

Becoming a Stay Up Late Ambassador – what it involves

We are looking for people around the country who have a learning disability who want to help us with our campaigning.

 The logo for Stay Up Late, featuring the words "STAY UP" in white and "LATE" in large red letters on a dark, textured background.	<p>1. What does Stay Up Late do?</p> <p>Stay Up Late is a charity that campaigns for people with learning disabilities to live the kind of life they want to live.</p> <p>We want people to be able to make their own decisions about how they spend their time such as nights out.</p>
 A woman with dark hair, wearing a black patterned jacket, pointing her right index finger upwards with a smile.	<p>2. What kind of things do you campaign on?</p> <p>We launched our Manifesto for an Ordinary Life. It includes things like:</p> <ul style="list-style-type: none">- The right to decide how I spend my time and when I go to bed- The right to fall in love and have relationships- The right to a paid job- The right to have a say in who supports me
 A man with short dark hair, wearing a blue polo shirt and jeans, holding a large white rectangular sign in front of him.	<p>3. What will being an Ambassador involve?</p> <p>It's up to you how you want to do it. Each Ambassador will do things slightly differently. It could involve:</p> <ul style="list-style-type: none">- Giving out leaflets, stickers and posters about Stay Up Late- Writing a blog for our website- Talking to people about Stay Up Late and encouraging them to get involved- Getting your local group to run a No Bedtimes campaign- Giving a talk in your local area



4. What plans does Stay Up Late have?

We are aiming to hold campaign workshops around the country.

We would like our Ambassadors to be involved in those.

If we hold one in your part of the country we will be asking you to take part.



5. What help can I get to be an ambassador?

- We can help with ideas for an article or speech
- We can send you leaflets, posters and stickers for campaigning
- You can phone us or email us if you have any ideas for things you would like to campaign on



6. Who can I get in touch with?

Darren is the Campaigns Co-ordinator at Stay Up Late.

You can email him at darren@stayuplate.org

Or phone the office on 01273 418 102