

General Safety Tips



Stay Alert

Remain aware of your surroundings at all times.



Plan Your Route

Stick to busy, well-lit routes, especially for evening prayers (Maghrib), night prayers (Isha), and morning prayers (Fajr) prayers.



Stay Connected

Message loved ones your departure and arrival times.



Personal Safety

Consider carrying a personal alarm. Set a high-decibel, piercing alarm tone on your smartphone to act as an 'audible deterrent' in an emergency.



Evidence

If safe to do so, photograph or video perpetrators of harassment and note physical descriptions (clothing, tattoos, etc.).

Safety at the Mosque



Unwanted Visitors

If someone suspicious enters, do not engage directly. Maintain a safe distance.
Dial 999 if you feel that they pose a safety risk.

Security

Ensure CCTV is operational and entrances/exits are well-lit.

Hate Mail

If the mosque receives hate mail, handle it minimally. Place it in a clean, sealable plastic bag to preserve DNA or fingerprint evidence for the police.

Travel Tips (Trains & Buses)



Note Your Location

On trains, remember your carriage number or position (front/middle/rear). On the London Underground, carriage numbers are located near emergency exits.

Trust Your Instincts

Move away from aggressive or intoxicated individuals. If on the Underground, exit at the next stop if you feel unsafe.

Reporting

Text the **British Transport Police (BTP) on 61016** or **call 0800 40 50 40**.

Bus Safety

Use apps like Google Maps or Citymapper to track live arrivals. Try to sit near the driver.

Don't Be a Bystander

We all have a responsibility to stand against bigotry. If you witness hate:

1 Create Distance

If safe, stand between the perpetrator and the target.

2 Distract

Interrupt the situation by striking up an unrelated conversation with the victim.

3 Support

Check if the victim is okay after the incident and offer to contact the police.

4 Report to Tell MAMA

Email screenshots of online hate or reports of physical incidents to:
info@tellmamauk.org
WhatsApp: 07341 846 086
Or call us: 0800 456 1226

0800 456 1226

0734 184 6086

0115 707 00 07

info@tellmamauk.org

@TellMamaUK

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