



- Be positive about public transport
 - Celebrate every success
- Always have a Plan B in case of changes such as road closures or diversions
 - Remain calm
- Allow everyone to voice their concerns
 - Be patient



- Be discouraging
 - Give up
- Change the rules they have followed from the start
 - Use Christmas lights as a landmark (or trees)
 - Be frightened to speak about your concerns
 - Be afraid to ask for help.

More help and support

For general queries please contact the Independent Travel Team at:

Newcastle City Council

Civic Centre

Barras Bridge

Newcastle upon Tyne

NE1 8QH

Phone: 0191 2774646

Email: Ittinfo@newcastle.gov.uk

NEWCASTLE LOCAL OFFER



Concerns about Independent Travelling



Independent Travel Training



Get on board

with

Newcastle
City Council

Feeling apprehensive and worried is understandable.

Travel training is done at the pace and speed of the trainee. The trainee will not be signed off as an independent traveler until all involved agree. They will become equipped with the skills, confidence and knowledge to be able to travel independently.

We want all to feel at ease when the programme has finished. The trainer will be there throughout the whole training to answer any questions and hopefully make you feel at ease about the whole process.

There are a range of resources that can help you through this journey and these include....

Travel Assist Cards

- Available for you to use if you need a bit more help when using the bus.
- You can use your cards any time of the day, seven days a week.
- Make it easier for you to let our bus drivers know what extra help you need.



Sunflower Lanyard

- The Sunflower is a globally recognised symbol for non-visible disabilities, also known as hidden disabilities or invisible disabilities.
- Not all disabilities are visible – some are not immediately obvious.
- They include autism, learning difficulties as well as mental health conditions, mobility, speech impairments, and sensory loss such as speech, sight loss, hearing loss, or deafness.



In Case of Emergency Cards

- ICETags make it quick and easy to get in touch with the holder's chosen contacts in case of emergency by clearly displaying their name and contact details.
- ICETags wallet cards are standard credit card size, meaning that they will fit in any standard wallet or card pouch.
- The card features red borders so that the card is easily identifiable even when tucked inside your wallet.

Name: Joe Bloggs D.O.B: 01/05/90 Telephone: 03333 444122		The logo for ICETags, featuring the word 'ICETags' in a stylized red font with a heartbeat line, and the tagline 'In Case of Emergency' below it.
Primary Contact Name: Jo Bloggs Relationship: Wife Mobile: 03333 444122 Home: 01604 422422	Secondary Contact Name: A N Other Relationship: Mother Mobile: 03333 444122 Home: 01604 422422	
Medical Information or Medication: Allergic to Nuts		Blood Type: Unknown

IN CASE OF EMERGENCY	
The logo for ICETags, featuring the word 'ICETags' in a stylized red font with a heartbeat line, and the tagline 'In Case of Emergency' below it.	
Please see reverse for In case Of Emergency details	
www.icetags.co.uk	
IN CASE OF EMERGENCY	