

BEDFORD BOROUGH COUNCIL

Who to talk to: police, friends, family, key worker, carers, staff, someone you can trust or even a Samaritan.

SAMARITANS

Look after your PIN number, make sure people behind you can not see you putting your pin number in.



Beware of people saying the money is for charity when it is not.



Make sure the car doors and windows are securely locked and shut.



Ambulance, Police and fire services keep us safe and are just a phone call away.



Keeping Safe

Ideas provided by the Getting Involved Group at Advocacy Alliance.

Call the Stop Hate Crime hotline (0800 138 1635) to help prevent discrimination, name calling, graffiti, arson, physical attacks, damage to your property Etc.



Learn what to do if bullied on a bus; Sit at the front of a bus, if getting hassled. Then report to the police.



Check ID when someone calls at the front door.

