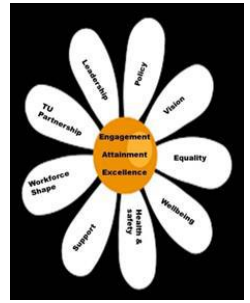




Civil Service
Local

Wellbeing North West



September 2016

Welcome to this month's newsletter, which is brought to you by Karen Mawdsley from HM Passport Office. In this edition, the spotlight is on **National Personal Safety Day** which this year will be on **Wednesday 5th October 2016**.

The event is held annually and aims to raise awareness of simple ways to keep safe and avoid violence, helping you to feel more confident and safe.

[National Personal Safety Day](#) is organised by the Suzy Lamplugh Trust. The Trust was created by the parents of estate agent Suzy Lamplugh who disappeared in 1986 and has never been found.



Their mission is to make people aware of the importance of personal safety. This year the theme of National Personal Safety Day is 'Keep it Real' and as the name suggests, it focuses on everyday steps you can take to stay safe.

The fact is that it's great to know that just about everyone nowadays from teenage children to elderly parents have a mobile phone at hand should they require help or assistance.

The campaign will highlight the steps that we can all take to avoid violence and aggression.

There are some easy precautions that you can take to ensure you and your family are not at risk:

Always plan ahead and if you are going for a night out with friends make sure you know how you are going to get yourself back home.

Can you travel with a friend - instead of being alone and do you know the times of buses or trains?

Make people aware of where you are going and what time to expect you home.

Use your common sense and avoid using dark alleyways and badly lit streets. If you do have to use a quiet street, walk down the centre.

If you feel in danger make your way to a public area, for example a shop or a garage.

Avoid wearing earphones or chatting/texting on your mobile phone when walking down the street alone, as this will distract you from your surroundings and could prevent you from hearing danger approaching.

From a very young age it was always drummed into us that we should never accept a lift from a stranger - so make sure you stick to this and it also includes not accepting a lift from someone you don't know very well.

Another important tip to consider is being extra vigilant at cashpoint machines and never count your cash in the street.

Don't let fear of crime stop you from getting out and about. Taking precautions to minimise any risks will not only make you safer, it should also make you feel safer and give you more confidence when out on the streets.

The National Personal Safety website has loads of tips on how to keep yourself safe in and around our streets. You can also find out about great fundraising ideas as well as all you need to know about how to keep safe every single day.