

Cultúr Community Safety Tool Kit

The Be Safe in Your Space Project is supported by the Department of Justice

A Guideline to Community and Personal Safety
Cultúr Migant Centre



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Online Toolkit

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ABOUT

Cultúr Migrant Centre is a **non-profit organization** dedicated to empowering individuals and communities by providing practical knowledge and strategies to enhance personal safety and well-being. In collaboration with the **Department of Justice**, this booklet, ***Cultúr Community Safety Tool Kit: A Guideline to Community and Personal Safety***, serves as a valuable resource for staying safe in various aspects of daily life, whether at home, work, or in public spaces.



"Being safe in your space means taking control of your environment, staying aware, and making choices that protect both yourself and those around you."



Inside This Booklet, You Will Find:

- **Community Safety Practices:** Recommendations for fostering a safer community environment through vigilance, cooperation, and reporting suspicious activities.
- **Home Safety Guidelines:** Steps to secure your home against intrusions and emergencies, including fire safety, burglary prevention, and emergency preparedness.
- **Road Safety:** Essential information for safe driving and pedestrian practices. This section includes tips on defensive driving, obeying traffic laws, pedestrian safety, and what to do in case of a vehicle breakdown or accident.
- **Fire Safety:** Comprehensive guidelines on preventing and responding to fires. Learn about fire prevention measures, proper use of fire extinguishers, creating and practicing a fire escape plan, and what to do in case of a fire emergency.
- **Cyber Safety:** Tips for protecting your personal information online, avoiding scams, and practicing responsible digital behaviour.
- **Ask For ANGELA:** A discreet safety initiative that provides support in uncomfortable or unsafe social situations.
- **Resources and Contacts:** Information on where to seek help, support services, and additional safety resources available in your community.

Our goal with this booklet is to build confidence and provide actionable tools so that every member of our community feels safe and secure in their personal space. By working together and staying informed, we can create a safer environment for everyone.

We encourage you to read through the booklet, share its contents with others, and use it as a reference to stay informed and prepared. Remember, safety begins with awareness and proactive measures.

Thank you for taking the time to invest in your safety and the safety of those around you.

Stay safe and vigilant,

Cultur Migrant Centre.

Community Safety

Building relationships

By getting to know your neighbors, you can create a more secure environment where everyone looks out for each other. Familiarity with the people around you allows you to recognize unfamiliar or suspicious individuals, enhancing your ability to report and prevent potential threats.

Neighborhood Safety

Participate in local events, join neighborhood watch programs, and engage in community activities to build a connected and vigilant neighborhood. Share a WhatsApp group to keep each informed on any suspicious activity.

Street Lights and CCTV

Well-lit streets and surveillance systems are vital for maintaining a safe neighborhood. Street lights deter criminal activity by increasing visibility, while CCTV cameras provide a record of events that can assist in investigations. Ensure that street lights in your area are functioning correctly and consider advocating for the installation of CCTV in key locations.

Policing

In many areas, there are dedicated community policing officers who focus on building relationships with local residents. They attend community meetings, offer advice, and help resolve local issues. Getting to know your community Gardaí can enhance the safety and trust within your neighbourhood. Regular police patrols, both on foot and by vehicle, act as a deterrent to crime. If your area lacks regular patrols, you can work with local community groups to request increased Garda presence.

Reporting Strange Activities

If you notice any unusual or suspicious activities in your neighborhood, it's crucial to report them promptly. Effective community safety relies on vigilance and communication. Contact local authorities to report any concerns and provide detailed information to aid in investigations.

An Garda Síochána contact info: **999** or **112** for emergencies, **1800 666 111** for Crimestoppers.





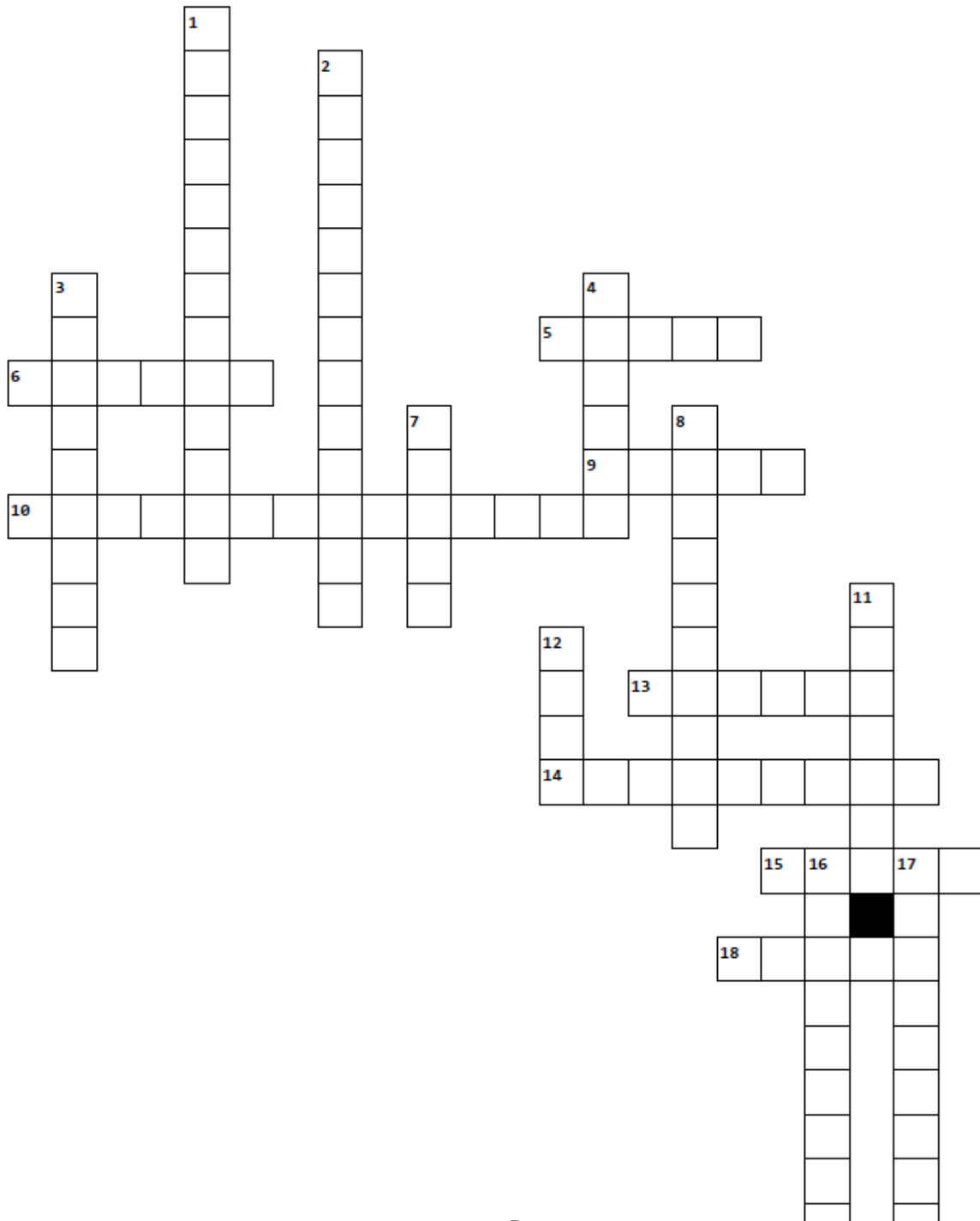
Neighbours and Contact List

[illegible]

"Community safety thrives when we look out for one another, creating a space where everyone feels secure and supported."



Community Safety Crossword



Across:

- 5. The police force in Ireland
- 6. What you should do when you see suspicious activity
- 9. Building this is essential for a safer community
- 10. A duty to contribute to safety
- 13. Keeping these on can deter crime
- 14. Someone who helps in the community without payment
- 15. A program where residents monitor their area for safety
- 18. A device used to alert of danger

Down:

- 1. A group of people living in the same area
- 2. Sharing information to stay safe
- 3. A situation requiring immediate attention
- 4. The condition of being protected from harm
- 7. A strong community works together in this way
- 8. Something that seems unusual and requires attention
- 11. Treating others well contributes to community safety
- 12. A system used to monitor and record public areas
- 16. Staying informed about your surroundings
- 17. A group of people living and working together

Home Safety



1

Home security systems

Investing in a reliable home security system is one of the most effective ways to protect your property. Modern security systems offer a range of features including alarms, motion detectors, surveillance cameras, and remote monitoring. These systems can deter intruders, alert you to potential threats, and provide evidence in case of a security breach.

3

Avoid displaying valuables

Keep valuables such as jewelry, electronics, and important documents out of sight from windows and doors. Avoid displaying expensive items in plain view, as this can attract burglars. Store valuable items in a safe or hidden compartment within your home, and consider using a safe deposit box for particularly valuable items.

5

IoT (Internet of Things)

IoT devices such as smart locks, video doorbells, and connected security cameras provide real-time updates and remote control via smartphone apps. While these devices enhance convenience and protection, it's important to ensure they are secure by changing default passwords, enable encryption, and regularly update the firmware to protect against cyber vulnerabilities.

2

Secure windows and doors

Ensure that all windows and doors are securely locked at night and when you are not at home. Use high-quality locks and consider installing additional security measures such as deadbolts and reinforced frames. For added protection, install window bars or security screens.

4

Cybersecurity

Use strong, unique passwords for your online accounts and enable two-factor authentication where possible. Regularly update your software and antivirus programs to defend against cyber threats. Avoid sharing sensitive information over unsecured channels. Secure your home network with a strong Wi-Fi password and regularly monitor for any unusual activity.

Home Safety

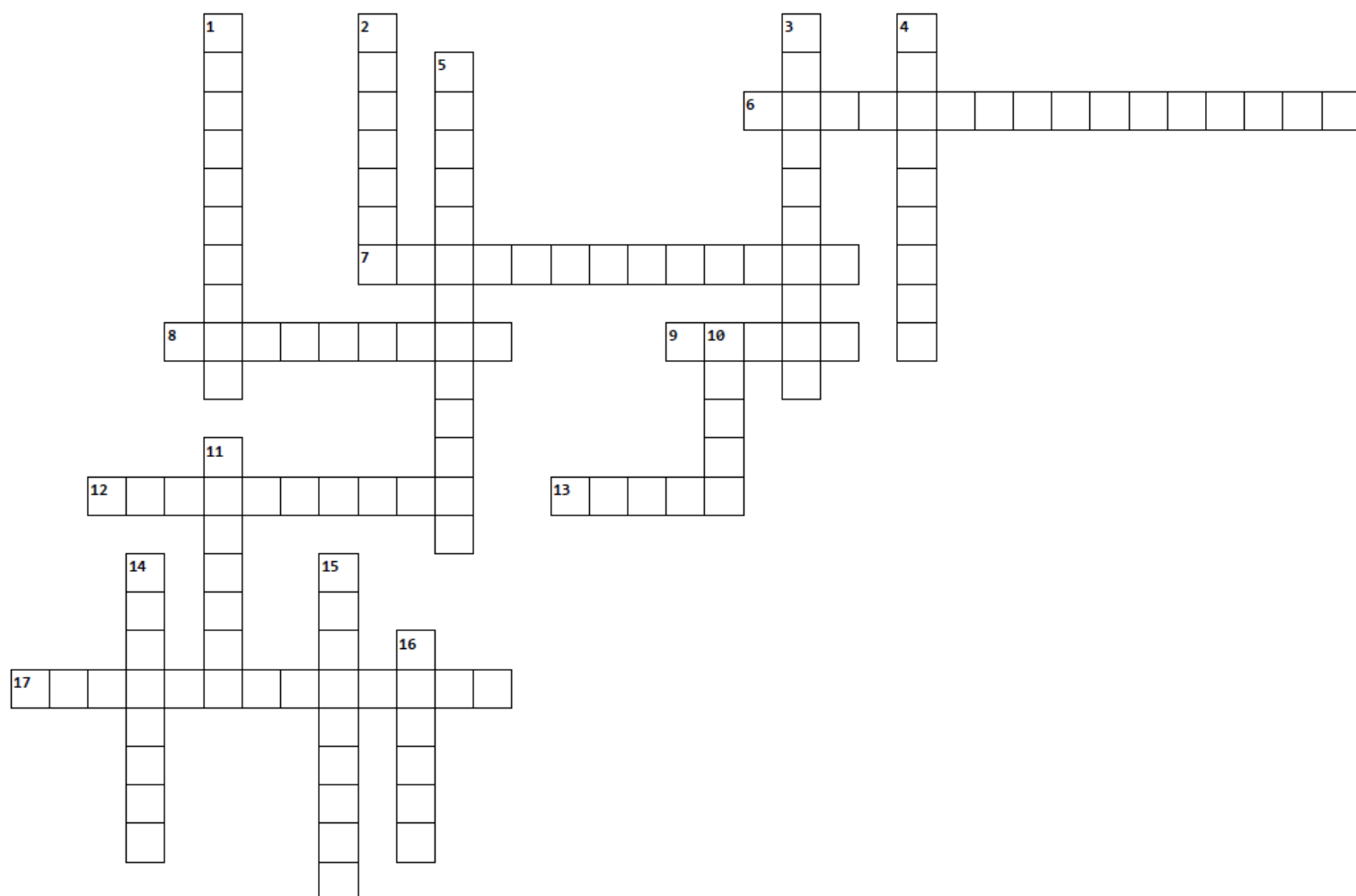
Check List:

Please ensure you check the list before going to bed or before leaving the house.

- ☐ Lock all doors
- ☐ Lock all windows
- ☐ Activate the home security system
- ☐ Secure your valuables
- ☐ Unplug electrical appliances
- ☐ Ensure kitchen stove is off
- ☐ Secure garage and outbuildings
- ☐ Ensure emergency contacts are accessible
- ☐ Secure mail and deliveries
- ☐ Verify security cameras
- ☐ Secure pets and pets doors
- ☐ Secure vehicles
- ☐ Turn off space heaters
- ☐ All candles and naked flames are extinguished
- ☐ All escape routes are completely clear of obstructions



Home Safety Crossword



Across:

6. A tool used to put out small fires
7. A device that warns you of fire by detecting smoke
8. Financial protection against home damage or theft
9. A system that alerts you to danger in your home
12. A strategy for exiting your home safely in an emergency
13. The main entry points to your home that should be secured
17. Protecting your online presence and personal information

Down:

1. Keeping an eye on your property using security systems
2. Devices used to monitor and record activity around your home
3. People who live nearby and can help watch your home
4. A situation requiring immediate action at home
5. Strengthening doors and windows for added security
10. Devices used to secure doors and windows
11. Should always be securely closed when leaving the house
14. A bad practice that makes it easier for burglars to enter
15. Important items that should be kept out of sight
16. Turning these on can help deter intruders at night

Road Safety

Road safety is vital for protecting lives and preventing accidents on our roads. It involves being aware of and following traffic rules, staying vigilant, and ensuring that both drivers and pedestrians are cautious and considerate. Whether you are driving, cycling, or walking, adhering to road safety guidelines helps create a safer environment for everyone.

✓ Pedestrian safety

- Always use crosswalks when crossing streets and look both ways before stepping off the curb.
- Make eye contact with drivers to ensure they see you before crossing.
- Wear visible clothing, especially in low-light conditions, and avoid distractions like using a phone while walking.
- Follow traffic signals and avoid crossing streets at locations where visibility is poor or traffic is heavy.

✓ Cyclist safety

- Always wear a helmet and use lights or reflectors on your bike to ensure you are seen by drivers.
- Follow all traffic signals and rules, and signal your turns and stops to other road users.
- Keep a safe distance from parked cars to avoid being hit by opening doors.
- Regularly maintain your bicycle to ensure it is in good working condition

✓ Driving safety

- Always wear your seatbelt and ensure all passengers do the same.
- Avoid distractions, such as using your phone or eating while driving.
- Adhere to speed limits and adjust your speed according to road conditions.
- Never drive under the influence of alcohol or drugs, and be mindful of other drivers and pedestrians.

✓ Weather Safety

- In adverse weather conditions such as rain, snow, or fog, reduce your speed and increase your following distance.
- Ensure your vehicle's tires are suitable for the current weather and that your windshield wipers and defrosters are functioning properly.
- If conditions are severe, avoid traveling if possible and stay informed about weather forecasts and road conditions.

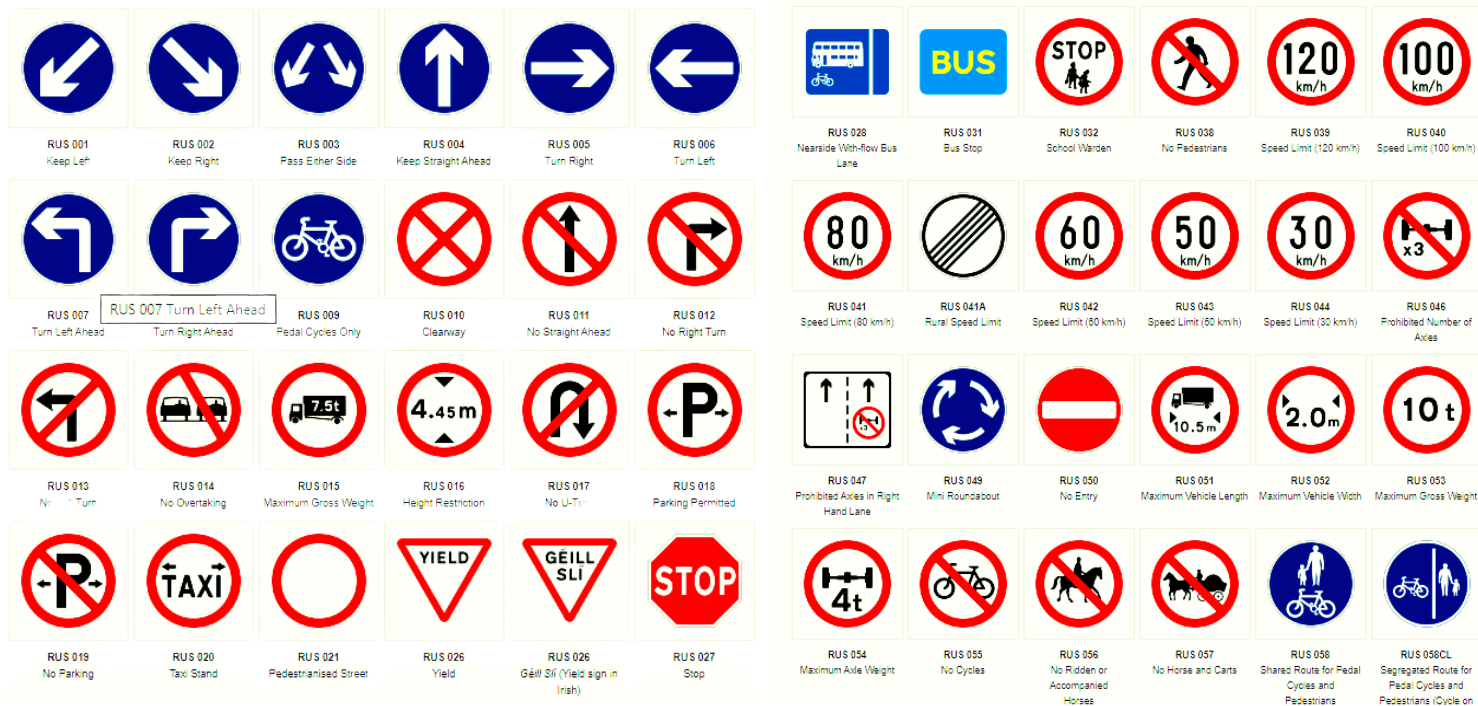


Emergency Contact List for Road Safety

Description	Phone	Email
Emergency (Police, Fire, Ambulance)	999 or 112	garda.ie
Navan Garda Station <i>MEATH</i>	+353 46 903 6100	garda.ie
Kells Garda Station: <i>MEATH</i>	+353 46 924 0999	garda.ie
Trim Garda Station <i>MEATH</i>	+353 46 948 1540	garda.ie
Ashbourne Garda Station: <i>MEATH</i>	+353 (01) 801 0600	hse.ie
Drogheda Garda Station <i>LOUTH</i>	+353 41 987 4200	garda.ie
Dundalk Garda Station <i>LOUTH</i>	+353 42 938 8400	garda.ie
Ardee Garda Station <i>LOUTH</i>	+353 41 685 3222	garda.ie
AA Roadwatch <i>ROAD ASSISTANCE</i>	+353 1 617 9999	theaa.ie
RAC (Roadside Assistance) <i>ROAD ASSISTANCE</i>	+353 1 639 9800	rac.ie
HSE (Health Service Executive) East:	+353 1 864 5000	hse.ie

Road Safety

Road Signs to familiarise yourself



Transport Mobile Applications



TFI LIVE APP



TFI TOP UP



TFI DRIVER
CHECK UP



TFI GO

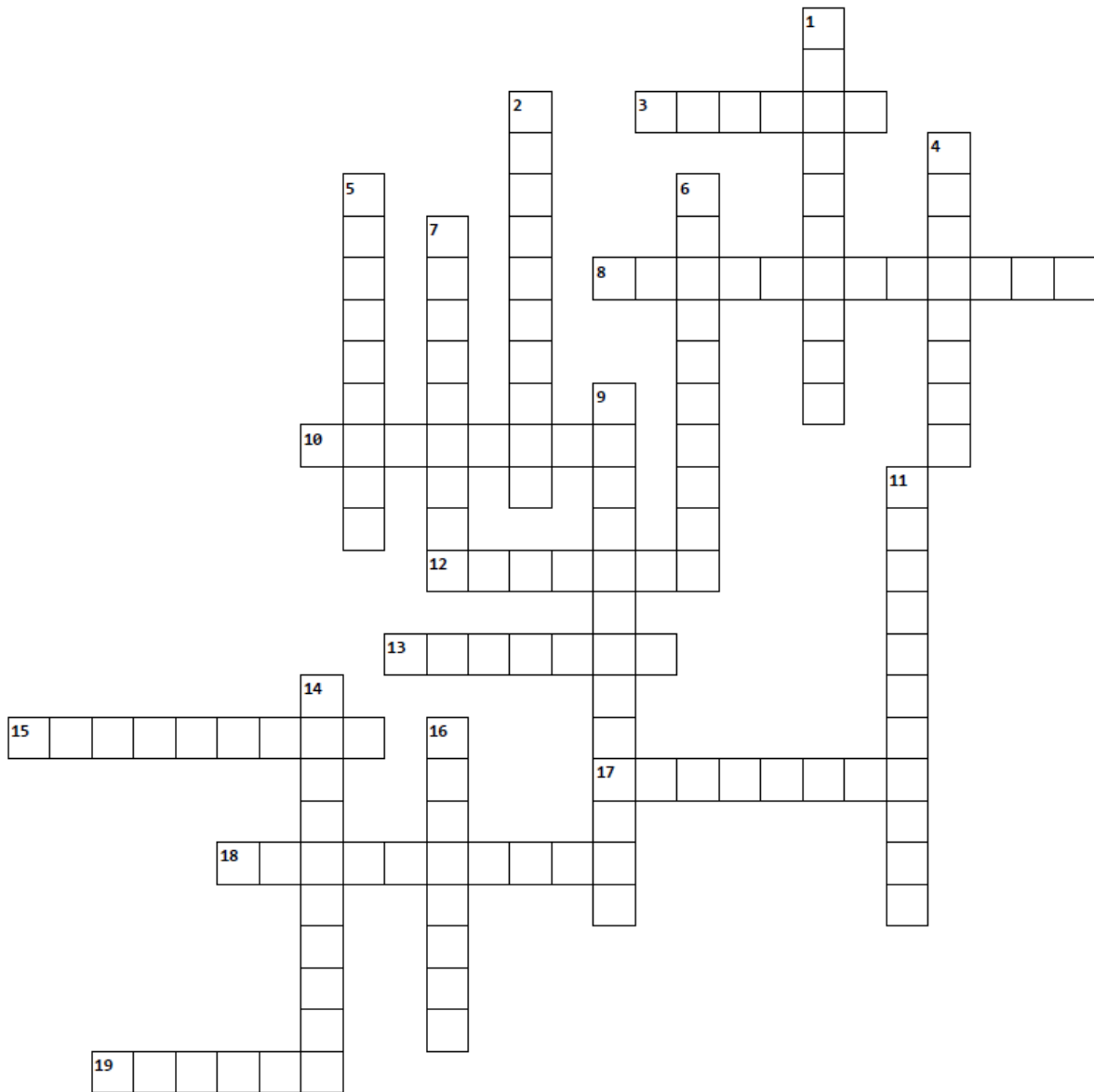


Dublin Coach

Irish Rail



Road Safety Crossword



Across:

3. A system used to slow down or stop a vehicle
8. A signal that controls the flow of vehicles and pedestrians
10. A crucial attitude for safe driving and roadsharing
12. Hand or light indications used to show driving intentions
13. Reflective devices that help drivers see behind them
15. An area around the vehicle not visible to the driver
17. A safety device that should always be worn in a vehicle
18. A person walking along a road or in a developed area
19. Protective headgear worn when riding a bicycle or motorcycle

Down:

1. The maximum legal speed allowed on a road
2. The act of passing another vehicle on the road
4. An unintended event that can result in injury or damage
5. A designated area for people to safely cross the road
6. Lights used to improve visibility at night or in bad weather
7. Signs that provide important information for road users
9. Black and white striped road crossing for pedestrians
11. Anything that takes attention away from driving
14. A circular intersection where traffic flows in one direction
16. A path beside the road for pedestrians

Fire Safety

Essential tips for preventing and responding to fires at home

Smoke Alarms

- Install smoke alarms on every level of your home, inside each bedroom, and outside sleeping areas.
- Test alarms monthly to ensure they are working and replace the batteries at least once a year.
- If your smoke alarm is more than 10 years old, replace it with a new one.
- Regular maintenance and proper placement of smoke alarms can significantly reduce the risk of injury or loss in a fire.

Fire Extinguisher

- Place fire extinguishers in key locations, such as the kitchen, garage, and near any potential fire hazards.
- Ensure that everyone in your household knows how to use a fire extinguisher and is familiar with the PASS technique (Pull, Aim, Squeeze, Sweep).
- Regularly check that extinguishers are in working condition and have not expired.

Escape Plan

- Develop a plan that includes two exit routes from every room, and establish a designated meeting place outside the home.
- Conduct regular fire drills to ensure everyone knows the plan and can act quickly.
- Make sure to include children, elderly family members, and pets in your escape plan to ensure everyone's safety.

Electrical safety

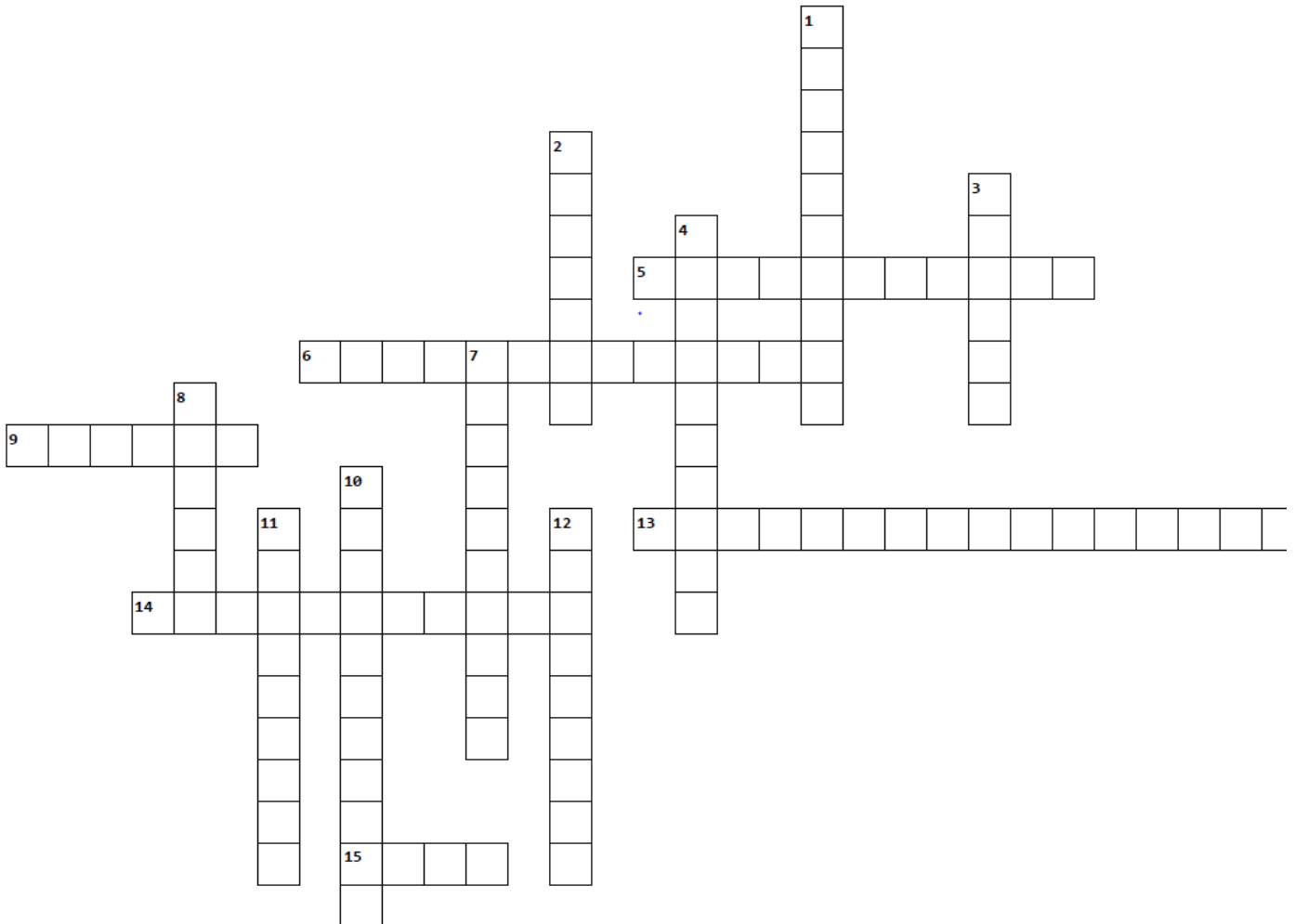
- Have a qualified electrician inspect your home's wiring periodically and make any necessary repairs.
- Avoid overloading electrical outlets and use power strips with built-in circuit breakers.
- Never use damaged or frayed electrical cords, and ensure that all electrical appliances are in good working condition.
- Turn off and unplug appliances when not in use, especially in high-risk areas like the kitchen.

Kitchen Safety

- Never leave the kitchen unattended while cooking, especially when using high heat or frying.
- Keep flammable materials, such as dish towels and paper products, away from the stove.
- Always turn pot handles inward to prevent accidental spills or burns.
- If a grease fire occurs, cover the pan with a lid or baking sheet to smother the flames—**never use water**.
- Ensure that your kitchen is equipped with a fire extinguisher and that everyone in your household knows how to use it.



Fire Safety Crossword



Across:

5. Plugging too many devices into one outlet, causing fire risk
6. A device that warns you of fire by detecting smoke
9. A common household item that can start a fire if left unattended
13. A tool used to put out small fires
14. A planned way to exit a building safely during a fire
15. A way out of a building during a fire

Down:

1. Devices that automatically spray water when a fire is detected
2. Most common place in the home where fires start
3. Practice runs to ensure everyone knows how to escape a fire
4. The process of leaving a building quickly and safely
7. To put out a fire
8. A system that alerts occupants to a fire emergency
10. A safety device used to smother small fires
11. Materials that catch fire easily and should be stored safely
12. A situation requiring immediate action



Tips to >>> stay Safe

Never share your password to anyone.

Keep your passwords safe.
Use a secure and reliable password manager.

Practice safe browsing.

A single careless click can expose your sensitive information. Think before you click!

Use a secure VPN connection.

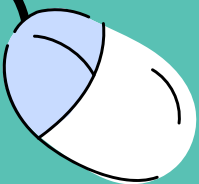
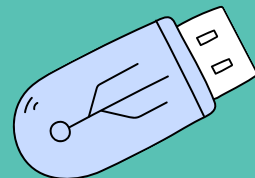
A Virtual Private Network (VPN) will ensure your anonymity on the internet.

Be careful of what you download.

Avoid downloading apps or software that look suspicious. It may result in malware.

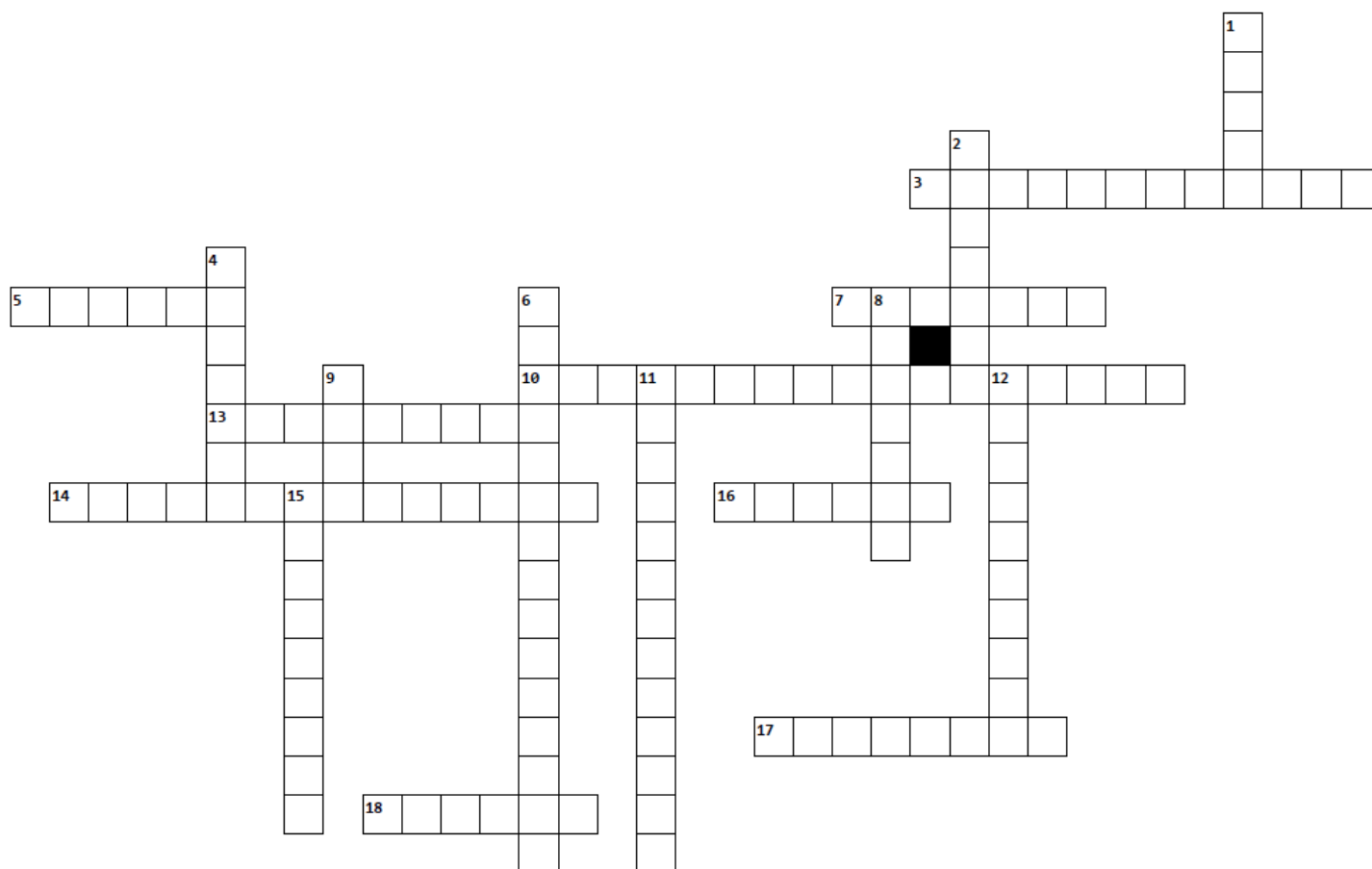
Be careful of what you post.

Remember: what you post on the internet will stay there forever.



Stay safe online!

Cyber Safety Crossword



Across:

- 3. Practices to ensure secure and responsible internet use
- 5. A copy of important data stored separately for recovery
- 7. Regular software improvements to fix security vulnerabilities
- 10. Manipulating people to gain confidential information
- 13. Software designed to detect and remove malicious programs
- 14. The process of verifying a user's identity
- 16. When data is accessed or exposed without permission
- 17. A fraudulent attempt to obtain sensitive information
- 18. A person who gains unauthorized access to systems

Down:

- 1. A type of malicious software that can infect a computer
- 2. Malicious software designed to harm or exploit systems
- 4. A program that secretly gathers information about a user
- 6. A tool that stores and encrypts login credentials
- 8. Protecting personal information from unauthorized access
- 9. A wireless network that should be secured with a strong password
- 11. When someone illegally uses your personal information
- 12. The process of converting information into a secure code
- 15. An extra layer of security requiring two forms of verification

Ask for ANGELA

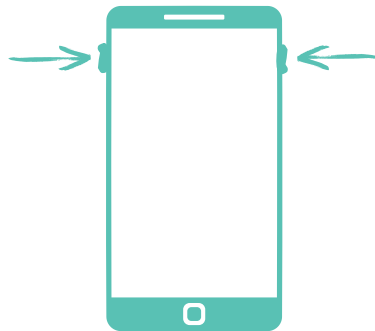
Get home safe!

If you ever feel unsafe, uncomfortable, or threatened in a bar, club, or venue, you can discreetly ask for help by saying, “Is Angela here?” to the staff. They are trained to assist you by helping you leave safely or calling security or the police if needed.



SOS Emergency Call

- On iPhone: Press and hold the side button + volume button until the SOS slider appears, or press the side button 5 times (varies by model).
- On Android: Press the power button 5 times or use the Emergency SOS setting (varies by device).

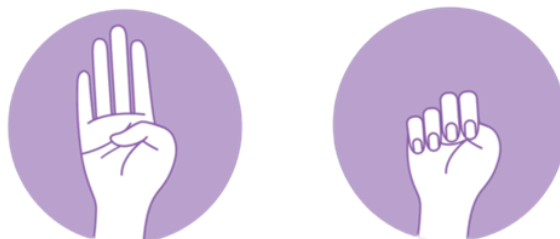


Violence at Home Signal for Help

If you're in danger at home and need help but can't speak, use the Signal for Help:

- Raise one hand, palm facing out.
- Tuck your thumb into your palm.
- Close your fingers over your thumb.

This silent hand signal alerts others that you need help. If you see someone use it, check in with them safely or contact emergency services if needed.



Emergency Contacts

- Garda, Ambulance or Fire Emergency : **999 or 112**
- Fire Service (Local):
- Meath Fire Service: **+353 46 909 7000**
- Louth Fire Service: **+353 42 933 5457**
- Uisce Éireann (Irish Water): **1800 278 278**
- National Poison Control Centre: **1800 818 175**
- Esb Networks: **1800 372 999**
- Irish Gas Networks: **1800 205 050**
- HSE (Health Service Executive) Emergency Services:
 - General Inquiries: **+353 1 864 5000**
- AA Roadwatch (Roadside Assistance): **+353 1 617 9999**
- RAC Roadside Assistance: **+353 1 639 9800**
- Crimestoppers (Anonymous Reporting): **1800 666 111**
- Local Hospitals:
 - Meath: Our Lady of Lourdes Hospital, Drogheda:
+353 41 987 4200
 - Louth: Louth County Hospital, Dundalk:
+353 42 933 2000

**Deaf, hard of hearing, or
speech-impaired?**

Text **112** for emergency
services (Gardaí, ambulance,
fire, Coast Guard) — but
register first at www.112.ie.

How can you support us?

Support Us – Help Keep County Louth & Meath Safe.

Cultur Migrant Centre is committed to promoting safety and well-being across County Louth and County Meath, providing vital resources, education, and support to empower individuals and communities. Your generous support helps us continue our mission to create safer spaces for everyone, ensuring access to essential safety information and community programs.

How You Can Support Us:

- **Make a Donation:** Your contributions help fund our safety initiatives and community outreach efforts.
- **Spread the Word:** Share our work on social media to raise awareness.
- **Volunteer:** Get involved and make a direct impact in your community.



Every contribution, no matter the size, helps us continue our work to make County Louth and Meath a more secure and inclusive community.

Together, we can build a safer future.

How can you support us?

IBAN: IE67 AIBK 9321 8364 4900 66

Account number: 6449 0066

BIC: AIBKIE2D



Scan me to donate



Contact Us



Navan Head Office:

Anne's Resource Centre, Railway St., Navan, Co. Meath. C15 WOYX



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info@cultur.ie



Dundalk Office:

St. Joseph's Redemptorist's Church Ground Floor
Marshes Lower, Dundalk Co. Louth A91 F3FC



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