



NIFC COMMUNITY AWARENESS UPDATE



NIFC COMMUNITY AWARENESS UPDATE 3/23 (22 Aug 23)

(The Community Awareness Update provides general information to enable personnel to keep up-to-date with routine correspondence; it is not provided for mission-related items and does not replace the Emergency Messaging System.)

WELCOME TO ALL OUR NEW 'FAMILY' MEMBERS; THE COMMUNITY AWARENESS UPDATE IS DESIGNED TO PROVIDE YOU WITH, HOPEFULLY, INFORMATIVE AND USEFUL INFORMATION.

FIRSTLY, IF YOU ARE READING THIS, THEN AT LEAST WE KNOW YOU KNOW IT EXISTS.

IS THERE ANYTHING YOU WOULD LIKE US TO PROVIDE INFORMATION ON?

LIFESAVERS?:

BLUF. Every year in the UK, thousands of people die or are seriously injured in incidents. Many deaths could be prevented if first aid was given before emergency services arrive. Whilst having formally trained and qualified personnel is of great benefit to the Bldg 407 community, we should all have a basic knowledge of what to do if someone is injured or takes ill. Assess the situation, administer immediate assistance and get somebody to call:

ON BASE: 911 - OFF BASE: 999.

WOULD YOU KNOW WHAT TO DO?

What to do:

If someone is injured, you should:

- First check that you and the injured person aren't in any danger, and, if possible, make the situation safe.
- If necessary, **dial On Base - 911; Off Base - 999** for an ambulance when it's safe to do so.
- Carry out basic first aid.

If someone is unconscious and breathing:

- If someone is unconscious but breathing, and has no other injuries that would stop them being moved, place them in the recovery position until help arrives.
- Keep them under observation to ensure they continue to breathe normally.

If someone is unconscious and not breathing:

- If someone is not breathing normally, call **On Base - 911; Off Base - 999** and start cardiopulmonary resuscitation (CPR) straight away.

Is it an emergency? Call 999

If it is not life threatening: Call 101 for the Civil Police; Call 111 for the NHS.

If you want to report a concern anonymously, you can report it via the Crimestoppers website or via their hotline on: 0800 555 111.

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Common accidents and emergencies - Here are some of the most common injuries that may need emergency treatment in the UK and information about how to deal with them:

Anaphylaxis: Anaphylaxis (or anaphylactic shock) is a severe allergic reaction that can occur after an insect sting or eating certain foods. The adverse reaction can be very fast, occurring within seconds or minutes of coming into contact with the substance the person is allergic to (allergen). During anaphylactic shock, it may be difficult for the person to breathe, as their tongue and throat may swell, obstructing their airway.

Call 999 immediately if you think someone is experiencing anaphylactic shock.

Check if the person is carrying any medication. Some people who know they have severe allergies may carry an adrenaline self-injector, which is a type of pre-loaded syringe. You can either help the person administer their medication or, if you're trained to do so, give it to them yourself. After the injection, continue to look after the person until medical help arrives.

All casualties who have had an intramuscular or subcutaneous (under the skin) injection of adrenaline must be seen and medically checked by a healthcare professional as soon as possible after the injection has been given.

Make sure they're comfortable and can breathe as best they can while waiting for medical help to arrive.

If they're conscious, sitting upright is normally the best position for them.

Bleeding heavily: If someone is bleeding heavily, the main aim is to prevent further blood loss and minimise the effects of shock. First, dial 999 and ask for an ambulance as soon as possible. If you have disposable gloves, use them to reduce the risk of any infection being passed on. Check that there's nothing embedded in the wound. If there is, take care not to press down on the object. Instead, press firmly on either side of the object and build up padding around it before bandaging to avoid putting pressure on the object itself. Do not try to remove it because it may be helping to slow down the bleeding. If nothing is embedded:

- Apply and maintain pressure to the wound with your gloved hand, using a clean pad or dressing if possible. Continue to apply pressure until the bleeding stops.
- Use a clean dressing or any clean, soft material to bandage the wound firmly.
- If bleeding continues through the pad, apply pressure to the wound until the bleeding stops, and then apply another pad over the top and bandage it in place. Do not remove the original pad or dressing, but continue to check that the bleeding has stopped.

If a body part, such as a finger, has been severed, place it in a plastic bag or wrap it in cling film. Do not wash the severed limb. Wrap the package in soft fabric and place in a container of crushed ice. Do not let the limb touch the ice. Make sure the severed limb goes with the patient to hospital.

Always seek medical help for bleeding, unless it's minor.

Burns and scalds: If someone has a burn or scald:

- Cool the burn as quickly as possible with cool running water for at least 20 minutes, or until the pain is relieved.
- Call 999 or seek medical help, if needed.
- While cooling the burn, and before the area begins to swell, carefully remove any clothing or jewellery, unless it's attached to the skin.

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- If you're cooling a large burnt area, particularly in babies, children and elderly people, be aware that it may cause hypothermia (it may be necessary to stop cooling the burn to avoid hypothermia).
- If the burn has cooled, cover it loosely with cling film. If cling film isn't available, use a clean, dry dressing or non-fluffy material. Do not wrap the burn tightly as swelling may lead to further injury.
- Do not apply creams, lotions or sprays to the burn.

If you are not sure if medical help is needed or what to do next, call 999 or 111 or get help from 111 online.

Chemical burns: For chemical burns, wear protective gloves, remove any affected clothing, and rinse the burn with cool running water for at least 20 minutes to remove the chemical. If possible, determine the cause of the injury. In certain situations where a chemical is regularly handled, a specific chemical antidote may be available to use.

Be careful not to contaminate and injure yourself with the chemical, and wear protective clothing if necessary.

Call 999 for immediate medical help.

Choking: The following information is for choking in adults. There is separate advice on how to stop a child from choking.

Mild choking:

If the airway is only partly blocked, the person will usually be able to speak, cry, cough or breathe. In situations like this, a person will usually be able to clear the blockage themselves. If choking is mild:

- Encourage the person to cough to try to clear the blockage.
 - Ask them to try to spit out the object if it's in their mouth.
 - Do not put your fingers in their mouth if you can't see the object, as you risk pushing it further down their mouth.
- If coughing doesn't work, start back blows.

Severe choking:

If choking is severe, the person won't be able to speak, cry, cough or breathe, and without help they'll eventually become unconscious. If coughing doesn't work start back blows.

How to do back blows:

To help an adult or child over 1 year old:

- Stand behind the person and slightly to one side. Support their chest with 1 hand. Lean the person forward so the object blocking their airway will come out of their mouth, rather than moving further down.
- Give up to 5 sharp blows between the person's shoulder blades with the heel of your hand (the heel is between the palm of your hand and your wrist).
- Check if the blockage has cleared.
- If not, give up to 5 abdominal thrusts.

Do not give abdominal thrusts to babies under 1 year old or to pregnant women.

To perform abdominal thrusts on a person who is severely choking and isn't in one of the above groups:

- Stand behind the person who is choking.
- Place your arms around their waist and bend them well forward.
- Clench one fist and place it just above the person's belly button.
- Place your other hand on top of your fist and pull sharply inwards and upwards.
- Repeat this up to 5 times.

The aim is to get the obstruction out with each chest thrust, rather than necessarily doing all 5.

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If the person's airway is still blocked after trying back blows and abdominal thrusts:

- Call 999 and ask for an ambulance. Tell the 999 operator that the person is choking.
- Continue with the cycles of 5 back blows and 5 abdominal thrusts until help arrives.

The person choking should always be seen by a healthcare professional afterwards to check for any injuries or small pieces of the obstruction that remain.

Drowning: If someone is in difficulty in water, don't enter the water unless it's safe to do so. Don't put yourself at risk. Once the person is on land, you need to check if they're breathing. Ask someone to call 999 for medical help.

If they're not breathing, open the airway and give 5 initial rescue breaths before starting CPR.

If the person is unconscious but still breathing, put them into the recovery position with their head lower than their body and call an ambulance immediately.

Continue watching the patient to ensure they don't stop breathing and continue to breathe normally.

Electric shock (domestic): If someone has had an electric shock, switch off the electrical current at the mains to break the contact between the person and the electrical supply.

If you can't reach the mains supply:

- Do not go near or touch the person until you're sure the electrical supply has been switched off.
- Once the power supply has been switched off, and if the person isn't breathing, dial 999 for an ambulance.

Afterwards, seek medical help.

Poisoning: Poisoning is potentially life threatening. Common causes of poisoning include:

- Swallowing a toxic substance, such as bleach.
- Taking an overdose of a prescription medicine.
- Eating something, like wild plants and fungi.

Alcohol poisoning can cause similar symptoms.

If you think someone has swallowed a poisonous substance, call 999 to get immediate medical help and advice.

The effects of poisoning depend on the substance swallowed, but can include vomiting, loss of consciousness, pain or a burning sensation.

The following advice is important:

- Find out what's been swallowed so you can tell the paramedic or doctor.
- Do not give the person anything to eat or drink unless a healthcare professional advises you to.
- Do not try to cause vomiting.
- Stay with the person, as their condition may get worse and they could become unconscious.

If the person becomes unconscious while you're waiting for help to arrive, check for breathing and, if necessary, perform CPR.

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Do not perform mouth-to-mouth resuscitation if the person's mouth or airway is contaminated with the poison.

Do not leave them if they're unconscious: they could vomit. The vomit could then enter their lungs and make them choke.

If they do vomit naturally, try to collect some of it for the ambulance crew – this may help identify the cause of the poisoning.

If the patient is conscious and breathing normally, put them into the recovery position and keep checking they're breathing normally.

Fractures: It can be difficult to tell if a person has a broken bone or a joint, as opposed to a simple muscular injury. If you're in any doubt, treat the injury as a broken bone. If the person is unconscious or is bleeding heavily, these must be dealt with first by controlling the bleeding with direct pressure and performing CPR. See the section on bleeding heavily above. If the person is conscious, prevent any further pain or damage by keeping the fracture as still as possible until you get them safely to hospital. Once you have done this, decide whether the best way to get them to hospital is by ambulance or car. If the pain isn't too severe, you could transport them to hospital by car. Get someone else to drive if possible so you can care for the person who is injured during the trip.

But call 999 if:

- They're in a lot of pain and in need of strong painkilling medication – call an ambulance and do not move them.
- It's obvious they have a broken leg – do not move them, but keep them in the position you found them in and call an ambulance.
- You suspect they have injured or broken their back – call an ambulance and do not move them.

Do not give the person who is injured anything to eat or drink, as they may need an anaesthetic (numbing medication) when they reach hospital.

Heart attack: A heart attack is one of the most common life-threatening heart conditions in the UK.

If you think someone is having or has had a heart attack, call 999 and then move them into a comfortable sitting position.

Symptoms of a heart attack include:

- Chest pain – the pain is usually located in the centre or left side of the chest and can feel like a sensation of pressure, tightness or squeezing.
- Pain in other parts of the body – it can feel as if the pain is travelling from the chest down 1 or both arms, or into the jaw, neck, back or abdomen (tummy).

Sit the person down and make them comfortable.

If they can, it's best for them to sit on the floor with their knees bent and their head and shoulders supported. If possible, place cushions behind them or under their knees.

If they're conscious, reassure them and ask them to take a 300mg aspirin tablet to chew slowly, (unless you know they shouldn't take aspirin, for example if they are under 16 or they say they are allergic to it).

If the person has any medication for angina, help them to take it.

Monitor their vital signs, such as their breathing, until help arrives.

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If the person deteriorates and becomes unconscious, open their airway, check their breathing and, if necessary, start CPR.

Call 999 to tell them you think the person is now in cardiac arrest (their heart has stopped beating).

Shock: In the case of a serious injury or illness, it's important to look out for signs of shock. Shock is a life-threatening condition that occurs when the circulatory system fails to provide enough oxygenated blood to the body and, as a result, deprives the vital organs of oxygen. This is usually the result of severe blood loss, but it can also occur after severe burns, severe vomiting, a heart attack, a bacterial infection, or a severe allergic reaction (anaphylaxis). The type of shock described here isn't the same as the emotional response of feeling shocked, which can also occur after an accident.

Signs of shock include:

- Pale, cold, clammy skin.
- Sweating.
- Rapid, shallow breathing.
- Weakness and dizziness.
- Feeling sick and possibly vomiting.
- Thirst.
- Yawning.
- Sighing.

Seek medical help immediately if you notice that someone has any of these signs of shock.

You should:

- Call 999 as soon as possible and ask for an ambulance.
- Treat any obvious injuries.
- Lie the person down if their injuries allow you to and, if possible, raise and support their legs.
- Use a coat or blanket to keep them warm.
- Do not give them anything to eat or drink.
- Give them lots of comfort and reassurance.
- Monitor the person – if they stop breathing, start CPR and call 999 to update them.

Stroke: The FAST guide is the most important thing to remember when dealing with people who have had a stroke. The earlier they receive treatment, the better. Call for emergency medical help straight away.

If you think a person has had a stroke, use the FAST guide:

- Face – the face may have dropped on 1 side, the person may not be able to smile, or their mouth or eye may have drooped.
- Arms – the person with suspected stroke may not be able to lift both arms and keep them there because of weakness or numbness in 1 arm.
- Speech – their speech may be slurred or garbled, or the person may not be able to talk at all despite appearing to be awake.
- Time – it's time to dial 999 immediately if you notice any of these signs or symptoms.

If a person had symptoms of a stroke but they do not have them now, you should still call 999 as it may have been a mini-stroke (also called a transient ischaemic attack or TIA).

Calling On Base - 911 or Off Base - 999 to get help in an emergency:

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When you call 911 or 999, you'll be asked what service you need, as well as:
Your telephone number; the address you're calling from; a brief description of what's wrong with the person and whether they're bleeding, unconscious or not breathing.

The call handler may advise you on what you can do until help arrives.

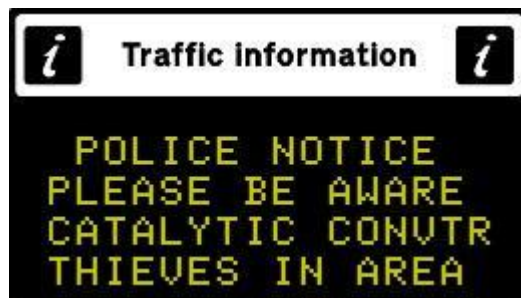
Some general Crime Prevention information to maintain your situational awareness; remember, if you think something is suspicious or unusual, assume it is and consider reporting to the appropriate organisation.

- *Catalytic Converter Thefts*
- *Courier/Delivery Scams*
- *Distraction Crime*
- *What is Wildlife Crime?*
- *How safe is London for visitors?*

Catalytic converter thefts:

Earlier this month Cambs Police advised that catalytic converter theft figures had risen by 141% over the past four years. Thieves are not letting up and there continues to be daily reports of thefts. However, Cambs Police continue to fight this crime to stop these gangs and make Cambridgeshire an uncomfortable place for them to target. They are carrying out daily patrols, with the police helicopter and Road Policing Unit on standby to assist us, and they are working with scrap dealers to ensure the thieves are not able to sell on any stolen metal.

Those of you driving in and out of Cambridge this past week may have spotted these signs around the city.



It takes just minutes to remove a catalytic converter and on many occasions victims are unaware their vehicle has been targeted even though it was sat on their driveway. The theft is normally done by groups of three or four men, wearing balaclavas and gloves, jacking up vehicles and using an angle grinder to cut out the catalytic converter.

Please do not approach these people as they are known to carry weapons.

Instead call 999 and provide as much information as you can about the vehicle they are using, in particular the make, model and colour.

Remember:

- If you see a car jacked up
- If you hear the sound of metal being cut
- It's likely a cat converter theft is taking place
- Call 999

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Courier/Delivery Scams:

Parcel delivery scams are messages that pretend to come from delivery companies. This type of scam can crop up more at Christmas, when you might have more parcels being delivered than usual.

How does a parcel delivery scam work?

In periods where you are more likely to be buying lots of items online – like Christmas – you may receive a text or email claiming to be from a delivery company. The message may say that your package is delayed, or needs a small payment to be delivered. These messages can be difficult to tell apart from a real text or email. The goal of the scam could be to trick you into entering your card details into a fraudulent website.

Or, the scam may encourage you to install an app or click a link that contains spyware. This is software used to steal personal and banking details.

There can sometimes be another step. You may be contacted after the initial fraud has taken place to encourage you to move money into a scammers account for 'safety'.

If you think you've received a parcel scam – **don't open any links** that are attached the text or email.

Parcel delivery scams explained:

As people save time by buying online, there is an increase in criminals sending emails and texts posing as delivery companies. These messages can be really convincing. They often contain a link to a fake website, or a demand for courier fees. When people are busy or waiting for parcels, they're much more likely to fall for this type of scam.

Examples of parcel delivery scams:

There are lots of ways a parcel delivery scam can work, for example, you may receive a message claiming that:

- A small fee has to be paid to get your package – it may try to scare you by stating your package will be sent back or to a depot if you don't pay.
- A package you've sent will be returned, as the address was incorrect. You'll be asked to enter your personal and payment details.
- A company tried to deliver a package, but you were out. Often this scam will include a link to schedule redelivery.

A parcel isn't going to be delivered unless you download an app. These apps can contain spyware to capture your personal details when you next use them.

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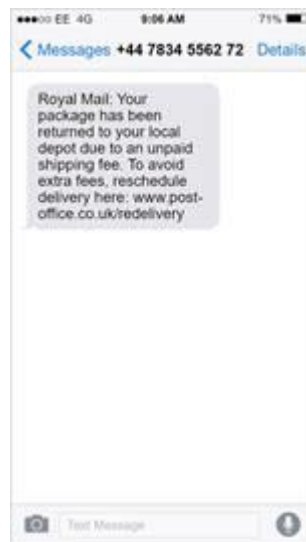
How to spot a parcel delivery scam:

Check the number: A scam text message will often arrive as a mobile number, rather than from an official source.

They try to rush you: A scam will often try to get you to act quickly, without taking a second to think. If a message is trying to get you to give them your details quickly, this is suspicious.

Lacks details about your package: Delivery scams are often vague and won't be specific about where the parcel is coming from – or what's inside.

Spelling and grammatical errors: A common way to spot a scam is spelling errors – check for mistakes or broken English. You may also see exclamation marks or strange capitalisation on fraudulent messages.



Royal Mail will never use text or email to collect fees: If your message is from Royal Mail and it's asking you to pay a fee, you can be sure it's a scam. Royal Mail will never ask you to pay fees in this way.

How to report a parcel delivery scam - if you've received a suspicious message, you can report it.

Report a scam text: To report a parcel delivery scam that you've received over text, forward it on for free to **7726**. Most phone networks support this scheme.

Report a scam email: If the scam has arrived in your inbox, you can report it by emailing a screenshot to report@phishing.gov.uk

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Distraction burglaries:

Reported across Northants but likely to be trend in all areas; recent reports of distraction burglaries whereby the offenders are pretending to be from the local water provider.

If you have elderly relatives/neighbours, please advise to be alert and, if not sure, do not open the door.

Distraction burglary

Distraction burglars pretend to be someone they are not in order to gain entry to your home.

Common methods used by distraction burglars

- Pretending to be from a care agency, the council or a utility company investigating a gas or water leak
- seeking help to leave a note for a neighbour or even asking for a drink of water if they claim to be thirsty or unwell
- Claiming to be in a hurry or emergency and needing to get into your home quickly
- working in teams, with one person distracting you while the other searches your home

How to prevent it

There are a number of things you can do to prevent distraction burglary. Always remember "if in doubt, keep them out":

- Use your door viewer to see who's there
- If you open the door put the chain on first
- Always ask for ID and check it with the company before letting somebody into your home
- Use the phone number advertised in the phone book or online, as the number on their identity card could be fake. For a utility company, call the customer service department. Close the door while you do this
- Remember that genuine callers won't mind checks. If you feel at all unsure, schedule a time for the caller to come back when a friend or relative is there
- For pre-planned appointments with utility companies, a password scheme can be set up



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What is wildlife crime? Wildlife crime is any activity that goes against legislation protecting the UK's wild animals and plants. It can cause pain and suffering to animals, push species closer to extinction and can be linked to other serious crimes like firearms offences and organised crime. Wildlife law is complicated and it can be hard to know whether something is a crime and whether, or when, to involve the police. Wildlife and animal crime takes many forms from hare coursing, trade in endangered species, persecution of protected species to livestock worrying. Find out what is a crime and what you can do about it.

What is a wildlife crime?

- Poaching.
- Coursing.
- Persecution of badgers, birds and bats.
- Egg theft and collection.
- Collection of or trade in protected species and animal products.
- Not registering animals which require a licence.
- Taking protected plants.
- Use of poisons, snares or explosives to kill or injure animals.
- Animal cruelty.
- Hunting with dogs.
- Introducing invasive species.
- Killing or capturing, damaging or destroying the habitat of any protected animal.

Report it:

- If you think a wildlife crime is being committed then contact the police by [reporting a crime online](#).
- If a crime is happening or someone is in danger, [call 999](#). If you have a hearing or speech impairment, use the textphone service 18000 or text on 999 if you've pre-registered with the [emergencySMS service](#).
- The police would rather you contacted them and they investigate, than not hear from you.
- You can also report wildlife crime anonymously to Crimestoppers, by [calling 0800 555 111](#).

Road traffic incidents involving animals:

- If you hit a dog, horse, cow, pig, goat, sheep or donkey (or a mule) then you must report that to the police, whether the animal is killed or not.
- If you hit a wild animal accidentally and you can't take it to a vet immediately or safely, you need to contact the police on [101](#), as allowing a wild animal to suffer is an offence. If you have a hearing or speech impairment, use the textphone service on 18001 101.
- Hitting a wild animal deliberately is an offence under the [Wild Mammals \(Protection\) Act](#).
- If you hit and kill a wild animal, you must leave it safely by the roadside and notify the local council so they can remove the remains. Some wild animals are protected and it is an offence to possess one, dead or alive.
- If you come across animals loose on the road and there's a danger to traffic, [call 999](#). If you have a hearing or speech impairment, use the textphone service 18000 or text on 999 if you've pre-registered with the [emergencySMS service](#).

Other crimes involving animals:

- The police work with the RSPCA to investigate animal cruelty. To report cruelty, neglect or abuse, you can go to the [RSPCA's website](#) or call them on [0300 1234 999](#) (lines open 24 hours a day).
- Livestock worrying and theft are offences and must be reported to the police. You can do that by [reporting a crime online](#).
- Incidents involving dogs, either a dog that's out of control in a public place, a breed of dog that's been banned or dog fighting, must be reported to the police [online](#).

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How Safe is London for Visitors?

or.. How Dangerous is London?

- London is a very safe city. However, just like any capital, crime does exist and it's always best to take extra caution and be prepared when you come to town.
- The majority of crime in London is opportunistic so as long as you don't appear to be a target – you will likely not become one!
- When violent crime does occur, it usually takes place in neighbourhoods that tourists wouldn't visit.

Is it Safe to Visit?

- Yes! As far as large cities go, London is incredibly safe. During the day, the most common crime in London is pickpocketing - like most other European capitals.
- At night, most areas in the centre of town are well-lit and public transport runs 24 hours a day to get you home safely.
- You will notice a police presence in London and the Met police force are friendly, helpful, and approachable in general.
- Women traveling alone are also safer in London than in many other world capitals.

Safety Tips in London:

Travel:

- Never accept rides on bicycle pedicabs.
- Keep to well-lit main roads when walking at night.
- If you are travelling alone on a bus at night – sit downstairs.
- It seems obvious but take care when crossing the street – we drive on the left here!
- Do not wear headphones when travelling alone as this will prevent you from being aware of your surroundings.
- Plan your journeys ahead of time, if possible. Know where you are going and which stop you will need. (Check www.tfl.gov.uk to plan your trips!)
- Only use registered minicabs or black cabs – **never** get into an unmarked or unregistered vehicle and never accept a journey from a driver off the street. Only black cabs are allowed to pick up travellers on the street.
- Solo travellers should definitely consider exploring the city with a tour group! We have a wide variety of tours that explore many of London's various neighbourhoods - and all in a controlled and safe environment. See what's on when you visit [HERE](#).

Belongings:

- Do not tuck your phone into your back pocket!
- Keep things like money, wallets, phones, etc. out of sight.
- Keep your wallet close to your body, and valuables on your person when possible.
- Never leave your bags unattended anywhere in London – this can lead to security alerts.
- Don't stand on the edge of the pavement and use your phone - thieves on mopeds or bicycles can ride past and snatch it from your hands!
- When carrying your bag, tuck it under your arm, or if you have a longer strap, cross it over your chest and one shoulder.
- If a stranger on the street asks you for directions or the time, be extra aware of your belongings while you answer (particularly your phone and wallet).
- Always keep a separate bit of cash somewhere else on you so, even if you are a victim of crime, you will always have enough money to get back to your home/hotel.

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NIFC (24/7): 01480 847013



NIFC COMMUNITY AWARENESS UPDATE



In Bars, Pubs, and Restaurants:

- Don't leave your drink unattended.
- Don't accept drinks from strangers you have not witnessed being made/poured. Keep your property underneath the table or out of sight - many locations have bag clips underneath bars/tables - hang your bags there if you can.

Which Areas of London are Safe?

- As mentioned, most violent crime in London takes place in areas you will likely not visit. The 'safest' areas in town tend to be the ones most visited by tourists, including Canary Wharf, The City of London, Islington, Kensington and Chelsea, King's Cross, Knightsbridge, Mayfair, The Southbank, Westminster. Other 'safe' areas but where you should take extra care of your belongings include Camden, Clapham Junction, Covent Garden, Elephant and Castle, Finsbury Park, Hackney, Leicester Square, Shoreditch (only some parts), Waterloo, Wapping and Wimbledon.

Do I Need to Carry a Knife or Pepper Spray in London?

- In some countries, it is common practice for people to carry a knife (this includes Swiss army knives), but many blades are illegal in London. Don't try to play the 'this knife is legal' game.
- Pepper spray is **illegal** in the UK. Having pepper spray on your person subjects you to the same legal punishments as carrying a gun.

Bldg 407 'Family' 'Design a Pumpkin' Competition

Pumpkins displayed from
Mon 30 Oct 23

Judging on Tue 31 Oct 23



Is it an emergency? Call 999

If it is not life threatening: Call 101 for the Civil Police; Call 111 for the NHS.

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