

Safer Camden

camden.gov.uk/communitysafety

Winter 2008

A free community safety supplement from YourCamden



**Stay safe
and sound
this winter**



**Beat bogus
callers**



**Be merry,
be safe**



**Protect
your vehicle**

Beat burglars and bogus callers

It could take just two minutes for a thief to break into your home, so keep valuables out of sight and burglars out.

Most burglars are opportunists who will take advantage of open windows or unlocked doors.



Protect your home by following these tips:

- make sure presents and expensive items such as televisions or laptops can't be seen from outside
- when you buy new electrical equipment recycle any packaging as soon as possible
- shut and lock all windows and doors, even if you are only popping out for a few minutes
- if possible fit window restrictors to let fresh air in but keep thieves out
- always close communal doors
- never let anyone in if you do not know them
- never hide keys outside your home or leave them where people could find them.



Check who is at the door



Most visitors who come to your door are genuine callers. But sometimes bogus callers turn up and try to trick their way into homes, particularly those of older or vulnerable people.

Bogus callers often pretend to be an official such as someone from a gas or electricity company, pensions or benefit agency, a council worker or police officer. Or they could be offering to do work around your home, and even have children with them.

To stay safe and sound, follow these steps when someone calls at your door:

- keep the door closed and ask who it is
- ask if they have an appointment
 - if yes, check their identity card
 - If no, do not open the door for any reason
- if they say they are from a company, ask them for your password (if you have one). If they don't know it, don't let them in
- remember genuine callers will always be prepared to rebook an appointment at a time that is safe and convenient for you
- **If in doubt, keep them out. Dial 999 and tell the police.**

Free home security check

You can ask your local crime prevention officer to give your home a free security check. Turn to the back cover for contact details.

If you are over 60 or disabled and need extra security measures, such as door and window locks or a spy hole, these can be fitted for free by the Safe as Houses service.

Safe as Houses 0845 351 0642

safeashouses@mobilerepairservice.org.uk



Free smoke alarm

Safe as Houses and the London Fire Brigade offer all Camden residents a free home fire safety check and will fit a smoke alarm for free if needed.

Alarms have ten-year batteries and are designed to be easy to use with a 'hush' button for false alarms.

A working smoke alarm provides vital early warning and extra time to escape if there is a fire.

Once an alarm is fitted, don't forget to test it every week, to make sure that it's still working properly.

London Fire Brigade 0800 028 4428

smokealarms@london-fire.gov.uk

Safe as Houses 0845 351 0642

safeashouses@mobilerepairservice.org.uk



Every unit counts

There are plenty of positive things about having a drink. It helps you unwind and relax and it's an enjoyable thing to do with friends. But regularly drinking more than the recommended daily amount of units has its risks.

NHS guidelines state that men should not regularly drink more than three to four units a day and women not more than two to three.

Regularly means drinking every day or most days of the week. If you consistently drink more than the recommended amount you risk damaging your health. The danger will increase the longer you continue and the more you drink.

The following tips can help you enjoy a safe night out over Christmas and help you plan a healthier new year:

- Know your limits – drink within the NHS recommended guidelines – see the chart below
- If you think you may be drinking a bit much, set aside specific days in the week when you do not drink or speak to your GP or the sensible drinking service for advice and support
- Before you go out, think about how you are going to get home
- Drink water before you go out. Then drink either water or a soft drink between each alcoholic drink
- Eat before you go out and while you are drinking

- Plan in advance how much you want to drink and only take out enough cash to pay for it
- Reduce your units by choosing drinks that are not so strong. Choose a single not a double
- Avoid having your drink topped up so you can keep track of your units
- Don't drink in rounds as you'll tend to drink more
- If you have friends who drink heavily, remember you don't have to keep up with them

Useful contacts

Sensible drinking service
020 7445 8516
If you are concerned about how much alcohol you are drinking

Drinkline
0800 876 6776 (24 hours)
The national alcohol helpline

drinkcheck.nhs.uk
Find out more about the effects of your drinking

truthaboutbooze.com
Advice for young people from young people

downyourdrink.org.uk
A free online self-help programme



When you're planning a night out, why not think about visiting a Best Bar None accredited bar, pub or club?

The Best Bar None scheme recognises landlords who run their premises professionally and safely, and aims to cut alcohol related crime and disorder.

You can find out more at camden.gov.uk/bestbarnone

And before you go out, think

about how you're getting home and who with.

Don't put yourself at risk when you're travelling home at night. Always use a licensed minicab, black taxi or night bus to get home. Don't get left to walk home alone and never get in a car with someone who has been drinking.

Find your quickest route home by phoning Traveline on 020 7222 1234 or visit tfl.gov.uk

Use Cabwise to find a licensed minicab or black taxi.

TEXT: HOME to 60835 to get the numbers of one taxi and two local, licensed minicab companies (text charged at 35p per text plus standard network rate).

PHONE: one of them

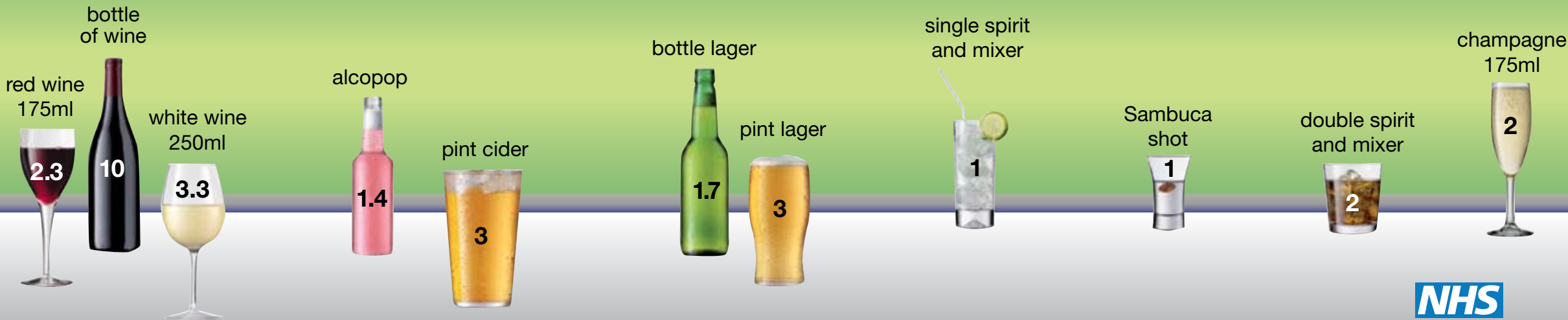
CAB: picks you up

HOME: safe and sound



Know your units

- Men:**
no more than 3-4 units a day
- Women:**
no more than 2-3 units a day



Source: NHS guidelines



Shop safe

When you're out and about Christmas shopping, don't forget to look after yourself and your shopping.

Thieves will be quick to help themselves to unattended shopping and belongings such as phones, handbags and MP3 players.

Look after yourself and your presents by remembering the following:

- in a bar, café or restaurant, always keep bags where you can see them, but out of reach from passers-by
- use bag hooks if you can. If you hang your coat up, don't leave house keys or your mobile phone in the pockets
- keep your phone separate from your purse and your keys separate from your credit card
- carry your bag close to you, with the clasp facing inwards. Keep it fastened and put your purse or wallet away
- don't carry large amounts of cash
- when you use your phone, check what's going on around you. Your phone is safest when it's out of sight
- take care when using cash dispensers. Don't let anyone see your pin.

Register your belongings with immobilise.com

immobilise.com is a free service that lets you record the details of your valuables. It could help the police reunite you with your belongings if they are stolen. Anything with a serial number can be registered including mobile phones, laptops, MP3 players and bikes.



Protect your blue badge

If you have a blue badge, there are steps you can take to protect it:

- only display your badge if the area you are parked in needs you to do so
- use a substitute disabled parking badge when you park outside your home or within your own controlled parking zone. The substitute badge includes your vehicle's registration number, so it is of no value to a thief. You can find out more by phoning us on 020 7974 4646
- use a blue badge protector. Find out more about blue badge protectors at bluebadgeprotector.co.uk or phone 0844 847 0875.

You can report fraudulent use of blue badges by phoning us on 020 7974 4624.

If your blue badge is stolen please report it to the police straight away on 0300 123 1212.



Don't be a victim of vehicle crime



Thieves are quick to make the most of a situation. If they see you return to your car, put something in and leave, they're likely to try to break in once you're gone.

Out of sight doesn't always mean safe, so don't hide things in the boot of your car.

Following the advice below can also help protect your property:

- take everything out of your car when you leave it
- close all windows
- remove MP3 adaptors and remove car stereos where possible
- fit an alarm or immobiliser if you don't already have one
- remove sat navs, the cradle and sucker marks.



Reporting crime and antisocial behaviour



If you're affected by antisocial behaviour or crime please report it. You won't need to give your name or any other details unless you want to.

Noisy neighbours, harassment, criminal damage, threatening behaviour and racial and homophobic abuse are all antisocial behaviour.

Only call 999 in an emergency, for example

- if someone is in immediate danger
- if a crime is happening now

Call 0300 123 1212 when

- there is no immediate danger to life
- the crime has already happened, and the offender has left

For home security advice contact your local police crime prevention officer.

South Camden crime prevention officer 020 8733 6543

Central Camden crime prevention officer 020 8733 6070

North Camden crime prevention officer 020 8733 6605

Contact your police Safer Neighbourhoods Team (SNT) if you have concerns about community safety in your area, such as graffiti, vandalism or drug dealing.

Belsize 020 8721 2696

belsize.snt@met.police.uk

Bloomsbury 020 8721 2693

bloomsbury.snt@met.police.uk

Camden Town with Primrose Hill 020 8721 2959

camdentown.primrosehill.snt@met.police.uk

Cantelowes 020 8721 2756

cantelowes.snt@met.police.uk

Fortune Green 020 8721 2698

fortunegreen.snt@met.police.uk

Frognal and Fitzjohns 020 8721 2958

frognal.fitzjohns.snt@met.police.uk

Gospel Oak 020 8721 2015

gospeloak.snt@met.police.uk

Hampstead 020 8721 2779

hampsteadtown.snt@met.police.uk

Haverstock 020 8721 2016

haverstock.snt@met.police.uk

Highgate 020 8721 2699

camden.highgate.snt@met.police.uk

Holborn and Covent Garden 020 8721 2692

holborn.snt@met.police.uk

Kentish Town 020 8721 2695

kentishtown.snt@met.police.uk

Kilburn 020 8721 2017

camdenkilburn.snt@met.police.uk

King's Cross 020 8721 2694

kingscross.snt@met.police.uk

Regent's Park 020 8721 2811

regentspark.snt@met.police.uk

St Pancras and Somers Town 020 8721 2810

stpancras.somertown.snt@met.police.uk

Swiss Cottage 020 8721 2755

swisscottage.snt@met.police.uk

West Hampstead 020 8721 2697

westhampstead.snt@met.police.uk

You can also report information about a crime anonymously without leaving your name by calling Crimestoppers 0800 555 111

Camden Council useful numbers

Switchboard	020 7278 4444
Street wardens	020 7974 5195
DART van (to report drug debris)	0800 032 3278
Graffiti/fly posting	020 7974 6914
Noise nuisance	020 7974 2090
Racial harassment helpline	0800 138 1661
Camden safety net (for victims of domestic violence)	020 7974 3557

If you're a council tenant you can also

contact Camden Council about housing related antisocial behaviour such as noise nuisance, youth disturbances and harassment. When the office is closed you can contact the housing patrol service.

District housing offices

Camden Town	020 7974 4422
Gospel Oak	020 7974 6774
Hampstead	020 7974 6548
Holborn	020 7974 3566
Kentish Town	020 7974 6813
Housing patrol (6pm-2am)	020 7974 1888