

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 cash machine.
- Never let anybody see your PIN and shield the keypad when entering your PIN either at the cash machine, 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.

Scams

Scams are schemes to con you out of your money. They usually come by post, phone or email. Fake lotteries and prize draws, bogus psychic predictions, get-rich-quick investments and 'miracle' health cures are just some of the many tricks that scammers try.

You can avoid becoming the victim of a scam by following this advice;

- It sounds too good to be true: beware of hype and extravagant promises. If it sounds too good to be true, it probably is.
- You are contacted out of the blue: you may get a phone call, email or letter from someone you've never heard of.
- You have to make a quick decision: scammers don't like to give you time to think. They will try to pressure you into making a decision by saying things like 'If you don't act now, you'll miss out.'
- You have to give away bank account details: trustworthy firms will never contact you to ask for this information.

If you see any of these signs in a letter, phone call, text message or email, it could well be a scam.

First of all, don't reply. Then bin it, delete it or hang up. And if you're still unsure, you can call Consumer Direct for advice on **08454 04 05 06.**

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

Website: 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

Website: 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



- All calls to Crimestoppers are anonymous
- Crimestoppers is a charity

To contact us:

visit our website:

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.

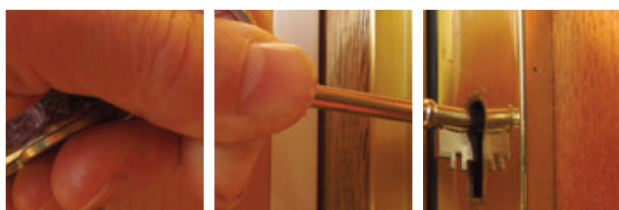
Keeping your home safe

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.
- You should also 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.
- Use a timer switch or leave a light on in a room and remember to draw the curtains when you go out at night to make your home look occupied.
- 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.
- You can also photograph jewellery and other items of sentimental value. Photograph items on a plain background with a ruler to indicate size.
- Cancel newspapers, milk etc when you are on holiday.
- Make sure callers to your home are genuine. Always ask for identification.
- 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.



Bogus callers

'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 identification. 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.

Lancashire County Council's Trading Standards and Help Direct, operate a 'Safe Trader Scheme'. This enables residents to check a list of traders, from plumbers to double glazing firms, who have given a commitment to treat customers honestly and fairly. Contact details for the scheme are www.safetrader.org.uk or by phoning Help Direct on **0303 333 1111**.

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 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.

Crime is low in Lancashire...

Let's keep it that way