

Life after lockdown

What support will people with learning disabilities need to feel independent again?

An advice sheet from Stay Up Late

	<p>The Covid pandemic has meant that people have not been able to do some of their favourite things for a very long time.</p> <p>As people get vaccinated and as places started reopening we can start to feel excited about doing those things again.</p>
	<p>We know many people with learning disabilities are also feeling a bit nervous about things, too.</p>
	<p><i>"I live in supported living. I used to go on the bus on my own but since the pandemic all my confidence has gone."</i></p> <p>People may not have travelled independently or been on public transport for over a year.</p>
	<p><i>"I'm quite nervous about going to nightclubs again."</i></p> <p>People might be feeling anxious about going back to crowded places like gigs and clubs – even though they used to really enjoy them.</p>



With help from our Stay Up Late Ambassadors we have put together the following tips.


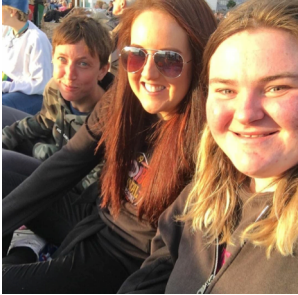



These are our six top tips for helping people feel more independent again:

1. Try going out to places nearby at first rather than doing long journeys on public transport.
2. If you are feeling nervous start off by going to quiet pubs and restaurants before you go back to busy bars and clubs or gigs.
3. Try and get someone to come with you when you go back on public transport for the first time.
4. Get information on bus and train times before you set off.
5. Wear a sunflower lanyard so you can ask for extra help if you need it
www.hiddendisabilitiesstore.com
6. Talk to support staff or family so they can help you plan what you want to do.



We want all support providers to recognise that people may need extra help to start doing some of the things they used to really enjoy doing, once again.

	<p>As places start re-opening we'll be pushing our #NoBedtimes campaign harder than ever.</p> <p>We don't want to go back to the bad old days where people with learning disabilities were excluded from doing the things they wanted to do.</p>
	<p>We want people with learning disabilities feeling confident and happy going to pubs and gigs.</p> <p>We want everyone to have a great social life - doing the things that they want to do.</p> <p>.</p> <p><i>"Look forwards not backwards. Be brave and strong and get out there!"</i></p>
	<p>More information</p> <p>Darren is the Campaigns Co-ordinator at Stay Up Late.</p> <p>You can email him at darren@stayuplate.org</p> <p>Or phone him on 07305 876 188</p> <p>Get in touch if you would like to support our #NoBedtimes campaign</p> <p>Website: www.stayuplate.org</p>

Stay Up Late is a registered charity in England & Wales (no 1145040)
 Fellowship Room Office, Hove Methodist Church, Portland Road, Hove, BN3 5DR