

Being stopped by the Police

	<p>You go out in the car or for a walk with your carers for a break</p>
	<p>The Police may ask you what you are doing or where you are going</p>
	<p>You may be worried about being stopped by the Police</p>
	<p>Do not worry the Police are only trying to help you</p>
	<p>Your carers will tell the Police you need some time away from your house. This is how you get your exercise</p>



The Police will be happy you are safe