

# Travel safe

A guide about community safety



2010





# Introduction

## Travel safe

### A guide about community safety.

This book is about some of the things that you need to know to travel safely by yourself in Tyne and Wear.

We found out everything we could about travelling safely. We read other guides, we looked things up on the internet, we talked to the police and to road safety officers. We talked to people with learning disabilities about what they felt people needed to know.



When we had done all that, we put all the information together in this book.

To help make this book easy to understand, we took pictures of the things you will see when you are travelling in Tyne and Wear or your own neighbourhood.

We hope that this book helps you to get out and about and travel safe.



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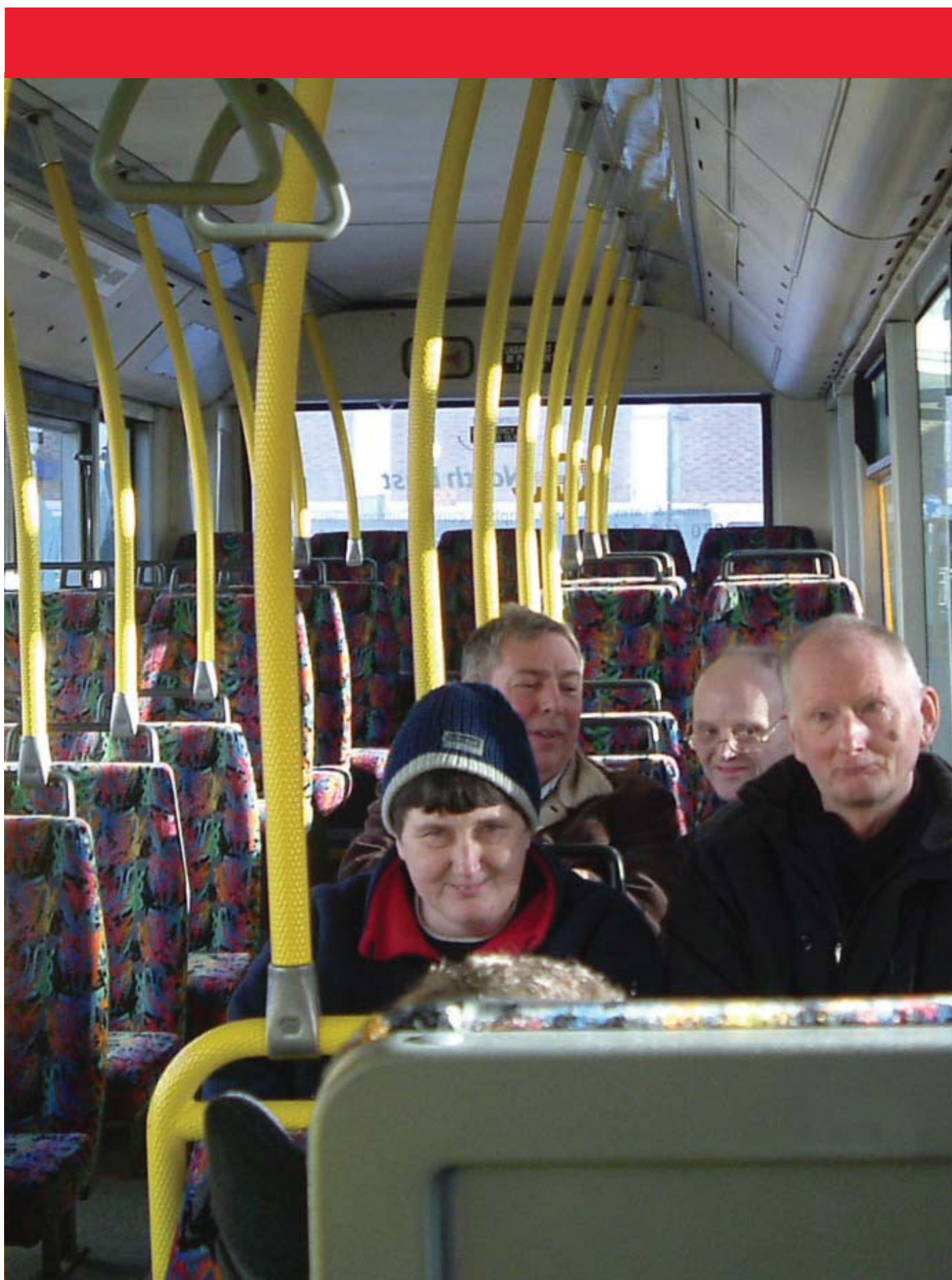
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# My safety



# Before you go out

## Tell someone



Where you are going



How you are getting there



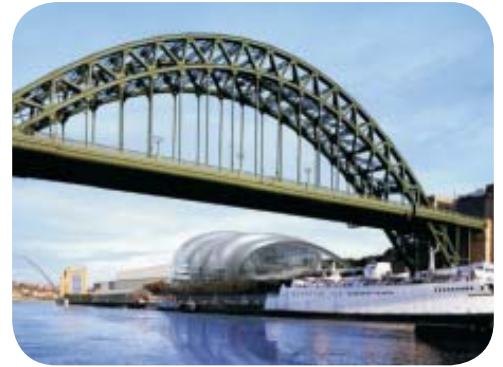
How you are getting back



What time you are getting back



Who you are going with



## Plan your route

## Have a map and timetable





# When you're out and about

## Look confident

Keep valuables out of sight - in your pocket (with a zip is best) or in a bag (if you carry a bag make sure it is zipped up and keep it close to your body).



Be aware of what is happening around you. Don't listen to a personal stereo while you're out and about.



Keep yourself safe - try to be with other people.



If you carry a bag always make sure it is done up. Keep it where you can see it.



Carry your keys in a pocket in case you lose your bag.  
A pocket with a zip is best.



Try not to use underpasses or areas without lights.



Try not to use short cuts that go across waste ground or alleyways.



Keep away from places you think might be dangerous.



# Keeping your money safe

Don't carry more money than you need



Keep your money in your purse or wallet



Carry loose change for your bus fare



## **Remember...**

Don't get your purse or wallet out in the street.  
Be extra careful when you're leaving a bank or post office or using a cash machine.

# Things you should take with you

## Keys

Keep your keys in a safe place.



## Money

Take some change so you can make a phone call or pay for bus fare.



Don't carry too much money



## Phone numbers

Carry a list of useful phone numbers. These might be your parent or carer, day centre, college or work.

### Useful numbers

Mum	123 45678
School	0987 64567
Robert	232 453667
Work	3432 7009
Taxi	0800 55549



## Bus pass

Keep your pass in a safe place.



## ID

Carry some identification and keep it separate from your bus pass.



## Bridge Card

If you need any help to use public transport you could carry a Bridge Card.

When you show the card to transport staff they will know you may need extra help during your journey.

You can get this card from any Nexus TravelShops, Day Centres, libraries or Council Offices.



## Personal alarms

You might feel safer if you carry a personal alarm, especially if you go out when it's dark.



## Mobile phone

If you have a mobile phone make sure it's charged up and has enough credit to make a phone call.

Keep it out of sight when you are not using it.



## Meditag

If you have a medical condition like diabetes or epilepsy you can wear a Meditag bracelet or necklace to let others know if you need help.



# Using a phone box

Find a phone box.



Pick up the receiver.



Put money in the slot.



Dial a number and make your call.



Put down the receiver.  
Collect your change.





# Things you need to know when out and about

How to use a phone box.

How to cross roads safely -  
Green Cross Code.

Using a pedestrian crossing.

Using a zebra crossing.

Using a traffic island.

Bridges and underpasses.



# Road skills



# Using a pedestrian crossing

Push the button.

The **WAIT** sign will light up.



**Don't** cross when the red man is lit.



When the **green man** lights up, make sure **all** the traffic has stopped before crossing the road. Walk quickly but **do not run** across the road.



Keep **looking** and **listening** for traffic while you cross the road.

If the green man is flashing do not start to cross the road.

# Using a zebra crossing

Stand on the pavement beside the zebra crossing.

Look right and left, and wait until the traffic has stopped in both directions before you start to cross.

Keep **looking** and **listening** for traffic while you cross the road.



## Traffic islands

A traffic island can help you to cross the road.

You must cross each side like it's a **separate** road. Use the **Green Cross Code** while you are crossing.



### Remember...

Cars do not have to stop for you when you are crossing at a traffic island.



# Bridges and underpasses

**Footbridges** can be used to cross very busy roads.



## Underpasses

If you are alone, underpasses are not a good way to cross the road as you may be at risk of crime.



It is better to walk further and find a **pedestrian crossing**.

# The Green Cross Code

There probably will not be a pedestrian crossing on side roads. You will have to use the **"Green Cross Code"**, after finding a safe place to cross.



## Find a safe place to cross.

A safe place is where you can see the traffic clearly in all directions.



Stop just **before** you get to the kerb.



**Look** around for traffic.  
**Listen** for traffic.

If there is any traffic coming  
**let it pass.**



When the road is clear go straight across. Walk quickly but **don't run**.

**Keep looking and listening while you cross the road.**



## Crossing between parked cars

Try not to cross between parked cars. If you have to, **look and listen** to make sure the cars are not going to move.



Stand in the road between the parked cars and use the edge of the cars like the kerb.

### Remember...

Use the Green Cross Code to cross the road.

# Where it is not safe to cross

Near a junction.



Near a bend.



On the brow of a hill.





# Using rural roads

If there is no footpath, walk close to the side of the road facing the traffic coming towards you. Walk on the grass if possible.

**Take extra care when two cars are meeting.**

Walk in single file and step off the road onto the verge if necessary.



## Getting off a bus on a rural road

Wait on the footpath or verge until the bus has moved well away. Stay on the verge and **look** and **listen** for traffic.

When no traffic is coming walk straight across the road **looking** and **listening** as you go.



# Other things to look out for

## Emergency vehicles with flashing lights and sirens

Police cars



Fire engines



Ambulances



If you see or hear these do not cross the road. They can be going very fast and may **not** be able to stop.

## Look out for cyclists

Remember that you may not hear them coming.



## Bus Lanes

Buses may be moving faster than the rest of the traffic.



## Be Seen

You can make it easier for drivers to see you by wearing the right clothes. You can wear or carry something that is **bright**.

At night drivers can see you if you wear something **reflective**.





# Using the bus





# Before you go out

## Plan your journey - you will need to know:

- What number bus you will need to catch.
- Where the nearest bus stop is.
- Where to get on and off the bus.



### Remember...

You can find out all about travel information by phoning 0871 200 22 33

# At the bus stop

Here is a **bus stop sign** which can be seen in the Tyne and Wear area.



Some bus stops have a shelter. Make sure you're standing or sitting **where the driver can see you**.

When the bus is coming, **hold your arm out** to let the driver know you want him to stop. If you are not sure, always hold out your arm. When the bus stops tell the driver where you want to go.



Have you **pass** ready before the bus arrives.



If you are using **money** to pay your fare **have it ready** before the bus arrives.



# On the bus

Place your pass on the top of the ticket machine or hand it to the driver.



Try to sit at the front of the bus near the driver.



Some buses have a space for people who use a wheelchair. You can sit here, but if someone gets on the bus who needs this space, you will have to move.

When you are near your stop, ring the bell once.

The 'bus stopping sign' should light up. **Stay in your seat** until the bus has stopped.





# If you need help

## Ask the driver to help you if:

- You are unsure about which bus to get.
- You are unsure about when to get off the bus.
- You think you have missed your stop.
- People are bothering you on the bus.
- The bus breaks down or changes its route.



# Using the Metro



# Planning your journey

Find out **what time** the Metro will arrive and **what platform** the Metro will arrive at.  
Make sure the Metro will be stopping **where you want to get off**.



Screens on the platform give information too.



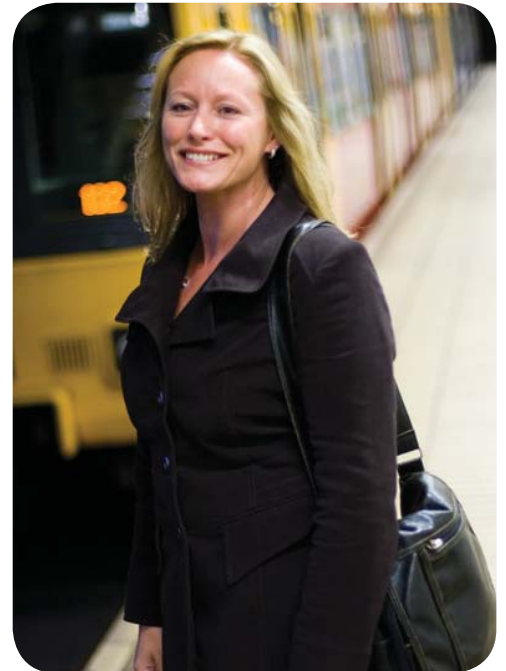
## Getting your ticket

Get your ticket at the ticket machine before you get on the Metro.



# On the platform

**Always stand well back** from the edge.



## Remember

**Listen carefully** for announcements these might be about delays or changes to the train service.

If you are not sure about things, ask a member of staff on the platform for help.





# On the Metro

When you get on, **look around** before you choose your seat. Sit where there are other people around.

Try to sit near the emergency button.

If you don't like the look of someone or you don't feel safe, **move**.



When you are on the Metro keep your ticket or pass where you can get it easily because the inspector may want to see it.



# Getting off the Metro

Listen for announcements about where the Metro will be stopping next.



Follow the signs for the Exit out of the Metro station.



## **Remember...**

Make sure you bring all your belongings with you when you get off the Metro.



**Don't bother me**





# Someone's following me

If you think someone is following you.



**Go into a shop or busy place and ask for help**



**Don't** try to hide somewhere quiet.



# Never get into a car with a stranger

**Never** get in a car with someone you don't know unless you've booked a taxi and checked the driver is who he says he is.



If someone stops to ask you directions never get into the car with them.



If someone tries to touch you, shout as loud as you can. Tell the people around you what is happening. If you're on a bus tell the driver.

## **Remember...**

If someone is bothering you, say 'I'm meeting a friend in a minute'.

# Out and about at night

You may feel more afraid when out and about on your own at night.

You may feel safer if you carry a personal alarm. You can buy them in DIY shops or ask at your local police station.



If you have to travel on your own late at night arrange a taxi in advance.



It can be a good idea to try to travel with a friend if you're travelling at night.

## Remember...

If someone is calling you names or threatens you:

- try to **ignore** them
- **don't shout back** - it might make it worse
- keep as **calm** as you can
- **go somewhere busy** like a shop or a library

# Plan what you need

Plan what you need before you go out

## Dress for the weather

Raining: umbrella, coat

Cold: gloves, hat

Snowing: boots

Summer: t-shirt, sun hat and sun cream



## Plan what you need

Personal alarm

Phone numbers

Meditag

Bus pass



## Be seen at night

Wear something bright

Wear something reflective



# Who can help?

If you need help while you're out, it's best to **talk to someone in uniform**. People in uniform are usually trained to help.

A police officer



A school crossing patrol



A bus driver



Community Wardens

If you can't see someone in uniform go into a shop or library and ask the staff there to help you.





# Talking to the police

There are other crimes that could happen to you when you're out and about such as physical attack or mugging. Talk to the police.

Remember that these are not as common as it seems from watching the news.

If something does go wrong try to remember as many details as possible. This will help the police catch the person or people.

## **Try to remember:**

Where it happened?

How it happened?

When it happened?

What happened?

Who did it?





# Contact information



# Contact information



**Traveline: 0871 200 22 33**

**TaxiCard : 0191 20 20 777**

**Police: 999**

**Community Wardens: 0191 433 72 55**

# Contacts



If you have any questions or comments about the information in this guide or would like further copies we would be glad to hear from you.

You can contact us by writing to us at this address:

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The guide is also available on the following website: [www.nexus.org.uk](http://www.nexus.org.uk)



# Contacts

## **MedicAlert**

The MedicAlert Foundation is an organisation that provides a life-saving identification system to over 250,000 members with underlying medical conditions and allergies. Members wear MedicAlert necklets or bracelets engraved on the back with their primary conditions and supported by 24-hour emergency line number. Free membership is available to those on limited incomes.

## **MedicAlert**

1 BridgeWharf, 156 Caledonian Road, London N1 9UU  
Freephone: 0800 581 420  
Fax: 020 7278 0647  
Email: [info@medicalert.org.uk](mailto:info@medicalert.org.uk)

## **Go North East**

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