



A campaign by Heavy Load

“We want to stay up late,
we want to have some fun”

Local campaigns booklet

Information about Stay Up Late campaign and
how you can campaign in your local area



**HEAVY
LOAD**

“Our message to managers and staff is, be creative with your rotas – involve us when writing them. We know that staff don’t mind working late if they are given enough warning.” Heavy Load





What is in this booklet?



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“You can’t just say to people ‘you can’t do that... you can’t stay ’til the end of the gig or stay late in the pub!’ People with a learning disability have the right to choose what happens in their own lives, and that includes their social lives. People have to stick together and stand up and say ‘we want to stay up late!’” Ben



What does campaign mean?

When you campaign it means you try to **change** things that are not working well at the moment.



People with a learning disability have the right to live their lives the way they want to. But across the UK many people cannot stay up, for example to see a band play or see a film at the cinema.



This guide will help you **campaign** to change things so more people with a learning disability can stay up late.



What is the Stay Up Late campaign?



The Stay Up Late campaign was started by Heavy Load. They are the UK's only punk band made up of musicians with and without a learning disability.



They started the campaign because they got so fed up with people with a learning disability leaving their gigs early.



This happens because support workers finish their shifts for the day and have to take them home.



People with a learning disability have the right to live their lives the way they want to. They should get the support they need to go out when they want and have fun. After all, everyone has the right to party!



Mencap and Heavy Load want these things to happen:



We want support workers to work later so that the people they support do not have to go home early.



We want local councils to make sure that people with a learning disability get the right support so they can stay up late.



How to campaign for people to stay up late



Do you like to party?

Do you think people with a learning disability should be able to stay up late when they want to?



If you have said yes to these questions, you can support our campaign. There are 2 main things you can do.

1. Send an email to your local council.

Tell them that people with a learning disability have the right to go out and party like everyone else. You can do this through the Mencap website.



Go to **www.mencap.org.uk/stayuplate** and click on the link to email your local council. Then follow the instructions on your screen.



2. Make sure lots of people know about the Stay Up Late campaign



1 of the best ways is to **have a party or set up your own gig**. Make some noise and make sure that people know about the Stay Up Late campaign!



Tell people about your event. And tell your local newspaper or radio. We have written a press release to help you do this. You can download it from our website at

www.mencap.org.uk/stayuplate



Remember to tell Mencap about your event too. When you tell us, we will advertise your event on our website.



We have leaflets for you to give out to people too. To order them, email **campaigns@mencap.org.uk** or call **020 7696 6952**. The leaflets are free.



What you should do if you cannot stay up late

Do you want to stay up late?



For example, do you want to go to the pub with your friends? Or do you want to go and see your favourite band play? Or do you want to go to the cinema in the evening?



If you have said yes to any of these questions, there are things you can do so you can stay up late.



1. If you live in a residential care home, tell the manager.

Having a learning disability should not stop people having fun late at night. But many people with a learning disability can not stay up late.



For example, if you want to stay up late, for example with your friends, go to gigs or have a party, you should make sure your carer and the manager know what you want to do and when you want to do it. We have made a Green card to help you do this.



You can order a green card through our website at www.mencap.org.uk/stayuplate or by calling 020 7696 6952.



If you want to stay up late you should fill in the green card and give it to the manager of your home or care service. This will help the manager to plan when the people who support you will be at work.



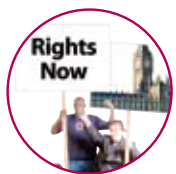
Then the manager can ask your support worker to change their hours sometimes so that you can stay up late and have some fun!

2. Talk to your local council

If telling the manager of the place you live in did not work, tell your local council that you can not go out when you want to.



You should send a letter to the director of adult social services.



You can find out their name and contact details by contacting your local council.

In your letter you should tell them



- who you are
- why you can not stay up late
- that you should get the support you need to stay out late and have fun.



To help you, we have written an example of a letter you could send. You can download the letter at www.mencap.org.uk/stayuplate



Speak to us



Please tell us about the things you are doing to make sure that people with a learning disability can stay up late.



Email us at **campaigns@mencap.org.uk**



Or you can phone us on **020 7696 6952**



To find out more about how to campaign, and how to talk to your local newspaper, read **Speaking out: a guide to campaigning.**



You can download it at **www.mencap.org.uk/speakingout**

www.mencap.org.uk/stayuplate