

On the bus



Wait for the bus in a well lit place and near other people when possible.



When you get on the bus, try and sit or stand near the driver.



If you feel uneasy, move to another seat.



If you feel worried or threatened, tell the driver.



Did you know...? If you are on the bus and an emergency happens but you can't make contact with the driver, then you can call 999 yourself? The police will track down the bus and make it stop.

On the train



It is best to sit in a carriage with other people (unless they are drunk and noisy!)



If you feel uneasy, move to another seat or carriage.



If you feel threatened, shout or use the alarm to attract the attention of the guard or driver. Make as much noise as possible.



Have your train ticket in your hand before you get off the train. Then you will not have to be rummaging around in your bag at the ticket barriers.



If you are travelling at night or in an unfamiliar area, arrange for someone to meet you at the train station.

In a taxi



If you are travelling by taxi, it is always best to book your taxi in advance.

WARNING! DO NOT get into a taxi that just stops for you in the street. It might not be a licensed taxi.



'Private hire' taxis need to be booked before your journey. Carry the name and number of a good taxi company in your wallet. Or go in to a taxi office to book.

Did you know...? Only black cabs and Hackney carriages are allowed to use taxi ranks? A taxi rank is an area where taxis queue to wait for passengers. You will usually find a taxi rank outside a bus or train station.



Plan ahead. If you are going to the pub and leaving at 11pm when lots of people want to get a taxi, make sure you have phoned earlier in the evening to book your taxi.

On your bike



Learn how to keep your bike in good working order. Check your tyres are pumped up and that your gears and brakes work properly. Do this **before** you go out on your bike. Repairs are best done at home rather than on the road.



Dress to be seen and to be safe. Buy reflective clothing and remember to wear a safety helmet.



Make sure you lock up your bike wherever you go. Even if you are just popping into a shop for a couple of minutes, your bike should be locked up. Don't take the risk of having it stolen!

Out walking



Try to avoid wearing headphones or talking on your phone. You may not be able to hear traffic, strangers, or potential trouble.



Use crossings whenever possible. If there isn't a crossing, look for a traffic island (a raised area in the middle of the road) and cross with care.



Be aware that cars and cyclists do not always stop at crossings when they should. If you are using a zebra crossing, make sure you have been seen and the car or bike has stopped before you cross the road.



Be aware of your posture (the way you stand) and how you look to other people. Keep your head up, put your shoulders back and try to walk confidently.

In a taxi

His name is George and the car is red.



When booking your taxi, ask the office for the driver's name and the colour of the car. Check the details match when it arrives.



The driver's ID badge should be on display in the taxi. If you can't see it, then ask.



If you chat to the driver, be careful not to tell them private information.



Please could you drop me off at the bank? I'm going to get some money out my account to pay for a holiday.



Please could you drop me off at the bank?



If the taxi is taking you home, ask the taxi driver to wait outside until you get into your house.

Out and about



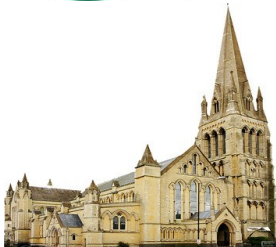
Try to stay in areas where there are lots of people.



When travelling at night, stick to main roads and avoid short cuts and alleyways.



Watch out for 'distraction crime techniques'. For example, someone might ask you for directions and while you are busy talking to them, their friend will take your wallet from your bag.



When you are out and about, be aware of your surroundings. Look for landmarks, road-signs, and the names of shops or pubs. Then if you get into trouble and need help, you will find it easier to explain to someone where you are and will feel less panicked.

Getting ready to go out



Plan your journey to reduce risks, particularly your journey home. Know where you are going and which stop you need.



Tell people where you are going and what time you expect to return.

I'm getting the train at 9.30pm so I should be home by 10pm. If I'm not home by then, can you ring me on my mobile?



Learn the telephone number of the person you would contact if you needed help.

If the telephone number is 01332564421, you might find it easier to remember as 01-33-256-44-21.

I.C.E

ICE stands for **In Case of Emergency**—the person that should be contacted if something happens to you. Save their number under the name 'ICE' in your phone. Or stick the details on the back of your phone.

Getting ready to go out



Take your phone, money, keys, and bus pass or tickets with you. Keep them somewhere safe and out of sight.



Only take the money you need plus a little extra for an emergency.

Top tip! Keep some money in your purse or wallet and some in your pocket. Then if you lose your wallet or it is stolen, you will still have some money to make a phone-call to get help.



Take a personal alarm with you. If you are carrying it in your bag, make sure it is easy to find. Put it in a pocket at the top of your bag.



Wear your bag across your body or under your coat. This will make it harder for someone to take it from you. Make sure your bag is closed.

How to get help



If you have a problem with someone, do not panic. Do not stop and fight. Get away as quickly as possible and find a place of safety.



If someone tries to grab your bag, let your bag go. Your safety is far more important than your bag.



If you are worried or have been a victim of crime, go to a shop or busy public place as quickly as you can and ask for help.



Look out for **Safer Places** scheme stickers in the windows of shops and businesses in your area. They will be happy to help.

REMEMBER- If you need to speak to the police:

Call 101
If it is not an emergency

Call 999
If it is an emergency



**Remember to Travel Wise!
Stay safe and enjoy
your journey.**

We hope you found this booklet useful. The Travel Wise booklet was created as part of a safety campaign by members of CLASP. CLASP is a self advocacy organisation for people with learning disabilities in Wokingham, Berkshire.



For more information about CLASP, go to our website:
www.claspwokingham.org

Thank you to



for their support in producing this booklet

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Travel Wise



**Top tips to help you stay safe
when out and about**