



# SAFEGUARDING

OUR BI-MONTHLY SAFEGUARDING NEWSLETTER

JULY - AUGUST 2025 - STAYING SAFE IN PUBLIC SPACES



## WELCOME

Summer often means more travel, events, festivals, and nights out – but busier public spaces can also bring greater risks.

Whether you're commuting to work, enjoying a night with friends, or attending a big summer event, knowing how to stay safe is essential.

This issue explores practical tips for recognising risks, protecting yourself, and supporting others when in public places.

## PLANNING AHEAD

Taking a few steps before you leave can significantly reduce your risk.

- Share your plans – Let someone know where you're going, who you're meeting, and when you expect to be back.
- Check your route in advance – Avoid looking lost by planning your journey and knowing where the exits, taxi ranks, and safe spaces are.
- Backup options – Have an alternative way home (night bus, licensed taxi, lift from a friend) in case your original plan changes.
- Pack smart – Keep essentials like a fully charged phone, portable charger, travel card or ticket, some cash, and ID in an accessible but secure place.
- Dress for comfort and safety – Suitable footwear for walking, and clothes that don't restrict your movement.





## STAYING ALERT IN CROWDED AREAS

Public spaces like stations, high streets, or busy events require extra awareness.

- **Reduce distractions** – Keep your phone in your pocket and headphones low, so you can hear what's happening around you.
- **Protect your belongings** – Use a zipped bag worn across your body; keep wallets in front pockets rather than back pockets.
- **Stay aware of your surroundings** – Regularly scan the environment and note any unusual behaviour.
- **Trust your instincts** – If someone is following you or making you uncomfortable, change direction, enter a busy shop, or seek help.
- **Have emergency contacts ready** – Save key numbers (friends, taxi service, safeguarding contact) in your favourites for quick access.

## NIGHTLIFE SAFETY

Nights out can be memorable for the right reasons – if you stay mindful of potential risks.

- **Stay together** – Make a group agreement to arrive and leave together; avoid wandering off alone.
- **Stay in control of your drinks** – Never leave them unattended.

- **Know the signs of drink spiking** – Dizziness, confusion, nausea; if suspected, get medical help immediately.
- **Use schemes like “Ask for Angela”** – Discreetly let staff know you feel unsafe.
- **Plan your way home** – Know your last bus/train times, or book a licensed taxi in advance.

## FESTIVALS & EVENTS

Large gatherings can be fun, but also make it easier to get lost or become a target for crime.

- **Set a meeting point** – Choose a visible landmark to regroup if your phone dies or there's poor signal.
- **Stay hydrated and nourished** – Bring water and snacks to maintain energy, especially in hot weather.
- **Be aware of exit routes** – Know where the emergency exits are in case of evacuation.
- **Avoid oversharing online** – Wait until you're home to post your location or photos to reduce the risk of opportunistic crime.
- **Keep valuables minimal** – Only bring what you really need. Leave expensive jewellery or gadgets at home if possible.



# IF YOU FEEL UNSAFE

- **Listen to your instincts** – If something doesn't feel right, take it seriously.
- **Move to safety** – Head to a well-lit, busy area, or approach staff/security.
- **Call for help** – Dial 999 in emergencies. For non-urgent police matters,
- **Call 101 or text British Transport Police** on 61016 if on public transport.
- **Get support afterwards** – Report the incident to the police or relevant authority, and seek emotional support from friends, family, or specialist services.

## BRITISH TRANSPORT POLICE

Report non-emergency incidents on public transport

**Text 61016**

## STREETS SAFE

Report places where you feel unsafe

**Website:** [police.uk/streetsafe](https://police.uk/streetsafe)

## RUN HIDE TELL

Guidance issued by Counter Terrorism Policing for members of the public.

**website:** [www.protectuk.police.uk](https://www.protectuk.police.uk)

## ASK FOR ANGELA

a UK safety initiative used in bars and other venues to help individuals who feel unsafe or vulnerable

**Available in many pubs, clubs, and venues**

## OUR SAFEGUARDING TEAM

Contact Steadfast Training's Safeguarding team on 01775 513050 or email [safe-guarding@steadfasttraining.co.uk](mailto:safe-guarding@steadfasttraining.co.uk)

### Our Safeguarding Officers

**Robert Wright** - 07985338185

**Alison Law** - 07720092609

**Chloe Robinson** - 07985338116

**Report a  
Safeguarding Issue**



## 9 PROTECTED CHARACTERISTICS

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## PREVENT DUTY

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

Report possible terrorist activity online. If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

## BRITISH VALUES

British Values are defined as:

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

## CURRENT NATIONAL THREAT LEVEL **SUBSTANTIAL** - AN ATTACK IS LIKELY

The threat to the UK (England, Wales, Scotland and Northern Ireland) from terrorism is SUBSTANTIAL. Threat levels are designed to give a broad indication of the likelihood of a terrorist attack.

**FIND OUT MORE AT [PROTECTUK.POLICE.UK](https://protectuk.police.uk)**





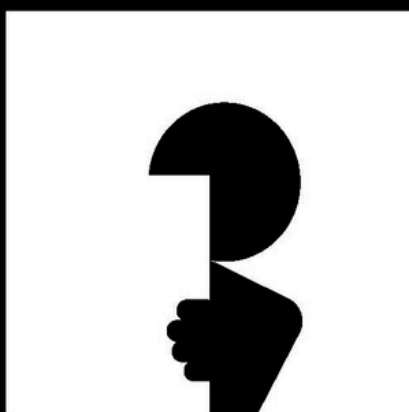
**COUNTER  
TERRORISM  
POLICING**

**ACT**

**ACTION  
COUNTERS  
TERRORISM**

**IN THE RARE EVENT OF**  
a firearms or weapons attack

**RUN HIDE TELL**



**RUN** to a place of safety. This is a far better option than to surrender or negotiate. If there's nowhere to go, then...

**HIDE** It's better to hide than to confront. Remember to turn your phone to silent and turn off vibrate. Barricade yourself in if you can. Then finally and only when it is safe to do so...

**TELL** the police by calling 999.

# RUN HIDE TELL



At the moment, the issue of terrorist attacks is regularly in the news. But it's been on our agenda for much longer.

The police and security service have been working constantly to foil terrorist attacks for years, not months.

But we are not complacent about keeping you safe.

Due to events in the UK and abroad, people are understandably concerned about a firearms or weapons attack. These attacks are very rare but in the event of such an attack, it helps to be prepared.

Remember, attacks of this nature are still very rare in the UK.

So stay safe, and just remember the words:

## **RUN. HIDE. TELL.**

To watch the film, visit:

**[www.protectuk.police.uk](http://www.protectuk.police.uk)**



Information is vital. If you see or hear something that could be terrorist related, trust your instincts and call the confidential Anti-Terrorist hotline on **0800 789 321**.

Our specially trained officers will take it from there.

Your call could save lives.

Always in an emergency, call **999**.