

Supporting Manningham Neighbourhood Watch

- There are roles that you can play to make Manningham safer - ranging from showing support for NHW to being an active volunteer.
- For more information, check our web site at: www.nhw.com.au/manningham or telephone Neighbourhood Watch on Tel: 9865 296

In any case, immediately ring 000 (triple zero) if you see something suspicious or unusual and report what you have seen. Do NOT intervene.

Manningham Neighbourhood Watch
Web: www.nhw.com.au/manningham
Tel: **9865 2968**

Program Supporters:

Victoria Police

Manningham Community Health
Manningham Council



Neighbourhood Watch
Creating Safer Communities

This project has been funded as part of the Victorian Government's Community Crime Prevention Program



Neighbourhood Watch
Creating Safer Communities

SAFETY & SECURITY
for Senior Citizens

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UNUSUAL AND REPORT WHAT YOU HAVE
SEEN. DO NOT INTERVENE.**

Crime in Manningham

- Crime statistics show that the level of crime in Manningham is well below the State average.
- The news media often sensationalises crimes but few of the reported crimes affect senior citizens.
- About one third of the residents in Manningham are 55 years old or over, but this age group is victims in a lot less than a third of the crimes that occur in Manningham.
- We should all do what we can to reduce crime in our community.

Manningham Neighbourhood Watch

Home Security

- Lock all entry points to your house, garage and sheds to make it harder for burglars to break in.
- Do all you can, for example – keep the front garden neat and tidy, to make your home look occupied whether you are there or not.
- Keep an eye out for suspicious activity in and around your neighbours' houses and ask them to do the same for you. Keep in touch with your neighbours regularly.

Safety in the Home

- If you have been lying or sitting down, get up slowly. Make sure you are steady on your feet before starting to walk.
- Pace yourself and plan what you want to do in the coming days. Give yourself breaks and spread the “heavier tasks” out rather than attempting to do everything at once.
- Use lights in the evenings/nights or in darker rooms. Night lights/sensor lights help you to safely access the toilet when it is dark.
- Remove mats and electrical cords from all walkways to reduce tripping hazards.

Getting Out and About

- Use supportive footwear that fits well and that has a sole that provides grip.
- Carry a mobile phone to use in emergencies and have it programmed with quick contacts eg. family, if you need to call urgently.
- If you are driving, consider what time of day it is and how tired you are. Think about the return journey. Will it be dark when you need to drive home? Or will you be more tired?
- You can borrow wheelchairs and scooters inside larger

shopping centres (eg Westfield Doncaster).

- When taking public transport (buses or trams) get on at the front door and ask the driver to wait while you sit down.
- If possible, travel with someone else who can help you if necessary.

Vehicle Security

- Close the windows and lock the car every time you leave it even if you will only be away for a short time.
- Park the car in a prominent and busy area particularly if you are returning to it after dark.
- Remove all valuables from view in the car before you park your car and leave it.

Vulnerable Targets

- Take a moment to think through what you want to do and then you can take more notice of what is going on around you.
- Where possible, travel by vehicle or foot, with somebody else.

Scams

- If a deal seems too good to be true then it is probably a scam.
- Don't be rushed into making a decision when buying a product or service. Ask a friend or family member to review a contract or other information about a product or service, prior to committing to it.
- As soon as possible, ring 000 (triple zero) if a tradesman or sales-person raises your suspicions in the way that they “sell” their services.

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