



Rights Round Table Newsletter 15



Darren and Jason, from Stay Up Late, came to the group this week. They spoke to us about their campaign work.

The campaign aims to make sure people with learning disabilities and autistic people have choice and control in their lives – including how they spend their evenings, and what time they go to bed. #NoBedtimes!



They spoke to the group about people becoming Stay Up Late Ambassadors. Ambassadors help spread the word about the campaign, and let other people know how they can get involved.

Jason told us about a blog post he had written, saying that people might need extra support to build up their social lives again, once it is safe to get out and about.

Stay Up Late also run Gig Buddies. This is a befriending project to match up people, to go to gigs and do other activities together.



Our group members said...



“I sometimes like to go to bed early, but I’m glad I have to choice to do that.”

“I am really interested in becoming a Stay Up Late Ambassador. I did something similar for another place in the past. I would love to be involved.”

“Sometimes, the support staff shift changeover times can affect what time someone has to finish a night out.”

“There are some great support providers out there, who have made changes to suit the people they are supporting.”

Our next Zoom meeting is on Monday 22nd March, 2.30pm – 3.30pm.

Get in touch if you would like to be part of the Rights Round Table.



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