

HALLOWEEN AND BONFIRE NIGHT ADVICE



As the evenings draw in and the weather gets colder we start thinking about upcoming events such as Halloween, Bonfire Night and ultimately Christmas.

For many older residents these wonderful family events can bring fears about people knocking at their door unexpectedly at night and personal safety, but it can also bring opportunities for older, vulnerable and disabled residents to engage with their local community and help reduce their feelings of isolation and loneliness during the long dark winter months.

But it would be helpful if when you were out and about enjoying the festivities you followed a few simple steps, so you don't cause unnecessary anxiety to others in the community.

For example, why not let people know in advance that you will be knocking on their door during Halloween so that they can prepare some treats and not be surprised by the visit. A simple note through the door would help raise awareness of the planned activities in your street or village.

Similarly, if you're hosting a bonfire celebration, or attending a firework display, why not invite your older neighbours along? Or at least let them know that there will be some form of firework display taking place, this will enable people to prepare themselves and their pets for the loud bangs and flashes, again a simple note through the door will raise awareness of the event but will also help to alleviate fears.

This may be particularly useful for older veterans, some of whom live with mental health conditions such as post-traumatic stress disorder. Or you could consider using silent or low noise fireworks.

You could also visit an older neighbour or veteran in advance of the celebrations and reassure them that you are there for them should they need your help and support.



If you see a poster in the front window saying **No Callers**, please respect their wishes.