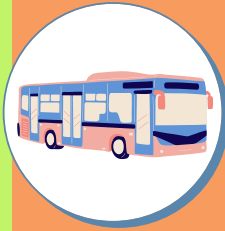


TOP TIPS ON PERSONAL SAFETY



A.C.T.I.O.N

*Against Crime Together
In Our Neighbourhood*



Make travel plans in advance and let your family or friends know when and where you're going.



Keep your bag closed: if it is open an opportunist thief is more likely to see what you have and take it.



Don't fight for your valuables. If you're unfortunate enough to be targeted by thieves, let your valuables go. They can be replaced, you can't.



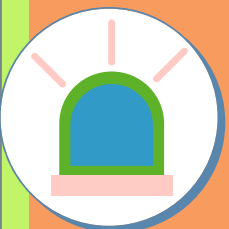
If you feel uncomfortable, or at risk, seek a place of safety, such as a shop or anywhere where there are other people.



If possible, don't walk alone and try to stay in areas where there are other people around.



Stay alert and be aware of your surroundings. Don't wear your headphones or get distracted on your mobile phone when you're out alone.



Think about carrying a personal safety alarm with you when you're out.

The A.C.T.I.O.N. project has been created by Heart of Pitsea in response to community concerns around crime and anti-social behaviour.

For more information search @heartofpitsea on Facebook, call 07572 001671 or visit the Heart of Pitsea website www.heartofpitsea.co.uk



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TOP TIPS ON HOME SAFETY

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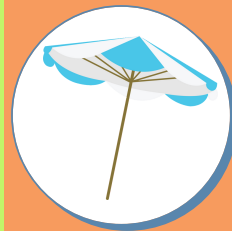
www.heartofpitsea.co.uk



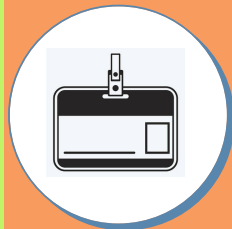
Ensure all of your doors and windows are locked when you're not at home. Don't hide a key to your home outside. Make sure your side gate, shed or garage is locked too.



Keep valuables out of sight, keep bags away from the letterbox or cat flap and hide all keys including car keys, as a thief could hook valuables through a small opening.



Don't post that you are away from home (i.e. on holiday) on social media platforms. Cancel your regular deliveries like milk or newspapers.



Be wary of bogus callers who try and trick their way into your home by pretending to be someone official, or a person needing help. Ask them to come back when someone you trust will be with you.



Take photos of high value personal property i.e. jewellery etc – they will be useful to the police and to make a claim on your insurance, if they are stolen.



If you would like more advice, get in touch with the Basildon Neighbourhood Watch Scheme. Search for them on Facebook or email basboronhw@virginmedia.com.