



Hello! I have printed this form off The One Show's website as I am a neighbour who is looking out for other neighbours in these challenging times.

If you would like to, please cut out the above coloured cards &

PLACE THE GREEN CARD IN YOUR FRONT WINDOW IF YOU ARE OK.

IF YOU ARE NOT OK, for any reason, please, REPLACE IT WITH THE RED CARD so that fellow neighbours know you require assistance.

It's important to remain safe and the advice from police is:

If someone you don't know calls at your home, always ask for ID and always ensure you are comfortable sharing details like your phone number. **DO NOT** share financial details like credit/debit card number or personal information and do not pay any cash upfront.

IF YOU HAVE DOUBTS about those who are approaching you, and are concerned, don't feel pressurised, don't engage, and report serious suspicious behaviour to the police.

For more information, please go to the One Show website – bbc.co.uk/theoneshow