



PROTECTING YOUR VALUABLES - OUT AND ABOUT

Look confident

You are less likely to be targeted if you look confident. Move with purpose and try to be aware of your surroundings.

Know where you are going

Plan your route and think about what to take with you, especially if you are going somewhere you haven't been before. Keep to busy, well-lit streets, walkways and paths which are more likely to be covered by CCTV. Only take licensed taxis or minicabs booked by phone or a mobile phone app.

Hide your valuables

Keep your mobile phone and valuables out of sight. If you are using your phone, it is more likely to be snatched from your hand as you are not paying attention to your surroundings - so, look around you. Never leave a mobile or any other device, wallet or purse on the table of an outdoor café, pub, or restaurant.

Keep jewellery covered when walking down the street.

If you are threatened with violence, do not risk your personal safety. Property can be replaced, you cannot.



PROTECTING OTHERS - HELPING EACH OTHER TO FEEL SAFE

Keep your distance

When walking behind someone, particularly at night, try to leave a good amount of distance between yourself and the person ahead of you. Remember that the closer you are, the more threatening you may seem.

Do not stare

A stranger staring at you can be intimidating and unsettling. Focus on something else to show that you are not a threat. Look out of the window or read a book or newspaper for example.

Cross the road

Somebody running up behind you, particularly at night, can be frightening. If you are out for an evening run or walk, and see someone walking ahead, cross the road, or call out to let them know that you are going to run by them and make sure to leave a good amount of space when you pass them.

Keep comments to yourself

What you may think of as just a bit of fun or flattery can be insulting, upsetting or even scary to someone else. Keep any comments and opinions to yourself.

Keep your friends in line

If you are in a group of people where someone is harassing another person on the street, try to calm the situation. They may just need to be told that they are behaving inappropriately.

Be an active bystander

If you notice that someone is uncomfortable with another person's behaviour, show your support by being an active bystander. It can be as simple as standing between a person and their harasser to block their line of sight. Ask that person if they need any help, and back up anyone else who is intervening.



KEEPING SAFE - SPIKING

Spiking is where someone adds drugs or alcohol to another person's drink without them knowing. It is illegal, and is done as a 'prank', or with intent for the person to steal from or assault the victim.

Never lose sight of your drink

It can take only minutes for someone to feel the effects of a spiked drink. Memory loss can be a side effect of many of the drugs used to spike drinks. Many victims are unaware of what has happened to them, and have very little memory of the incident, if any at all.

The best way to protect yourself and your friends from being spiked is to be aware of what you consume and never take a drink that you haven't seen being prepared in front of you. Never leave your drink unattended, even for a moment - and if it doesn't taste right, don't finish it. If you or your friends start to feel strange or unwell then you should get help and seek medical advice straight away.

People can also be the victims of needle spiking, which is injecting someone with drugs without their consent.

Be vigilant if you are drinking with strangers

When you go out for an evening you never know who you are going to meet, so always keep your wits about you. If someone appears to be overly-friendly and eager to get you a drink, be vigilant. If you get separated from your friends in a bar, pub or club, let them know where you are. If you happen to meet new company and they ask you to go on to somewhere else, introduce them to your friends and tell them where you are going.

Be a drink buddy

If you are out with a friend or friends, keep an eye out for them. If they appear to be more drunk than you would expect, are dizzy or slurring their words, take control and make sure they are okay. If you are concerned, make sure they either get medical help or get home safely.

You can report a crime involving spiked drinks or date-rape drugs on the Devon & Cornwall Police website, or by calling police on 101.



KEEPING SAFE - PHYSICAL SAFETY

It is very hard to know how to respond to a violent situation, as things can develop very quickly and require fast decisions.

It is important to never lose sight of the fact that your personal safety is the most important thing - your belongings can be replaced, but you can't.

When responding to a violent situation, please try to remember the following:

- Trust your instincts - if you think a situation is getting worse, try not to get directly involved
- Look for a safe way to leave
- If you are in a building with security personnel, tell them immediately about what is happening
- Put distance between yourself and the other person
- If you are able to, call **999**
- If you are unable to call the police during the incident, then call as soon as you are able

If it comes to the worst, you are entitled to defend yourself using reasonable force, but you may be asked to account for and justify any action you take. Please visit www.cps.gov.uk/publication/householders-and-use-of-force-against-intruders to learn more.

For advice about what to do if you believe you are involved in a terror incident, please visit www.dc.police.uk/advice/advice-and-information/t/terrorism-in-the-uk/staying-safe-from-terrorism/ for further information about Run, Hide, Tell.



KEEPING SAFE - ROAD SAFETY INTO AUTUMN & WINTER



Driving conditions can be more challenging in the cold, snow, ice, fog and rain.

Please see below some tips on how to be safe and prepare for the unexpected. Ensure you leave plenty of time for travel, and leave plenty of space between you and the vehicle in front. Headlights must be used when visibility is reduced to less than 100m.

PREPARING TO TRAVEL

Check your lights are clean and in working order; know how and when to use them, including front and rear fog lights.

Check your tyres are road worthy, legal and at the correct pressures.

Check your brakes are working properly.

Check all windows and mirrors.

Ensure you have enough screen washer fluid and de-icing equipment.

Check you have plenty of fuel or battery power.

Check you have your mobile phone and car charger.

Listen to travel bulletins and weather forecasts for the areas you are travelling through and your final destination. If necessary, check to see if main roads have been gritted on the local council website.

If travelling further afield, keep an eye out for overhead messages warning of driving condition, delays, and alternative routes.

Let someone know where you are going and what time you expect to arrive.



KEEPING SAFE - ROAD SAFETY INTO AUTUMN & WINTER



FOG

Be extra vigilant and allow extra time for your journey. You must use headlights when visibility is reduced to more than 100m. You may also use front or rear fog lights, but you must switch them off when visibility improves.

Keep a safe distance from the vehicle in front - rear lights can give a false sense of security.

You must be able to pull up well within the distance you can see clearly. This is particularly important on motorways and dual carriageways, as vehicles are travelling faster.

Use your windscreen wipers and de-misters.

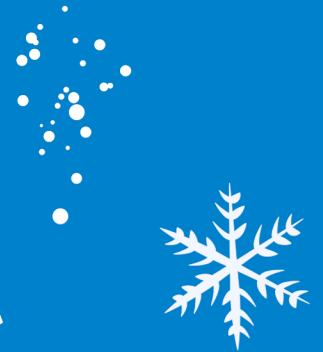
Beware of other drivers not using headlights.

Check your mirrors before you slow down, then use your brakes so that your brake lights warn drivers behind you that you are slowing down. Stop in the correct position at a junction with limited visibility and listen for traffic. When you are sure it is safe to emerge, do so positively and do not hesitate in a position that puts you directly in the path of approaching vehicles.

You must not use front or rear fog lights unless visibility is seriously reduced because they dazzle other road users and can obscure your brake lights.



KEEPING SAFE - ROAD SAFETY INTO AUTUMN & WINTER



SNOW & ICE

In severe snow conditions, we advise that you only make a journey if it is absolutely necessary. Question whether you could postpone the trip or find an alternative method of travel, or if you could make a phone or video call instead. If you do have to travel:

Clear your vehicle of snow, including windows, lights and number plates.

Keep to main roads.

Drive slowly and reduce speed - skidding can happen more easily, meaning your stopping distance increases greatly.

Use dipped headlights in poor visibility or snow.

Drive in as high a gear as possible, and avoid harsh braking or accelerating.

Take care when approaching junctions.

Keep a safe distance behind other vehicles.

Keep a careful watch on other road users, particularly cyclists and children.

Ensure you have warm clothing, food, and a warm drink, wellington boots, a torch, a shovel, and reflective clothing. Keep a tow rope and hazard warning triangle in the boot. It helps to have a first aid kit and a warm blanket.



KEEPING SAFE - ROAD SAFETY INTO AUTUMN & WINTER



LOW SUNSHINE

If blinded by glare, reduce your speed, keep your windows clean both inside and out, and consider wearing sunglasses - but remember to take them off when the glare subsides!

RAIN & FLOODING

Rain reduces the ability to see the road ahead. It takes at least twice your normal braking distance to slow down and stop in rain.

Use windscreen wipers, washers, and dipped headlights.

Drive smoothly, and reduce your speed and unnecessary braking.

Make sure your tyre pressures and tread depth are okay. This will maximise your tyres' ability to grip the road.

If you aquaplane, ease off the accelerator and brakes until your speed drops and your tyres can grip the road properly.

Do not attempt to cross flooded areas - look for an alternative route.

Be aware of the bow wave effect from approaching vehicles and into properties.

Test your brakes when you are driving through flooded roads.

IF YOU NEED HELP

Stay with your vehicle until help arrives.

Put on your hazard lights to warn other road users.

If you have to leave your vehicle, ensure you are clearly visible to other road users.

If you are forced to abandon your vehicle, call police immediately to provide details of your vehicle. Call us on **101** if you have abandoned your vehicle as a result of severe weather conditions. Call us on **999** if you have an accident and are in immediate danger.

For further information, please go to www.gov.uk/guidance/the-highway-code/driving-in-adverse-weather-conditions-226-to-237

FAREWELL

LPSV 62154

In my role as a Local Policing Support Volunteer over the last 12 months, I have had the pleasure of curating 5 monthly resources across Rural East Devon, including Honiton, Seaton, Sidmouth, and Axminster. If there has been even one person across the communities that has found these newsletters useful and insightful in some way, to me that is worth every moment spent working on them!

I moved to the East Devon area 5 years ago, and am incredibly grateful for the beautiful landscape and welcoming residents here. Protecting the land and our communities here is vital. I hope that over the past year I have been able to provide some helpful information, and in the process of doing so have also improved our engagement with local communities within the Rural East Devon area.

It is with regret that I announce my farewell. This October issue marks the final newsletter from me, I am sad to say, as I return to university to complete my final year of studies.

I would like to say a huge, heartfelt thank you to the East Devon Neighbourhood Teams, who have shown me nothing but the greatest of support throughout my time here. It has truly been a pleasure.

Finally, I would like to say thank you to those in the community who have read these newsletters, and engaged with us along the way.

You can keep up to date with the latest goings-on in your area either on our socials, the Devon & Cornwall Police website.

