



**Causeway
Coast & Glens
Borough Council**

How to stay safe

Easy Read guide

to

staying safe in your home

and

community



PSP Policing & Community
Safety Partnership

making Causeway Coast & Glens safer

What is this guide and who is it for?



This is an Easy Read guide to staying safe in your home and community.

It is for people who live in the Causeway Coast and Glens Council area.

If you need help with staying safe you could ask someone you know well and trust to help you.



This could be a family member, a good friend, a social worker or a support worker.

If you are worried about something

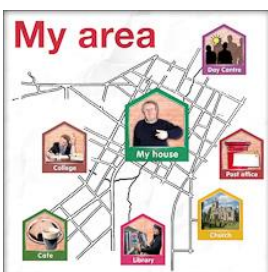
Most people do not want to do anything to harm you, damage your property or steal things that belong to you.



If you feel worried or upset about something or someone, there are organisations that can help you.

You can find a list of organisations at the end of this guide.

What words mean



Neighbourhood or Community

The place where you live, go to school or work.



Policing and Community Safety Partnership (PCSP)

A special group that works in local communities to help make them safer.



Neighbourhood Watch

A group of people in a neighbourhood or community who work together to reduce crime.

Crime

When someone does something wrong and breaks the law.



If someone makes you feel unsafe in your home or when you are in public, this could also be a **Crime**.

Break in

When someone you don't know comes into your home to steal things.



This might be when you are in bed or when you are out of the house.

They might break a window or a door to get in.

Personal information

This is information about you. It includes things like:

- your name
- your date of birth
- your address
- your bank details.



Staying safe outside

Getting ready



Take coins with you in case you have to make a call from a phone box.



Bring money with you in case you need to get a bus or a taxi home.



If you own a mobile phone make sure it is charged before you go out.



Arrange a lift home with someone you know well before you go out.

Make sure you know what time they will pick you up and where to meet them.

Walking somewhere



Don't take short cuts through dark areas or open spaces with no houses nearby.



Walk close to the road. This is so you are not too close to dark entrances or places like alley ways and car parks.



Walk on the footpath facing the traffic. This will make it harder for a car to pull up behind you without you knowing.



If someone in a car is threatening you or following you run away from them in the opposite direction if you can.



If you can, write down the number plate and the type of car then tell someone you trust about it.



Never take lifts unless you know and trust the driver

Never try to hitchhike.



Buy a personal alarm to carry in your hand. Ask someone that supports you to find out more about personal alarms.

Test the alarm every couple of months to make sure it still works.



Cover up expensive jewellery with your clothes when you are outside.



Keep your house keys in a zipped or buttoned up pocket. They are easier to reach quickly if you need them.



If someone follows you, run to the nearest place where there are other people and call the police.



If you often go out at night to the same place, try to use different ways to get there.

Driving somewhere



Keep the car doors locked.



Keep expensive things out of sight.



Keep the car in good condition so that it is less likely to break down.



Fill up your fuel tank before you start your journey.



Drive on main roads as much as possible when you are going somewhere.



Never pick up hitchhikers.

Be careful if anyone tries to stop you when you are driving.

They may be pretending to need your help.



If your car breaks down phone someone you know or breakdown services like the AA or RAC. Tell them you have a disability and you are on your own.



Wait for the person you know, the police, or the breakdown services to come to you.

Do not accept lifts from people unless you know and trust them.

Travelling by bus



Try not to use quiet bus stops away from any houses.



After dark sit near the driver or conductor if there is one.

Travelling by train



Stand near other people on station platforms.

Sit near other people when you are on the train.

Staying safe at home

Personal safety



On the phone

If you get a phone call asking you for **personal information** it could be a **scam**.

A scam is when someone tries to steal things when they are pretending to help you.



They might say they are from an important service like water, electricity, or gas. You can call 101 Quickcheck to see if it is a scam.



Do not give callers your personal information. This includes things like your address or bank details.

Tell someone you know well and trust about the phone call.



If you get nasty phone calls put the phone down straight away. If someone keeps making nasty phone calls, ask someone to help you report it to your telephone company.



Have a telephone extension in your bedroom for emergencies or keep your mobile phone close to you at night.

At your doorstep



If someone you don't know well knocks on your door never let them in if you are alone.

They could pretend to be from an important service like water, electricity, or gas.

Keep the door locked.



Check who the person is through a window or a peep hole in the door.

Use the safety chain before opening the door.



Ask for an identity card and check it well – don't be rushed.



If you are still unsure telephone the company they say they are from and ask about them.

You could phone someone you trust to check this for you.

Break ins



If you are at home and you think someone is trying to break into your home, do not go outside.

Dial 999 at once to call the police.

If you come home and think someone has tried to break in, do not go inside or shout out.



Go to a neighbour you trust or a safe place.

Phone someone you know well or dial 999 to call the police. You can ask someone else to do this for you.

Protecting your home



Make sure your doors and windows are strong. Check if you need new ones.



Make sure you have strong locks and bolts on your doors and windows.



Change your door and window locks when you move into a new home.



Keep outside doors locked when you are home.

Always lock doors and windows if you go out even if it is only for a few minutes.



Use a chain or have a peephole in your front door.

Make sure there is good lighting by your front door.

Think about getting an alarm.



Never leave keys under your doormat, or on a string in the letterbox.

Give a spare key to a friend or neighbour you know well and trust to keep it safely.

You can ask someone you know well and trust to help you make your home safer.



You can look for ways to keep your home safe on this website:

<https://www.nidirect.gov.uk/articles/community-safety>

Empty Homes



When you are away for a short time
Always lock doors and windows.



Leave a radio playing or a light on in some rooms to make it look like someone is home.



Plug lamps and radios into a timer. This makes them turn on and off when you are away.

This makes it look like someone is home.



Close your curtains in the evening.



Tell your neighbours or someone you trust if your house is empty.

When you are away for a longer time

If you are going on holiday or will be away for a few days ask someone you know and trust to:



- check your home is safe
- set up a timer to make your lights turn themselves on and off
- open and close your curtains in the morning and evening
- collect your post each day.

Give them a phone number so that they can contact you if they need to.



Make sure doors and windows are locked.



Cancel any deliveries like milk or newspapers.



Cut your grass before you go on holiday.

Put away ladders and lock your shed or garage.



Don't write your home address on suitcase labels.

Neighbourhood Watch



If there is a Neighbourhood Watch scheme in your area, they may be able to give you advice on staying safe.



To find out if there is a Neighbourhood Watch Scheme in your area go to

<https://www.psnipolice.uk/my-area/neighbourhood-watch>

Organisations who can help

If you feel worried or upset about something, these organisations can help you.

Childline

0800 1111

www.childline.org.uk

Lifeline

0808 808 8000

text phone 18001 0808 808

The Samaritans

116 123

jo@samaritans.org

Northern Health and Social Care Trust

028 9441 3659

adultsafeguarding@northerntrust.hscni.net

Western Health and Social Care Trust

028 7161 1366

Emergency Social Work Service 028 9504 9999





Easy words by Mencap NI