




# Stay Up Late

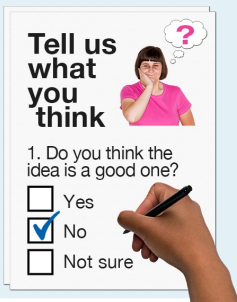
No Bedtimes campaign

 An easy read survey

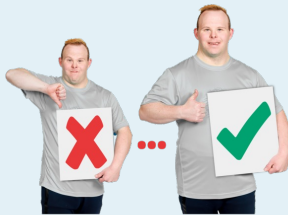
## No Bedtimes – what do you think?



Thank you for taking the time to complete this survey.  
There is the chance to win a £100 voucher for completing this survey.



We are gathering feedback to understand how well our "**No Bedtimes**" campaign is known and the impact it has had.



What you tell us will help us improve our campaign and reach more people!



**Note:** Your answers will be kept confidential. That means we will not share your information unless you say we can.

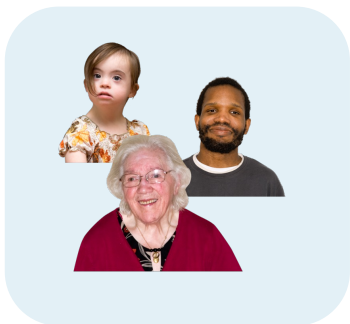


You can fill out this form for someone else but we ask that you stay true to their answers.

## About you



1. Which City or Town do you live in?



2. How old are you?

## Who are you?



Do you have a learning disability and/or are an Autistic person?



Are you a carer/parent/other family member? (please state)



A friend?



A Support Worker?



Other social care professional? (e.g social worker, nurse)

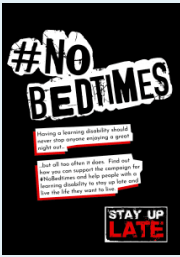


Other? (please say)

## The No Bedtimes Campaign



Here is where we will ask you about the campaign!



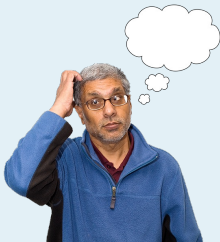
Before this survey, had you heard of the “No Bedtimes” campaign by Stay Up Late?



- Yes



- No



- Other



If yes, where did you hear about it?  
(tick the ones on the next page that apply to you)



- Friends or family



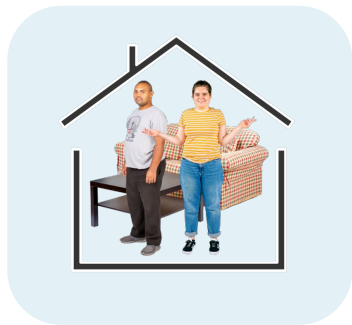
- Online (social media or our website)



- Support workers or carers



- People you work with



- People you live with



- A club night or venue



- A Stay Up Late ambassador or gig buddy



- A workshop, podcast or conference



- Other (please say what):

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What three words do you think describe “No bedtimes”?

Answer here:

The Impact of “No Bedtimes” Here is where we ask about the changes you might have seen.



Do you know someone who has been helped by the campaign?\*



Yes

No





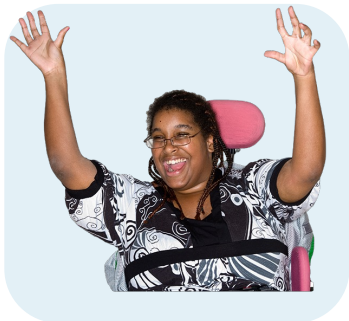
**If you answered yes, how?**



- Get to choose their bedtime



- Get to go out more at night/in the evening



- Feel happier or more social



- Have more support



- Have more freedom



- Don't have to leave events early



- Other (please say what):

**Has the “No Bedtimes” campaign made a difference on the way support has been arranged where you live or work? Please give an example.**

Write here:

Continue writing here:



Would you *like* to get involved and know more about “No Bedtimes”?



Yes



No

## Suggestions and Feedback



We want to hear what you think we should do!



Here is some more info about us: <https://stayuplate.org/the-stay-up-late-campaign/no-bedtimes-campaign/>



To you, what is the most important part of the "No Bedtimes" campaign (even if you hadn't heard of it before)?



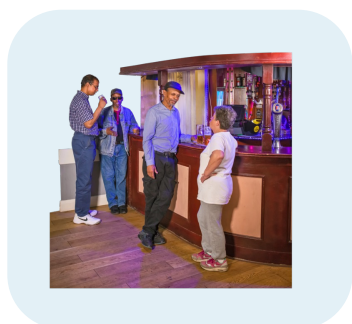
- It could be your right to choose how you spend your time



- What time you go to bed



- A more active social life



- Getting to enjoy nightlife



- More friendships



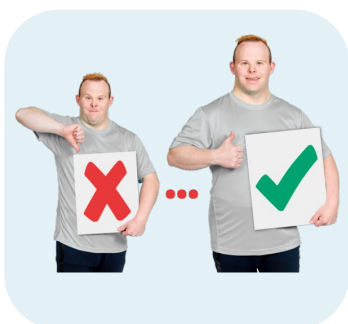
- Things going better and being more confident in your job



- A better relationship with other people with learning disabilities



- A better relationship between staff



Tell us if anything has got better:

Write here:



And finally, would you like the chance to winning a £100 Ticket Master voucher?



If the answer is yes, please enter you email below to be entered into our prize draw.

Write your email here:

Thank you very much for your time and feedback!

Cheers!

## Contacting Stay Up Late



If you have any other things to say or you want to ask a question contact us at:



Call: **07783810036**



Email:  
**[florence@stayuplate.org](mailto:florence@stayuplate.org)**



Website:  
**[www.stayuplate.org](http://www.stayuplate.org)**