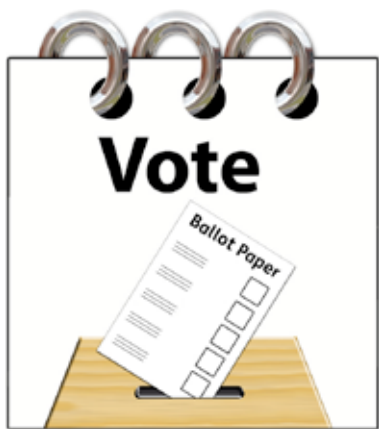


This guide explains **how to vote at a polling station.**

You can find out more about voting on the Mencap website:

www.mencap.org.uk/allaboutvoting



When you have registered to vote, you can vote in person at a polling station.

Before an election, you will be sent a poll card. This will tell you where your nearest polling station is to your address.

7.2

Voting at a polling station



Polling stations are often at churches, community centres and schools. However they can be in all sorts of places.



Polling stations are usually open from 7am to 10 pm.

It can be useful to take your polling card with you.



When you arrive at a polling station, you will be asked to give your name and address.

You will be given a ballot paper. This is a form that shows who you can vote for.

Different elections have different rules about how many people you can vote for. This will be explained on your ballot paper.

Contact information
email: help@mencap.org.uk
telephone: **020 7696 5583**
Mencap Direct: **0808 808 1111**



There will be people working at the polling station. You can ask them to help you read and understand your ballot paper. **They can also help you fill in your ballot paper.**

You can go to a polling station with a support worker. **They can also help you fill in your ballot paper.**

Everyone who is registered to vote has the right to vote.

You can find out more about voting on the Mencap website:

www.mencap.org.uk/allaboutvoting

If you get stuck registering to vote or need help understanding voting, you can call the Mencap team on **020 7696 5583**.



