#NO BEDTIMES

Having a learning disability should never stop anyone enjoying a great night out...

...but all too often it does. Find out how you can support the campaign for #NoBedtimes and help people with a learning disability to stay up late and live the life they want to live.

STAY UP LATE

#NO BEDTIMES

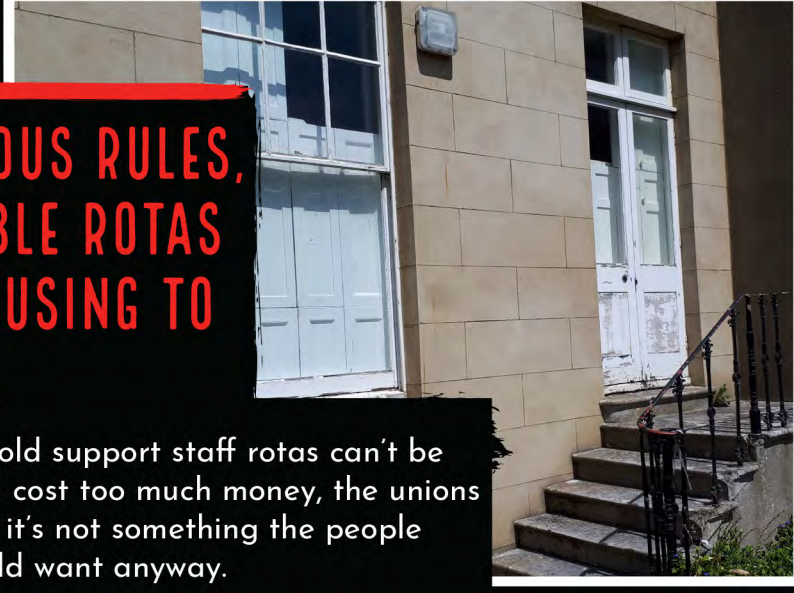
SUPPORT THE CAMPAIGN!

SO MANY OF US ENJOY GREAT NIGHTS OUT...

Going to gigs, clubbing, karaoke, pizza with friends, pub quizzes, a show at the theatre, comedy nights – there's no shortage of things you can do to enjoy a great night out.

BUT MAYBE NOT IF YOU HAVE A LEARNING DISABILITY...

Far too often people with a learning disability are told there isn't the staff to support them to be out late. Some residential homes lock their doors at 10 o'clock and residents don't have a key.



RIDICULOUS RULES, INFLEXIBLE ROTAS AND REFUSING TO LISTEN...

So often we are told support staff rotas can't be changed, it would cost too much money, the unions wouldn't like it or it's not something the people they support would want anyway.

IT DOESN'T HAVE TO BE LIKE THIS...

Although some are stuck in the old ways other support providers have embraced change. They've rewritten their staff rotas, got the unions on board and listened to what the people they are supporting actually want, rather than making decisions for them.

#NO BEDTIMES

SUPPORT THE CAMPAIGN!

"When we go out to gigs we want to stay for the whole thing not leave when the carer says it's time to go."

Daniel Randall-Nason
Stay Up Late Ambassador

GET INVOLVED

- Download a copy of our fact-sheet for support providers **www.stayuplate.org/resources**
- Support our campaign. Sign up at: **www.stayuplate.org/contact**
- Become a Stay Up Late Ambassador – more details at **www.stayuplate.org/ambassadors**
- Make a donation **www.localgiving.org/stayuplate**

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Stay Up Late is a registered charity in England & Wales (no. 1145040)
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STAY UP LATE