

Your Contact Person is
.....
At Number.....

Physical Exercise
Music Rhythm
Creative Play
Concentration
Imagination
Co-ordination Balance
Friendship
Flexibility Confidence

**"Come
along
and
join
in the
fun"**



Pre-School Gym Club

For further details, please call 0117 957 0009

Star jumpers gym club is one of the very few gymnastics clubs in Bristol to specialise in exercise for the under 5's.

Designed by British Gymnastics and run by qualified gymnastics coaches, children are guaranteed a good workout! Better still the classes are all held locally in Bromley Heath, (on Thursday afternoons) Emersons Green, Staple Hill and Pucklechurch.

Children can start from as young as 5 months, while our after-school classes cater for reception age children upwards. We also run monthly Saturday classes for children and parents who cannot make regular weekly sessions. Our aim is to make exercise a fun and enjoyable activity for everyone. Why not give us a call and come along and find out?

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BROMLEY HEATH NEIGHBOURHOOD WATCH NEWSLETTER

AUTUMN 08 EDITION

'Working Together, Keeping You Safe.'

Remember this article from our last edition?

'Residents are urged to keep car keys out of sight after a spate of thefts

.....'
As you will see from the crime reports on page 2, some of our residents didn't pay attention to the good advice offered. They have become local victims, to their great cost. We give our advice for good reason, please pay heed to it!

Useful Numbers:

Neighbourhood beat manager's office:
0117 9454193

Police Main Switchboard: 0845 456 7000

In Emergencies Only: 999

Crimestoppers: 0800 555 111

Street Care: 01454 868 000 If you need assistance with stray Dogs, Litter, Lighting, Pavements, Graffiti, etc.
BHNW: 9563325.

We are very grateful to the local businesses that advertise in this newsletter and hope that you will support them; however, we cannot endorse or recommend their services.

Melanie's Kitchen



"good food,
real ingredients"

Downend Rd.
Downend,
Bristol,
BS16 5UJ
0117 957 2662

Berkeley Estate venison is now back in season. Various fresh cuts available each week from sausages to chops, steaks to joints. On Thursdays we usually have a delivery of locally grown fresh fruit and vegetables. **New in** - fully traceable local milk from Lucy's dairy. Processed on the farm - skimmed, semi and full fat in 1 pint, 1 litre or 2 litres, also cream.

Come and have a fantastic cooked breakfast on Saturdays from 9.30 -11.30 AM. We only use local free range sausages, bacon and eggs.

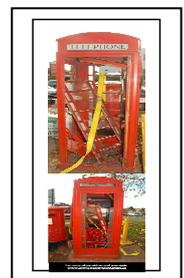
Hampers are available to order, or make up your own, for that special gift. Lots of new stock is arriving weekly; why fight the crowds in town - shop locally! **AND**, don't forget we are happy to let you taste things.

www.melanieskitchen.co.uk

DO YOU REMEMBER OUR WINTER HEADLINES LAST YEAR?

FIREWORK THROWN INTO LOCAL SHOP and, APPEAL AFTER PHONE

BOX VANDALISED Police are appealing for information after vandals caused serious damage to a phone box in Quakers Road, on Monday Nov 05 2007.....



Halloween had been a great success with responsible behaviour in our area and those young people involved in the right spirit(!) of the evening, enjoying themselves.

The run up to Bonfire Night itself hadn't been too bad, with only some irresponsible use of fireworks evident. Then the above incidents happened! The 'phone box was so badly damaged, it had to be removed. Had you noticed it has not been replaced? Relationships at the shop were damaged and it could, of course, have been much worse!

So what are our young people doing this year? Are they clear about what's ok and not. Have we advised them on not falling foul of potential peer behaviour to misbehave? Let's hope we have enjoyable, incident free time this year!

EARLY DARK NIGHTS

Oh dear, it'll soon be time for the clocks to change!

Then, of course, if the house is empty, it's very obvious that no one is in, as the place is in total darkness from early evening!



Go on, buy a time-clock, or two and set them before you go out in the morning to bring your lights and radio on in your absence.....



GO ON,
PUT OFF
THAT
THIEF!



We thought we'd put a picture in of our hard working Neighbourhood Police Team. Hopefully you'll remember we profiled them over a number of issues? They recently mounted covert operations around Downend, based on intelligence, which led to the arrest of a young **male who admitted 25 offences of graffiti across the area**. Since this success the problem has reduced significantly! If you want to contact them use the 0845 number on the front cover, or beat managers office or, left to right:

'Rocky' Jim Rochford, Beat Manager 1261 Ring 07919 628312

james.rochford@avonandsomerset.police.uk

Justin Gay, P.C.S.O. 9130. Ring 07795 503242

justin.gay@avonandsomerset.police.uk

Katrina Sheldrake, P.C.S.O. 7585. Ring 07795 503243

katrina.sheldrake@avonandsomerset.police.uk

Ross Rugman, P.C.S.O. 7353. Ring 07825388935

ross.rugman@avonandsomerset.police.uk

Will Gibbs, Beat Manager 2391. Ring 07778 470354

william.gibbs@avonandsomerset.police.uk

Please Telephone us for a Brochure:
0117 9560161

THE MANOR COTTAGE Residential Care Home for the Elderly

Beckspool Road, Frenchay, Bristol, BS16 1NT



Silhouette Hair and Beauty

Quakers Road For:

**Dermologica Facials, Manicure and Pedicure,
Tanning, Colonic Irrigation, Bridal Packages,
Waxing, Electrolysis, Eye Treatments and
Massage.**

Call in for an
appointment
or ring us on:
0117 956 1414



YOUNG PEOPLE PARTICULARLY BEWARE!

It was late afternoon at the B. H. playing fields, the day before the Festival, when local young people, some direct neighbours to the park were enjoying a kick about, texting friends, etc.

Unfortunately 4 not so friendly types appeared with a knife and assaulted/robbed some of them. Fortunately swift 999 calls were made and success, the perpetrators were soon rounded up in the near vicinity and arrested!

Although an excellent result the incident was traumatic and our Neighbourhood team want us to repeat their sound crime prevention advice. Please conceal valuables whenever possible eg. mobile phones, ipods etc. so as not to draw unwelcome attention.

NW: NEWS BHNW: NEWS BHNW: NEWS BHNW: NEWS BHNW: NEWS

June: Dwelling Burglary - Church Lane, Downend, 05/06/2008 21:30 - 06/06/2008 08:00 Victim reports that unknown offender(s) have stolen the keys to Jaguar S-Type through the letterbox of his front door of his house and driven away. **Vehicle Crime - Sandringham Avenue, 19/06/2008 18:00 - 20/06/2008 08:40** Unknown offender(s) have stolen front and rear number plates from Hyundai Sonata. Plates were screwed on and have been neatly removed.

July: Oakdale Court - Garage Break, 17/06/2008 11:00 - 02/07/2008 12:45 Garage broken into by unknown offender(s) while victim was away on holiday. Entry gained and items stolen. **Oakdale Road - Vehicle Crime, 18/07/2008 19:00 - 19/07/2008 12:00** Unknown offender(s) have gained entry to Mitsubishi vehicle and stolen it by unknown means.

Aug: Church Lane - Dwelling Burglary 11/08/2008 02:30 - 11/08/2008 06:30 Unknown offender(s) have entered the property through the front door possibly using keys that were left in the front door on the inside of the house. Tidy search made of the ground floor and items stolen. Offender(s) have then stolen Chrysler Grand Voyager using car key attached to the original keys used to gain access to the property. **Fouracre Crescent - Vehicle Crime 16/08/2008 15:00 - 19/08/2008 08:00** Unknown offender(s) have removed trim and fog lights from Ford Mondeo.

ARE THESE MEN RESIDENTS?

An early morning robbery took place in B. H. on the 13/07/2008.

Police issued an appeal for witnesses after a taxi driver was robbed during the early hours of the morning. The incident happened on Sunday July 13 in B. H. Two men had been picked up by a taxi in Broad Quay in the city centre at about 2.30am and when they were dropped off in Fouracre Crescent, they assaulted the driver who suffered minor facial injuries, which did not require hospital treatment. They demanded money from him and he handed over cash. They then ran on in the direction of Quakers Road.

The suspects were described as two white men, both about 5ft 4ins tall. The first suspect was 20-24 years and had long brown hair and was of a smart appearance. The second suspect was described as being of muscular build with short gelled spiked hair and wearing a long sleeved black jumper. Police asked to hear from anyone who may have seen the men getting into the taxi in the city centre, or getting out in the Fouracre Crescent area of B. H.

GOOD NEWS NEWSAGENTS,

BAUGH GARDENS 0117 976 0566

In addition to our popular specialist greeting card range, newspapers, inc delivery service, confectionary, etc.

we now have on offer:

Our 2009 Calendars and Diaries!

Don't forget we can now order your 'flowers by post' too



WE ARE WAITING TO RECRUIT PAPER DELIVERERS.
PLEASE CALL IN - OVER 13'S ONLY.

PERSONAL, INDEPENDENT AND FRIENDLY SERVICE
FROM YOUR LOCAL, TRADITIONAL NEWSAGENT.
TERESA ANDERSON, PROPRIETOR.

MS-2 Stores, Quakers Road.

**IT MAY LOOK
LIKE THIS
ON THE
OUTSIDE.....**



**BUT COMING SOON,
YOU MAY EXPERIENCE
THIS SENSATION
WHEN YOU ENTER!!!!!!**



**Go on, pop in and check out the
bargains and what's going on inside!**

ROUGUE TRADERS STRIKE NEARBY!

2 elderly residents in the FRAMPTON COTTERELL area have been victims of rogue traders. They charged extortionate amounts of money for small amounts of work, or for work that does not appear to be carried out.

Can we warn you not to have work carried out from door to door traders. Please also keep an eye out for any elderly people being targeted by these type of traders.

If you could please record - make, model, registration, number, colour of vehicles used and firm name that would be very helpful then call 0845 4567000 to report the incident.

If you have information about any crime, phone the police on 0845 456 7000 or you can call anonymously to the independent charity CRIMESTOPPERS 0800 555 111

NEW REGULATIONS WILL PROTECT CONSUMERS

Research for the Dept. for Business has found that:

- 96% want a crackdown on misleading, aggressive and unfair sales practices
- 9 out of 10 have had door step or phone sales reps who don't take no for an answer
- 8 out of 10 experience repeat sales contact, despite saying no
- 43% have bought having been given misleading information, and
- 94% have won a competition they had not entered.

The Consumer Protection Regulations are being proposed by Government. They would ban 31 types of unfair sales practice. Trading Standards and the Office of Fair Trading will be able to enforce the new law, including unlimited fines and prison sentences.

You can find out more about your rights and information and advice on all consumer issues by ringing Consumer Direct on 08454 04 05 06, or visit:
www.consumerdirect.gov.uk

DID YOU SEE YOUR COPY OF THE SGN (South Glos Newsletter)? There were some interesting and useful articles in there covering issues we have written about in past editions of this newsletter. Examples from the SGN Sept issue are:

Bogus Callers – Now pretending to be firefighters wanting to carry out Home Fire Safety visits! Remember the door step code before opening your door: STOP, CHAIN AND CHECK identity.

Tackling Graffiti – it damages buildings and costs everyone money, as the council cleans it up. Our Neighbourhood Police recently chalked up a success and following some nifty detective work arrested the prolific perpetrator of some it!

Be Prepared – this article was about community resilience and home preparedness. The council, with its partners had simulated an emergency to test preparedness. We need to have our own family and home plans too. See www.southglos.gov.uk/emergencyplanning for further important information and onward links to national data.



BROMLEY HEATH NEIGHBOURHOOD WATCH NEWSLETTER

AUTUMN 2008 EDITION

'Working Together, Keeping You Safe.'

TO ADVERTISE IN THIS NEWSLETTER, PLEASE GET IN TOUCH WITH US BY RINGING 9563325 OR EMAILING: BHNWATCH@AOL.COM We are now on the lookout for a new sponsor/benefactor of BHNews. Can you help please?

GET INVOLVED IN YOUR N. WATCH! INFORMATION NEEDED? CONTACT THE WATCH CHAIR, BILL CROCKER ON 956 3325 OR EMAIL BHNWATCH@AOL.COM OR SPEAK TO YOUR CONTACT POINT. Why not visit our new website? Go to <http://www.freewebs.com/bhnw/index.htm>

HANDS-ON HEALTH TREATMENTS

Frenchay & Downend Chiropractic Clinic
17 Cleeve Wood Road Downend Bristol
TEL 0117 9567300



AWARDED

IN PAIN? Do you suffer from

- Headaches
- Neck pain
- Shoulder pain
- Low back pain
- Sports Injuries
- Hip or knee pain
- Whiplash Injury
- Colic (in babies)



CHIROPRACTIC SO OFTEN THE ANSWER

Chiropractors are trained to identify and treat the specific cause of your pain. Please contact one of our clinics to see if chiropractic can help you an appointment

www.hands-onhealthtreatments.co.uk

Please do think of the area local to you, if for some reason you need have a **BONFIRE**, rather than use the waste disposal and recycling facilities. We have had some reports of ANTI SOCIAL FIRES, impacting on washing lines and fresh air in doors. If you must, please take into account this code:

- DO** have as few bonfires as possible.
- DO** try to tell your neighbours when you intend to light it.
- DO** build as far away from neighbours' property as possible inc. fences, hedges etc. which easily catch fire.
- DO** have plenty of water ready and attend the fire.
- DO** continually monitor whether the fire might cause annoyance and extinguish it if there is this potential.
- DO NOT** light a bonfire if a neighbour is using or is likely to use the garden.
- DO NOT** light a bonfire if there is washing on a neighbour's line.
- DO NOT** light a bonfire if neighbours' windows are left open.
- DO NOT** light a bonfire if the weather is wet, windy or misty and burn wet material.
- DO NOT** leave a fire smoldering.
- DO NOT** burn household waste, plastics, rubber or any other material, which could cause dark smoke or harmful combustion products, and
- DO NOT** allow smoke to blow across a road.

PRO WATCH - TOP TIPS FOR THE AUTUMN!

- When making a call to the Police using either 999 in emergency or 0845 456 7000 otherwise, please say the call is coming from Neighbourhood Watch and should be 'tagged.' Ask for your log number too!
 - **It's time clock time - the clocks change in October. Don't leave your home in darkness and advertise you're out from 4.00PM on!**
 - If you are a food retailer please think carefully around Halloween about selling flour and eggs to young people!
 - **Parent/carers are you impressing on your young people the need for responsible behaviour around Halloween and Bonfire Night please?**
 - Please let off fireworks responsibly and observe the law on the cut off time of 11:00 PM. Don't forget the safety of pets and remember many working dogs are traumatised by irresponsible use and have to be retired early as a result!
 - **Now's a good time to be cutting back those trees and shrubs that have got out of hand and are restricting people's ability to use the pavements and footpaths in the area. This is a particular problem for the partially sighted, those with mobility difficulties and parents with pushchairs.**
 - If you are unlucky enough to have your car stolen, once you've notified the Police, commence a thorough check of adjoining roads. Apparently thieves park up a short distance away in case a 'tracker' device is fitted. When they return a few days later, if the car is still there, they know it hasn't got one and then your car disappears again!
 - **Possible traffic calming measures at the Bromley Heath Road - Quakers Road junction has been formally raised by local NW co-ordinator, Mike Bake, with S. Glos council. It is simply not safe for motorists or pedestrians as traffic speeds off the roundabout! Watch this space for feedback on their reply!**
- However, in the meanwhile, **BEWARE**, the local Neighbourhood Police team have advised us that they have been trained to use Hand Held Speed Cameras and will be deploying to hot spots such as this in beat 101 in the weeks and months ahead.