



Lester Aldridge Team to Sleep Rough for Charity

On Saturday 15th October 2022, a team from Lester Aldridge will take part in the [Big Sleep Easy](#) and brave the dropping temperatures to spend the night in cardboard boxes on the grounds of Talbot Heath School.

This is the fifth year that Lester Aldridge will be sponsoring and taking part in the Big Sleep, supporting the important and often life-saving work of YMCA Bournemouth. Over the last four years, the firm has raised over £15,000 for the charity. The 12-strong LA team will be joining other local companies to build shelters out of cardboard for the night to obtain a first-hand experience of living homeless.

[Mark Benham](#), Partner at LA and one of the participants, said: “As a business, we believe it’s essential to be socially responsible and to contribute to the needs of our community. We are proud to support YMCA Bournemouth, a fantastic charity with the aim of transforming communities, which provides local services and projects that give children, young people and vulnerable individuals hope for a better future and the means to achieve it.”

Sleep Easy events offer a fantastic challenge to individuals and organisations who wish to help raise awareness of the hardships of homelessness and raise funds for a charity that works to bring homelessness to an end. Participants, who can be individuals, groups or businesses, set themselves a fundraising target before wrapping up warm, building a cardboard shelter and then sleeping rough so others don't have to.

If you would like to support this event, please visit the [Lester Aldridge JustGiving team page](#).