


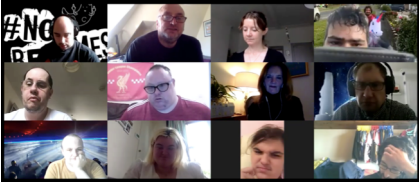




Becoming a Stay Up Late Ambassador – what it involves

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

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|  The logo for Stay Up Late, featuring the words "STAY UP" in white and "LATE" in large red letters on a black background with a distressed, splattered texture. | <p>1. What does Stay Up Late do?</p> <p>Stay Up Late is a charity for people with learning disabilities.</p> <p>We started up the Gig Buddies project and we work with different Gig Buddies groups around the country.</p> <p>We also do lots of campaigning!</p> |
|  A woman with short dark hair, wearing a black patterned jacket, is smiling and giving an L-shaped hand gesture with her right hand. | <p>2. What does Stay Up Late stand for?</p> <p>We want people to be able to make their own decisions about how they spend their time and when they go to bed. #NoBedtimes!</p> <p>We put together our Manifesto for an Ordinary Life. It includes things like:</p> <ul style="list-style-type: none">- 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 |
|  A group of about ten diverse people are posing for a photo. They are holding a large black banner that says "#NoBEDTIMES" in white and red. One person is holding a small "STAY UP LATE" logo. | <p>3. Who can become a Stay Up Late Ambassador?</p> <p>Anyone with a learning disability and/or autism who supports what we stand for can get involved.</p> <p>We work with different groups around the country to tell people about Stay Up Late and tell support providers why #NoBedtimes is important.</p> |

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|  | <p>4. What does being an Ambassador involve?</p> <p>Our Ambassadors do things like hand out flyers at gigs and take part in conferences.</p> <p>We also have meetings once a month on Zoom.</p> <p>Other things our Ambassadors do include:</p> <ul style="list-style-type: none"> - 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 <p>It's up to you which things you choose to do!</p> |
|  | <p>5. What help can I get to be an Ambassador?</p> <ul style="list-style-type: none"> - 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! |
|  | <p>6. Who can I get in touch with?</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> |