

Going Out



It is important to keep going out.

This will help your physical and mental health.

There are schemes you can use to help.



Pegasus Scheme

This is run by Bedfordshire Police



If you struggle to talk to the police, ambulance service or fire service when you need to, you can carry a Pegasus card to let them know that you need help.



Visit [Bedfordshire Police website](#)



The Herbert Protocol

This is run by Bedfordshire Police.



If you enjoy going out for walks by yourself, it can help you to continue to do so.

You will fill in a form to tell the police where you like to visit.



The Herbert Protocol can help the police to find you more quickly if you get lost.



You can register with Bedfordshire Police.



Ring 101 for details.

Visit [Bedfordshire Police website.](#)



Sunflower Lanyard



This helps people understand that you have an invisible disability.

It lets them know that you might need additional support, help, or a little more time.



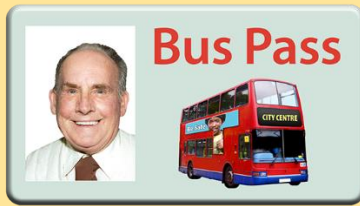
Businesses and organisations throughout Bedfordshire recognise the sunflower lanyard.

In Bedford Borough you can get a free lanyard [from these places](#).



Visit www.hiddendisabilities.com

Disability Bus Pass



If you cannot drive you can apply for a **disability bus pass** (if you do not have a bus pass).



Visit [Bedford Borough Council website](#)



Visit [Central Bedfordshire Council website](#)

Blue Badge



You can apply for a **Blue Badge** if someone in your family is driving.

It will help you park closer to where you want to go.



The Blue Badge is for people with mobility issues.



The Blue Badge is for people experiencing psychological distress when visiting places.



Visit [gov.uk blue badges website](https://www.gov.uk/blue-badges)

Other Transport Options



In Bedfordshire, there are **Community Transport Schemes** or **Good Neighbour Schemes** which can help you travel to places.



Visit
www.yourwellbeingbedfordshire.org.uk

Disability Railcard



If you like travelling by train you can get cheaper tickets with a Disabled Persons Railcard.

There is a joining fee.



Visit

www.disabledpersons-railcard.co.uk