

Advocacy for All
bigger voices – better lives



Speak Up Sutton



**speaking up for people
with a learning disability**

Stay Up Late Report

- **what is the Stay Up Late campaign?**
- **why is it important to support people to Stay Up Late?**
- **what are commissioned providers doing to help people Stay up Late?**



Between May and December 2015, Speak Up Sutton have been talking to members, managers and support staff about **staying up late**.



Read on to find out **what people said...**



Paul Richards, the director of the **Stay up Late campaign**, gave presentations at our events in May and September. He said:



Stay Up Late was started by the punk band, Heavy Load. They didn't like it when **people left their gigs early**.

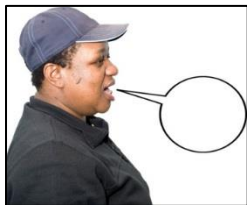


One of the band members even had to go home early.

This is not right.

Support staff should **support people** to do **what they want**.

Staff should have a **positive attitude** and try to find a way to **make things happen**.



Speak Up Sutton group members said:

I think it's **really rotten** that people have to go home early!



It seems like **some staff want an easy life!**

If you want to go, **it should be up to you**, not the carers, what time you go out. The **carers should** be there to **help you**.



Staff shifts should finish at the **right time** so people can go to **all** of their activities.

Here are the **questions** we asked and **what people said**:



What **stops** people staying out for as long as they want?

- the **hours** staff work
- **shifts ending**
- staff **not being prepared**
- staff **not being keen**
- people who say, “**This is what we’ve always done!**”

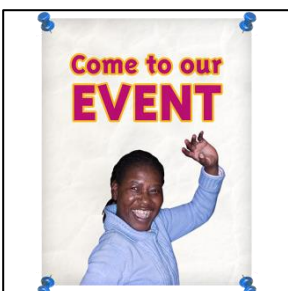
- people leave because of **carers’ work**
- it’s **difficult for staff** who work a **lot of hours** and have **low wages**
- some staff have **other jobs** and **responsibilities**

- not being **safe**
- being out **on my own**
- **worried** what happens at **night time**
- being **cautious**
- other people’s **attitudes** – sometimes people don’t treat us with respect.

- **money**

“Everything we do is around **money!** It costs a lot of money to support people to have the **lifestyle they want.**” Manager

“It **shouldn’t be about funding**, it should be about a duty of care. Staff are there to help. If a college course ends at 9pm, the person should stay until 9pm.” SUS member



What would **help people** to stay out?

- managers should **plan shifts better**
- residents need to **think ahead** about what they want to do.
- **attitudes** of the staff team – be more flexible
- put flexible hours in **contracts**
- good **management** and **support** for the staff

“more **staff** that are **fun** and **supportive** – no miserable ones!”
sus member

- need to **complain** so managers know
- **ask** people what **they want**
- **listen** to service users
- show the staff the **Speak up Sutton stay up late film**
- **campaigning**
- find out **who is good** at helping and **learn from them**
- help people **feel safe**
- “people **need help** to have the right **money** and to **get home safely.**”
- help with **transport**
- having the right **information**
- **more events** to go to that are on at the **right time**
- being able to go out with **people you know**



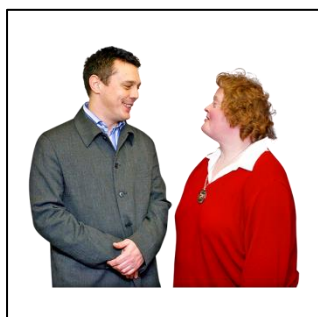
Why is it **important to help people** stay up late?

- it gives you a **choice**
- gives you more **independence**
- it's **up to you** if you want to stay up late
- personal **freedom**
- being **fair**
- “people should have **choice.**”
- “people **need help** to get home at the **right time** for them.”

What are you doing (what are good ways) to help people stay up?



- put on **different activities** at **different times**
- **help people to connect up** (Community Links project)
- look at **support plans**
- Check **contracts**
- **plan support** for people to do activities outside the home
- talk to the **care quality commission (CQC)**
- **make sure things happen.**



“I tell my staff that they should **help people to have a life like others.** You have to plan ahead and be flexible.” manager

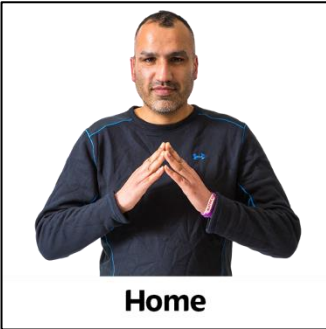
- residents need to show **respect** and be **reasonable**



- **more able** people can **support less able** people.

“If you can help someone else, it will help the staff.”

Sus member



We have **visited 2 supported living homes** and **one residential home**. We have also **talked to** members and staff at **Nickel support** and the **Tuesday club**.

Here is **what we found out**:



Most of the members at **Nickel Support** live with their parents. 1 member lives in supported living in Croydon with good support. 1 other member is very independent in a shared lives placement.



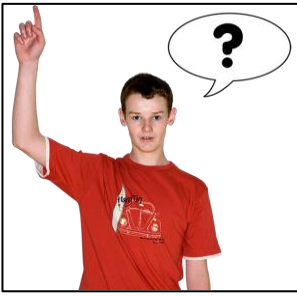
Members' **bedtimes** vary between 9pm and midnight.

Their **evening activities** include watching TV, computer games, listening to music.



Most members were **happy** not to go out late, but really **enjoyed** the Nickel **evening events** such as their awards evening and Nickfest, a music event.

We think this shows that members would **go out more** if they had **more opportunities**.



We asked if members get **support to stay out late** if they want to. One member said:

“I don’t like it as there’s **nowhere to go**. You **don’t feel safe** or know who’s out there.”



The more **independent** members get **support**.

Members living at **home** said their mums like to know when they will be home.



We asked what would they **say to staff** who were not good at supporting people to stay out. They said:

“Take a step back and try to be in our shoes!”

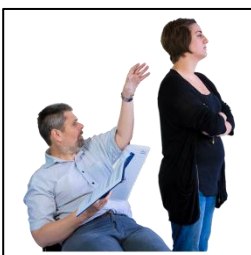


Tuesday club

This was where our **interest** in the campaign **began**, when one of our founding members noticed people had to **leave early** because of **staff shift times**.



Some carers are quite aware of the campaign but are limited by their **shift times**. Some of them said they are ready to support their clients as long as they are **paid properly** for their time.



Members would **love to stay longer** for the disco, but they are **taken out** as soon as the raffle is drawn, because their carers have to **finish their shifts**.

Some of them found it **hard to say why** they had to be taken away.



Rosswood Gardens (respite)

- we spoke to one resident and a carer.
- the resident said most of them like to **stay up late** doing different **activities** such as:
 - jigsaw Puzzles
 - watching TV
- the carer said they have a waking night duty, and they specifically have **5 residents** who really **love going out**.
- the **late shift** for support staffs **finishes at 10pm**
- **none** of the residents have said they want to stay out **later than 10pm**
- perhaps they would if given the chance?

- at the moment, residents have to plan their activities around the **staff shift**
- the carers are very much **aware** of the Stay Up late campaign and **want to support people**

“It’s about **planning**. If it’s in the **rota**, it’s ok.”

Service manager



Rosswood Gardens (independent)

- members of Speak up Sutton **explained** about the Stay up late campaign.
- we spoke to two residents.
- one of them had not heard of the campaign.

- they **enjoy staying up late**, and have **no problems**.
- one of them said he goes to the **pub** for a drink every week, and stays **till 11:30pm**

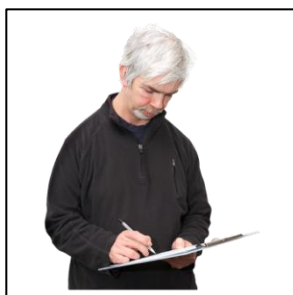
- they have **good carers** who **help them when they need it**.
- they feel **more should be done for adults** who are **not able to go out**.

14B York Road (supported living)

- the residents here are very much **aware of the campaign** because a member of Speak up Sutton lives there.

- the carers feel they can only support their clients if they are **paid for all the hours they work**.

- some of the residents stay up late by watching TV.



The **main problems** which stop people staying out late are:

- **staff shift times** – they should be **more flexible**
- **staff pay**
- **management planning ahead**

If **some homes** can manage to be **flexible** with shift times and plan ahead, **why can't all homes do the same?**

“We agree that staff should **sign an agreement** to help people stay up late.”

Other **things which would help** are:

- **more evening activities/events**
- **change the time** of events, for example, the disco closes at 9pm.
- If someone wants to see a **band**, they are only just coming on stage at 9pm!

Normal life does not finish at that time!

“It's only **fair** we are allowed that time to enjoy ourselves and be with friends.”
SUP member

Please help us Stay Up Late!



thank you to everyone who talked to us for this report.

for more information about Speak Up Sutton or the Stay Up Late campaign, please contact:

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also see the Stay Up late website:

www.stayuplate.org



Speak Up Sutton gets funding from Sutton Council