

Norfolk & Suffolk Crime Prevention

Guidance Note

Out and About



SUFFOLK
CONSTABULARY



NORFOLK
CONSTABULARY
Our Priority is You

Norfolk and Suffolk are already two of the safest counties in which to live and work and the chances that you or a member of your family will be a victim of violent crime are low. However, please don't be complacent.

By taking a few simple precautions, you can reduce the risk of becoming a victim of crime even further.

Booking a taxi

- Make sure that you have the telephone number of the cab company you have booked
- Use a licensed taxi or private hire vehicle from a recognised firm or official taxi rank
- Do not get into a cab you have not asked for
- Look for the official license plate and number and ask to see the drivers badge if not visible
- If possible, share a cab with a friend
- Always sit in the back
- If you chat to the driver do not give away any personal details
- When arriving home, have your money and house keys ready and consider asking the driver to wait until you are in the house

For Further Crime Prevention Advice:-

For Norfolk dial 101 and ask to speak to your local Architectural Liaison Officer (ALO)

For Suffolk dial 101 and ask to speak to your local Safer Neighbourhood Team

- If the driver makes you feel uneasy, ask him to stop at a busy public place and get out. If he refuses to stop, raise the alarm by waving or shouting out of the window and use your mobile phone to call **999**.

Driving

- Always have your car regularly serviced and make periodic checks of the tyres, oil and water.
- Join a national breakdown organisation and always carry your membership card.
- Plan your route using main roads as far as possible.
- Ensure you have enough fuel for your journey.
- Carry some change, a phonecard or a mobile phone.
- Keep your doors locked when travelling and whenever you leave the vehicle.
- Keep items such as coats, wallets, mobile phones and other valuables out of view.
- Always remove all valuables and satellite navigation systems when leaving vehicle.
- Ensure your keys are close to hand when returning to your home or car.

Walking

- If your bag is snatched, do not resist and shout for help.
- If you think you are being followed, go to the nearest place where there are people, such as a pub, shop, or well-lit house and call the police.
- If a car stops and the occupant asks for directions, keep your distance.
- Be alert - walk with purpose and confidence.
- Plan your route and avoid short cuts through unlit or deserted areas.
- Whenever possible do not walk alone.
- Let someone know where you are going and your time of return.
- Walk facing the traffic so a car cannot pull up behind you without you realising.
- Be aware of your surroundings - a personal music player may prevent you from hearing traffic, or somebody approaching from behind you.
- Cover up expensive-looking jewellery.

For Further Crime Prevention Advice:-

For Norfolk dial 101 and ask to speak to your local Architectural Liaison Officer (ALO)

For Suffolk dial 101 and ask to speak to your local Safer Neighbourhood Team

- Carry a personal alarm. If you are confronted, use your alarm, then run and shout to attract attention.

Getting home

- Do not hitchhike or accept lifts from strangers.
- Wait where it is well lit and there are other people.
- On a station stand well back on the platform.
- On a bus, the safest place to sit is near the driver or conductor.
- On a train, sit with other people. Avoid empty carriages.
- If you feel uneasy or threatened, move to another seat or carriage. If necessary tell the driver, conductor or guard.

For Further Crime Prevention Advice:-

For Norfolk dial 101 and ask to speak to your local Architectural Liaison Officer (ALO)

For Suffolk dial 101 and ask to speak to your local Safer Neighbourhood Team