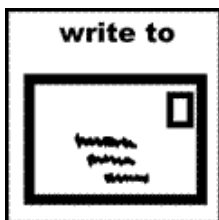


# Keep Safe Card



If you live in Leicestershire you can get a **free** Keep Safe Card from:



Julie Bird  
Valuing People Team  
1 Romulus Court  
Meridian Business Park  
Leicester LE19 1YG



Telephone 0116 305 7992



E-mail [julie.bird@leics.gov.uk](mailto:julie.bird@leics.gov.uk)



If you live in Leicester City you can get a **free** Keep Safe Card from

Yasmin Surti

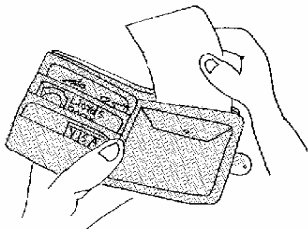
0116 225 4775



If you live in Rutland you can get a **free** Keep Safe Card from

Carol Skinner

01572 758 412



You can keep your card in your purse or wallet when you are out and about.

On the card you can write important information about yourself. Things like what medicine you take and how you communicate.



You can also write the telephone numbers of people who make you feel safe when you need help.



If you need any more information about the Keep Safe Card please call Julie Bird on 0116 305 7992