



How you can help me to understand things around me



How you can best support me



If I need help please call

If also known by the LD / CMH Team please contact



I agree for the Police to keep the information on this form about me on their computer systems. The Police will use this information to find out how best to support me if I ever need their help in person or on the telephone.



Please sign here

If applying by email your printed name will count as a signature

 Date 

Signature on behalf of

 Date 

### How to apply for the card

To join the scheme and request a card, complete this form, tear it out and send it to:

Keep Safe Cymru,  
Joint Communications Centre,  
Crud-y-Dderwen,  
St Asaph Business Park,  
St Asaph,  
Denbighshire,  
LL17 0HQ



### Don't forget to keep your card with you at all times.

If you have a friend who you think would benefit from carrying the card, or lose this form, then please call 01745 588720



# Do you live in the North Wales area?

Do you have a Keep Safe Cymru card?



**HEDDLU GOGLEDD CYMRU**  
Gogledd Cymru diogelach  
**NORTH WALES POLICE**  
A safer North Wales

**Keep Safe Cymru** is a scheme to help people with learning disabilities, dementia or mental health with a communication need

## Use your 'Keep Safe' Card if you need to tell someone...



If you or someone you know has had an accident or is hurt



That you are scared or upset and don't know what to do



That you are lost



That someone has stolen or taken your things



That someone hurts or hits you, shouts, swears, and calls you names

**If I need help, please call**  
You can write names and telephone numbers on your card of people who help you feel safe. They can then support you if you need help.



Remember to always tell the person that you have put their name and telephone number on your card, so they know they might be called to help you.

**I communicate by**  
This is where you can write down how you communicate. This might be which language you speak, that you communicate by using signs like makaton or that you use pictures.



**Important things about my health**  
This is where you can write down about the tablets and medicines you take. You can also write down about any health needs you have, like diabetes or epilepsy, or perhaps you are allergic to nuts or something else.



**How you can best support me?**  
This is where you can write down things that are important to you and may be important when you are worried or scared. This might be things that you do or don't like. You might not like the sound of motorbikes or coffee in a red cup. Or you might like to walkaround when you are worried. Please write these things down.



# Application Form



My name is



I was born on



My address is

  
  
  



My home phone Number



My mobile phone Number



My email address is



Important things about my health

  
  
  

