

This guide explains how to **register to vote**.

**It is important that you register to vote. You cannot vote unless you register.**

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

**[www.mencap.org.uk/allaboutvoting](http://www.mencap.org.uk/allaboutvoting)**

Elections allow you to choose who you want to run the country and your local area.



To register to vote, you can go online to **[www.mencap.org.uk/register tovot e](http://www.mencap.org.uk/register tovot e)** or fill in a form. A copy of this form is part of the guide. Please register to vote!



## Completing an electoral registration paper form

The form has four sections:

- Your name
- Your address
- Other information
- Declaration



### Your name

You will need to write your first names, your last name, your title (Mr, Ms, Mrs etc.) and your nationality.

You may have changed your name in the last 12 months. For example, you may have become married.

If you have changed your name, you should write your old name and when you changed your name.

You will need to write your date of birth.



### Your address

Next, fill in your address and post code in the Address section.



You may have changed address in the last 12 months. You should write your previous address if you have moved house in the last 12 months.

## Other information

Please write your nationality. You may have more than one nationality. For example, you may be English and Bangladeshi. You should write all your nationalities.

Please fill in your National Insurance number. You should be able to find this on your payslip or any letters about your tax or your benefits.



## Declaration

Next, fill in the Declaration section.

You will need to sign your name or make your mark and write the date.



Now you need to post the form to your local electoral services team. They will make sure you hear about future elections before they happen.



Here is how you find out where to post the form:

- You can call **Mencap Direct** on **0808 808 1111**.
  - Tell the operator you would like to find out the address for your local electoral service.
  - The operator will ask for your postcode. They will then search online for the address of your local electoral services.
- Or you can search for your local electoral services on **[www.aboutmyvote.co.uk](http://www.aboutmyvote.co.uk)**
- Once you have registered you will be sent a poll card when there is an election.



There are three ways to vote:



- **At a polling station** - Before an election you will be posted a poll card. Your poll card will tell you where your nearest polling station is. Your local polling station is where you can vote in person. Polling stations are often at churches, community centres and schools. However they can be in all sorts of places.

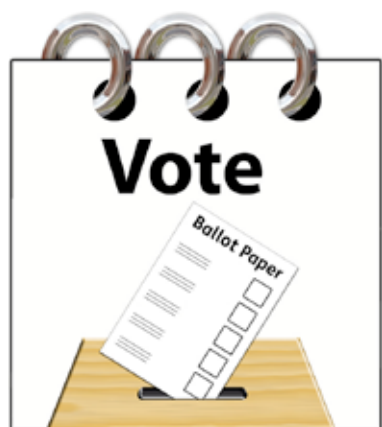


- **By post** - You will be sent a form similar to the registration form. You should fill out the postal vote application and send it to your local electoral services team. Before elections, you will receive a ballot paper in the post. It will tell you where and when to post it.



- **By proxy** - Voting by proxy means choosing someone else to vote for you. You need to fill in a new form to choose who will vote for you. This person can visit a polling station or apply for a postal vote in order to vote on your behalf.

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



### What happens next?

Once you have registered to vote, you can vote in the local and General Elections.

**Local elections** let people choose which politicians will run your local area.

**General Elections** happen every five years. These elections let people choose their MP.

### Need help?

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

**[www.mencap.org.uk/allaboutvoting](http://www.mencap.org.uk/allaboutvoting)**

If you get stuck or have any questions, you can call the Mencap team on **020 7696 5583**

