

Out and about

Getting out and about can make a big difference to carers.

Key to disabled public toilets

The National Key Scheme (NKS) offers disabled people independent access to locked public toilets around the country. There are 9,000 accessible toilets across the UK fitted with the NKS lock.

For a small fee, you can obtain one of these 'Radar' keys from Cyngor Gwynedd to unlock the doors of participating public toilets. To find out how to get one, contact Galw Gwynedd on **01766 771000** – they are available from any Shop Gwynedd.

Private cars

Motability

Motability enables people to use their government-funded mobility allowance to obtain a new car, powered wheelchair or scooter. For more details, 'phone **0300 456 4566**

Free Disabled Vehicle Tax

It's possible to get free vehicle tax if you are a driver in receipt of specific disablement benefits, or if you are a driver of a vehicle which is only used for someone in receipt of specific disablement benefits. A booklet on how to apply for the free tax is available on the UK Government website

www.gov.uk/government/publications/ins216-how-to-apply-for-free-disabled-tax

The Blue Badge Scheme

This entitles people with severe walking difficulties to benefit from disabled parking. For an application form, contact Galw Gwynedd on **01766 771000** or download a form at www.gwynedd.llyw.cymru/en/Residents/Parking-roads-and-travel/Parking-and-permits/Blue-badge-scheme.aspx. Alternatively, you can visit a 'One Stop Shop' to pick up an application form, and get help filling it in:

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Siop Gwynedd Pwllheli – Dwyfor Area Office, Ffordd y Cob. Pwllheli

Siop Gwynedd Dolgellau – Meirionnydd Area Office, Cae Penarlâg, Dolgellau

Siop Gwynedd Caernarfon – Council Offices, Shirehall Street, Caernarfon

It might be a good idea to ask for help filling in the form, because a mistake can mean a refusal.

Blue badges are also available from the website www.gov.uk/apply-blue-badge

Travel to and from hospital

If you or the person you care for are unable to get to a hospital appointment, you can organise transport through the hospital transport service. You must book at least one week before the appointment. To find out if you are eligible, contact **0300 123 2303**. If you have to travel a long distance, it's possible to arrange an appointment at a time which is reasonable considering the length of journey to arrive at the hospital.

Community Transport

BarbaraBus Gwynedd – a service solely for wheelchair users who cannot transfer from chair to vehicle. To find out more, contact **07484 223696**

Cymrod – providing support for disabled, older and vulnerable people in the Dwyfor area – **01758 614311**

O Ddrws i Ddrws – service for older or disabled people who are unable to reach public transport – **01758 721777**

The Red Cross Transport and Escort Service – available to anyone who finds it difficult to travel. For further information, contact **01248 351103**

Public Transport

Traveline Cymru

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Traveline Cymru provide a public transport information service; their purpose is to offer a 'one stop shop' for travel information in Wales, to include bus, coach, rail and ferry. They can help you with planning your journey, by providing you with timetables etc. They can also provide contact details of bus and rail companies so you can contact them directly for further information e.g. whether or not the buses on a particular route have wheelchair friendly access. For further information, contact them on **0800 464 0000**, or visit www.traveline.cymru/travellers-with-a-disability

Free bus travel

People over 60 years of age and people with a disability can travel for free on all local bus services in Wales. Make an online application:

<https://tfw.wales/travelcards> or go to your local library. Paper forms are available from Gwynedd Council or by contacting Transport for Wales travelcards@tfw.wales or **0300 303 4240**.

If the person you care for cannot travel on their own, they can apply for a companion bus pass where a person can travel with them for free. Contact Gwynedd Council – **01766 771000**

Train services

Transport for Wales provide most train services in Wales. They aim to make their trains accessible to wheelchair users, and offer assistance online to help people plan their journeys in advance so that everything is all right:

<https://tfw.wales/info-for/passengers/accessible-travel>

For travel enquiries, 'phone **0333 3211 202**

Disabled Persons Railcard

For a yearly fee, the railcard allows the cardholder and one adult travelling with them get 1/3 off most rail fares throughout Great Britain. For more information about the railcard, contact **0345 605 0525** or

www.disabledpersons-railcard.co.uk