



University of
Nottingham

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University of
Nottingham
Students' Union

Personal safety guide



Nottingham
City Council



NOTTINGHAMSHIRE
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PROUD TO SERVE

Personal safety guide

Welcome to the University of Nottingham

Starting university can bring some significant changes - making new friends, studying in a new city, going out to new places and living independently for the first time.

Nottingham is one of the most vibrant cities in the UK and has been ranked 6th best city in the UK for students. It's generally a safe place to live and study, but just like any other city, it's important to be aware of potential risks and know how to help prevent them.

Whether this is your first time living independently or you've been in Nottingham for a while, we want to make sure you can safely enjoy your time here. This booklet will offer some important advice and guidance on how to ensure that you protect yourself and your property so you can make the most of your time as a student here.



Alcohol and Drugs

Using alcohol and drugs can affect your judgment, make you vulnerable to crime and reduce your ability to stay safe.

Alcohol can affect your mood, it's a depressant. So if you are feeling low when you start drinking you may feel worse after a few drinks. It takes your body about an hour to process one unit of alcohol, so pace yourself or your body won't be able to cope.

To reduce the risk of harming your health, people are advised not to regularly drink more than 14 units a week. Spread your drinking over three days or more if you drink as much as 14 units a week.

For more tips and information, visit:

nottingham.ac.uk/alcohol-and-drugs



Personal safety

The City of Nottingham has held Purple Flag status since 2010, which indicates that Nottingham is one of the best and safest places for a night out in the UK. We work closely with Nottinghamshire Police to ensure your time here is safe but a lot of crime is opportunistic so it's important to be aware when you're out and about.

Top tips:

- Keep cash and valuables out of sight – use inside pockets and zipped bags
- Out for the night? Talk to your friends about where you're going and who with
- Only use licensed taxis – text: **UNICAB** to **80818** for a fixed price list
- Walking home? Stay in your group and stick to well-lit main streets
- When out with friends have a designated meeting place if the group gets split

For more tips and information, visit:

nottingham.ac.uk/go/personalsafety



Personal safety +

It's not just the University that cares about your safety. You can find helpful support online and throughout the city.

Check out the below campaigns.

- **Strut Safe** - Strut safe is a free UK wide phone line. If you're walking alone, a volunteer will be a friendly voice to keep you company and help you feel safe until you are through your door.

Fridays and Saturdays: 19:00 – 03:00

Sundays: 19:00 – 01:00

call 0333 335 0026

- **Home - WalkSafe** - The app has safety features including:
WalkSafe – giving you the ability to share your destination, route and estimated arrival time with trusted friends.

HomeSafe – alerts your trusted friends if you fail to arrive at your destination on time. Safety Map – helps you find safe spaces and support.

- **Ask Angela** is a campaign helping you in unsafe situations in pubs and bars. All venues will have a poster in the toilets with information.

Dedicated University Police team

In partnership with Nottinghamshire Police we now have a dedicated University Police team.

PC Nick Lewis and PCSO Paula Hipkiss are based on campus and work closely with the Community Engagement Team, Security Team to provide reassurance, keep students safe along with many other interventions and projects.

Nick and Paula are a visible presence around campus and in the community engaging with students on:

- Help and advice on crime prevention and victim support
- Keeping yourself safe
- Assist with investigations

Contact: UoNpolice@notts.police.uk

For emergencies, please contact **999** or **101** for non-emergencies.



Burglary prevention

Student residences – whether on or off campus – tend to include more valuables than the average home, with most students owning multiple devices. They are therefore a tempting prospect but over half of burglaries are through unsecured doors or windows. Don't make it easy for opportunists.

Top tips:

- Keep windows, doors and all gates locked, even if you are home
- Keep curtains closed when you're out and use timer switches to make it look like someone is home
- Keep valuables out of sight of windows, especially in ground floor rooms
- Get to know your neighbours so that you can look out for each other
- Register your property for free on the [Immobilise](#) database

For more tips and information, visit:

[**nottingham.ac.uk /burglaryprevention**](https://nottingham.ac.uk/burglaryprevention)



Cycle safety

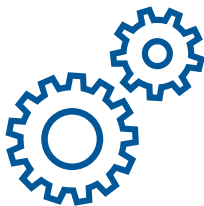
Bikes are often targeted by thieves because they are left poorly secured or not secured at all. It only takes a few seconds to steal an unsecured bike. There are measures you can take to increase the chance of your bike being returned to you if it is stolen.

Top tips:

- Use a D-lock and make sure the frame and a wheel is secured
- Make use of access controlled bike stores when on campus
- Lock your bike in a busy, well-lit place, in view of people or CCTV cameras
- Take easily removable bike parts like lights, seats and wheels with you, so no one else does
- Photograph your bike and record its details at www.bikeregister.com

For more tips and information, visit:

nottingham.ac.uk/cycleandvehiclesafety



Vehicle safety

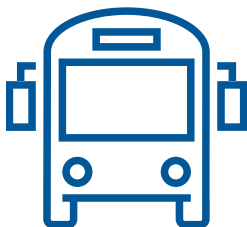
Parking on campus and in the local community is extremely limited and we advise that you do not bring your car to University with you. Student discounts are available for the city's award-winning bus and tram network, and the University operates a free hopper bus between campuses. If you feel that bringing your vehicle with you is your only option, bear the following in mind.

Top tips:

- Park your vehicle in a well-lit area overlooked by houses and ideally a CCTV camera
- Remove all valuables including laptops, sat navs and documents containing personal information
- Use a mechanical immobiliser, such as a steering lock

For more tips and information, visit:

nottingham.ac.uk/cycleandvehiclesafety



Staying safe online

We use the Internet every day and usually do so without even thinking about it. However, it's important to keep yourself, your data, and the data of the organisation safe while using your devices online.

Top tips:

- Don't assume public WiFi hotspots are secure and never use them to do anything confidential like checking email or making payments
- Think about the source before you click a link – do you know and trust them?
- Never give your PIN or passwords over the phone - your bank or the police would never ask for these
- 'Your celebrity name is your first pet's name and your mother's maiden name' – think before joining these threads as they're often designed to mine your data

For more tips and information, visit:

[nottingham.ac.uk /onlinesafety](https://nottingham.ac.uk/onlinesafety)



Harassment

Harassment is any type of unwanted behaviour that you find offensive, intimidating or humiliating. It can happen online or in person and might consist of words, gestures, jokes, images or physical abuse. It can – but does not have to be – related to other types of discrimination such as age, disability, gender, race, religion, sex or sexual orientation.

Harassment in any form is not tolerated at the University of Nottingham.

We strongly encourage you to report harassment so that we can help keep you and the rest of our community safe. All reports will be handled in confidence.

Report harassment:

nottingham.ac.uk/repotharassment



International students

As an international student it's a good idea to take extra caution when it comes to your personal safety and your possessions, as criminals often target those who appear unfamiliar with an area. Remember that the Police in the UK are friendly and approachable, and have a duty to protect everyone. It's worth familiarising yourself with British law so that you are aware of the differences between your home country.

Top tips:

- Beware of 'scam' phone calls from numbers you don't recognise requesting personal information and/or money. Never make a payment to anyone you don't know. The UK Home Office and your UK bank will never contact you in this way
- Don't carry large amounts of cash on you – £50 is the most you'll realistically need
- In an emergency dial 999 from any phone and ask for the Police; 101 if it's not an emergency but you require Police assistance
- Keep the telephone number of the university's security department handy, in case you need to call for help
- Police officers and Community Protection officers can often be seen walking the streets. If you feel unsafe, approach them – they are there to help



Walking around

Campus and local area

- Campus is a safe space, that is well lit and has staff at all times. However, if you feel unsafe, please phone the campus security 0115 951 3013 they are available 24 hrs 7 days a week
- Plan your route wherever you go, be aware of any darker areas or less busy areas
- Stay on the main roads, avoid short cuts (particularly during darker nights)
- Always have your phone charged
- Let someone know where you are going, (especially if out on your own)
- Use tracking apps
- If you ever feel unsafe call 101 or in emergencies 999
- Carry personal alarms

It's important to remember these are tips to stay safe, visible and aware. To keep your safety at the forefront of your mind, not to be afraid, but to enjoy whatever you do in a safe manner.



Keeping yourself safe

There will be times whilst you're away from home when you may feel low or anxious.

Whatever may be making you feel low or anxious you aren't on your own. There's a wealth of support here at the university.

- **Student Wellbeing** - <https://www.nottingham.ac.uk/CurrentStudents/Wellbeing/Student-Wellbeing.aspx>
- **Nottingham Nightline** - <https://www.nottinghamnightline.co.uk/>
- **Samaritans** - <https://www.samaritans.org/how-we-can-help/contact-samaritan/>

There are also apps that help when we feel anxious

- **Togetherall Wellbeing** - <https://www.nottingham.ac.uk/hr/your-benefits/your-wellbeing/togetherall-wellbeing-app.aspx>
- **NHS Mental Health Apps** - <https://www.bsuh.nhs.uk/library/wp-content/uploads/sites/8/2020/09/NHS-Mental-Health-Apps.pdf>



Useful Resources

Victim Care – Provides free and confidential support to victims of crime.

nottsvictimcare.org.uk

Crimestoppers – A charity which allows anonymous reporting of criminals or crimes.

crimestoppers-uk.org

Immobilise Crime (bike and property register) –

The UK's, Police-approved, national property and bicycle registration scheme. Includes property and bicycle marking and what to do if your property is stolen.

immobilise.com

Safer Housing – For general concerns about house security and rogue landlords.

Nottingham: bit.ly/2LRx6CA

Beeston: broxtowe.gov.uk/for-you/housing/private-sector-housing

Kegworth: nwleics.gov.uk/pages/private_tenants_advice_and_support

Safer taxi scheme –

DG taxis and UoNSU have joined

forces for a safe cab ride home. For a fixed price list or the emergency taxi scheme.

Text: **UNICAB** to **80818** or call: **0115 950 0500**

Nottingham Night Owls – Student volunteers patrol the city on Wednesday and Thursday nights during term time, assisting in getting students safely home.

nottinghamnightowls@outlook.com

facebook.com/notts.nightowls

Nottingham is a friendly city and our campuses are safe places, but always be aware of your surroundings.

For more tips and information, visit:

[nottingham.ac.uk /citysafety](https://nottingham.ac.uk/citysafety)

Urgent contacts

Off-campus emergencies:

Call **999** if a crime is in progress or someone is in immediate danger

Off-campus non-emergencies:

Call **101** to report crimes that are not an emergency

University Security:

0115 951 8888 (emergencies only)

0115 951 3013 (24-hour security control)

security@nottingham.ac.uk

Community Engagement:

communityengagement@nottingham.ac.uk

nottingham.ac.uk/yourcommunity

Students' Union Advice:

0115 846 8730

suadvice@nottingham.ac.uk

su.nottingham.ac.uk/advice