



This booklet was created by the Greenwich Learning Disability ResearchNet team.

If you have any questions you can contact Greenwich Community Learning Disability Team (CLDT).

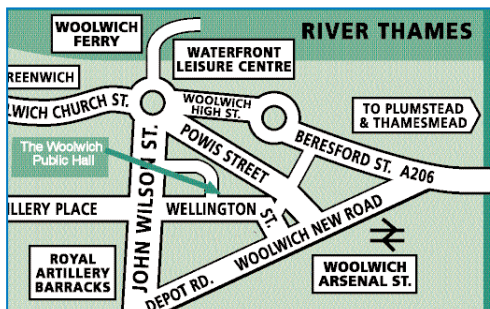


You can call the team on  
Tel: **020 8921 4860**



The team are based at  
**The Woolwich Centre**  
**35 Wellington St**  
**London**  
**SE18 6HQ**

Meetings are also held at Market Street opposite the Woolwich Centre.



**Bus: 51, 53, 54, 96, 99, 122, 161, 177, 178, 180, 244, 291, 380, 386, 422, 469, 472, 672**

**Rail: Woolwich Arsenal is served by both National Rail and Docklands Light Railway services**

With thanks to:  
DC Laura Hills, Plumstead Police Station  
Peter Davis, Head of Safeguarding Adults, Royal Borough of Greenwich  
Can you understand it? team, Oxleas  
Greenwich Safe Places Team, Greenwich Advocacy



## Keeping safe



**A booklet for  
adults with learning disabilities  
and their carers in Greenwich**

**Created by ResearchNet**



## Things I need to remember:

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## Non-Emergency numbers:

- **Call 111:** calls about your health. This is a free health advice line. You can call all day every day.
- **Police non-emergency 101** Calls to 101 cost 15 pence per call. Call 101 when you need to make a call about a non-emergency.  
**Police non-emergency text phone 18001 101.**

### Greenwich Community Learning Disability Team

Call if you need help with:

- appointments
- problems with carers or support worker
- problems with money
- help with forms.

Call the team on **0208 921 4860**  
Monday- Friday from 9am-5pm.

## Physical health



- **Pharmacy/chemist**  
When you need help and advice about a health concern.



- **Your doctor or GP**  
When you need to see your doctor or nurse.



- **Call 111:** Free calls about your health. Open all day every day for when you need health advice.



- **Walk in centres**  
When you need to see a doctor or nurse urgently.



- **Emergency health concerns**  
Call **999** when you have a serious health worry.

## My Safety Plan:

There may be times when you need to do things to keep safe. This is a space for you and/or someone supporting you to write those things down.

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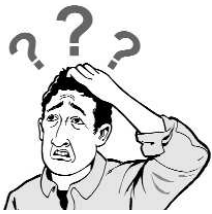
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## Safer Places



- If you are out and about in Greenwich and you feel
  - scared
  - lost
  - or unsafelook for a safe place sticker and go in. These are in shops and cafes.



- When you join the safe places scheme you will be given a card.
- To get your card, call **0208 923 3720**.



## Being safe on buses



- If you feel unsafe on a bus:
- You can speak to the bus driver.
  - You can move to another seat.

## Mental health helplines



**Mental health urgent helpline:**  
When you need advice about your mental health you can call this urgent advice helpline on **0800 330 8590**.  
The helpline is free and open all day every day.



## Samaritans

When you are feeling low and depressed you can call the Samaritans on **116 123**.  
Calls are free and lines are open all day every day.

In an Emergency:

**999**

## Emergency services 999

If you feel really unwell please call **999**.

## Tips for staying safe at home



- If you have a personal alarm, wear it. Press it if you need help.



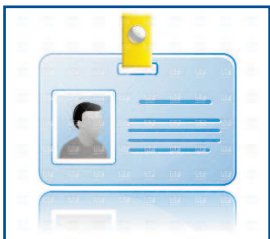
- It is important to have a smoke alarm. Check your smoke alarm every 2-3 weeks. If you can't reach the alarm ask for help.



- Lock your windows and doors. You can put a chain on your door.



- Window alarms can be useful to keep safe.



- Ask visitors for ID. If a visitor does not have ID, you can ask them to go and get it.

**Remember 'no ID, no entry'**

## Tips for staying safe in the community

When you are out and about remember the following things about your money:



- do not show people your money.
- put your money in a purse or wallet in a safe place like
  - a bum bag
  - inside pocket of a jacket
  - zipped pocket
  - zipped bag.



- do not show or tell people your pin number.



- do not have too much money on you - take only what you need.



- keep bags close to you so you can see them. Keep your wallet or purse with you at all times.