



Strategies and Resources: UK Travel

This guide will cover UK travel, including useful apps to use, accessibility, modes of transport and useful tips to help you on your travels.

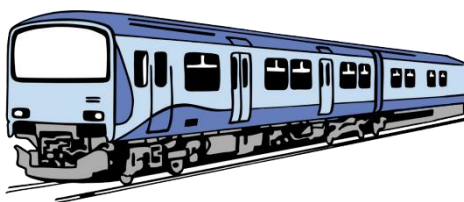
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Useful Apps

- **First Bus App:** Plan a journey, buy tickets (mTicket) and check when your bus is due with live updates. More info and demonstration video can be found [here](#)
- **Other bus apps:** West Yorkshire Metro's suggested apps - <https://www.wymetro.com/plan-a-journey/useful-travel-apps/> (includes = Trav.ly, Moovit, UK Bus Checker, Arriva and the Transdev Go app)
- **Google "my maps":** Desktop only; make routes on a map and saves them to come back to. You can also change points on your route to follow the route you want, rather than the preset choice. Find out how to use My Maps [here:](https://www.google.com/maps/d/) <https://www.google.com/maps/d/>
- **Google "save favourite locations":** Save your favourite location in the Google Map app. You can save in groups, so it's easy to find your saved spots.
Click on a group and it will show all the pinpoints on the map that relate to that saved group (e.g. save a group for nice walks in Leeds, or your favourite places to eat) Find out how to use this feature [here.](#)
- **Trainline app:** Book and plan train journeys across the UK. Find the app here: <https://www.thetrainline.com/apps/get-a-link>
- **Leeds Taxis:**
 - [Central Cars](#) - 0113 270 0700
 - [Amber Cars](#) - 0113 350 5050
 - [Roadrunners](#) - 0113 217 1717
 - [Uber](#) - you can download the app and track your taxi
 - [Wheels](#) - 0113 249 9999

Tips for UK travel



Travelling in the UK has been made easier with smartphones, so we can find bus stops, find bus times and plan a full journey. Here are some tips for Autistic folk:

- **Headphones/ear defenders** – Buses and trains can be loud. With engine noises and people talking, it can help to use headphones or ear defenders so you can relax.
- **Mobile Phone** – Make sure your phone is charged before you go on your journey. Your phone can help you track your journey, it keeps your tickets safe for you and you can use your phone for entertainment, but remember to get off at the right stop!

Bus apps can also tell you how busy the bus will be, so you are prepared or you can choose to wait for a less busy bus. Some apps have the option to save bus stops and routes as favourites, such as the First Bus app.

Share your location with your friends/family/support network; you can do this on Google Maps or taxi apps.

- **Ask for help** – The bus driver or train staff can help you know which stop to get off if you are worried. Let me know when you get on and sit close to the front so the driver can tell you when it's your stop.
- **Stim items** – Bringing something to keep you comfortable and entertained will help on your journey.
- **Keep your bags close** – Keep your bag on your knee or between your legs. Before you get off the bus/train, make sure you have everything with you. Do you have your headphones, phone, classes, coat, bag etc.
- **Notebook** – A notebook can be good to write your schedule, bus stops and bus times in case you forget. You can also ask for help with these notes and show them to the bus driver or the train staff.
A notebook can be helpful if you are non-verbal or unable to speak in the moment, as you can write down what you'd like to say.

Travel Concession tickets / Support



As a disabled person, you may be able to apply for a concessional Disabled bus pass. You are entitled to a Disabled Person's Pass if you live in West Yorkshire and you are:

- Partially sighted (sight impaired)
- Profoundly or severely Deaf
- Without speech
- Someone who has a disability or injury, which has substantial and long-term adverse effect on your ability to walk
- Someone who does not have arms, or has a long-term loss of the use of both arms
- Someone who has a learning disability, which includes significant impairment of intelligence and social functioning
- Someone who has been, or would be, refused a driving licence on certain medical grounds (other than because of the misuse of alcohol or drugs)

Mental health problems are not a qualifying disability. However, if mental health problems are so severe that someone would be refused a driving licence then they may be able to apply under that category.

Evidence:

You may qualify for a blind or disabled person's pass if you receive any of the following:

- Blue Badge (Disabled Person's Parking Permit) issued by your local council, valid for at least 6 months
- Higher rate mobility component of Disability Living Allowance
- Personal Independence Payment (PIP) with an award of at least 8 points for 'Moving Around' or 'Communicating Verbally' activities

If you are unable to provide the evidence listed above, you can ask a medical professional to complete one of their Evidence Forms:

- [Blind or Partially Sighted Evidence Form](#)
- [Profoundly or Severely Deaf Evidence Form](#)
- [Without Speech Evidence Form](#)
- [Loss of Use of Both Arms Evidence Form](#)
- [Learning Disability Evidence Form](#)
- [Severe Walking Disability Evidence Form](#)
- [Unable to Drive on Medical Grounds Evidence Form](#)

Please note, if you are providing a medical evidence form you must **also** fill out an application form for your Travel Pass.

You can fill out the form [online](#), or if you are not able to apply online, please see the section [applying through your local council](#) to find out about other ways to apply.

Some medical professionals might charge a fee to provide you with a letter or to complete an evidence form. West Yorkshire Metro cannot help with any of the costs.

Links to articles about the Disabled passes

- West Yorkshire Metro: Disabled bus pass
information: <https://ticketsandpasses.wymetro.com/blind-disabled>
- Disabled Person's Railcard: <https://www.disabledpersons-railcard.co.uk/>
- Access to Work: Can help cover costs of taxis to and from work if you are unable to use other forms of transport:
<https://www.transportforall.org.uk/information-advice/travel-information/national/concessionary-travel/access-to-work/>
- Information, tips & advice: <https://www.transportforall.org.uk/>
- GOV.UK website guidance:
<https://www.gov.uk/government/publications/support-to-help-with-the-cost-of-transport>

Travel services' social media accounts



On Twitter and other social media sites, travel companies give updates on services. These include delays, cancellations and incidents like road traffic accidents.

Twitter:

- Connecting Leeds: [@connectingleeds](https://twitter.com/connectingleeds)
- First West Yorkshire: [@FirstWestYorks](https://twitter.com/FirstWestYorks)
- West Yorkshire Metro: [@MetroTravelNews](https://twitter.com/MetroTravelNews)
- Transdev: [@Transdev](https://twitter.com/Transdev)
- Arriva Yorkshire: [@arrivayorkshire](https://twitter.com/arrivayorkshire)

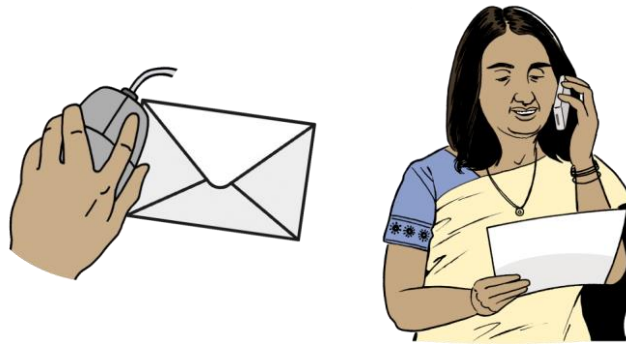
Travel blogs



- Worldpackers – Travel with Autism: <https://www.worldpackers.com/articles/travel-with-autism>
- National Autistic Society – Transport: <https://www.autism.org.uk/advice-and-guidance/topics/transport>

Contact Us

This guide was co-produced by **Leeds Autism AIM** as part of The Advonet Group. We are a free service co-led by and run for autistic adults (aged 18+) in the Leeds area.



- Email us at leedsautismaim@advonet.org.uk
- Call The Advonet Group's office on **0113 244 0606** and ask for someone from our team
- Follow us on Facebook at [@leedsautismaim](https://www.facebook.com/leedsautismaim)
- Follow us on Twitter at [@leedsautismaim](https://twitter.com/leedsautismaim)

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funded
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