

If you have problems:

- Remain calm and try to appear confident.
 - Leave immediately
 - If you have a mobile phone, call for assistance.
 - Report the problem or concern to the Pastoral Secretary and/or the Minister in Pastoral charge.
 - Write down what has happened as soon as possible and give a copy to the Pastoral Secretary.
 - Safeguarding. Please also have a conversation with your Church Safeguarding Officer as soon as is possible.
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- **If you have any concerns or doubts, do not visit alone.**

Torrington Methodist Church

Personal Safety When Visiting



Visiting people in their home is a part of the Church pastoral life. There are certain things which can be done to minimise the risk of problems arising.

- How well do you know the person/s you are visiting and do they have any history of aggression?
- Is their medical condition likely to make them aggressive or unpredictable?
- It may be wise to visit in pairs if you are not sure.
- Before you leave check you know how to get to the address.
- Before driving, check you have enough petrol to get there and back.
- Ensure someone knows where you are going - does this person have your mobile phone number?
- If you have a mobile phone, who could you contact in an emergency?
- Is your emergency contact available?

- Consider locking the doors whilst driving.
- Keep valuables out of sight.
- Park in a well-lit area whenever possible
- When inside the house ensure you are not cut off from access to the door
- Do not give out your personal details to anyone you do not know very well
- If you have any concerns or feel uncomfortable in a home leave immediately and report your concerns to the Pastoral Secretary as soon as possible
- Do not allow yourself to feel intimidated or pressured into situations where you feel uncomfortable.
- Where possible, make visits during day light hours.