

this session is about:

feeling safe at home

The Importance of Neighbours

Being Safe at Home

Getting Help or Support at Home

"I'm frightened of my dad coming to visit me... when my dad's got a drink in him he's very aggressive to social workers and staff."

"When my sons were about - most of the time they didn't live in the house because of their drugs and their breaking in to houses. They'd break into our house and plant stuff - drugs and stolen things. Many a time I'd get a call because my father broken into. I just got to the end of my tether."

"Sometimes I feel safe and sometimes not - there's relationship issues. So, yes I have felt unsafe at home due to relationship issues."

"I feel safe knowing my brother is in the next room, knowing my neighbours are always there for you."

"It's important to know that there's somebody there to help you. A warden checks on your door every day."

"My Bthweiler makes me feel safe."

"I'd like better lighting outside, with sensor lights. And more secure locks."

"At times when I've been mentally unwell I've felt unsafe and threatened in my own home - but when I was hospitalised I didn't feel safe there either - it was my state of mind rather than my environment."

"I'd rather not be on the ground floor. I would feel safer with CCTV cameras in the area surrounding my house."

"There is always staff around. The staff doesn't allow anyone heavily under the influence in."

"When I was little I had an epileptic fit and fell in the fire. I burnt my arm. There's a fire guard on it now."

"I had a bad fall in the last flat but in the new one I have an alarm that will call people to help - that makes me feel comfortable."

"The support workers enable me to go out and my CPN (Community Psychiatric Nurse) helps me deal with my feelings - together this helps me feel safer in my own home."

"I don't think more support would be helpful - I've just the right balance to help me be independent without being suffocated!"

"I feel I can speak to staff and they won't say anything to other residents."

"The best thing is being able to get involved with groups that are trying to make things better for people. Meeting up with other carers is also a benefit - someone to talk to about how things are."

"Years ago I didn't have a lot of support at home and used to have a lot of hospital admissions. Now I feel I have the right level of support, which is probably why I feel so safe at home, and also because it's flexible."

"I could benefit from help or support to adapt the house to meet my needs. But I find the rules and regulations are too strict and do not meet my needs."

"If the arthritis got bad I'd like help with cleaning - but I'd rather do it myself, keep myself mobile."

"When I hear people outside being drunk and aggressive I get scared of being alone in my house."

"They're good neighbours - always ready to help you."

"The police patrol this street every two nights because of the drug dealer - and there's people drinking on the wall. But the dealer doesn't bother us."

"It's very bad this time of year with fireworks... We have to cover our letterbox so they can't put fireworks through."

"I like that it's nice and quiet."

"I don't really feel safe because of the fear that someone may break in. Every house in the street has been broken into - including ours - more than once."

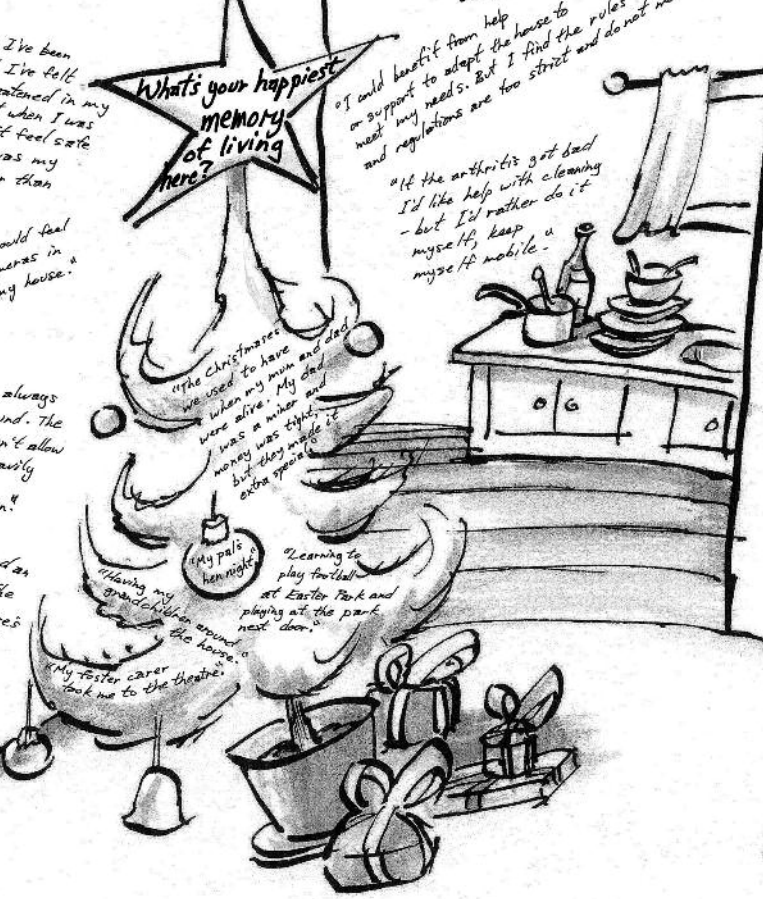
"They're good in my block, they're friendly."

"When I was younger, young folk would be standing outside shouting abuse at me. This made me feel scared... Also my neighbour used to open a window and shout abuse. I got my window smashed... there was glass all over my bed. One time my mum was attacked outside the house by some girls - it didn't feel safe in that house."

"They're good neighbours. They do any anti-social behaviour. They're friendly but not in your face. No wild parties or loud music."

"It's a bit rough round here now and we've had people walking through our garden at night... we also have trouble with kids throwing stones and bottles and things at the windows."

What's your happiest memory of living here?



About this report

This session of the study asked people to think about life at home, about what they like about where they live and what makes them feel safe, or sometimes not so safe, at home.

This poster shows some of the quotes taken from the full report which is available at:

www.healthyhappyfife.org

- The full report asks key questions of the agencies managing regeneration in Fife. It asks questions about:
- ➔ Protecting people from violence and abuse
 - ➔ Enhancing security and safety
 - ➔ Connecting people
 - ➔ Anti-social behaviour
 - ➔ Smarter services
 - ➔ Being in your own space
 - ➔ Making the most of external spaces