



The Stay Safe Card How to Use

This leaflet shows you how to fill in your Stay Safe card.
If you need any extra help ask a responsible adult to help you fill it in.

The Stay Safe card was created by people with learning disabilities. It can be used if you are lost, worried or need help. You can show it to someone around you and they can help you.

Stay safe!



My name is

.....

← Make sure you write your full name in this section



Things you need to know
about me and my health

.....
.....
.....
.....
.....
.....
.....
.....

← In this section you should write any health information that people may need to know, which would help them to support you.



How I communicate

.....
.....

← Write anything that you think will help people listen to you or understand what you want to say

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The Cambridgeshire Stay Safe card has been developed by the Speaking Up Adult and Youth Parliaments in partnership with Cambridgeshire County Council and Cambridgeshire Constabulary.

This card is based on the Keeping Safe card by People In Partnership, Hertfordshire and the Stay Safe card by Nottingham Learning Disability Partnership Board.

If you are concerned that any vulnerable adult is experiencing abuse or neglect, whether it be you, a member of your family or someone living near you, please contact the Safeguarding Vulnerable Adults Team on: Cambridgeshire Direct, telephone number: 0345 045 5007, Mon-Fri 9am - 5pm.

Or
Emergency Duty Team. Out of hours emergency social care is available on 01733 234724
Mon-Fri 9am - 5pm - all day Sat, Sun and bank holidays.

If the person is in immediate danger, or needs medical treatment, report the matter and/or call an ambulance (999).




← This section has the number for Cambridgeshire Direct. You can call them if you think that a vulnerable person is experiencing abuse or neglect.


 People who can help me


Name.....


Number.....


Name.....


Number.....


Name.....


Number.....

 In an emergency call the police on  **999**

In a non emergency call the police on  **0345 456 456 4**



 Any other details

.....
.....

← In this section you should write the names and numbers of the people who would be able to help you stay safe. These people could be:

- A family member or friend
- A carer or supporter
- Someone who knows you well

← The two numbers in here are 999 for emergencies and 0345 456 456 4 for non emergencies. If you are worried about issues of abuse or neglect contact Cambridgeshire Direct's number at the bottom of the card.

← In this section you can put any other information that you think could be useful. For example the number of the bus you may use to go home on.

If you would like a replacement Stay Safe card you can download it from the following internet sites:

Cambridgeshire County Council:

www.cambridgeshire.gov.uk/childrenyoungpeople/disabledchildren/aiming_high/

Cambridgeshire Police:

www.cambs.police.uk/help/staysafe

Speaking Up:

www.speakingup.org