

**The Stay Up Late
Guide To**

THE COST OF GIGGING

**STAY UP
LATE**

**Top tips and ideas that will
leave you feeling free of the
Cost of Gigging Ghoul...**

We've been hearing a lot about the cost-of-living crisis. Most people have less money to spend on the things they need. This can make it feel harder to go out and do the things that make you happy.

We call this, the cost-of-gigging crisis!

This is extra difficult if you already struggle to go out and enjoy your social life for other reasons (strict care routines, lack of support or confidence)...

It is important to be careful with your money, but it's also important you do things that make your heart sing.

We think it's possible to do both.

Here are some ideas for how to enjoy a night out for less:

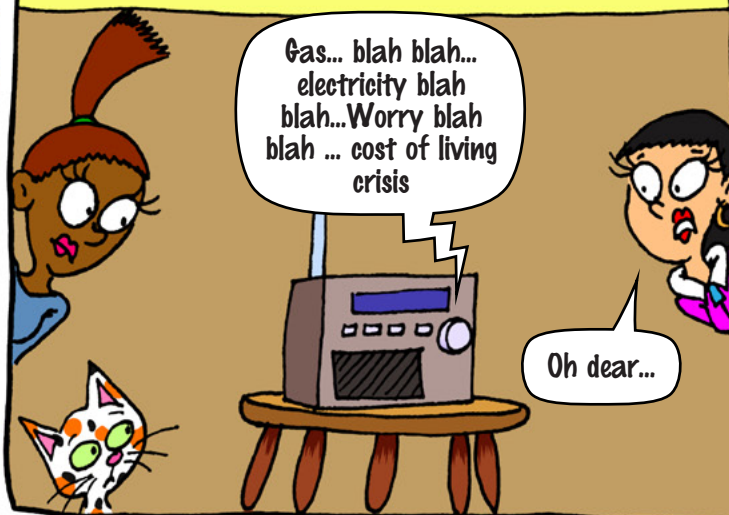
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|---|--|--|
| ▶ Support smaller, local bands and bands you've not heard of before. | ▶ Look out for deals (follow venues online and sign up to their newsletter). | ▶ Check if there's a discount, either for having a disability or for your PA (remember friends can be your PA!). |
| ▶ Join loyalty schemes, hopefully this will also allow you to get to know your locals. | ▶ Try open mic nights, karaoke, and tribute bands - you never know what you're going to get! | ▶ Plan your transport 1: check which way is cheaper with the amount of people going and book ahead of time. |
| ▶ Plan your transport 2: check to see if you can get a bus or train card to save money. | ▶ Bring snacks and drinks if allowed (some people said to smuggle it into big venues, but we couldn't possibly support that...). | ▶ Try to share the cost; share taxis, food, bottles of wine and funky dance moves! |

**Check out our
comic next!** ▼

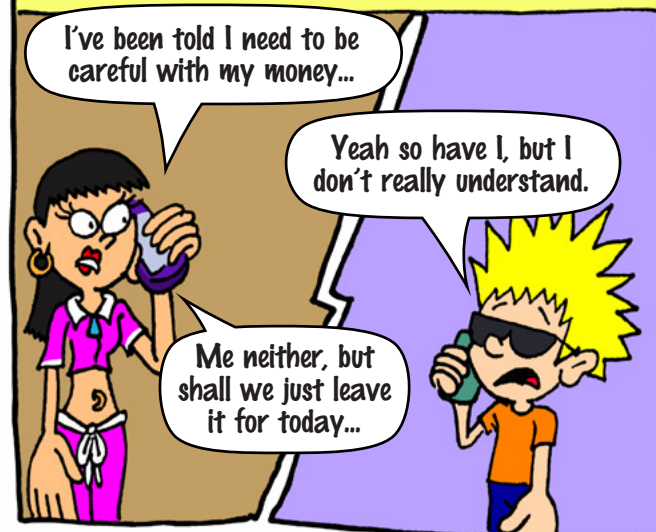
Pamela used to love going to big gigs and staying out late!



Then she started hearing people on the news talk about the cost-of-living crisis and everyone sounded quite serious...



Pamela started to feel nervous about going out and her friends did too.



Everything started to feel a bit gloomy and sad.



Pamela decides she has had enough of feeling confused and starts looking online to see what she can do.



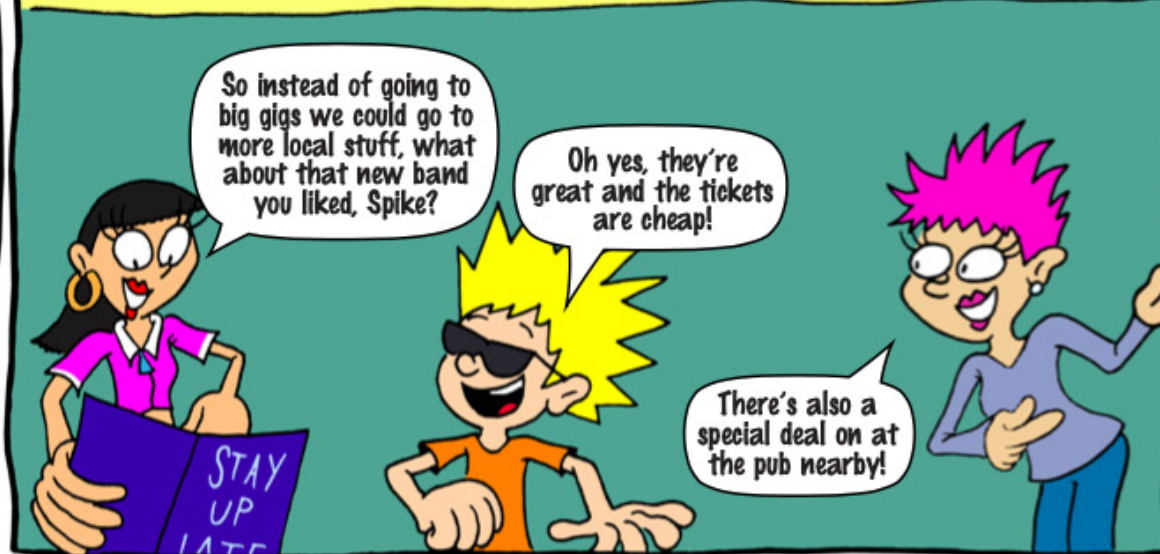
She finds the Stay Up Late website which says...



Armed with her new knowledge and a Cost of Giggling leaflet, Pamela looks happy and goes off to see Spike...



At Spike's they talk about what Pamela has learnt



Later that day, Pamela, Spike and their friends go to their local pub and enjoy a small band. It's great!



STAY UP LATE

Access to music, friendship and socialising are important rights. You shouldn't have to stop living a life where things bring you joy. Even during a cost-of-being-alive crisis.

If you want to learn more about your rights and the importance of having a full and active social life... Join our campaign now!



#OurRightToParty

www.stayuplate.org