TOP TIPS FOR KEEPING SAFE FROM DISTRACTION BURGLARS

- You are never required to open your door to unexpected callers and it is not rude to send someone away.

- "IF YOU'RE NOT SURE, DON'T OPEN THE DOOR".

- Display a 'No Cold Calling Home' sticker to discourage unwanted callers.

- Ask to see the caller's ID, even if they have made an appointment to see you, and call their company yourself (not on a number they provide) to check they are genuine.

- The 'Waterboard' no longer exists, it is an obsolete phrase used only by bogus callers.

- Use a spy hole and chain to check who the caller is before you answer.

- Please report suspicious activity in your area by calling us on 101 or 999 in an emergency.