

Stay Up Late and Gig Buddies guide to writing a blog

We love having Stay Up Late ambassadors and Gig Buddies participants writing blogs for our website.

	<p>1. What is a blog?</p> <p>A blog is someone's story that goes up on a website.</p> <p>We post blogs on the Stay Up Late website and the Gig Buddies website.</p>
	<p>2. What should I talk about in my blog?</p> <p>Talk about something you are passionate about.</p> <p>Our most popular blogs are from people with a learning disability writing from their own lived experience.</p> <p>It can be about something you care about – like going to gigs and staying up late. Or about people with a learning disability having their voices heard.</p>
	<p>3. Keep it simple</p> <p>Try and keep your blog about one main thing. If you try and cover too many different things it will make it complicated for people to understand.</p> <p>Avoid jargon and long words because other people may not understand them.</p> <p>If you are not good with spelling and punctuation don't worry. We can help tidy these up for you as long as you try your best.</p>



4. Don't be afraid to ask for help

If you have an idea for a blog you can talk it through with a member of the team.

If you need some suggestions about what to write about we can help you with ideas, too.



5. There are different ways of doing a blog

- You can type it out and email it to us
- Or talk it through on the phone
- Or do it as a video over a zoom call



6. A photo helps tell the story

A good photo will get people interested in the blog.

People like pictures as well as words, especially if the picture is of you doing something you are talking about in the blog.



7. Share the blog on social media

Once the blog goes on the website you can share it on social media.

Sharing your blog on Facebook or Twitter can help your friends and family see what you have written.

Encourage them to share it, too!



8. 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 him on **07305 876 188**