





## The #NoBedtimes campaign by Stay Up Late

### How you can get involved

	<p>Having a learning disability should never stop anyone enjoying a great night out.</p> <p>But we find that lots of people with learning disabilities are unable to lead full and active social lives.</p> <p>People are often told there isn't the staff to support them to be out late. Some residential homes lock their doors at 10pm and residents don't have a key.</p>
	<p>Stay Up Late is a charity working to end those old-fashioned ideas. We want people with learning disabilities to be able to lead the social lives they want to lead.</p> <p><b>#NoBedtimes</b> is our new campaign to help change things.</p>
	<p>If you get in touch with us asking for a campaign pack, we have lots of goodies to send out.</p> <p>We have <b>#NoBedtimes</b> leaflets, stickers and badges. We also have advice sheets for support providers to help them change their ways. You can also buy <b>#NoBedtimes</b> T-shirts from us.</p>
	<p>We want to work with groups and individuals around the whole country to tell everyone about the <b>#NoBedtimes</b> campaign and why it is important.</p>



### You can help in different ways:

- Running an information stall at a gig, event or open day.
- Handing out leaflets and stickers.
- Getting someone from Stay Up Late to come and talk to your group.
- Writing a blog or posting on Twitter and Facebook.



We are launching the campaign in November 2019 with a special photocall at a venue in Brighton. We'll all be wearing our pyjamas! We'll be saying we don't want to go home to bed we want to stay up late!

We want other groups to do similar launches in their local area, too. We can help with that and have information that can be sent to the local papers.



### Get in touch

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

Get in touch with Darren:

- If you would like a campaign pack.
- If you would like someone to come and talk to your local group.
- If you have any questions about the **#NoBedtimes** campaign or need advice.

You can email him at [darren@stayuplate.org](mailto:darren@stayuplate.org)

Or phone the office on 01273 418 102