

28<sup>th</sup> May '21

Dear

**Can you help us end 'bedtimes' for adults with learning disabilities?**

We've delayed sending this letter for a year due to Covid as we know you will have been dealing with all sorts of extra pressures with Covid. However, we are worried that with lockdown restrictions being lifted there's a real risk that people with learning disabilities could be set back decades and we want to make sure the right to an active social life is seen as a basic human right,

We are a group of self-advocates from around the UK who are passionate about creating more flexible support for people with learning disabilities. We know of some great support providers who have flexible rotas meaning that people with learning disabilities can be supported to live the lives they choose – which of course includes the right to Stay Up Late and have a good social life too.

We know how important this is ourselves and makes us happy in our lives. Sadly though we see and hear of lots of examples of where support is inflexible. Before lockdown you could go to any club night for people with learning disabilities and watch the dance floor empty at 9pm.

The Big Bedtime Audit found that at 8.30pm on a typical Friday evening 69% of the people with learning disabilities were either in bed or ready for bed. Only 7% were actually out. Imagine yourself if you were out at a concert and had to leave before the main band got on stage.

We believe that support should be flexible so that people with learning disabilities can decide what time they go to bed.

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We believe that if the support around this is flexible then a lot of other things will fall in to place around their support and there will be a more flexible and positive culture around supporting choice.

### What we're asking

We have written to every Director of Social Care and every Cabinet Lead in the country to ask them if all contracts make it clear that support providers must operate flexible rotas.

Will you join us in committing to this? We think it's a small change that all local authorities can make but will start to end some of the inequalities that many people with learning disabilities face in their lives.

So will you join us becoming a 'No Bedtimes' council?

### What we'd like you to do

1. Talk to your commissioning teams and change all contracts so they have a clear expectation that rotas will be flexible to allow people to stay out late.
2. Tell us if you already do this anyway
3. If you can't do this please tell us why so we can understand better what the problems are

We would also like to invite a small number of directors to an online meeting with us so you can help us to work out how we campaign to change things for the better and make sure contracts do provide for flexible support. Would you be interested in joining us in this?

Thank you for your support with this, please join us in saying bedtimes are for children, not for adults, and lets change the way things work for the better.

Kind regards

### *The Stay Up Late Ambassadors*

*The Stay Up Late Ambassadors are a group of self-advocates from around the UK who campaign for No Bedtimes and for adults with a learning disability to live the lifestyle of their choosing.*

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