Dear

**The right to Stay Up Late**

For many people we take the right to Stay Up Late, or go to bed early, for granted.

If you have a learning disability, and need support to go out, this is often not possible due to inflexible support systems. I think this is a human rights issue that just isn’t talked about. Imagine if you weren’t able to go out, see your friends and be part of the cultural life of your community.

What would the impact be on your mental and physical health? It’s also not good for the whole community if people with learning disabilities are segregated in this way.

I think that providers of support should be made to provide support that meets the needs of the individuals they work with, and that the government has a responsibility to ensure that services are commissioned in ways that enable this to happen.

I would like you, as my MP, to write to the Director of Adult Services in our constituency to ask that they ensure that they are commissioning support services that enable people with learning disabilities and autism to go out as late as they want to, and are able to choose how they live their life.

I look forward to hearing from you.

Yours,