

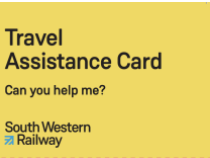










Resource pack for people supporting adults with learning disabilities to travel by train with confidence

	<p>Passenger Assistance</p> <p>https://passengerassistance.com/</p> <p>This app helps you to book assistance both at the station and on the train. We recommend using this app for both individual and group travel.</p>
	<p>Disabled Persons Railcard</p> <p>https://www.disabledpersons-railcard.co.uk/</p> <p>A Disabled Persons Railcard can be a card or you can purchase a digital version to store on your phone. The disabled persons railcard costs £20 for one year.</p> <p>It provides 1/3 off rail travel for you and an adult companion. We recommend that you check your eligibility for a disabled persons railcard as not all our Winchester Go LD members fit their eligibility criteria.</p> <p>https://www.disabledpersons-railcard.co.uk/are-you-eligible/</p>
	<p>Travel Assistance Card</p> <p>This can be downloaded for free from the website https://www.southwesternrailway.com/travelling-with-us/assisted-travel/travel-assistance-card</p> <p>It enables you to add information about yourself.</p> <ul style="list-style-type: none"> • Hello my name is: • My emergency contact is: • How you can help me (space to write or draw your answer): • The station I regularly use is: • The station I usually travel to is: <p>We recommend the putting the travel assistance card in a small pouch and attaching it to a sunflower lanyard.</p>

	<p>Sunflower Lanyard</p> <p>https://hiddendisabilitiesstore.com/uk/</p> <p>The Hidden Disabilities Sunflower helps you share that you have a disability that may not be immediately apparent – and that you may need a helping hand, understanding, or more time in shops, at work, on transport, or in public spaces.</p> <p>We recommend wearing sunflower lanyards to help rail staff know that you may need a helping hand.</p> <p>Sunflower lanyards are Sunflower Lanyards are available free of charge to customers from businesses and organisations who are members of Hidden Disabilities Sunflower.</p>
	<p>Sunflower Lanyard Card/Pack</p> <p>https://hiddendisabilitiesstore.com/uk/hidden-disabilities-sunflower-card.html</p> <p>Winchester Go LD members also recommend the Hidden Disability Card.</p>
	<p>Travel bands</p> <p>Some passengers in our groups suffered with travel sickness.</p> <p>We recommend sitting in a seat that faces the same direction as the train is travelling and using travel bands to help reduce the risk of travel sickness.</p>
	<p>Station Visits</p> <p>Stations are busy places with lots of noise and lots of movement. Unknown stations can be frightening.</p> <p>Where possible, we recommend planning a visit to the station to familiarise yourself with your local station some time before you plan to travel.</p>

 	<h3>Assisted Boarding Points</h3> <p>SWR are introducing assisted boarding points at all of their stations.</p> <p>https://www.southwesternrailway.com/travelling-with-us/assisted-travel/assisted-boarding-points</p> <p>WhatsApp or call (0800 528 6599) available 24 hours/day. You need to tell them where you are, where you're travelling to, and how they can help.</p> <p>Look out for these boards on the platform.</p>
	<h3>Help is at Hand</h3> <p>Hampshire Community Rail Partnership have produced a booklet aimed to help and support people with hidden disabilities prepare for train travel.</p> <p>https://communityrail.org.uk/wp-content/uploads/2023/01/Travel-with-confidence-A4-Booklet.pdf</p>
	<h3>All Aboard</h3> <p>https://www.roseroad.org.uk/our_services/all_boards/</p> <p>Rose Road have teamed up with South Western Railway to deliver the 'All Aboard' project, making rail travel more accessible for profoundly disabled people and their families.</p> <p>They have developed several resources, including accessible travel guides for local stations and some of the region's favourite destinations.</p>