

This guide explains **how to apply to vote by post**.

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

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

This guide includes the form you will need to fill in to register to vote.

**You need to register to vote every time you move home. To do this, you can register online at [www.mencap.org.uk/registertovote](http://www.mencap.org.uk/registertovote) or fill out the registration form at the back of the pack.**

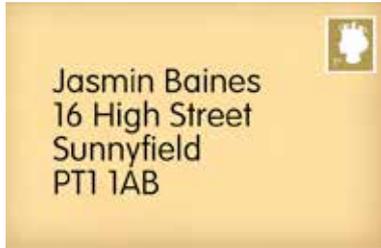


First, complete a voter registration form.

If you would like to vote by post, you can tick the box on your registration form.

You can also call your local electoral services team at your Local Authority to say you would like to vote by post.

You will be sent another form. The postal vote application will be very similar to the electoral registration form.



## Completing the Postal Vote Application

### Address

First, fill out the Address section.

You will need to write the address where you are registered to vote.



### About You

Next, fill out the About You section.

Write your name and your title (Mr, Mrs, Miss, Ms).



### How long do you want a postal vote for?

Fill out the 'How long do you want a postal vote for?' section.

You will need to say for how long you would like to vote by post.

You can vote by post until further notice. This means you will later say when you don't want to vote by post anymore.

You can choose to vote by post for a certain length of time. For example, you could say you only want to vote by post between 2014 and 2020.

You can choose to vote by post for a specific election. You will need to give the date and type of the election.

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



## Address for Postal Ballot Paper

Next, fill out the 'Address for postal ballot paper' section.

Write the address you would like your ballot paper to be sent to.



## Declaration

Finally, fill out the 'Your declaration' section.

Write your date of birth, sign in the box or make your mark and write the date you signed the form.

Post your form to the address provided.



### What happens next

Before elections, you will receive a ballot paper in the post. This is a form that shows you who you can vote for.

The ballot paper will tell you where you should post the paper.

You can also take your ballot paper to your local polling station on election day.

### 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**.

