



**WISE UP**

**STUDENT SAFETY IN GLOUCESTERSHIRE**

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## INTRODUCTION

There was a time when the only 'high-tech' items in a student house were the telly from your dad's garage, which was already dated when the queen's silver jubilee was on, and a twin tape player with a broken 'record' button.

Today, students have more high value consumer goods per head than the rest of the population; 66% own a computer or laptop, 86% have a mobile phone and many have their own TV, stereo and car.

When you look back on your student days, don't let crime be the first thing you remember.

It is no surprise that as a student you're easy prey for burglars and other criminals. Car theft, burglary or having a purse, wallet or bag stolen continue to be the most common crimes affecting students.

This booklet has been devised to offer some simple steps to help you avoid becoming a victim of crime. The Crime and Disorder Reduction Partnership value the safety of students within Gloucester and have therefore teamed up with the University of Gloucestershire to offer you this safety advice.

Take your time to read it through, you never know, by taking some of it on board, it could save you from becoming a victim of crime.



# WELCOME TO GLOUCESTER AND THE FOREST OF DEAN



I'm delighted to welcome you to Gloucester and the Forest of Dean, and invite you as new residents to take full advantage of the opportunities you will now find, to play an active and rewarding part in the Gloucester and Forest of Dean communities and get the best from your stay.

Gloucester and the Forest of Dean are safe and friendly places. Although like everywhere else there are problems with crime and disorder, both areas have active and successful Crime and Disorder Reduction Partnerships, working hard to improve community safety.

Although many of the partners are large organisations such as the Police and Councils, there is a clear role for you to play both as an individual and member of our student community.

I'm sure your stay in Gloucester and the Forest of Dean will be a rewarding learning experience in a great many ways. Please spend a little time to benefit from the information and advice in this booklet. There is much of value to help you avoid crime problems and enjoy a happy and safe time.

*Chris Merrick*

Chief Superintendent Chris Merrick  
Chair, Gloucester Crime and Disorder Reduction Partnership



# WELCOME FROM THE STUDENT UNION

Hello and welcome to Gloucester, we are sure that you will enjoy your time as a student here.

This booklet is designed to help you settle into your new environment and not to scare you off! Starting University can be a very unnerving time, but together we hope to make it one of the best experiences of your life.

With both moving away from home and starting University you may find yourself with new responsibilities and facing unfamiliar situations. The Students' Union are here to represent and support you in any way we can. We hope to make your time here as easy and enjoyable as possible.

Gloucester is a vibrant city with lots to offer its student community. It houses our newest campus, Oxstalls, and as such feel free to take advantage of its excellent sporting and academic facilities, as well as the SU bar and its regular entertainments and events.

We hope you find this booklet helpful and that you don't encounter any of the problems it outlines. It is important that you read the information as it is equally as important to be prepared in case you ever do!

Please don't hesitate to contact the Students' Union with any questions or queries, we are here to support you every step of your student career.

We look forward to seeing you soon in Gloucester,

*Carrie Thomas*

Carrie Thomas  
SU President 2004/5  
2004/5

*Claire Benjamin*

Claire Benjamin  
SU Education & Welfare Officer  
2004/5



## YOUR PERSONAL SAFETY

### Out and about

While it is primarily females who fear crime the most, males between the ages of 16-24 are more likely to be the victim of crime, especially violent crime, Criminals don't discriminate.

### Late night walking

- Keep to well lit streets
- Avoid shortcuts through dark alleys
- Arrange to make your journey home with friends
- Walk confidently and with purpose and try to look as if you know where you are going
- Be aware of your surroundings - a personal stereo or too much alcohol can distract you
- Always carry change, a phone card or a mobile phone
- Don't take glasses or bottles onto the street (Gloucester city centre is an alcohol free zone)
- Carry your bag close to you with the clasp facing inwards and a strap over your shoulder
- Carry your house keys in your pocket
- Cover up expensive looking jewellery
- If someone grabs your bag, let it go - your safety is more important than your property
- Carry a personal attack alarm. These are available from DIY stores or your local police station
- Make sure your friends aren't left to walk home alone. Go out together, come home together - use a registered taxi or private hire vehicle or use the late night bus service



NB It should be noted that there is a difference between a taxi and a private hire vehicle. A private hire vehicle must only be used if it has been pre booked. A taxi can be hailed in the street although it is preferable to book it in advance.



## YOUR PERSONAL SAFETY

### Jogging

- Try to vary your route and the time that you exercise
- Stick to well lit pavements and roads
- Keep to main paths and open spaces where you can see and be seen
- Avoid wooded areas
- Wear light or reflective clothing
- Remember that if you wear a personal stereo you can't hear traffic or a person approaching from behind
- Carry a personal attack alarm

### Cashpoints

- Try to go to the cashpoint in daylight
- Go with a friend if possible
- Don't use cashpoints when you have been drinking
- If you see someone suspicious hanging around the cashpoint walk away and go back later
- Look around before inserting your card
- Only withdraw what you need - don't walk around with bundles of cash in your pockets
- Don't count your money in full view of strangers
- Always conceal your PIN number



## MOBILE PHONES

- Take your phone to a mobile phone security marking session during Freshers Week
- Ensure you record your IMEI number (dial \*#06#), phone number, service provider and PIN number
- Be aware of what's happening around you as a mobile phone is very attractive to a thief
- Avoid texting or talking on your mobile in crowded areas where it can be easily snatched from you
- If your mobile phone is lost or stolen, call the central service provider contact number 08701 123 123. This will enable them to quickly isolate your mobile so it cannot be used to make or receive calls

**You wouldn't flash your cash, so don't flash your mobile.**



## IF YOU THINK YOU ARE BEING FOLLOWED

Check by crossing the street - more than once if necessary - to see if they follow. If you are still worried, go to the nearest place where there are other people - look for a pub or anywhere with a lot of lights on - and call the police. Don't call from a phone box where the attacker could trap you inside.

If a car slows down or stops beside you and you feel threatened scream and shout and set off your personal attack alarm if you have one. Get away as quickly as you can. This will gain you vital seconds and make it more difficult for the car driver to follow. If you can, make a mental note of the number plate and description of the car and write down details as soon as possible afterwards.

### If the worst happens

Only you can decide whether to fight back, but preparing yourself for all possibilities could provide a split-second advantage.

Think of what you would do if someone attacked you. Could you fight back, or would you avoid resisting and wait to escape?

If someone threatens you shout and scream for help and set off your personal attack alarm if you have one. This may unnerve the attacker and frighten him or her off.

You have every right to defend yourself using reasonable force with items you might have with you, like an umbrella, hairspray or keys, which can be used against an attacker. However, the law doesn't allow you to carry anything that can be described as an offensive weapon (e.g. knives, mace, etc.).

If you can, avoid confrontational situations - if you feel someone is harassing you or trying to provoke you, - it's better to walk away than get involved.



Students,  
you don't  
know what  
you've  
got till  
it's gone

Insure your possessions  
from as little as £16



£170



£750



£190



£250



£75



£470

Contact your local branch for an immediate quote and cover

call: 01452 302991

Lister Buildings, Station Road,  
Gloucester GL1 1DH

## Endsleigh student possessions insurance application

Premiums are based on whether you live in Halls/Campus Accommodation or Digs off campus where the premiums will vary depending on your postcode. Therefore please complete this application using the premium table below and area rating guide overleaf. Full details of the cover options are shown overleaf.

### Details of student to be insured

Please complete in block capitals

Mr/Mrs/Miss/Ms: Forename(s): \_\_\_\_\_ Surname: \_\_\_\_\_  
 Date of birth: \_\_\_\_\_ Date you wish cover to commence: \_\_\_\_\_ If you own a car – insurance renewal date: \_\_\_\_\_  
 Permanent home address (to which your policy will be sent): \_\_\_\_\_ Term time address (if different from permanent home address) \_\_\_\_\_  
 Please tick if a Hall of Residence or on campus accommodation   
 Please tick if you are a Merchant Navy cadet   
 Daytime tel No.: \_\_\_\_\_ Postcode: \_\_\_\_\_ Daytime tel No.: \_\_\_\_\_ Postcode: \_\_\_\_\_  
 Mobile tel No.: \_\_\_\_\_ Postcode: \_\_\_\_\_ Email address: \_\_\_\_\_  
 Which university/college? \_\_\_\_\_ Graduation date: \_\_\_\_\_ Course length: \_\_\_\_\_ years

### Calculate the amount of cover you need and the premium

– please refer to premium table below and area rating guide overleaf

**1 The contents of your room(s) including desk top computers – this section is compulsory.**  
 You do not have to list individual items, simply indicate the total value of all your belongings excluding portable computer equipment which should be insured under section 3.  
 TOTAL VALUE £ \_\_\_\_\_ PREMIUM £ \_\_\_\_\_  
 Minimum £2500

**2 Accidental damage.**  
 Covers your belongings in your room(s) (excluding mobile phones and portable computer equipment). PREMIUM £7.00 FOR ALL AREAS £ \_\_\_\_\_

**3 Portable computer equipment cover.**  
**a** Inside and out of your room(s)  
 Covers you in the UK and for up to 30 days anywhere in the world. VALUE £ \_\_\_\_\_  
**b** Room only.  
 Restricts cover to your room(s) only. VALUE £ \_\_\_\_\_  
 Please choose which cover you require and list each item of equipment you wish to insure. VALUE £ \_\_\_\_\_  
 Maximum value £4,000 per item; £5,000 in total. Choose (✓) Cover a  or Cover b   
 For example: £950 total value (b room only cover) in Area 2 = 10 x £4 = £40 premium TOTAL VALUE £ \_\_\_\_\_ PREMIUM £ \_\_\_\_\_

**4 Vacation top-up.**  
 Covers your belongings up to £3,000, left in your room(s) during vacation. Automatically covered free if you live in halls or on campus accommodation. N.B. This cover is only available when you take out your policy – it cannot be added later. PREMIUM £ \_\_\_\_\_

**5 Items you take out of your room(s) – all risks.**  
 Covers anywhere in the UK, and for up to 30 days anywhere in the world. VALUE £ \_\_\_\_\_  
 Please list each item you wish to insure (excludes bikes, contact lenses and car stereos). VALUE £ \_\_\_\_\_  
 Maximum value £2,000 per item; £3,000 in total. VALUE £ \_\_\_\_\_  
 A receipt or valuation is required for any item of jewellery valued at over £600. TOTAL VALUE £ \_\_\_\_\_  
 For example: £1550 total value in Area 2 = 16 x £7 = £112 premium PREMIUM £ \_\_\_\_\_

**6 Mobile phone cover.**  
 Covers in the UK and for up to 30 days anywhere in the world. MAKE & MODEL \_\_\_\_\_ PREMIUM £39.00 FOR ALL AREAS £ \_\_\_\_\_  
 N.B. Mobile phone must have been purchased in and from the UK. PREMIUM £6.00 FOR ALL AREAS £ \_\_\_\_\_

**7 Legal expenses.**  
 Covers up to £50,000 legal costs. PREMIUM £5.00 FOR ALL AREAS £ \_\_\_\_\_

**8 Replacement keys/locks.**  
 Covers loss or theft of keys/entry swipe cards plus replacement locks where necessary up to £150. TOTAL PREMIUM £ \_\_\_\_\_

**PLEASE ADD UP PREMIUMS FOR SECTIONS 1 TO 8**

### How to pay

- Please make cheques payable to Endsleigh Insurance Services Limited.
- DEBIT/CREDIT CARD DETAILS** If you wish to pay by credit/debit card please give details clearly below. We do not accept Amex, Diners Club or Electron cards

Card No.: \_\_\_\_\_ Expiry date: \_\_\_\_\_ Issue No.: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 I am happy to receive information by e-mail/telephone

**DATA PROTECTION ACT 1998**  
 The details you have provided will be used by Endsleigh to send you the information you have requested. We may also wish to use your details to contact you by post, e-mail or telephone to let you know about other products and services by this company, any other companies in the Endsleigh Group and to provide you with relevant information from us. If you do not wish to receive this information please tick the relevant box to indicate your agreement to receiving information from us.

### Premiums

– see area rating guide overleaf to find out which area your postcode falls into (valid from 29/7/04 until 30/11/04)

Select your cover	Total value of your belongings	Halls or accommodation on campus – all areas	Area 1	Area 2	Area 3	Area 4	Area 5
<b>1 Contents of your room(s)</b>	£2500	£16	£25	£33	£46	£63	£68
	£3000	£22	£35	£43	£58	£79	£86
	£3500	£28	£45	£53	£70	£95	£104
	£4000	£34	£55	£63	£82	£111	£122
	£5000	£46	£71	£79	£104	£133	£144
<b>3 Portable computer cover a</b>	£6000	£58	£87	£95	£126	£155	£166
	£7000	£70	£103	£111	£148	£177	£188
<b>3 Portable computer cover b</b>	£8000	£82	£119	£127	£170	£199	£210
	Per £100 or part thereof	£6	£6	£6	£8	£10	£10
<b>4 Vacation top-up</b>	Per £100 or part thereof	£2	£2	£4	£4	£6	£7
	£3000	free	£6	£8	£11	£14	£15
<b>5 Items you take out of room(s) (all risks)</b>	Per £100 or part thereof	£5	£5	£7	£8	£11	£11

For office use only

£ \_\_\_\_\_ Date: \_\_\_\_\_ S/C: \_\_\_\_\_  
 SP  Policy No.: \_\_\_\_\_ Inception date: \_\_\_\_\_ Client No.: \_\_\_\_\_

## Insure your possessions in your room from just £16 a year

It only takes a few seconds for someone to nip into your room and steal your valued possessions and it's a sad fact of university life that students are an easy target. Could you afford to replace a PC...hi-fi equipment...clothes...? So act quickly, insure your possessions with Endsleigh, the only insurance provider recommended by the NUS.

### Cover options available

As we provide cover on a 'new for old' basis, please make certain that you insure the full "as new" value of your belongings that will be going with you to college. Failure to do so may affect any claim. The following notes will help you choose the cover you need.

**1 Contents of your room(s)** Covers your belongings, including desktop computers, against theft (including open door walk-ins), burst pipes, fire, vandalism, storm and flood, whilst in your room(s) on or off campus; shared areas in Halls; while at your parents home(s); in direct transit to and from home at vacations; in locked storage on campus at any time.

Hi-fi/photographic equipment and individual items are limited to £2000 per claim and the following groups of items are limited to £600 per group per claim:

- valuables • musical instruments • cds, dvds, video/audio cassettes, records, cd roms and computer games • clothes – £250 per article.

Additional cover for specified items above these amounts is available under section 5 – all risks.

**2 Accidental damage** – Covers your contents against accidental damage occurring whilst in your room(s). Subject to limitations as above.

**3 Portable computer equipment**  
**a. In and out of your room** – covers theft, accidental loss or damage.  
**b. Room only** – restricts cover to your room(s) and excludes accidental damage. Portable computer equipment is any computer equipment which is or can be battery powered (including laptops, palmtops, portable printers, PDAs and similar items).

**4 Vacation top up** – Covers your belongings, up to £3000, left in your room in unoccupied off campus accommodation during vacations – for up to 35 days per vacation.

**5 Items that you take outside your room(s) (all risks)** – Covers theft, accidental loss or damage to specific items – for example: watch, camera, jewellery and other valuables, glasses, sports equipment etc.

**6 Mobile phone** – Cover for your phone against theft, damage or accidental loss, plus airtime abuse up to £150.

**7 Legal expenses** – Up to £50,000 cover for defending claims against you, for claiming against other people for damage or injury they cause you, and tenancy disputes.

**8 Replacement keys/locks** – Up to £150 against loss/theft of keys/entry swipe cards and replacement locks if necessary, for your term-time address.

### Extra cover included free:

- 24 hour helpline – advice and counselling on health, drugs, contraception, debt, housing, legal and welfare matters.
- personal legal liability – £1,000,000.
- loss or damage to meters, phones (£150), college library books (£200); college property on loan (£500); landlord's property (£5,000).
- theft of money from your room (£50), credit cards (£500).
- injury by fire, mugging or assault – up to £50,000.
- death by accident of parent/guardian – £5,000.

### What is not covered

- the first £25 of any claim – £10 for replacement keys/locks
- 10% of any claim for mobile phone or portable computer equipment cover subject to a minimum of £25 and a maximum of £100
- damage to sports equipment in use • theft from unattended vehicles
- theft of computer equipment (a) away from your term time address unless following forcible and violent entry or (b) left out of your sight in a place with public access • bikes (separate policy available)

### How do I insure my belongings?

Take out cover on-line at [www.endsleigh.co.uk](http://www.endsleigh.co.uk) or complete the application overleaf and either call into your nearest Endsleigh branch, or send it with your premium to Endsleigh Insurance Services Limited, Shurdington Road, Cheltenham Spa, Glos. GL51 4UE.

### Money back guarantee – cooling off period

All policy terms and conditions cannot be shown. We will issue a policy document immediately which provides full details. When you receive this, read it carefully and if you are not entirely satisfied, return it to us within fourteen days of receipt and we will return your premium in full – subject of course to you meanwhile having no claim, in which case the full premium is payable.

### Important information

Policy is arranged by Endsleigh on a non advisory basis with Zurich Insurance Company (who own 45% of Endsleigh's share capital), Pinnacle Insurance plc and IGI Insurance Company Ltd. The policy is governed by English Law. It contains full complaint procedures. Meanwhile, please contact our Customer Liaison Department at Shurdington Road, Cheltenham Spa, Glos GL51 4UE. You are automatically protected by the Financial Services Compensation Scheme. If you need to make a claim, phone 0870 2416105. All information is provided on a non-advisory basis.

### Area rating guide N.B. All areas other than those listed are rated as Area 1

aberdeen	2	durham	2	EC1M, 1N, 1R, 1V, 1Y, 2A	5	partsmouth	2
AB16	2	DH2-4,9	2	RG10,20	2	PO5,9,12	2
AB24,25	3	DHS	3	N2,3,6,9,11,12,21	3	preston	2
belfast	2	enfield	2	N1,8,14,15,17,18,22	4	PR1	2
BT5,9,10,15,16,19,20,27,	2	EN1,3-5,8,10	2	N4,5,7,13,16,19	5	reading	2
33,43,72,73	3	EN7	3	NW7,11	3	RG2,3,10,31,40	2
BT4,18,39	2	fairlink	2	NW1-3,5,6,8-10	4	RG1,30	3
birmingham	2	FK9,10	2	NW4	5	romford	2
B13,14,25,26,28,30,38,40,	2	glasgow	2	SE9,20,28	2	RM4,18	2
42,46,63,65,74,78,90,92,95	2	G3,5,15,20,21,31-33,40,	3	SE2,4,7,10,12-15,18,22,	3	sheffield	2
B1-5,7-12,15-18,20,21,27,	2	42,44,45,51,52,72,73	3	23,25,26	3	S3,6-8,10,11,13,25,26,	2
29,31-34,36,37,43,45,62,	2	G1,2,34,41,43,46,53	3	SE1,3,5,8,11,16,17,19,27	5	35,60,66,75,81	2
64,66-70,72,73,75	3	G4	4	SE21,24	2	S7,2,4,5,9,12,14,61,	3
B6,19,23,24,76	4	gloucester	2	SW1,17-19	2	63-65,73,74,80	3
B35,71	5	GL1,50	2	SW3,5-7,11,13,15,16,	3	SE2,70-72	4
blackburn	2	guernsey	2	1A,1P,1W,1X,1Y	3	slough	2
BB1-4,12	2	GY1-5,7-9	2	SW10,12,14,1E,1H	4	SL6,9	2
BB5,8-11	3	guildford	2	SW2,4,8,9	3	SL1,3	3
blackpool	2	GU20	2	W5,7,13	4	SL2	5
FY1,3,4	2	halifax	2	W1-4,6,8,10,11,14,1A,1E,	3	southampton	2
bolton	2	HX5-7	2	11M,1N,1P,1R,1V,1X,1Y	3	SO1,2,14	2
BL6,8	3	HX1-3	3	W5,12,1B,1C,1G,1H,1J,	3	SO1,2,14	2
BL0,4,5,7,9	2	harrow	3	1K,1S,1U	4	stockport	2
BL3	5	HA1-3,6,7	3	W10,1F,1T,1W	5	SK1,2,7,12,15	2
BL1,2	5	HA0,4,5,8,9	4	WC1,2	2	SK3,5,6,8,14,16	3
bournemouth	2	hemel hempstead	2	WC2N	3	SK4	5
BH13	2	HP9,12	2	WC1R,1V,2E,2R	4	stoke on trent	2
bradford	2	huddersfield	2	WC1A,1B,1E,1H,1X	5	ST1-5,7-9	2
BD16,17,22	3	HD3,7,8	2	2A,2B,2H	2	ST6,11	3
BD13,15,19,21	3	HD2,4-6	4	LU1,2	2	sunderland	2
BD1,3,8-14,18	4	HD1	4	manchester	2	SR6,9	3
BD2,4,5,9-12	5	hull	2	M31,46	2	SR1-5,7	2
brighton	2	HU10	2	M17,20,23-25,29,32-35,	3	taunton	2
BN2,3,10,16	2	HU1,9,13,16	3	41,43,44	4	TA1,2,8	2
bristol	2	HU2,6-8	4	M5,6,16,19,21,22,26-28,	6	tonbridge	2
BS1,15,16,30,31,34-37,39	2	HUS-5	5	40,45,90	2	TN33,35	2
BS1-6,8-10,14,41	3	ilford	2	M1-4,7-15,18,30,38,50	5	torquay	2
BS7,13	3	IG2-4	2	medway	2	TQ2	2
bromley	2	IGS	2	ME2,7,8,13	3	twickenham	2
BR7	2	jersey	2	milton keynes	2	TW1,12,19	2
cardiff	2	JE2,3	2	MK1,6,13,14,40	2	TW6-10,13,14	3
CF5,41	2	kilmarnock	2	MK15	3	TW3,4	4
chester	2	KA1,12,13,20,21,25	2	motherwell	2	TWS	5
CH41,44	2	kircaldy	2	ML3,9	2	usbridge	2
cleveland	2	KY2	2	newcastle upon tyne	2	UB1,6,8	3
TS2,10,17,21,25,27,28	2	leeds	2	NE1,3,5,7-11,21,28,31-36,	3	UB4,5,7,9,10	4
TS6,8,18-20,24,26	4	LS20-22,25	4	38,63	3	UB2,3	5
TS3	5	LS19,26-28	3	NE2,4,6,37	3	wakefield	2
TS1,4,5,7	5	LS14,18	4	northampton	2	WF7,8,11,12	2
coventry	2	LS1-13,15-17	5	NN1-3,5,18	2	WF1-6,10,14,15	4
CV4,5,7,10,12,31	2	leicester	2	notttingham	2	WF9,13,17	3
CV1,3,6	4	LE1,2,5	3	NG4,9,14-17	3	WF16	5
CV2	2	LE3,4	3	NG2,5,8	4	walsall	3
crofton	2	liverpool	2	NG1,3,6,7	4	WS1-4,10	3
CR0,7	2	L2-5,10-14,17,19,20,24,	2	oldham	2	WS5	4
CR9	2	25,27,28,32,33,44-49	3	OL3,5,14,15	2	warrington	2
darlington	2	L1,6-8,15,18	4	OL4,5,7,13	3	WA9,14-16	2
DL1,3	2	L42	4	OL1,2,8,10-12	4	WA10	3
dartford	2	L41,43	5	OL9,16	5	watford	2
DAB,11-13,15,16	2	london	2	oxford	2	WD6	2
derby	2	E10,16	2	OX1,3,4,44	2	wigan	2
DE21-24,55	3	E1-3,5,6,11-15,17,18,1W	3	paisley	2	WN3,6,8	2
DE1	2	E7,9	4	PA2-6	4	WN1,2,5,7	3
doncaster	2	E8	5	PA1	3	wolverhampton	2
DN11,14-16,21,22,37,40,41	2	EC1,2,1A,1B,1P,1X,	4	peterborough	2	WV3,10,11,14	2
DN4-8,12	3	2B,2M,2N,2P,2R,2V,2Y,	5	PE2,3,13	2	WV1,2,12,13	3
DN31,33-35	5	3A,3B,3M,3N,3P,3R,3V,	5	PE1	3	york	2
DN1,2,32	2	4A,4B,4E,4H,4M,4N,4P,	2	plymouth	2	YO3,10,24,30,31	2
dudley	2	4R,4V,4X,4Y	3	PL1	2		
DY8	2						
DY1,2,4,5,9	3						

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## ENDSLEIGH

independent insurance for career people

You'll be surprised how much your possessions are worth.



The average student has possessions worth £1000's. Insure them from just £16.

## PUBS AND CLUBS

- Know your limit - don't ever feel pressurised to drink out of your depth
- Space your drinks - have a non alcoholic drink every other time you go to the bar
- Eat before you go out
- Watch out for alcohol free zones in the city centre
- Avoid drinking to excess
- Do not drink too much of anything with which you are unfamiliar
- Never accept a drink off someone you've just met
- Watch your drink. Don't leave it unattended
- Stay away from situations you don't feel comfortable with
- Where possible drink from a bottle and keep your thumb over the top
- If you suspect that your drink has been spiked inform a member of staff immediately
- Remember, drug rape happens to men as well as women



## DRUGS

All drugs carry risks. Depending on what is taken, effects can range from headaches, feeling faint and sick to mental health problems, organ damage and/or fatal poisoning. It is worth bearing the following points in mind:

The user can never be sure of exactly what they are taking. What is bought is unlikely to be pure, you won't know what it has been mixed with. Not knowing the strength of what has been bought could lead to accidental overdose. It is often very dangerous to mix different drugs, this includes taking a drug and drinking alcohol. If needles, syringes or other injecting equipment are shared, there is a serious risk of dangerous infections being spread such as HIV and hepatitis B or C. Injecting can also damage veins.

In addition, unlawful possession of a controlled drug is a criminal offence.

**This still includes Cannabis** A drugs conviction can cause problems obtaining a travel visa to enter some countries. It can also affect job prospects. An employer may check if an applicant has a criminal record or any past convictions.

In student accommodation there will be separate rules and regulations regarding the possession and use of drugs and illegal substances - see the documentation issued by your college or university.

If you would like more information about an alcohol or drug problem you can contact Gloucestershire Drugs and Alcohol Service on 01452 381166. GDAS is a countywide Drug and Alcohol agency giving information, advice and support for people who are concerned about their own or someone else's substance misuse. All services are free and confidential. Further information can be obtained from their website [www.gdas.co.uk](http://www.gdas.co.uk)

## BURGLARY

### Halls of residence

Depending on what type of accommodation you are living in, different measures will need to be taken to protect your property.

Your halls may have their own security arrangements, but it's still worth following these tips:

- Lock your room or bedroom door even if you are just going down the corridor
- Make sure main entrance doors and gates close behind you
- Don't let people follow you in unless you know who they are
- Don't leave cash or valuables on display in your room
- If on the ground floor, don't put your TV, laptop or other valuables where they can be seen from the window

Get to know who lives in your hall. That way you will be able to recognise any suspicious people roaming around. Permanent ultra-violet marking pens will be available for you at the students 'Freshers Fair' at the beginning of the term.

### Private accommodation

- When choosing a house if possible select one with strong doors which has good quality locks on doors and ground floor windows
- Burglar alarms and security lighting also act as deterrents
- Leave a light or radio on when going out to give the impression that someone is in the property
- During the Christmas, Easter and summer vacations take all items of value home with you
- Ask a neighbour or friend to keep an eye on your property whilst you are away
- Don't leave spare keys outside or in a garage or shed
- Get your property insured
- Do not let people into your property without first checking who they are. All official bodies will carry full identification so ask to see identification cards and call the appropriate department if you remain unsure



## PROPERTY MARKING

Property marking is a very useful and cheap way to identify your property in the event of it being stolen. Make a list of your personal property including the serial number and description.

Use an ultra-violet pen to mark electrical and other items with your home postcode and house number. Not only will it make it easier to trace stolen property but it can help police gain evidence about offenders.

**IF IN DOUBT, DO NOT  
LET ANYONE INTO YOUR  
PROPERTY.**

## VEHICLE CRIME

### Your wheels

It may be difficult to protect your car or bike from a determined professional thief, but most vehicle crime is opportunist and you can put them off with vigilance and relatively cheap security precautions.

### Bicycles

Over 100,000 bicycles are reported stolen every year. They are a popular target for thieves because they can easily be sold.

- Get your bike frame marked with your postcode and stick on a coded cycle sticker as a visual deterrent
- Always lock your bicycle whenever you leave it, even when just going into a shop. The best kind of cycle lock is a D-lock. Chains can deter casual thieves but can be easily cut with the right equipment
- Always lock your bike to something solid, preferably a purpose built cycle rack
- If you have quick release wheels, take off the front wheel and lock it to the frame and back wheel
- Remove smaller parts and accessories, especially lights, pumps and quick release saddles
- Record all of your bike's details including a photograph. These will assist the police, who may be able to match them to recovered bicycles

### Motorbikes and Scooters

Motorcycles are a target for both opportunist and professional thieves, who steal bikes for resale or for the market in motorcycle parts. Take the same measures for parking as with cars.

- Always lock up your motorbike when you leave it. Put the steering lock on, and whenever possible use a steel cable, padlock or D-lock to attach it to an immovable object or another motorcycle
- Fit an alarm, available from DIY or bike shops. Some shops and dealers offer discounts on security devices when you buy a motorcycle or other equipment

## VEHICLE CRIME

### Cars

"Over a quarter of all recorded crimes are car thefts or theft from cars - of items like stereos and mobile phones".

If your car is stolen or broken into it could mean weeks of expensive inconvenience and losing your no-claims bonus. And what would you do if your course notes and laptop were taken with the car?

- Never leave a car unlocked or a window, boot or sunroof open - even when just going into a shop for a moment or two
- Don't leave belongings in your car - A thief won't know that a bag or coat doesn't contain something valuable and might break a window to get at it. If you can't take them with you, never leave things on display - lock them in the boot
- Security mark your stereo and, if it's removable, always take it with you. Make a note of the serial number and keep it in a safe place
- Don't leave credit cards or cheque books in the glove compartment
- If you have high value wheels fit lockable wheel nuts. Fit an anti-theft device - and use it every time you park
- If you have an alarm turn it on every time you park
- Never leave your vehicle documents in the car - they could help a thief to sell it
- Remove the ignition key and engage the steering lock - even when leaving the vehicle for a short time, such as to pay for petrol
- Always try to park in a well lit, open location
- Have the car's registration number etched on all glass surfaces - windows, headlamps, and sunroof - thieves don't want the expense of replacement
- There are many types of car security devices on the market - from steering wheel and clutch pedal locks to sophisticated electronic protection. Check whether it is Sold Secure approved before you buy [www.soldsecure.com](http://www.soldsecure.com)

**IN SOME STUDENT  
ACCOMMODATION THERE  
MAY BE RESTRICTIONS  
ON BRINGING AND  
PARKING CARS NEAR  
WHERE YOU LIVE.**



## STUDENT FIRE SAFETY

### An old flame

With 30% of all fires starting as a result of cooking, good fire safety comes from developing good habits. One of the main messages that the Fire Service promote is "Don't leave your cooking unattended", no matter whether you live in Halls or rented accommodation. This is especially true in Halls of residence where Automatic Fire Alarms are particularly sensitive and burnt cooking (usually toast) results in large numbers of unwanted fire calls, which is expensive and puts a strain on local fire cover.



### Do you have a smoke alarm?

Does it work? If no, then check with your landlord or Student Welfare officer.

Would you know what to do if a fire started where you live? Plan your escape route now so, in the event of a fire, you can Get Out, Stay Out and call 999.

You should consider insuring your belongings, and remember to back up (and keep somewhere different) any work or research that you may be doing.

- Never dry wet articles of clothing near or on electric heaters
- If you want mood lighting invest in something safe - avoid using candles
- Avoid overloading sockets. Plug items directly into the wall
- Do not interfere with fire extinguishers or smoke alarms. They are there to save lives
- Never prop open a fire door

**GOOD FIRE SAFETY COMES FROM DEVELOPING GOOD HABITS**



## NOISE

Noise from neighbours is a common source of nuisance and for some people it can be very upsetting. Remember that no house or flat is totally soundproof, everyone can expect a degree of noise from neighbours. If you are being disturbed by noise from neighbours you should firstly approach them and explain politely that you are being troubled by the noise. Although you may find this difficult it is surprising how often neighbours are unaware of the unhappiness they are causing.



If you get no success this way contact the local Environmental Health Department at the Council who are able to deal with problems such as barking dogs, loud music, live entertainment, loud T.V and D.I.Y noise.

You will be required to keep a log of all the incidents of noise that affect you. An officer from the Department then assesses this. If necessary, an officer will try to witness the alleged nuisance from your property. If he/she is satisfied that a statutory noise nuisance exists an abatement notice will be served.

If the person does not comply with the requirements then he/she is guilty of an offence and can be prosecuted by the Department for up to £5,000. Noise making equipment can also be seized. Legal action is unpleasant and will inevitably sour the relationship between you and your neighbour further.

If you are causing a nuisance what can you do to help?

- Do not put speakers on walls
- Make sure you can hear the doorbell over the music or TV
- Keep volume levels low especially late at night
- Inform neighbours if you are having a party
- Do not use your washing machine or tumble dryer late at night

**Above all, be reasonable if your neighbour approaches you with a problem.**

## SEX MATTERS!

For many students, the first time away from home means sexual freedom. Sex and relationships involve give and take. But there's giving and there's giving in - whether to pressure or to your lack of self control. Don't make decisions that you may later regret. Stay alert. With the right information and advice you shouldn't put yourself at any risk. Take time to consider your health - when it comes to sex, always use a condom.

- If you do have unprotected sex or your contraceptive has failed, you can get emergency contraception to prevent a pregnancy. The morning after pill is now available in pharmacies and you don't have to go to the doctors. If you find yourself in this situation, some chemists in Gloucester will give a free morning after pill to under 25's
- If it is more than 72 hours since you had unprotected sex but no more than 5 days, you can be fitted with an IUD (a coil) which has the same effect
- If you are in any doubt - don't. Never feel pressured into having sexual intercourse
- If you do get pregnant, go and seek advice from your GP as soon as possible. This will give you your options early on
- No one has an excuse not to use a condom. They are free from specialist agencies throughout the city who are happy to help
- There are at least 25 sexually transmitted infections. When it comes to sex, always use a condom. That's not advice; that's survival

For any advice on sexual health matters, go to one of the Genito-Urinary Medicine Clinic listed overleaf in the Contacts Page.

## OTHER CONTACTS

Emergency	999
Police (non urgent)	0845 090 1234
Crimestoppers	0800 555 111
Gloucester Crime and Disorder Reduction Partnership <a href="http://www.gloscrimereduction.org.uk">www.gloscrimereduction.org.uk</a>	01452 396984
Forest of Dean Crime and Disorder Reduction Partnership <a href="http://www.fdean.gov.uk">www.fdean.gov.uk</a>	01594 812613
Gloucestershire Drug and Alcohol Service	01452 381166
National Drugs Helpline	0800 776600
Gloucester Racist Incidents Group	01452 525425
Forest of Dean Racist Incidents Group	01594 810190
Gay and Lesbian Friend Helpline	01452 306800
Family Planning, Hope House, Gloucestershire Royal Hospital	0845 226201
Family Planning, Coleford	01594 598050
Family Planning, Cinderford	01594 598000
Family Planning, Lydney	01594 598240
Family Planning, St Paul's Wing, Cheltenham General Hospital	0845 222374
Genito-Urinary Medicine, Hope House, Gloucestershire Royal Hospital, Gloucester (Drop in Clinic, Mon - Thurs)	0845 226464
Genito-Urinary Medicine, Benhall Clinic, Cheltenham General Hospital	0845 224279
NHS Direct	0845 4647
University of Gloucestershire Students Union <a href="http://www.ugsu.org">www.ugsu.org</a>	01452 876659
University of Gloucestershire International Students Advisor	01242 536251
Gloscat Youth Worker	01452 563229
Hartpury College Student Union	01452 700283 Ext 270
RFDC Student Services	01594 838482
Gloucester Citizen's Advice Bureau	01452 527202
Forest of Dean Citizen's Advice Bureau	01594 833717

# HATE CRIME

## What is it?

'Hate Crime' is any incident committed against someone that is the result of the offenders hatred or dislike for a person or group which is based on their gender, appearance, racial heritage, religion or sexual orientation.

Gloucestershire Constabulary are committed to dealing with all incidents in a positive manner.

"We want the Gloucester area to be a safer and more peaceful place, where the public, especially those who are young, vulnerable or from minority or ethnic communities have a high degree of confidence in their police, contributing to the well-being of the people who live in and visit Gloucester".

We urge everyone to report any such incident directly to Gloucestershire Constabulary Contact Centre on 0845 090 1234.



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