

Neighbourhood Support New Zealand



Phone 0800 4NEIGHBOURS
Phone 0800 463 444
www.ns.org.nz

Neighbourhood Support Fact Sheet

Personal Safety

Plan Ahead

- Make a list of the phone numbers of people you can call in an emergency and keep a phone by your bed. You may be able to pre-programme these numbers for speed dialling.
- Arrange with a neighbour to look out for you. For example, arrange for a neighbour to phone or visit you if you have not drawn your curtains by 8.00am.
- Consider getting a medical or personal alarm that you can activate in an emergency.

Don't be tricked

- Don't open the door to strangers. Look through a peephole in your door or through a window, and always ask who it is. If you don't know them, keep the door closed.
- If someone you don't know asks to use your phone, offer to make the phone call yourself. They don't need to enter your home and you don't need to open the door.
- Don't do business with strangers who come to the door or call you by phone.
- Don't discuss your finances with strangers or give out details of your bank or credit cards over the phone.
- Talk to friends and get several quotes before you employ tradespeople. [Age Concern](#) may be able to recommend someone.
- If you think someone is trying to cheat you, contact the Police. You may be able to prevent someone else from being tricked.

General Safety tips

- Don't open the door to strangers.
- Never admit to being alone.
- Install a wide-angle peephole in your door.
- Install security chains on the inside of external doors.
- If someone asks to use your phone, say no. Keep them locked out and direct them to the nearest phone box or offer to make the call for them.
- If you receive a wrong number phone call, don't chat and never give out your name and address.
- Ask for a security checklist from your Neighbourhood Support contact.