy Chief Executive

