

Be **safe** and
secure on
London's
streets

Useful contacts

Metropolitan Police Service

Contact your local police station to report any crime, or visit

www.met.police.uk

If its not an emergency call **101**.

In an emergency always call **999**.

Victim Support

0845 3030 900 Victim Supportline

0845 450 3936.

www.vslondon.org

info@vslondon.org

The Havens

www.thehavens.co.uk

If you have been a recent victim of rape or sexual assault the Havens can provide you with specialist support

The Haven – Camberwell

020 3299 1599

The Haven – Paddington

020 3312 1101

The Haven – Whitechapel

020 7247 4787

or text 'havens' to 64118 for contact details

The Suzy Lamplugh Trust

0207 091 0014

info@suzylamplugh.org

www.suzylamplugh.org

London Centre for Personal Safety

020 8743 7827

lcps@lcps.demon.co.uk

www.londoncentreforpersonalsafety.org

Transport for London

020 7222 1234

www.tfl.gov.uk

Crimestoppers

If you have information about crime, but don't want to speak to police, call Crimestoppers anonymously on

0800 555 111. Crimestoppers is an independant charity.

Take
care of
your
self



Although serious incidents do occur on London streets, generally it's a safe place to live and work. For many people the fear of crime is much greater than the reality and this can affect how they live.

There are many things you can do to make yourself safer and more confident when out on the streets of London. There are also organisations offering assistance and advice.

Be assertive. When you're out and about look purposeful. Assertiveness in the way you behave reduces any perceived vulnerability.

Plan for emergencies. Plan your route in advance. Carry a charged mobile phone and some cash, and tell someone where you're going. Discuss with friends what to do if something were to go wrong, eg if one of you had too much to drink or you got separated. Do you all know what to do and what to expect from one another?

Trust your instincts. They are there to warn you of potential risks, eg avoid short cuts down alleys and across parks and move away from suspicious people. Have faith in your intuition and act on it.

Be aware. Using a mobile phone, wearing a hood and loud personal music all affect your awareness of the surroundings. Don't draw attention to your valuables (eg mobile phone, jewellery). Also, face oncoming traffic when you're walking to prevent vehicles approaching from behind.

Be alert. Alcohol and drugs will reduce inhibitions and reaction times and will also make it harder to assess risks and take effective steps to cope with them.

Safety in numbers. Try to travel with people you know. When you can, stick to routes where other people are and avoid short cuts in lonely places.

Always use licensed mini cabs or black cabs. Text **CAB** to **60835** and receive your three nearest licensed cab numbers by text. Mini cabs should always be booked in advance. Unlicensed cabs and rogue drivers may compromise your safety. Text the registration number of the minicab to a friend.

In cabs, sit directly behind the driver and steer conversation away from personal details.

Consider carrying a personal alarm. It provides reassurance and can deter or disorientate an attacker when activated, giving you time to get away. To find out how to get a personal alarm, go to www.suzylamplugh.org/store and click on 'alarms'.

If you are approached and feel threatened and cannot immediately move away...

Be vocal and try to alert and involve others around you. Feel confident and assertive enough to say "**Don't touch me**", "**No**", "**Stop**", "**Go away**".

If using simple verbal commands doesn't work, you have the option of using as much force as you can to get away, so long as it's reasonable to the threat. You can use everyday items like keys or umbrellas if you need to, but don't carry items specifically for self-defence.

In an emergency always dial **999**. Other useful contact numbers and web addresses are listed overleaf.