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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|  | **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! |
|  | 1. **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. |

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|  | **4. What does being an Ambassador involve?**  Our Ambassadors do things like hand out flyers at gigs and take part in conferences.  We also have meetings once a month 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. * Help us create resources and raise awareness!   It’s up to you which things you choose to do! |
|  | 1. **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?**  Florence is the Campaigns Co-ordinator at Stay Up Late. You can email her at [florence@stayuplate.org](mailto:florence@stayuplate.org)  Or phone her for a chat on **07305 876 188** |