

SEASONAL SAFETY

Hello All, My name is PC John Frame, I am the LGBT Coordinator for the borough of Wandsworth

At this time of year everyone's mind is on the joys of the season, meeting friends and what to wear at the office party. What people are not thinking about is how vulnerable they might be to attacks, theft or sexual assaults.

I want to remind you how you can keep yourself safe during the party season.

DON'T LET ACOHOL AFFECT YOUR JUDGEMENT

Most of us like a drink or two at a party but remember that alcohol will make you more relaxed and could affect your judgment – don't let it endanger your personal safety. If out please pay attention to your drinks don't leave it lying around, if you're unsure that someone may have put something in don't drink it. Try to make sure you and your friends look after each other and get home safely.

BE SAFE ON THE STREETS

Research shows that looking confident and purposeful on the street is a real deterrent to criminals. Look purposeful, be alert, hold your head up and be aware of your surrounding even if it is not an area you know well. Use all your senses, don't limit your ability to see or hear trouble by wearing hoods, listening to music through earphones or talking on your mobile.

These are just a few things to look out for to ensure you have a safe and happy time over this festive period.

May I wish you all a Merry Christmas and Happy New Year but mostly may I wish you a safe one.

Should you need to speak to a LGBT Liaison Officer check the following site.

www.met.police.uk/contacts/lgbt.htm