Launch of the YMCA Big Sleep Easy 2025

Lester Aldridge is proud to support once again the YMCA Big Sleep Easy, taking place on Saturday 18th October 2025, at Diverse Abilities, Merritown Lane, Hurn. This major fundraising event challenges individuals and businesses to spend a night sleeping rough in a safe environment to raise funds and awareness for those facing homelessness in Dorset.

As YMCA Bournemouth's flagship event partner for the Big Sleep Easy 2025 and Headline School Sponsor, Lester Aldridge continues its commitment to tackling homelessness and supporting young people. Since first taking part in 2018, the firm has raised over £27,500, with more than 40 team members participating over the years.

Why Does Lester Aldridge Support the Big Sleep Easy?

Lester Aldridge has been involved in the Big Sleep Easy for seven years, recognising the vital work that YMCA Bournemouth does to support individuals experiencing homelessness. The firm is also passionate about inspiring young people to engage with social issues, which is why it proudly sponsors the YMCA's School Sleep Easy initiative for the fourth year running.

By taking part in the event, participants gain first-hand insight into the difficulties faced by those without secure housing. Spending a night in a makeshift shelter fosters empathy and understanding while raising crucial funds for YMCA Bournemouth's homelessness services.

Parisa Jones, Partner in the Tax, Trusts & Wills team at Lester Aldridge, shares why the firm proudly supports YMCA Bournemouth's School Sleep Easy as this year's Headline School Sponsor:

https://www.youtube.com/watch?v=cNxIt83hwT4

A Landmark Year for the Big Sleep Easy

This year's event will be particularly special, marking the final Big Sleep Easy for a while and the semi-retirement of Sheena Dayman, YMCA Bournemouth's Community Fundraiser. In addition, YMCA Bournemouth has partnered with Diverse Abilities, Dorset's disability charity, to co-host the event. Funds raised by Diverse Abilities will contribute to an Information Hub for people with disabilities at risk of homelessness.

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Mark Benham, Partner and Head of the Real Estate Group at Lester Aldridge, commented: “For the third year in a row, the number of people sleeping on the streets of England and Wales has increased, with a 20% rise in the last year. YMCA Bournemouth makes a huge difference to our community, and Lester Aldridge is proud to continue sponsoring this event, which brings together local businesses who sleep rough for one night only to raise money and awareness for those experiencing homelessness.”

Get Involved

Lester Aldridge encourages local businesses and individuals to take part in this year’s event and help make it the most successful yet. Whether by sleeping out or sponsoring participants, every contribution plays a role in tackling homelessness and providing vital resources for those in need.

For more details and to book your place, visit the YMCA Bournemouth website.

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