

# Travelling around Southampton

A guide for people with Learning Disabilities  
and the people who support them



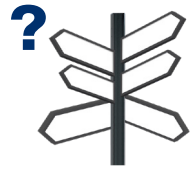
# Introduction

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My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need. My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need. My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need. My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need. My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need. My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need. My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need. My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need.

# What's inside?



## Planning your journey

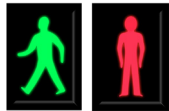
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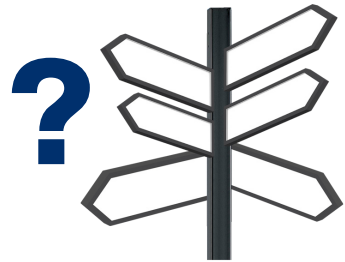
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# Planning your journey



## 1. Before you go out

For your safety, it's better to make sure someone knows:



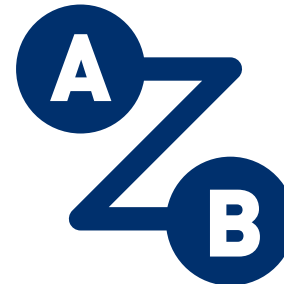
Where you are going



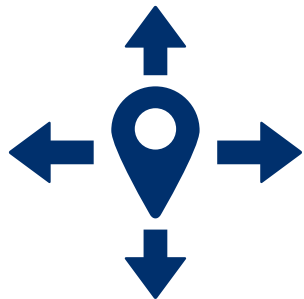
How you will get there



What time you will be back



How you will get back



Which way you will go

# Planning your journey

## 2. Journey planner



Plan your journey using My Journey Planner through Southampton City Council's **website** or **click here**



Get there 10 minutes early and don't panic if buses or trains are late

**My Journey Planner**

Enter Start Location

Enter Final Destination

Search

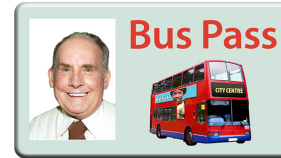
My Journey Planner gives you information about local cycle routes to work, walking maps or live departures timing for public transport you need

# Planning your journey

## 3. What you need on your journey



safe place



**Tickets, Bus pass or SmartCities card**

Check out what ticket or card you need for your journey



Keep your name and address in a different place to your keys



Keep it in a safe place and easy to reach

# Planning your journey

## 3. What you need on your journey



### Money

Make sure you've got enough money but not too much



Keep your money in a safe place in your wallet or purse



If you're out at night, carry enough extra money for a taxi home



Keep extra separate money in a different place in case you lost your wallet or purse





# Planning your journey



## 3. What you need on your journey



### Medication

Make sure you've got any medication you need with you



### Emergency numbers

Carry a list of phone numbers such as the person you're going to see, family members, carer and friends



### Mobile phone

If you have a mobile phone keep it in a safe place



Keep your emergency numbers separate from your phone



Make sure it's charged and has credit to make calls



# Road Safety

## 4.0 Using the Green Cross Code



Find a safe place to cross where you can see the traffic in all directions



Try not to cross where there are parked cars



It is not safe to cross if you are:

- near a junction
- near a bend
- on the brow of a hill



Stop before you get to the kerb



# Road Safety

## 4.0 Using the Green Cross Code



If you have to cross near parked cars, make sure the cars are not going to move



Look all around and listen for traffic



Stand in the road between the parked cars and use the edge of the cars like the kerb



When the road is clear go straight across and don't run

# Road Safety

## 5.0 Using a pedestrian crossing



Push the button and the Wait sign will light up



If the Green Man is flashing, don't start to cross the road



Don't cross when the Red Man is lit up



Keep looking and listening for traffic while you cross



When the Green Man lights up, make sure the traffic has stopped then carefully cross the road- don't run

# Road Safety

## 6.0 Using Zebra Crossings



Stand on the pavement next to the Zebra Crossing



Wait until the traffic has stopped in both directions before you cross



Look right and left



Keep looking and listening while you cross the road