

# Becoming a Stay Up Late Ambassador – what it involves

We are looking for people around the country who have a learning disability and/or autism who want to help us spread the word.



## 1. What does Stay Up Late do?

Stay Up Late is a charity for people with learning disabilities.

We started up the Gig Buddies project and we work with different Gig Buddies groups around the country.

We also do lots of campaigning!



## 2. What does Stay Up Late stand for?

We want people to be able to make their own decisions about how they spend their time and when they go to bed. **#NoBedtimes!**

We put together our **Manifesto for an Ordinary Life**. It includes things like:

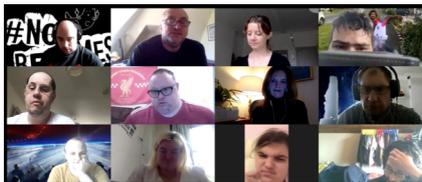
- My right to decide how I spend my time and when I go to bed
- My right to fall in love and have relationships
- My right to a paid job
- My right to have a say in who supports me



## 3. Who can become a Stay Up Late Ambassador?

Anyone with a learning disability and/or autism who supports what we stand for can get involved.

We work with different groups around the country to tell people about Stay Up Late and tell support providers why #NoBedtimes is important.



#### 4. What does being an Ambassador involve?

Before Coronavirus our Ambassadors did things like hand out flyers at gigs and take part in conferences.

At the moment a lot of what we do is online. We have meetings every fortnight on Zoom.

#### Other things our Ambassadors do include:

- Write blogs for our website
- Talk to people about Stay Up Late and encourage them to get involved
- Go on the radio and TV and do interviews and videos

It's up to you which things you choose to do!



#### 5. What help can I get to be an Ambassador?

- We can help with ideas for a blog or a talk
- We can send you leaflets, posters and stickers
- You can get in touch if you have ideas for things you want to talk about
- All our Ambassadors support each other and help each other out!



#### 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](mailto:darren@stayuplate.org)

Or phone him on **07305 876 188**