



OUR NEWS

the e-newsletter for Neighbourhood Watch supporters

DECEMBER 2018 EDITION

Home Secretary helps relaunch Neighbourhood Watch scheme

The Home Secretary helped to relaunch a modernised Neighbourhood Watch scheme in Bromsgrove.

Sajid Javid MP joined Neighbourhood Watch volunteers to welcome the scheme that has now been extended to communities across Herefordshire, Shropshire, Telford, the Wrekin and Worcestershire.

With investment from the West Mercia Police and Crime Commissioner John Campion, new Neighbourhood Watch signage has been produced and customised to give a local identity to each town and village.

A Neighbourhood Watch online presence is also continuing to grow with 21 localised Facebook pages reaching around 400,000 people each month.

Commissioner John Campion said: "The way in which this scheme is moving forward, allows communities to be involved and play an active role in sharing information and caring for others in order to contribute to a safer, more secure society.

"I welcome the modern approach, which can have a far bigger



impact, allowing people to be involved in a way that is easy and engaging, whilst still retaining the very important local community feel", he said.

West Mercia Neighbourhood Watch chair Craig Cox said, "The relaunch was already giving a boost to the local Neighbourhood Watch membership.

"This activity has already started to encourage some communities to fund their own additional street signs",

"The organisation is changing and is seeking to involve people from all communities and all age groups. Community safety is everyone's concern and West Mercia Neighbourhood Watch is there to help communities protect themselves."

Help us to make 'Our News' even better

Welcome to the December 2018 edition of *Our News*. This edition includes all the latest news from the Neighbourhood Watch Network. We are looking to change and improve *Our News* in the future and we would like your help. We want to hear your views about our newsletter – the good and the bad. We want to know how you use it, how it can be more effective and whether you want to see it more often.

Let us know what you think by completing the survey at: <https://www.surveymonkey.co.uk/r/YRNNBTN>

Alternatively, email your thoughts to William.Murphy@ourwatch.org.uk

From ASB beacon to pocket park

How one Neighbourhood Watch scheme turned a disused layby into a community park with the help of an inspirational co-ordinator.

Bex Booker never imagined her journey to Neighbourhood Watch would begin with a Pitbull's attempt to decapitate a Chihuahua.

The music DJ had not long moved to Walthamstow, east London, when she heard screaming outside her home. A lady, paralysed with fear, could do nothing as the Pitbull's jaws enveloped the small dog's entire head.

Bex, heavily pregnant at the time, stepped into the fray managing to pull both dogs' apart. The Chihuahua survived the ordeal and the owner of the Pitbull was charged.

As Bex gave her statement to police officers, they suggested she start a Neighbourhood Watch scheme herself. The implication was clear – she would be perfect for the role.

The rest, as they say, is history.

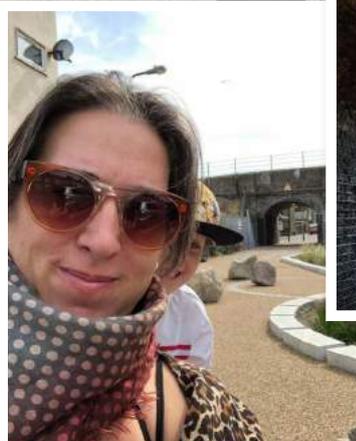
Fast forward six years and the Salop Road Neighbourhood Watch scheme is thriving. They do not meet formally as a group often ("maybe once or twice a year", says Bex) but they are all very active and in contact with one another regularly.

They use Whatsapp, a free group messaging service, to stay in touch and pass on information. "It's a very accessible tool that everyone can use on their phone", says Bex.

"For us, it's a lot more useful for our people than Facebook or other social media sites because they don't have to learn to use an entire new system or sign up to something. Practically everyone has a smart phone."

The group recently unveiled a pocket park on the site of what used to be a disused layby - a beacon for the whole gamut of anti-social behaviour. Drug dealing, sex work, gangs, robbery, violence and fly-tipping among them.

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Salop Road Neighbourhood Watch

...continued

Bex would often witness the criminal activity first hand arriving home in the early hours after work. Things came to a head when a boy, no older than 14, possibly younger, was mugged at knife point. "Just awful", recalls Bex.

Working with Cllr Clare Coghill, now leader of Waltham Forest council, and the Enjoy Walking and Cycling in Waltham Forest Team, they managed to secure a £40,000 council grant to turn the place around.

Now instead of an eyesore dumping ground, they have an attractive wild flower park constantly in use by the neighbours. It is a hive of activity. They have regular communal planting, weeding and watering sessions where everyone in the neighbourhood joins in. They even have a kid's scooter club.

All this positive activity has the added effect of deterring criminal activity. Everyone in the neighbourhood wins.

"It's like living in a little village here", says Bex. "It's that sort of atmosphere. It doesn't feel at all like you're in the colossal city of London."

The group's next project, alongside Hannah Ford and Joana Niemeyer of art collective Invisible Numbers, is to regenerate a disused shop into a gallery displaying local artists' work.

Furthermore, Bex has some great ideas for engaging new people into schemes. "Shift workers could be great assets for the Neighbourhood Watch as they are out and about when crimes are more likely to take place."

And she believes people who rent are just as passionate about their community as homeowners.

"Renters, conversely, might be better placed to help out in Neighbourhood Watch areas because they can't change much within their homes, so they might as well help change the place for the better from the outside", she says.

Bex has managed to create a vibrant and positive Neighbourhood Watch scheme where the community is better connected, safer, stronger and more resilient to crime. The Neighbourhood Watch ethos in action.





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An in-depth look at good practice in Neighbourhood Watch schemes

Neighbourhood Watch has, in the past, had a reputation among some as a crime prevention movement delivered by a certain demographic of the community.

Now a new programme seeks to understand how Neighbourhood Watch can involve people from all communities to be safer and more active in crime prevention and reducing social isolation.

The Acceleration Programme is working in collaboration with Police forces in five areas to bring people together who traditionally have not seen the value in setting up a local Neighbourhood Watch scheme.

It is part of the Neighbourhood Watch Network's plan to deliver on its three-year strategy to diversify and extend its offer to communities across England and Wales.

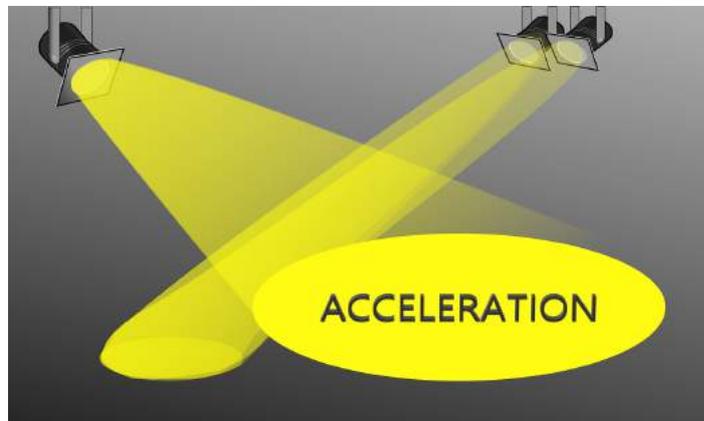
The network wants to shine a light on good practice happening in Neighbourhood Watch schemes across the land. The Spotlight series, starting in the next issue of Our News, will begin with the Acceleration Programme focusing on one area at a time.

Each of the areas has a different focus. In Wallsend, Northumbria, the target is to launch a scheme in a town where lives are blighted by high crime rates. The kind of environment where an effective Neighbourhood Watch scheme could have the biggest impact on people's quality of life.

A community in Mexborough, Doncaster, has a similar issue with persistent organised crime. Here, 21 community and voluntary groups are starting to join together to run a Neighbourhood Watch scheme to tackle the problem.

In the West Midlands, the programme will establish what good practice looks like when engaging with different communities. What are the barriers to engaging people in these areas? How do you create links with under-represented communities?

Students are severely under-represented within our movement. So two Acceleration Programmes, in Leeds and Greater Manchester, cities which have between them over 170,000 students, are



investigating how best to engage them. What are the challenges to setting up a student scheme and how do we overcome them? The use of new technology in place of physical meetings and committee structures will also be explored.

Robin Newman, Head of Membership and Community Engagement at the Neighbourhood Watch Network, says the Acceleration Programme is already making the charity more relevant as well as paving the way for a greater take up of schemes.

“The programmes that are running in these five areas are setting a standard of what good practice can look like”, he said.

“We know that Neighbourhood Watch schemes have so much to offer to communities in helping to reduce social isolation and keep people feeling safer and more connected in their neighbourhoods.

“Being able to shine a light and celebrate the activity of Neighbourhood Watch volunteers will encourage others to get involved and understand more about what is taking place in this engaging, involving and diverse movement.

“The information we gather from these programmes will inform our volunteers greatly as we continue to expand our offer to the rest of England and Wales”.

- If you have any questions about the acceleration scheme, please contact Robin Newman via email on Robin.Newman@ourwatch.org.uk. In the next issue of Our News, we'll be looking in more detail at the West Yorkshire Police Neighbourhood Watch Acceleration Programme.

Serious violence



The Neighbourhood Watch Network is showcasing new approaches to steering young people away from knife crime.

Last month, Earl Shilton Youth Cafe in Leicestershire played host to a presentation from the local Neighbourhood Watch development worker Helen Cobley, youth worker Chris Newlyn and local police.

The session reinforced messages about the dangers of carrying knives, as well as giving young people the confidence to know what to do if they encounter violence or become aware that their peers are involved in knife crime.

The presentation was delivered to two cohorts of the Youth Cafe; those aged 11 to 14 and a second group of 14 to 18-year-olds. Around 56 young people took part in total.

Cobley says that the town of Earl Shilton does not have a problem with youth violence, but the young people who attend the cafe are aware of the rising trend of knife crime across the UK, and the community is keen to ensure that the area remains safe for young people.

Chris Newlyn, a youth worker at the cafe, said: “We are focusing on the risks, impact and effects of knife crime, including why it’s a mistake to carry a knife, why you should speak up if you know someone’s carrying a knife, and what action to take if someone has been stabbed.”

The presenters will use, for the first time, resources from the new Neighbourhood Watch Crime Prevention Toolkit for serious violence to help drive home the key messages. The toolkits are a free resource that people can use to run campaigns against serious violence in their local community.

“We used a mix of videos, including those featuring Leicester City FC and the boxer Anthony Joshua, and ran a quiz on knife crime,” said Newlyn.

“The young people also hear from the police and a peer educator, with opportunity for Q&A and to take

part in interactive videos to see how the choices we make can have a big impact.”

As part of a Leicestershire Police campaign, each young person will be given a wristband that reads “#LivesNotKnives – Make the right choice” and has the Crimestoppers number printed on the inside to encourage reporting.

Leicestershire is not on its own in piloting anti-knife crime measures. In Woolwich, south-east London, the rate of crime is three times the national average, according to Neighbourhood Watch coordinator Cheryl Spruce.

Cheryl has been running presentations in local primary schools to educate children about what to do if they find a knife and is also developing sessions for secondary school pupils.

The pilot schemes are part of a broader campaign by Neighbourhood Watch to encourage its 2.4 million households to start the conversation with their children, grandchildren and all young people about the dangers of carrying knives.

We want Neighbourhood Watch members to use the resources from the expert-reviewed online toolkit – films, quizzes, websites – and the Home Office #knifefree campaign to help them start the conversation with young people.

The breadth of activity emphasises that everybody has a part to play in tackling violent crime – and that it is crucial to listen to children from a very young age about the challenges they face in their lives.

With 2.4 million households in the network, Neighbourhood Watch has a unique reach and so is ideally placed to get involved in the campaign against knife crime.

- The Crime Prevention Toolkits are a free resource that can be accessed on the Neighbourhood Watch Network website at: www.ourwatch.org.uk/crimes/

RESPONSE

@ ERA

self-install
security

Dear Santa

I've decided to write again this year as a few of my other neighbours need a little bit of help with their home security. So here is my 2018 Neighbourhood Wish List:

For No 1 - please send a, simple new doorbell - their old one broke and they have not replaced it. It helps if its doesn't run off batteries as he never bothers to replace them when they run out. Something like the miChime wireless chime and bell push kit would be great. This uses kinetic energy and doesn't require a battery.

Or if your feeling more generous he would appreciate a miChime Video Intercom. No 2 got one last year (they were on my 2017 Christmas list) and he loves it. He can now talk to the person at the door and can choose whether to open it or not.

For No 5 - please send a new alarm system. They have had their old one up in the house since they bought (I think the previous residents installed it over 10 years ago) and it doesn't work! The bellbox is still there but no lights . . . and no alarm.

They are a young trendy family, so how about the latest smart home alarm system? That way, they can turn it on and off using their smartphone making it much easier for them. They also have a cleaner (I know posh right!) so they can give the app to the cleaner and have a notification when they have been in the house to clean as well. The HomeGuard Pro alarm would be just the right fit.

Or . . . if your feeling generous the HomeGuard Pro Kit 4 comes with an internal camera so they can keep an eye on the cleaner (and the dog) too!

For No 22 - they could just do with a new door cylinder please, the old one is too long and not very secure. A new Fortress BS 3 one would be great!*

And don't forget Santa, I've been really good again this year - looking after my neighbours and joining in with the local Neighbourhood Watch group. We're a lovely bunch so don't forget me too please!

Many thanks for helping me look after my neighbours once again,

Holly Smith



Neighbour of the year award 2018

A man who takes care of his terminally ill neighbours, takes them to hospital and sits with them there has been named the first-ever Neighbour of the Year.

Emotional scenes played out at the Dorothy Pax bar in Sheffield last month as winner of the first-ever Neighbour of the Year award, Paul Zeun, was officially presented with his trophy.

A gathering of around 40 neighbours from Paul's close-knit community came to see him pick up the gong. It soon became clear why Paul had triumphed over 400 other entries.

John Hayward-Cripps, the CEO of Neighbourhood Watch, presented Paul with his award. "When Paul first moved into the area, people didn't know each other, they didn't talk to each other", he said. "Now, only a year after moving to the area, everyone knows each

other. He introduces people and brings them together. He is the embodiment of Neighbourhood Watch values.

"We are all increasingly living busier lives and although technology allows us to stay in touch with friends and family on the other side of the world, nothing can quite replace having a chat with a next door neighbour, checking in on them and helping out now and then."

Abby Wilson nominated Paul for the award, initiated this year by Neighbourhood Watch and Coop Insurance. They met after he came to her aid when she was locked out of her flat. They have been firm friends ever since.

"I always wanted to put Paul forward for something like this", she says. "He is such a sweet friendly man, someone you can have a laugh with and who will help you out whenever he can."

A small park between the blocks



of flats where they live was not used by residents before Paul arrived. Now, however, because of his friendly and engaging manner, neighbours are out in the green practically every day, talking to each other with barbecues and parties in the summer.

Paul has helped his neighbours decorate their flats, taken them to A&E and sat with them there, cared for terminally ill people, shared food from his allotment and arranged parties.

The compliments paid to Paul by his different neighbours were genuine, effusive and bountiful. "The nicest guy you'll ever meet", "anybody would be lucky to live next to him" and "one of a kind" were just some of what people had to say.

He even has a bit of a fan club developing. One woman, who lives too far away to be considered a neighbour, wants to move just to be closer to him. "I'm so jealous of the people who live next door to him", she said light-heartedly.

On being handed the award, all Paul could say, eyes welling up with tears, was a simple: "Thank you all, thank you all" before a round of applause burst out.

Everyone else in the room was thinking the same thing: "No, thank you Paul."



Crimewave sees Gloucestershire village launch ten new Neighbourhood Watch schemes

Ten new Neighbourhood Watch schemes have been set up in a suburb of Cheltenham, Gloucestershire in response to a spate of car vehicle crimes.

Parish Councillor David Young approached Gloucestershire Neighbourhood Watch Officers

Bob Lloyd and Simon Bailey earlier this year to see how they could increase the number of schemes operating in the area.

The two officers quickly set up a public meeting inviting everyone from within Up Hatherley parish. Over 60 residents attended where

they learned about how to set up their own schemes.

Local police say the schemes are already having the desired effect and driving down crime with a 40% reduction compared to the same time last year.

Communities that care goes from strength to strength

A fraud prevention project aimed at older people, led by Neighbourhood Watch volunteers, is going from strength to strength.

Communities that Care is being delivered in Cheddington and Whitchurch, both in Buckinghamshire.

The project involves existing Neighbourhood Watch co-ordinators undertaking training to become volunteers in giving one to one tailored advice to older people in their community about how to protect themselves from fraud.

Group sessions are also being held at community venues, to inform older people how to recognise and prevent fraud. The 18-month long project will also give practical advice, emotional support and signposting to those that have been targeted by fraudsters.

Many older people feel ashamed of having been targeted, and as such the crime is severely under-reported. One of the major aims of the project is to tackle the stigma of being a victim of fraud and empower victims to speak out.

Early next year, the project will be extended to other areas in Thames Valley. It is hoped that by the end of 2019 a target of 100 volunteers will have been met.

Have your views heard on policing

A policing think tank wants to hear from members of the public about their expectations of the police and how this may be changing.

The Police Foundation, an independent body that works to improve policing for the benefit of the public, wants to know what areas the police should prioritise.



In particular, the think tank want Neighbourhood Watch members to take part as they will have passionate, helpful and educated views about policing.

The survey is being undertaken via Twitter. You can find a link to the survey on www.ourwatch.org.uk



Join the debate. The official Neighbourhood Watch Network Facebook page will be much more active from now on. We want to encourage debate and share best practice through our movement. If you haven't already 'liked' our page, please do. You won't regret it.

Find us at: [Facebook.com/ourwatch](https://www.facebook.com/ourwatch)



#HelloNeighbour challenge aims to give a million minutes to neighbours in need

Nextdoor, the free app and website for neighbours, has partnered with the charity Giving Tuesday to challenge its members to pledge an hour a week to help tackle loneliness, with the aim of giving one million minutes to support neighbours in need in their communities before 2019.

With nine million lonely people in the UK, there's never been a better time to commit to helping tackle loneliness in your community. According to a recent study, 50% of people have experienced loneliness in the last year, with almost half of people admitting to seeing their neighbours less during the colder winter months.



How to get involved with the #HelloNeighbour challenge:

Step 1: Pledge your support to the #HelloNeighbour campaign by visiting their website at: go.nextdoor.com/helloneighbour. Here you can sign up to be a part of the challenge by posting the #HelloNeighbour pledge on Nextdoor, Facebook and Twitter. Don't forget to include how you're planning on meeting the challenge, from saying hello to a stranger to inviting a neighbour over for coffee.

Step 2: Find and connect with like-minded people in your community through Nextdoor to discuss who and how you would like to support the #HelloNeighbour challenge. Perhaps you could join someone in your community in supporting a neighbour in need?

Step 3: Share the message and get as many people as possible to take the challenge to help tackle loneliness in your community.

Step 4: Don't forget to share how your #HelloNeighbour challenge goes and what you've done to help your neighbours on Nextdoor and your other social channels using the hashtag: #HelloNeighbour



National safeguarding week 2018

Cardiff West Neighbourhood Watch Association Chair Bill Farnham MBE was delighted this year to arrange two crime prevention and safety awareness roadshows to mark National Safeguarding Week.

Nine organisations - including police, the fire service and victim support - took part in the roadshows that aim to better educate the public about how to safeguard themselves and their property, be it their home, their car or garden sheds and garages.

"Both events were very successful and I had tremendous support from South Wales Police", he said. "A number of people have personally thanked me to making them aware of the dangers out there. I already have ideas in mind for National Safeguarding Week 2019."



The Drinkaware guide to a safe and happy Christmas

Christmas is around the corner and who doesn't love a Christmas party and a mince pie, or two, or three? But this is a time when many people find themselves drinking more than they usually do. Drinkaware, the UK's leading alcohol education charity, has put together the 12 top tips of Christmas to see people safely and healthily through the Festive season and into 2019.

If you choose to drink alcohol this Christmas:

1. Keep in mind the Chief Medical Officers' low risk drinking guidelines and try not to drink more than 14 units, which is six standard glasses of 13% wine or six pints of 4% beer, in any week
2. If you choose to drink this much, then spread the drinking over three or more days and avoid binge drinking.
3. Try allocating several days every week when you don't drink – the drink free days. This will help to reduce the overall amount of alcohol that you drink and let family and friends know that you are not always drinking and that it's perfectly normal not to do so. If you have children, it will also show them that Christmas doesn't have to include alcohol.

4. Don't drink on an empty stomach. A healthy meal before you go out or start drinking, and snacks between drinks can help to slow down the absorption of alcohol, helping you stay in control
5. Avoid drinking before you go out, what some people call 'preloading' – it's very easy for the drinks to stack up that way
6. Pace yourself by alternating any alcoholic drinks with water or soft drinks and avoid drinking in rounds, which may make you drink more and faster than you intended
7. Try downsizing your alcoholic drinks – it will help you to drink less and reduce the amount of calories that you are taking on board
8. Try having a no or low alcohol alternative or an alcohol-free mocktail – they are just as tasty
9. If you're heading out to a Christmas party, make your plans in advance on how you will get home, with a licensed taxi cab, and with people that you trust. Remember that lone men can be vulnerable too
10. Keep warm and always take a coat. Alcohol makes blood flow to the blood vessels near your



skin and away from the core of your body. If you then go out in the cold after drinking, you can lose heat very easily and quickly. And that can be dangerous

11. Remember that drinking and driving kills. It's best to avoid alcohol completely if you are driving, even if that's the morning after

And looking ahead to 2019:

12. The New Year is a fantastic opportunity for people to really look at the amount of alcohol they drink and, where necessary, to make long lasting changes to their drinking that can benefit their health and wellbeing. Drinkaware has a wide range of tools and apps to help. www.drinkaware.co.uk

Got any tips for stories or want your Neighbourhood Watch scheme to feature in future editions of *Our News*? Email them to: William.Murphy@ourwatch.org.uk

"From everyone at the Neighbourhood Watch Network, we wish you a Merry Christmas and a Happy New Year."

