



Christmas Shopping Safety Tips

- ▲ Be patient and respectful of staff, other shoppers and their space
- ▲ Be mindful of your personal belongings, keep them secure and only carry what you need
- ▲ If you are carrying a handbag or wallet, make sure it is securely fastened and carry it in front of you or in a front pocket
- ▲ Be vigilant and try not to be distracted in large crowds or busy spaces
- ▲ If you are using an ATM, be aware of who is around you. Conceal your pin number as you input it and put your card and cash away safely before leaving the ATM.
- ▲ If you notice anything suspicious about the ATM or you feel uncomfortable with any of the people standing nearby, do not use the ATM.
- ▲ Do not leave purchases on display in your vehicle. Store all purchases out of sight and ensure your vehicle is locked. Park in a well-lit area or attended car park.
- ▲ Report any suspicious activity to us on 101.



Online Shopping Safety

With the recent cost of living crisis, every penny counts right now, which is why efforts are being made to protect shoppers from being scammed out of money this festive period.

The National Cyber Security Centre and National Crime Agency have joined forces via Action Fraud to launch a campaign to keep buyers secure online.

Recent scams include “Supermarket Vouchers” and “Royal Mail Texts”. Please **DO NOT** click on any links in these type of message and learn more by accessing the link here: [Stay safe online this Christmas.](#)

Mentally Healthy Christmas

Over the Christmas holiday period some of the services that we usually rely on for support may not be as easily accessible.

It may be worth for you to visit www.happierminds.org.uk which provides mental wellbeing information and signposting for Young People 11+, parents/carers and staff.

Commissioned by Black Country Healthcare NHS Foundation Trust, [WYSA](#) is a mental health support app for secondary school aged young people that helps users build emotional resilience skills and offers immediate support at any time of day or night.

Talking to [WYSA](#) can help young people navigate difficult emotions and give them the confidence to reach out for help when they are ready.

School Nurses are displaying [WYSA](#) posters for young people on the Mental Wellbeing Boards in Secondary schools. Information regarding [WYSA](#) can also be found on the Young people, parent/carers and staff pages of www.happierminds.org.uk.

