

Helplines

Southeastern Railway Passenger assist - 0800 783 4524

Textphone - 18001 0800 783 4525

<https://www.southeasternrailway.co.uk/travel-information/more-travel-help/accessible-travel>

Transport for London - 0345 222 2000

<https://tfl.gov.uk>

DLR Community Ambassadors
ambassadors@keolisameydlr.co.uk

Thameslink - 0800 058 2844

Textphone - 0800 138 1018

<https://www.thameslinkrailway.com/travel-information/travel-help/assisted-travel>

assistedtravel@thameslinkrailway.com

London City Airport

londoncityairport.com

assistance@londoncityairport.com

Southern Railway - 0800 138 1016

Textphone - 0800 138 1018

<https://www.southernrailway.com/travel-information/travel-help/assisted-travel>

myjourney@southernrailway.com

Disabled persons railcard

<https://www.disabledpersons-railcard.co.uk/>

<http://www.disabledtraveladvice.co.uk/anxiety-disorders-public-transport.html>

I am autistic card

National Autistic Society

<https://www.autism.org.uk/advice-and-guidance/resources/downloads/i-am-autistic>

The Jamcard

<https://jamcard.org/>

Telephone 0208 9043 6400

The Sunflower Lanyard

<https://hiddendisabilitiesstore.com/>

These can also be picked up at southeastern railway stations.

Priority seat cards for Railway users

<https://www.southernrailway.com/travel-information/travel-help/priority-seat-card>

<https://www.southernrailway.com/travel-information/travel-help/priority-seat-card/can-i-get-a-priority-seat-card>

<https://www.southeasternrailway.co.uk/travel-information/more-travel-help/travel-support>

Priority seat badge TfL

<https://tfl.gov.uk/transport-accessibility/features-on-board>

0343 222 1234