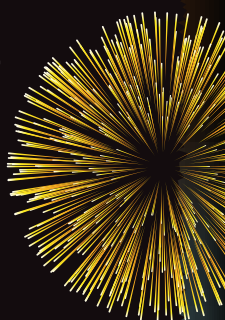


8. To Good Health!

If you're drinking and want to keep feeling good:

- Eat before you go out or include a meal as part of your night out
- Space your drinks with soft drinks or water
- Know your limits
- Get help and support at www.stockportdrugsandalcohol.org or call **0161 474 3141**



9. No Offence

- Greater Manchester Police will be targeting known offenders, leaving criminals with nowhere to hide this Christmas

10. Coming Home Safe

- Stay with your friends
- Plan how to get home safely - take a taxi you can trust
- Remember: alcohol and drugs affect your judgement
- Make it a night to remember and not regret

11. Don't get Robbed

- Don't advertise your valuables to criminals
- Keep to well-lit and busy areas
- Download the 'Where's Yours' mobile phone application

12. Care for your Car

- Never leave your car unattended when defrosting it
- Don't leave valuables on display
- Think about security when parking your car
- Consider fitting safety screws to your number plate



Safer Stockport Partnership

www.saferstockport.org.uk



TOP 12 TIPS

for a **Safer Winter**

1. Safe as Houses

- Make your home look occupied in the darker evenings
- Consider fitting an alarm
- Lock all doors and windows
- Don't leave presents or their boxes and packaging on view
- Make sure your insurance cover is adequate

2. Getting There

- Keep visible at night
- Don't drink and drive
- Make sure you are not over the limit the morning after going out
- Check your car and bike are safe for winter conditions



3. Love to Give

- Don't buy your children anti-social presents like BB guns or off-road bikes that will get them into trouble
- Beware of fake goods and websites, and remember that if it's too good to be true then it probably isn't true

4. Party On!

- Walk away from signs of trouble - you don't want to end up in a police cell or hospital
- Look after each other - especially anyone who has too much to drink or taken other drugs
- Don't accept drinks from strangers or leave your drink unattended
- Don't ruin the night with too much alcohol

5. Say No to Domestic Abuse

Choose freedom from abuse:

- Recognise it
- Report it
- Get help and support at www.stockportdaf.org.uk or call the national 24hr helpline on FREEPHONE 0808 2000 247

6. Fire Safety

- Check your Christmas tree lights are safe and don't leave them on when you're out
- Test your smoke alarms
- Never use a chip-pan after drinking alcohol
- More information can be found at www.safe4winter.com

7. Money Matters: Don't get Bitten!

- Don't become a victim of Loan Sharks; join the Credit Union to help secure your financial future
- Contact the National Loan Shark 24/7 confidential hotline on 0300 555 2222 or call Stockport Credit Union on 0161 430 5808