About Me	
My full name: I like to be called: My N.I. number:	
Are my details correct on the electoral register so I can vote?	yes no don't know
Are these documents in a safe place?	yes no Passport in a safe place Birth certificate in a safe place Marriage certificate in a safe place Bank details in a safe place in a safe place in a safe place in a safe place in a safe place
About my home	
My landlords name: Contact details:	

Thousand Inchine	
My landlords name: Contact details: Date I moved in:	
This is where my water meter is This is where my gas meter is This is where my electric meter is This is where my stopcock is This is where my fuse box is	
Home security e.g. locks Heating Electric Gas	t reporting numbers I might need:
Water	

2

About my home continued

My TV Licence payr Thi	nent is is how I pay It costs £			Every	
Dates and addresse	es of my previou Address	us tennancie	S		
	To			From	
	Address				
	To Address			From	
	То			From	
Appliances					
Appliance	Date pu	rchased	Where fro	om	Date warranty expires
Appliance	Date pu	rchased	Where fro	om	Date warranty expires
Appliance	Date pu	rchased	Where fro	om	Date warranty expires
Appliance	Date pu	rchased	Where fro	om	Date warranty expires
Utility Suppliers					l am
	olier name	Date agree	ement started	Date a	on the greement ends PSR
supp Electric:	olier name	Date agree	ement started	Date a	greement ends
supp Water:	olier name	Date agree	ement started	Date a	greement ends

My Health

My National Health Number: Doctors Surgery Name: Appointments phone number:			
Opening times:	Monday	Tuesday	Wednesday
+	Thursday	Friday	Saturday
		Sunday	
NHS Direct Phone Number:			
Local Pharmacy Opening times:	Monday	Tuesday	Wednesday
Pharmacy	Thursday	Friday	Saturday
		Sunday	
Dentist phone number: Next checkup date:			
Opticians phone number:			
Next eye test date:			
Any health conditions that it is im	nportant for other p	eople to know abo	ut?
Any allergies?			
Other health professionals I see (e.g. chiropodist):			



My Community

Local resources and opening times:				
Details of local charities that I can get furniture and food from:				
Household items:	name:			
	tel no:			
	Can I approach then If not, can I be Monday	n my self? yes referred? yes Tuesday	no no Wednesday	
Opening times:	Thursday	Friday	Saturday	
		Sunday		
Foodbanks:	name:			
	tel no:			
	Can I approach then If not, can I be		no no	
Opening times:	Monday	Tuesday	Wednesday	
Opening times.	Thursday	Friday	Saturday	
		Sunday		

My Community

My local shop opening times:			
Shop name:			
	Monday	Tuesday	Wednesday
Opening times:			
	Thursday	Friday	Saturday
		Sunday	
Minumerated in			
Shop name:			
	Monday	Tuesday	Wednesday
Opening times:			
	Thursday	Friday	Saturday
		Sunday	
My local shop with PayPoint		Sunday	
My local shop with PayPoint facilities:		Sunday	
		Sunday	
facilities:		Sunday	
		Sunday	
facilities:		Sunday	



My Family		
Birthdays and other importan	t anniversaries:	
	My birthday is:	January 5 6 7 8 9 10 4 1 12 10 1 8 9 10 11 19 30 11 25 22 32 42 5 26 27 28 28 30 31
	birthday is:	
Other special dates:		
	is on:	
Getting about		
The expiry date o	f my	
concessionay travel pa		
My personal travel information		
	s to:	
	mes:	
Bu Bu	s to:	
Til	mes:	
	s to:	
Tin	mes:	

Bus to:

Times:

My Pets

Name:	Date of birth:
Annual vaccination is due on:	Neutered: Microchip:
Name: Annual vaccination is due on:	Date of birth: Neutered: Microchip:
Name: Annual vaccination is due on:	Date of birth: Neutered: Microchip:
Name: Annual vaccination is due on:	Date of birth: Neutered: Microchip:
If my pet is poorly I take them to:	
Telephone number:	

Emergencies

Who I contact in these emergencies	
If I smell gas:	
	Telephone:
If I have no heating:	
	Telephone:
If I feel poorly:	Telephone:
*0#	relephone.
If I feel really ill:	
	Telephone:
If I feel depressed:	
	Telephone:
161.6 1	
If I feel suicidal:	Telephone:
If my pet is poorly:	
	Telephone:
If I have lost my bus pass:	
	Telephone:
If my welfare benefits not	
paid in:	
	Telephone:
If I have got no money/	
electric/ food:	
	Telephone: