

Session five

Post information and resources

Looking after yourself

YouTube video of mindfulness and wellbeing conversation

[Practicing Mindfulness and wellbeing #kitchentabletalksuk - YouTube](#)

Booklet

[Bend, Don't Break \(for learners\).pdf \(ccea.org.uk\)](#)

Sharing intelligence

<https://cscp.org.uk:443/wp-content/uploads/2021/01/Capturing-and-Reporting-Intelligence-Child-sexual-and-or-criminal-exploitation-guidance-for-families-professionals-and-the-community.-1.pdf>

Personal safety at home

(Taken from [Personal safety at home | Suzy Lamplugh Trust](#))

AT YOUR HOME:

INSIDE YOUR HOME

- Try and look at your home through the eyes of a burglar. What can you see that would encourage or discourage someone from breaking in? Remember, half of all burglaries happen on the spur of the moment through unlocked doors or windows.
- Safety lights that are triggered by movement can be useful burglar deterrents.
- Try not to leave keys in a place where they can be seen from outside your home.
- Avoid attaching your name or address to keys. If they were lost or stolen, they could make a burglar's job very easy.

CALLERS AT THE DOOR

- Intercom systems, spy holes, door chains and outside lighting can all help to safely identify callers. If you have them, make sure you use them.
- If a caller claims to be representing a company or organisation, ask for ID.
- If you are uncertain about the ID, phone the organisation to check the caller is genuine. Use the telephone number given in the phone book or on your utility bill, rather than the one on the identity card.
- Sometimes a bogus caller will try and distract you whilst an accomplice robs you, often by entering through a back door. Try and make sure other entrances into your home are locked when you answer the door.

ANSWERING THE PHONE

- Try not to answer the phone with your address or telephone number.

- If the caller is not known to you, then avoid answering questions about yourself, no matter how innocent they sound.
- If you have an answer machine, consider carefully before including your name or number in the message.
- The message should avoid telling people that you are out or away. Try and give the impression that you are only temporarily unable to answer.
- If you are listed in any directories, you might want to give your initials and surname rather than your full name.

DEALING WITH MALICIOUS OR NUISANCE CALLS

- Try to keep calm and hang up without responding.
- Make a note of the time and nature of calls and, if the problem persists or you are worried, inform the police and your telephone provider.

IF YOU SUSPECT AN INTRUDER

- If you are in your home and think there is an intruder, call the police – don't go and investigate by yourself.
- If you come home and suspect an intruder has been inside, don't enter the property. Use a mobile or a neighbour's phone to call the police.
- Be a good neighbour. If you see anything suspicious, contact the police.

GOING AWAY

- Close all windows and doors whenever you leave your home.
- Consider using a timer switch within your home to switch on some lights and perhaps a radio while you are away.
- If you are going out at night, you might want to draw the curtains and turn a light on so it looks like someone is at home.
- If you are going away on holiday, try not to tell too many people or to make your departure too obvious, e.g. packing your car in front of your house, announcing plans on social media sites.
- Remember to cancel milk and papers. If they sit on your doorstep they can indicate to everyone passing that you are away.

OUTSIDE YOUR HOME

- Watch out for people acting suspiciously. If you think someone is following you home or hanging around near your front door then make for a place where there are other people you can ask for help.
- Try and have your keys ready when you approach your home, so you don't have to fumble in bags or pockets for them on your doorstep. Never use these as a means of self defence if approached by someone

SAFETY ON THE STREET

PLAN AHEAD

- Before you go out, consider how you are going to get home, e.g. Can you travel home with a friend? What time does the last bus/train leave?
- Prepare for your day before you leave – consider what you might need.
- Update someone on your plans.
- Consider carrying a personal alarm.

- Plan your journey – google street view is particularly useful for identifying landmarks in an unknown area before you set off.

WHEN TRAVELLING ON FOOT

- Try to use well-lit, busy streets and use the route you know best.
- Plan your route before you set off.
- Avoid higher risk areas.
- If you think you are being followed, trust your instincts and take action. As confidently as you can, cross the road, turning to see who is behind you. If you are still being followed, keep moving. Head to a busy area and tell people what is happening. If necessary, call the police.

REMAIN AWARE

- Be aware when using cash point machines. If there are signs of tampering or people acting suspiciously, do not use it.
- Try not to keep all your valuables in one place. It's a good idea to keep valuables such as wallets in an inside pocket and separate small amount of cash or a bankcard from your main purse/wallet.
- Consider carrying a personal safety alarm, which can be used to shock and distract an attacker giving you vital seconds to get away.

RUNNING SAFELY

Remember personal safety while out running.

- Let someone know where you're going and for how long.
- Consider downloading a running tracker app on which a trusted family member or friend can trace your movements.
- Plan your route before-hand, taking into account whether it will be a busy or well lit area.
- Consider running with others if possible, or joining a running group.
- Consider carrying a personal alarm, to enable you to get away from an attacker by distracting and distracting them.
- Consider just having one earphone in to ensure you can hear any changes in your surroundings.
- If running when it is dark, consider carrying a torch - a head torch is a hands-free option.
- If running when it is dark along the road, wear reflective clothing so that road users can see you.
- Carry a small amount of cash, or your card, to enable you to get home should you need to.
- If you feel uncomfortable, or at risk, seek a place of safety, such as a shop or anywhere where there are other people, and tell someone what is happening or has happened.

KEEP IN CONTACT

- Keep your mobile phone charged so that you can communicate at all times. Check out if there are onsite recharging facilities, or take a portable charger with you.
- Consider agreeing where your group will meet at certain times of the day, in case someone loses their phone/has it stolen/their batteries die etc. and they cannot be contacted.

- If possible, stay in groups.

WHAT TO CARRY

- Keep your phone on you at all times.
- Keep some cash on you at all times or check if you can use cards.
- Take note of your bank's emergency number so you can contact them if your cards are lost or stolen.
- Carry a torch .

STAY ALERT AND AWARE

- Try to stick to well-lit, busy areas when possible.
- Be aware of aggressive behaviour from others, and remove yourself from aggressive situations.
- Never leave your drink unattended. If you feel unwell, tell security or venue staff.
- If you are a victim of crime, contact on site security or police immediately. Report any incident, even near misses, as soon as possible.
- Consider carrying a personal safety alarm.

PERSONAL ALARMS

The purpose of a personal safety alarm is to shock and distract an attacker, giving you vital seconds to get away. There are lots of different types and choosing the best one for you can sometimes be tricky. Here are some tips on how to make the right choice.

IMPORTANT FEATURES

- Sound. If an attacker is to be shocked enough to pull away from you, this sound needs to be as loud and as shrill as possible. It is a common misconception that alarms will attract others as, if there is no one around, or others are far from us, they may not be attracted to the sound. Also if a personal alarm pulsates like many car alarms, the sound may not be recognisable as an attack alarm. The most effective sound is continuous and over 130 decibels (approx 138db is ideal).
- Easy to use. Your alarm needs to be easy to carry and easy to set off in one hand.
- Activation. How would you operate the alarm in an emergency? There are many different ways to activate different types of alarms, including push caps, push buttons and pull out pins. How fiddly is it to activate it? Do you have problems using your hands or fingers? Can it be operated simply by being pushed against something?

WHEN & HOW TO USE AN ALARM

The primary function of an alarm is to distract an attacker.

- Set off the alarm, holding it as close to the attackers face as possible.
- Drop the alarm and make your escape. If it is by the attackers feet, it may also act as a visual distraction, as well as an audible distraction.
- If you are able to attract the attention of passers- by, you are more likely to get help if you shout a specific instruction – such as “Call the police!” This makes it clear that you are in danger and need help.

Remember: Once you have set off your alarm, leave the situation as quickly as you can, moving to a busy area if possible. Don't wait to check that your alarm has had the desired effect; just go.

Remember: A personal alarm should be just one part of your personal safety plan. There are other tools you can use to help yourself feel safer.

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