

Stay Up Late and Gig Buddies guide to doing radio and TV interviews



1. Why is it important to make our voice heard on radio and TV?

We think it's important that people with learning disabilities have a strong voice.

We also want to spread the word about Stay Up Late and Gig Buddies.

We've put together this Easy Read guide with some tips for doing great radio and TV interviews.



2. Things you should be told beforehand

Whether it's for radio or TV.

Whether it is going out live or being recorded for later.

Whether you are being interviewed on your own or as part of a group.



3. If it's TV think about what to wear

A Stay Up Late T-shirt would be a great thing to wear!

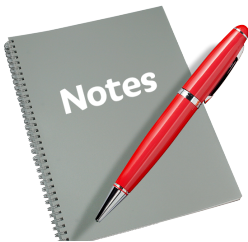




Avoid stripes or swirly patterns as they can make the camera go funny!



4. Find out how the interview will be done

Many radio and TV interviews are now done by Zoom or over the phone.

After lockdown they might want you to visit them at their studio or interview you somewhere special – like a conference or a night-club.

	<p>5. Think about what you are going to say</p> <p>Have one main point you really want to get across.</p> <p>You can have some things written down to jog your memory but don't read your answers out.</p> <p>Remember not to swear!</p>
	<p>6. What if I get asked something I don't know the answer to?</p> <p>It's fine to say you are not sure or you have not really thought about it. But you can then go on to say the thing that you really do want to talk about.</p>
	<p>7. Practice beforehand</p> <p>You can practice with a friend or a member of the Stay Up Late team so you are clear about the things you want to say.</p>
	<p>8. Breathing exercises can help</p> <p>Take three big deep breaths in and out a few minutes before you do the interview. This will help make you feel nice and calm.</p>
	<p>9. 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>