



St Andrew's, Alresford

St Anne & St Laurence, Elmstead Market

St Mary Magdalen, Frating with Thorrington

Personal Safety Plan

Control measures and actions to help you minimise risk to your own safety.

Tenpenny Villages

- Try to avoid being in the church alone.
- Where this is not possible, make sure the external doors are locked when you are in the church
- Inform someone where you are going and when to expect you home. If you live alone inform a friend or church member and contact them when you return home. Ensure they know what to do if you do not contact them.
- Keep your mobile phone with you and ensure it is in good working order.

Visiting others where there might be concern or where they are unknown to you.

- Ensure your family and others know where you are and when you expect to return. If you live alone arrange to contact someone on your return.
- Ensure that your mobile phone is easily accessible and in good working order
- Ensure that you have emergency contact telephone numbers programmed in to your mobile phone (if possible, consider adding these as "speed dial" shortcuts)
- Read the situation / visitor – have a prepared excuse to terminate the meeting i.e. "I've got another meeting now so need to leave; can we re-schedule for another time?"
- If meeting at someone's home, make a mental note of the layout and how to escape quickly if you need to.
- Sit as close to the door as possible
- Be aware of how the door locks/unlocks.
- If worried about a situation take whatever action you need to escape to safety

If possible, try to arrange meetings at the church with another person in the building.

Policy agreed: January 2023

To be reviewed: January 2024