Getting emergency help

In an emergency, when a life is in danger or a crime is being committed, always call 999 or 112. You will then be asked which emergency service you require, the police, an ambulance or the fire service.

If you need to contact the police and you have difficulty speaking or reading English, interpreters can be provided. 999 and 112 calls are free from any phone.

**In an emergency always call**

999 or 112

When a life is in danger or a serious crime is being committed.

**For all non-emergencies call**

0845 456 456 4

For calls not requiring immediate police attendance or any other enquiry.

**Crimestoppers**

To give information anonymously about crime please contact Crimestoppers, an independent charity.

**Online**

Visit the Cambridgeshire Constabulary website.

www.cambs.police.uk
Welcome to Cambridgeshire

This booklet contains advice and information about living and working in Cambridgeshire, essential information about the law, which may be different to the laws in your country of origin or last residence, and offers practical advice for your safety. We hope this information helps make your life in Cambridgeshire more comfortable, pleasant and safe.

The role of the police

The role of the police in Britain may be different from that in your own country. The role of British police is to uphold and enforce the law and protect the public. Foreign nationals have the same right to protection as British nationals. The police have a responsibility for public safety and you should be confident in asking us for assistance.

Except for special circumstances British police do not carry firearms.
**Reporting crime**

Cambridgeshire Police is committed to delivering a first class service to all people who visit, work and live in Cambridgeshire.

We want to create the safest possible community for everyone. We want to fully understand your concerns and your neighbourhood and we want you to report every incident of crime or disorder you encounter. This includes crimes that appear to be motivated by prejudice against a victim by reason of race, nationality, ethnic origin, religion, age, disability, gender or sexual orientation.

This information is extremely important, and will help us make your neighbourhood a safer place to live.

If you are a victim of an incident or crime which is due to your ethnic, religious or sexual background, you can use the Open Out Scheme. This is an independent service which allows you to report such matters to a third party rather than direct to the police. The police will investigate only with your permission.

To contact Open Out call:

Cambridge: 01223 823552  
Peterborough: 01733 747474  
Huntingdon: 01480 428726

Report crime online at: www.report-it.org.uk

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**How to contact the police**

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Help for victims and witnesses

Victim Support is an independent national charity for people affected by crime. They help people, including those who have been threatened, abused or assaulted. They also provide the Witness Service, which gives advice and support to witnesses, and helps them through the court process.

Victim Support provides:

- Information
- Practical help
- Emotional support

This service is free, confidential and available to everyone, even if you don’t speak English. You can also call them if you are the friend or relative of someone who has been hurt.

Call the Victim Supportline on 0845 30 30 900
or visit its website www.victimsupport.org.uk

Personal Safety

- **Burglary:** don’t let the burglars in! Close and lock all your windows and doors when you go out. Consider leaving a light on if you are going out at night.

- **Vehicles:** don’t leave items on display in your car. Put them out of sight and make sure the vehicle is locked.

- **Street robbery:** keep possessions such as mobile phones out of sight. Stay in busy streets when you are walking outside. Avoid shortcuts such as alleyways. Take special care when using cash machines.

- **Distraction burglary:** don’t let strangers into your home. Genuine callers will carry clear identification and won’t mind if you want to ring someone to check before you let them in.

- **Counter terrorism:** communities can help in the fight against terrorism by providing vital information. If you suspect anything contact the anonymous anti-terrorism hotline on 0800 789 321, or in an emergency call 999 or 112.

- **Online crime:** do you know who your children are speaking to online? Make them and you safer by visiting the Internet Watch Foundation website for information on: www.iwf.org.uk (English only)

- **Bicycle crime:** make sure you lock your bike if you leave it in a public place. Ask police about security identity marking and keep a record of your frame number.
Acceptable Behaviour

The police have a role in ensuring that people behave in an acceptable way in public places. Behaving in a way that causes distress or alarm to another person is unacceptable.

Some examples of unacceptable behaviour are:

- People may find it intimidating to be stared, whistled, shouted at or followed.
- It is against the law to use offensive, threatening or abusive words or behaviour.
- It is against the law to assault anyone.
- It is against the law to drop litter.
- It is against the law to vandalise property e.g. by drawing graffiti on walls.
- Begging is against the law.
- Do not urinate or spit in public.
- Do not touch or fondle people without their permission.
- Do respect others’ personal space.
- Do not make insulting or sexual comments.

Alcohol and Drugs

- Alcohol can only be purchased legally by persons aged 18 years or over.
- In Licensed Premises, (e.g. pubs and nightclubs) alcohol can only be consumed by persons aged 18 years or over, except 16 & 17 year olds, when beer, wine or cider is consumed with a ‘table meal’.
- No-one may drink alcohol in public where there is a designated ‘Alcohol-free Zone’.
- It is against the law for staff at any Licensed Premises to sell you alcohol if you are drunk.
- You could be arrested if you are drunk and disorderly in public.
- It is against the law to use, possess or supply any controlled drugs (e.g. cannabis, heroin and cocaine).

If you break the law you could be arrested. You could receive a large fine. If you are convicted, you could be deported or you could even go to prison.
Drinking and Driving

You must not drive if you have been drinking alcohol or taking drugs – including some prescribed medications.

You must not attempt to drive or sit in the driving seat of the car after you have been drinking alcohol or using illegal drugs – even if the car is not moving. In Britain, the penalties for driving or attempting to drive a vehicle whilst above the legal limit are very serious. If you are found guilty by a court you will be banned from driving for a minimum of 12 months.

You could also:

- Go to prison for 6 months
- Be fined up to £5,000
- Lose your job
- Have to pay much higher car insurance costs

Only a very small amount of alcohol is legally permitted for drivers (the legal limit in the UK is 80 milligrammes of alcohol in 100 millilitres of blood). If you have been drinking alcohol there is no real way to be sure that you are under the legal alcohol limit to drive. It depends on many things, including your weight/sex/age/the amount and type of alcohol etc.

The only safe option is not to drink if you plan to drive. Never offer a drink to someone else who is driving.

Visit the Department of Transport road safety website for more information www.thinkroadsafety.gov.uk (English only).

If you think you won’t get caught, you’re wrong. Around 100,000 drivers in the UK are found guilty of ‘drink driving’ every year including over a thousand in Cambridgeshire.
Driving

To drive legally in Britain:

You MUST:

- Be sure your car is legally safe to be driven on the roads.
- Drive on the left side of the road.
- Have the following documents before you drive:
  - Driving licence that is valid in the UK.
  - Insurance cover for each driver.
  - MOT certificate (for vehicles more than 3 years old) from an approved MOT garage.
  - Tax Disc. Tax discs are available from Post Offices or online – you will need to take your insurance certificate and MOT certificate with you. A valid tax disc must be displayed on the front windscreen of all vehicles.

Remember:

- If you buy a vehicle in the UK you must register it with the Driver and Vehicle Licensing Agency (DVLA).
- Make sure the person driving the vehicle has car insurance that covers them to drive that particular vehicle.
- Always wear a seatbelt. All drivers and passengers (including passengers in the back seat) must wear seatbelts at all times. All children under 12 years old or 135cm in height must use a booster seat.
- If an emergency vehicle (ambulance, fire engine or police car) approaches with lights flashing and/or sirens on you should get out of the way as soon as it is safe to do so.
- You MUST NOT drive while using a hand-held mobile phone.

For more information, visit www.dvla.gov.uk (English only) or telephone 0870 240 0010.

Traffic laws are rigorously enforced and many offences involve large fines and being banned from driving.
**Cycling**

To safely and legally ride bicycles in Cambridgeshire.

**You MUST:**

- Make sure your bicycle is in good condition with efficient brakes.
- Have front and rear lights on your bicycle if cycling at night.

**You MUST NOT:**

- Overload your bicycle when carrying goods.
- Cycle when drunk or after taking drugs.
- Cycle on motorways.
- Carry a passenger unless your cycle has been built to carry one.
- You must not cycle on the footpath unless it is a marked cycle path.

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**Speed Limits and Other Useful Information**

Vehicles must be driven carefully and within the speed limit. Vans and lorries have lower speed limits on some roads.

**Useful Information**

- If you have an accident you must stop and give your name and address and the name of your insurance company to all other drivers involved or anyone acting on their behalf.
- You must call the police if someone is injured.
- If the police flash the blue lights and headlights on their car for you to stop, you must do so at the next safe place.
- You use the horn of your vehicle ONLY to WARN other people whilst the vehicle is moving.

If you do not follow these instructions, you might get a fine or you could be prosecuted and put in prison.
Domestic Violence

Domestic violence is any incident of threatening, abusive or violent behaviour (physical, psychological, emotional or financial) between adults who are or have been intimate partners or family members.

Domestic violence can happen in any relationship – family, marriage, cohabitation or just dating. It can affect people regardless of their gender, sexuality, profession, age, nationality, ethnic origin, disability, class or lifestyle. There are no typical victims of domestic violence.

Domestic violence is not something that only happens to women. Men and children experience domestic violence too.

If you report any incident to the police they will take positive action and arrest anyone suspected of committing an offence. The police can help keep you and any dependents safe from further harm, and can refer you to specialist agencies that can help you to live a life free from domestic violence and abuse.

If you are in an abusive relationship you can get help and support from:

Women’s Aid on 0808 2000 248 (24 hours) or visit www.womensaid.org.uk for further information.

Victim Support on 0845 30 30 900 who can provide advice and assistance to men, women and young people who have been victims of domestic violence. Their website is www.victimsupport.org.uk.

Domestic Violence Advocacy Services are independent services offering support and information and can be contacted on 01223 823354.

Forced Marriages

A forced marriage is one where people are coerced into a marriage against their will. A marriage should be entered into with the free and full consent of both parties.

The Forced Marriage Unit of the Foreign and Commonwealth Office is a single point of confidential advice and assistance for those at risk of being forced into marriage. Its telephone number is: 020 7008 0151.

Image supplied courtesy of the Forced Marriage Unit, Foreign and Commonwealth Office.
Weapons

- It is against the law to be in possession of knives, gas sprays or weapons of any kind in a public place without a licence or lawful reason – not even for your own protection.
- It is against the law at all times to have a gun without a licence (even for your own protection).

Sexual Offences

- It is against the law to have sexual contact with anyone under the age of 16.
- It is against the law to possess pornographic images of children under 16.
- It is against the law to take part in sexual behaviour with or towards any person without their consent. Remember, NO means NO.
- Rape is an offence punishable by imprisonment for life. Sex within marriage, without consent, is rape.
- Controlling or causing prostitution is against the law.
- Trafficking people into the UK for sexual exploitation is against the law.

Theft

Most shops have either store detectives or closed circuit television. If you are caught stealing you could be prosecuted and fined or sent to prison.

If you are arrested

If you are arrested or charged with a crime you have the right to free legal advice from a solicitor at the police station. If you have difficulty speaking or reading English, interpreters can be provided.

If you are convicted of certain serious criminal offences, the court can order you to be deported.

‘Stop and Search’ powers

Stop and search can help the police to detect crime and make your community safer. ‘Stop and search’ is when a police officer stops and searches you, your clothes and anything you are carrying. For more information go to www.apa.police.uk

Making a complaint

To make a complaint about the police contact us on 0845 456 456 4, or visit our website www.cambs.police.uk. You can also make a complaint in person at any police station enquiry office. All complaints will be recorded and taken seriously.

You can also make a complaint by contacting the Independent Police Complaints Commission. This can be done by phone on 08453 002 002 (local rate); through its website: www.ipcc.gov.uk or by email: enquiries@ipcc.gsi.gov.uk

Please remember – if you break the law you could be arrested. You could receive a large fine. If you are convicted, you could be deported or you could even go to prison.