

# Ideas Sheet



*Arrange to support each other when you are out and about.*

You can make arrangements to support each other when you are out and about, especially in the evenings when it is dark.

If you are arranging to meet friends, meet at a public place where there are lots of people and is well lit at night.

Walk together with friends and wait together at bus stops.

Walk routes that are busy with people and well lit. Avoid alleyways or parks when it is dark.

Share bus rides with friends even if you get off at different stopes on the route.

Arrange to share taxi rides. Taxi drivers can drop customers off at different destinations, if you live at different homes but share a route.

You can pre-book taxis for a specific time, so you don't have to worry about one being available or waiting for a long time.

Sharing the taxi fare is also a great way to save money!

If you are getting a lift off a family member or support worker, consider giving your friends a lift.

Take a mobile phone with you when you go out and make sure you have your friends' numbers on the phone to call or text them if you need to get in touch.