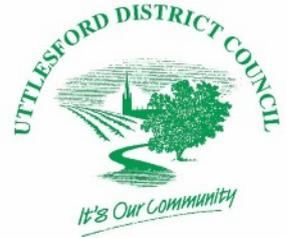




The Watch



Uttlesford District Neighbourhood Watch - Together we are stronger - Issue 02-19

What is Neighbourhood Watch and why is it important to you?

You may have read or heard about Neighbourhood Watch (NhW) but are not sure who they are, or what they do. It is worth stressing that it is not a vigilante organisation and that participation is passive. Members are encouraged to act as the eyes and ears of the community. However, it is the job of the police to patrol the streets and not Neighbourhood Watch members. So what is Neighbourhood Watch and what do they do?

- It's a free, confidential service and it is up to you how involved you want to be
- To reduce opportunities for crime by deterring would be thieves and vandals
- To establish a community spirit by mutual co-operation
- To inform the Police of any suspicious activity
- To make members more aware of local crime problems and be more security conscious about their homes and property
- To encourage neighbourliness

Residents living in areas covered by NhW can expect a reduction of crime! Research by Nottingham Trent University (NTU) found that if a household were transplanted from a non-Neighbourhood Watch area to an identical area (in terms of population density, poverty, etc.) with the only exception that there was an active Neighbourhood Watch scheme, this household would experience 11% fewer crimes.

Crimes against property can be reduced, a better community spirit can be created and NhW groups have frequent contact with their local policing teams. Information and crime alerts can be quickly circulated to NhW groups thus raising awareness and the opportunity to prevent crime NhW members from being victims of crime.

You don't have to be actively involved to participate. Many members simply register their e-mail addresses with us so that they can receive crime alerts, reports and crime prevention advice via their computers in their own homes. Registered e-mail addresses are held securely and never divulged to outside agencies etc. In short, forming a Neighbourhood Watch group will lead to a greater shared awareness of local problems and a better understanding of practical steps that can be taken to tackle them.

If you want to know more, please contact Derrick Giffin Home: 01799543622 or Mobile: 07803903040

Email: d.giffin@btinternet.com.

Or visit our website on: <http://uttlesfordnhw.org.uk/>

Cannabis factory raided in rural Birchanger due to NhW!

Thanks to the the local Neighbourhood Watch team, Essex Police raided a house in Birchanger suspected of being a Cannabis factory.

On the morning of Friday 17th May, acting on information given by the NhW team, police officers searched the property in the heart of the village and took away more than 100 cannabis plants and cultivation equipment.



Inspector Colin Cox of Essex Police said "Thanks go to my Community Policing Team (both Uttlesford & Braintree) for their response to concerns from local residents regarding the property in Birchanger. CPT Officers attended location, one male was arrested at the scene and cannabis cultivation was dismantled. Some will certainly say that cannabis has medicinal properties, this may well be true but the law still states it is illegal. This was certainly an organised criminal set up which leads to other criminal activities. Thank you also to local residents".

Well done to NhW and residents in Birchanger whose observation and timely response lead to the arrest. This just goes to show that public observation together with a Neighbourhood Watch team can really make a difference and help prevent crime.

NhW Coordinator Vacancies

Uttlesford Neighbourhood Watch require volunteer coordinators in Tilty, Thaxted and some other areas. If you are interested in becoming a member or coordinator in your town or village, please contact Derrick Giffin on 01799 543622 or 07803903040.



Roger Hirst Police, Fire and Crime Commissioner for Essex

“Over the last three years, since being elected as your Police, Fire and Crime Commissioner, I have spent a huge amount of time immersed in community safety work. Alongside the police, the fire and rescue service and our partners across Essex I have focused on how, together we can make our communities safer. In my role that means looking at how the police service and fire and rescue service are performing, looking at ways to improve what they do and how they do it, encouraging innovation and collaboration and looking at how we solve some of the challenges we face as a county so we can make the lives of those who live in Essex better”.

“I have also learnt that to fully understand the service and the challenges our officers and firefighters face I have to go beyond the reports, the senior officers and the spreadsheets and get out and spend time with our teams on the ground by experiencing what they experience and see what is happening on the street in our communities. Last year my deputy, Jane Gardner, and I did well over 100 public engagements and met thousands of people from communities across Essex. We also met hundreds of police officers, fire fighters and partners. These conversations and experiences are vital in the work we do and our ability to stay connected to our communities and our services”.

An Evening Spent experiencing front line policing

“Since being elected, I have regularly undertaken patrols across the county alongside operational officers, responding to incidents, investigating crime and keeping people safe. My most recent tour of duty was one night in June, when I had the pleasure of spending an evening out on patrol in the south of our county mainly around Rochford and Basildon. During the shift, we responded to emergencies reported to the force control room, stopped a driver we believed was driving on false plates and with no insurance, helped find a missing person and supported somebody experiencing a significant mental health crisis. The shift was non-stop and I was proud to see how well the various officers involved from different teams worked so closely together and to note the thanks and appreciation they received from members of the public that they strive so hard to protect”

“What always strikes me is the huge breadth of the work our police officers do and how well they do it. From responding to a potentially serious situation where you don’t know what you will find when you get there to taking the opportunity to stop somebody when something doesn’t just look right. Each of these is important and we ask and expect officers to do it all. Thankfully in Essex we have a good police service with dedicated and hardworking officers committed to their communities. We also have officers, police staff and volunteers who care; people who work hard to find and protect vulnerable people in our community who support people when they are at their lowest and need help”.

While it hasn’t been easy, it is working and we are starting to see the difference. In 2018-2019 we secured the first increase in police funding nationally in seven years. For Essex that meant another 153 officers. Those were trained, deployed and in your communities by March this year. With your support we are in the process of recruiting a further 215 officers over this year. By April 2020 we will have another 368 officers on our streets and we will have a force with over 3200 officers. This is a big increase and it will make a difference”.

“Three years ago, when I was elected you told me you wanted more local, visible policing and we are delivering that. We are not just talking, we are not just complaining, we are rolling up our sleeves, we are getting into the detail and together we are delivering”. The priorities are:

- More local, visible and accessible policing
- Crack down on anti-social behaviour
- Breaking the cycle of domestic abuse
- Reverse the trend in serious violence
- Tackle gangs and organised crime
- Protecting children and vulnerable people
- Improve safety on our roads

Roger Hirst



Community Agents support older people and informal carers to find and develop independent living solutions from within their local community.

It is an innovative new partnership and offers the following services:

- Promoting health and independence
- Reducing social isolation
- Finding practical solutions to daily living
- Providing confidential trusted Information
- Informing choice and reducing confusion
- Increasing individual and community resilience

The service is delivered through a community and voluntary sector partnership consisting of Rural Community Council of Essex, British Red Cross, Age UK Essex and Essex Neighbourhood Watch.

If you, or someone you know need help, a Community Agent will visit you at home to discuss and help with:

- Mobility issues
- Practical living skills
- Social inclusion
- Healthy living
- Caring for someone
- Individual resilience

To arrange a free visit, call FREE on 0800 9775858

Or email enquiries@caessex.org.uk

To find out more log on to:

<https://www.communityagentsessex.org.uk/>.

FIRE SAFETY IN THE HOME

Did you know?

- You're four times more likely to die in a fire if you don't have a smoke alarm that works.
- Around half of home fires are caused by cooking accidents.
- Two fires a day are started by candles.
- Every six days someone dies from a fire caused by a cigarette.
- About two fires a day are started by heaters.
- Faulty electrics (appliances, wiring and overloaded sockets) cause around 6,000 fires in the home across the country every year.

In the kitchen

Cook safely! Take extra care if you need to leave the kitchen whilst cooking, take pans off the heat or turn them down to avoid risk.

- Avoid cooking when under the influence of alcohol.
 - Avoid leaving children in the kitchen alone when cooking on the hob. Keep matches and sauce pan handles out of their reach to keep them safe.
 - Make sure saucepan handles don't stick out – so they don't get knocked off the stove.
 - Take care if you're wearing loose clothing – they can easily catch fire.
 - Keep tea towels and cloths away from the cooker and hob.
 - Spark devices are safer than matches or lighters to light gas cookers, because they don't have a naked flame.
 - Double check the cooker is off when you've finished cooking
- Take special care with electric cookers.
- Keep electrics (leads and appliances) away from water.
 - Check toasters are clean from breadcrumbs and placed away from curtains and kitchen rolls.
 - Keep the oven, hob and grill clean and in good working order. A build-up of fat and grease can ignite a fire.

Deep fat frying

- Take care when cooking with hot oil – it sets alight easily.
- Make sure food is dry before putting it in hot oil so it doesn't splash.
- If the oil starts to smoke – it's too hot. Turn off the heat and leave it to cool.
- Use a thermostat controlled electric deep fat fryer. They can't overheat.

What to do if a pan catches fire

- Don't take any risks. Turn off the heat if it's safe to do so. Never throw water over it.
- Don't tackle the fire yourself.

How to avoid electrical fires

- Always check that you use the right fuse to prevent overheating.
- Make sure an electrical appliance has a British or European safety mark when you buy it.
- Certain appliances, such as washing machines, should have a single plug to themselves, as they are high powered.
- Try and keep to one plug per socket.
- When charging electrical goods, follow the manufacturer's instructions and look for the CE mark that indicates chargers comply with European safety standards.



Top tip; don't overload plugs and sockets

Know the limit! An extension lead or adaptor will have a limit to how many amps it can take, so be careful not to overload them to reduce the risk of a fire. Appliances use different amounts of power. For example, a television may use a 3amp plug and a vacuum cleaner or computer, 5amps each. Therefore: $3A + 5A + 5A = 13Amps$.

Looking after your smoke alarms

- Make testing your smoke alarms part of your regular household routine.
- Test them by pressing the button until the alarm sounds. If it doesn't sound, you need to replace the battery.
- If a smoke alarm starts to beep on a regular basis, you need to replace the battery immediately.
- If it is a ten year alarm, you will need to replace the whole alarm every ten years.

Other equipment you could consider

- Fire blankets are used to put out a fire or wrap a person whose clothes are on fire. They are best kept in the kitchen.
- Fire extinguishers shoot out a jet to help control a fire. They are quick and simple to use, but always read the instructions first.
- Heat alarms can detect fires in kitchens where smoke alarms should not be placed.

Anti-social behaviour (ASB)

The definition of ASB is; Conduct that has caused, or is likely to cause, harassment, alarm or distress to any person; Conduct capable of causing nuisance or annoyance to a person in relation to that person's occupation of residential premises; Conduct capable of causing housing-related nuisance or annoyance to any person. While police are responsible for tackling some ASB, your local council deals with; abandoned vehicles, graffiti, fly tipping, noise (including loud music from parties, neighbour's, alarms, animals and pubs and clubs).

Communities expect a robust response from the police where the behaviour causes or is likely to cause significant harm. Their focus of activity will therefore reflect this and they will respond to incidents of ASB where vulnerability and / or a high risk of threat or harm is identified; Where repeat locations are identified and cause a high risk of threat or harm to a person or community or where an offender is identified who requires police intervention to manage their behaviour; A repeat victim is identified who requires a supportive package to be put in place by police.

Reporting anti-social behaviour

Anti-social behaviour can cause damage to communities and individuals ranging from annoyance to serious physical or mental distress. Essex Police receive a high number of calls each day. They need to prioritise these calls so that they can help those most in need, but sending officers to every report of anti-social behaviour isn't always necessary and is also no longer possible. Local authorities and the police have a shared responsibility to tackle anti-social behaviour and in many cases it may be most appropriate for another agency to help you.

For example, noise problems are best dealt with by your local council, as are dog fouling issues and neighbourhood disputes involving local authority or other housing provider's properties. If you are uncertain who should deal with your complaint, or if you believe you need to report an incident of anti-social behaviour to Essex Police, you can do so by calling the Essex Police non-emergency number 101 or reporting it on line at.....

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Uttlesford District Neighbourhood Watch - Together we are stronger

<https://www.essex.police.uk/do-it-online/report-a-crime>/alternatively you can call 01245 491491. Always Dial 999 in an emergency.

When you report anti-social behaviour to Essex Police, a member of staff will take your details and record what has happened. The incident will then be thoroughly assessed and a decision made on whether Essex Police will deal with it or hand it to another agency. This decision will be based on an assessment of the level of threat, risk and harm caused by the anti-social behaviour you have reported and its impact upon you and your local community.

Uttlesford District NhW AGM

Around 20 members and speakers attended the 15th Uttlesford Neighbourhood watch AGM held at Thaxted Day Centre on the 3rd June. Minutes of the 2018 AGM were circulated and agreed. There were no matters arising and no constitution amendments or issues.

Elected Officers:

Chairman and Treasurer	Derrick Giffin
Vice Chairman	Peter Sampson
Membership Secretary	Rebecca King
Minutes Secretary	Lesley Burpitt
Webmaster	Richard Corby

Full details of the AGM and the chairman's report can be found on our website www.uttlesfordnhw.org.uk
Uttlesford NhW Steering Group meet bi-monthly at 2.00pm on the 2nd Monday of the month at Stansted Fire Station. The next meetings are; 12th August, 14th October, 19th December.
All members are welcome to attend by arrangement with Derrick Giffin on 01799 543622 or 07803 903040.

Neighbourhood Watch Events

Great Easton: 25th and 26th August - The Countess of Warwick Show, Great Easton. 11.00-5.00pm, set up at 9.15am.
Birchanger: 7th September - Birchanger Fete
Great Dunmow 21st September: Great Dunmow Carnival. 12.00-5.00pm, set up at 10.00am

Volunteers are required on the above NhW Stands; If you have a spare hour or two and would like to help out at any of the above events please contact Derrick Giffin on 01799 543622.



For help, advice and lots of other information, please log on to: www.essex.police.uk/your-area/ and choose Braintree-Uttlesford.

Reporting a crime: Report a non-urgent matter to the police by dialling 101 or alternatively log on to the Essex Police website and clicking on 'Do it Online'. For urgent/emergency calls dial 999.



Security Devices

Available to order from Uttlesford Neighbourhood Watch by phone: 01799 543622 or by email: d.giffin@btinternet.com



Credit Card Signal Blocker pouch 50p



Door Alarm £6



Padlock Alarm £12



Window shock Alarm £6



Car Key Blocker £5



Fake TV £18

Your local Neighbourhood Watch Coordinator is:

For more information visit: www.uttlesfordnhw.org.uk