



Deciding The Best Way To Vote

This section will explain the different ways that you can vote, so you can decide which way is best for you.

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You will find out about:



1. Voting at the polling station
2. Voting by post
3. Voting by proxy
4. How to vote in local elections on 5 May 2022

There are three ways you can vote and you should pick the one that works best for you.

At a polling station



Before an election you will be posted a poll card. Your poll card will tell you where your 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.

To find out where your polling station is, visit:
www.electoralcommission.org.uk/voter

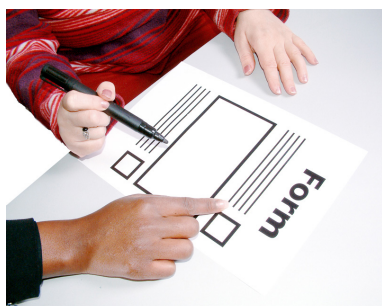
Contact information
email: campaigns@mencap.org.uk
telephone: **0207 696 6009**

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By post

If you want to vote by post, you will need to contact your local elections team who will send you a form. You should fill out the postal vote application form and send it back to your local elections team. Before elections, you will receive a ballot paper in the post.



A ballot paper shows a list of all the people you can vote for in the election. You mark who you want to vote for on the ballot paper. To find out how to contact your local elections team visit www.electoralcommission.org.uk/voter

By proxy

Voting by proxy means choosing someone else to vote on your behalf. They must vote for the person or people you want to vote for. You need to fill in a new form to choose who will vote for you. This person can visit your polling station or apply for a postal vote so they can vote on your behalf.

If you want to vote by proxy, you will need to contact your local elections team who will send you a form. You should fill out the proxy application form and send it back to your local elections team.

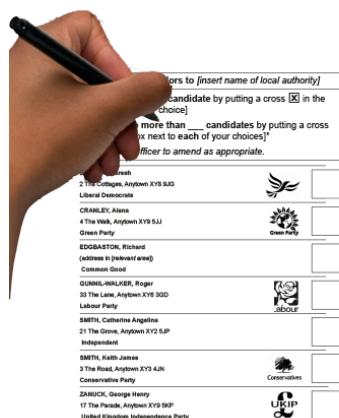
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To find out how to contact your local elections team visit www.electoralcommission.org.uk/voter

How to fill out a ballot paper in local council elections

You'll be given one ballot paper.



Simply mark an 'X' in the box next to the name of the person you want to vote for. When the votes are counted, the person with the most votes is elected and will represent you and your local area.

Some areas will have more than one councillor representing them. You may be able to vote for more than one person. The ballot paper will say how many people you can vote for. Polling station staff will be happy to help.

Need help? You can find out more about voting on the Mencap website: www.mencap.org.uk/get-involved/campaigning/guides-voting

If you have any questions you can call the Mencap election hotline on 0207 696 6009.



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The
Electoral
Commission

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