

## Keeping you safe

### When out and about you should;

- Try to keep to busy well-lit areas and don't take short cuts. Keep away from bushes and buildings.
- Where possible, don't walk alone after dark. Take someone with you.
- Carry a personal alarm

### Shopping

- Carry your bag close to your body and zipped up, with the flap against you.
- Try to carry your purse and keys in your coat pocket.
- Don't leave your purse/wallet on the top of your shopping bag
- Don't carry large amounts of cash
- Park in busy, or well-lit and attended car parks near CCTV cameras, or in police approved car parks. (Parkmark sign)

### Cash and Bank Cards

- Avoid using cash machines late at night and don't use one if there are any suspicious looking people around.
- Have your credit/debit card ready prior to approaching the cash machine.
- Do not use the cash machine, if it appears to have been modified or tampered with.
- Be particularly careful, if strangers offer you help at the ATM.
- Never let anybody see your PIN and shield the keypad when entering your PIN either at the ATM, or in the queue at the supermarket.
- Minimise the amount of cash you carry but make sure you have sufficient money to get you home.
- Don't carry your credit cards and cheque book in the same bag.

## Junk mail and unwanted telephone calls

### These can be restricted by contacting the following:

Mailing Preference Service (MPS)  
DMA House  
70 Margaret Street  
London  
W1W 8SS  
Mps Registration line – 0845 703 4599  
Telephone: 020 7291 3310  
Fax 020 7323 4226  
Email [mps@dma.org.uk](mailto:mps@dma.org.uk)  
Website: [www.mpsonline.org.uk](http://www.mpsonline.org.uk)

Telephone Preference Service (TPS)  
Same address as above  
TPS Registration line - 0845 070 0707  
Telephone 020 7291 3320  
Fax 020 7323 4226  
Email [tps@dma.org.uk](mailto:tps@dma.org.uk)  
Website: [www.tpsonline.org.uk](http://www.tpsonline.org.uk)

Information regarding up to date email and internet scams being operated can be found at the following website: [www.hoax-slayer.com](http://www.hoax-slayer.com)



- Call Crimestoppers on 0800 555 111 to pass on information about crime
- All calls to Crimestoppers are anonymous
- Crimestoppers is a charity

### To contact us:

visit our website:  
[www.lancashire.police.uk](http://www.lancashire.police.uk)

for further information or for all non-emergency calls please ring:

**Tel 0845 1253545**



# Keeping you safe...

## Crime prevention advice for the over 60s

Crime is low in Lancashire...

*Let's keep it that way*



**Lancashire Constabulary**  
police and communities together

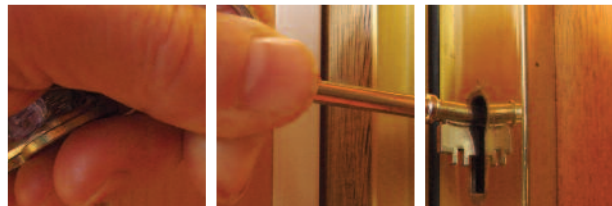
You are less likely to become a victim of crime in Lancashire, than people in younger age ranges. We'd like to keep it that way and have put together some tips for you that will help to keep you and your home safe.

## Keeping your home safe

### Burglary

#### You should;

- Fit burglar alarms that people can see and good outside lighting. Test them frequently to make sure they work.
- Fit key-operated locks to all windows.
- When you go out, always lock the door and close the windows - even if you are just going out for a short time.
- It is also advisable to keep doors locked when you are in the house as an extra security measure.
- Fit dead locks to the doors and don't leave the keys where they can be seen or reached through the letter box - keep them out of sight.
- Make sure the side gate and shed are locked.
- Leave a light on in a room and remember to draw the curtains when you go out at night.
- Install security lights to light up the front porch and/or the garden.



#### Also think about;

- Marking important and expensive items with your postcode and house number using special security markers. Keep a record of the make, model and serial numbers of all electrical equipment.
- Cancel newspapers, milk etc when you are on holiday.
- Make sure callers to your home are genuine. Always ask for ID.
- Keep shrubs, hedges and large plants cut back. They can provide a screen for thieves to work behind.
- Buy home insurance. It's cheaper than paying out to replace any stolen possessions. Remember: if you don't lock your house, your insurance may not cover you.

### Distraction Burglary

Distraction Burglary is when people pretend to be someone they're not so they can get into your house. They might pretend to be from the water, electricity or gas-board, council workers or police officers and although Lancashire is a pretty safe place, it is important that you take care over who you let in.

To stop it happening to you, follow the three simple tips below;

- **STOP** - Before you answer the door, stop and think if you are expecting anyone. Make sure your back door and any other doors leading outside are locked before you go to the front door.
- **CHAIN** - Open the door with the chain or door bar in place. A door bar or chain acts as a useful barrier when talking to unexpected callers. Talk through a window if you can.
- **CHECK** - Always ask for ID. Genuine callers will always have identification. If you are still uncertain, phone the organisation and confirm the person's identity. Genuine callers will be happy to wait.

Most Utility companies now operate a PASSWORD scheme chosen by the householder (which has to be given on any visit to the household before entry can be gained). To initiate this scheme with United Utilities contact 0845 309 3001

Neighbourhood Watch Schemes are proven to reduce burglary and deter bogus callers. Visit [www.neighbourhoodwatch.net](http://www.neighbourhoodwatch.net) or call 020 7772 3348 for more details.

If you are in any doubt do not let them in, keep everything locked, dial 999 and ask for the police.

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Let's keep it that way