

BROMLEY HEATH NEIGHBOURHOOD WATCH NEWSLETTER SPRING 2010 EDITION

'Working Together, Keeping You Safe.'



Your Contact Person is

At Number.....

IN THIS ISSUE...

Page 1: Warm AGM Invite and Crime Stats
Page 2: Distraction Burglaries, Lynda Stone, PACT
Page 3: Home Computer Safety, What Parents Need To Know
Page 4: Playing Fields Update, Top Tips, Preference Services
.....And much more!

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

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



Star Jumpers Gym Club for 5½ months upward

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 5s. 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?

PAVEMENT PARKING? PERPETRATORS BEWARE!



LOOK OUT IF YOU EXCEED THE SPEED LIMITS IN BROMLEY HEATH!



WHY NOT MEET CONSTABLE GRAB EM AND DOGS BITEY AND SNIFFY?



Interested?

Well the place is **Bromley Heath Junior School**.
The time **7.30 pm to 9.30 pm**.
The date is **Wednesday 26th May 2010**.

Go On - Put It In Your Diary/On Your Calendar Now And Why Not Come Along?

There's a lot going on at this year's public meeting. We've been able to secure a visit from a Police dog handler and some of his four legged friends. We will also be hearing the Police view on enforcement on obstruction of pavements in Bromley Heath and having a presentation from a nearby Community Speed Watch on what they are all about and how to set them up. The pavement issue and speed watch items will complement time looking at the community plan questionnaire, especially the traffic/transportation section.

How Can You Afford To Miss It?

Oh and by the way, there'll be the usual refreshments at the tables and election of the committee too. If you would like to nominate someone, (with their permission!) or indeed come forward yourself, please let our secretary Maria know (07741 067496). If for some reason you can't come, please let the secretary have your proxy votes for the existing committee, or new candidates, by the 23rd May 2010.

2009 was a great success. Come and make this one great too.



Crime in the Bromley Heath Area (Nov-Feb)

Dwelling Burglary	Badminton Walk, Baugh Road, Fouracre Avenue, Oakdale Close
Motor Vehicle Crime	Quakers Road, Queensholm
Criminal Damage	Bromley Heath Road, Fouracre Road

Melanie's Kitchen

"good food, real ingredients"

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

Have you tried Bristol's best kept secret yet? We are now stocking Gilbert's chocolates, made by hand in the centre of Bristol for the last 100 years. Now the warm weather is here why not try the smoked trout terrine from Mere Fish farm in Wiltshire - a great starter or lovely stirred into pasta or on a jacket potato. We can also get fresh rainbow and brown trout for your barbeques. We also have new gift ranges - aprons for adults and children made in Cornwall, mugs from Dunoon and a melamine range (trays, teapot stands etc) from Watchet products. A new range of Ghurka curry sauces will also be available soon. Look out for the new list of demonstration/information evening events.

Bring this advert in to claim your free cotton re-usable bag (normally £1.50)

www.melanieskitchen.co.uk

Known Threats – Distraction Burglaries

Distraction Burglaries (where callers gain entry to properties by knocking on doors and giving false reasons, e.g. pretending to be from utility companies, pretending to know neighbours, pretending to need to do urgent water/gas/building inspections, etc.) are still a really big threat for us, with reports of attempted or successful thefts in our area or surrounding areas coming through weekly.

Bristol Water have given us a leaflet with advice which we have uploaded to the "Publications & More" page of our website (www.bhnw.org.uk).

Residents are also reminded that they can set up a password scheme with their utility providers to prove that callers are genuine.

Initiatives are to be taken to visit our elderly and vulnerable neighbours in Bromley Heath to try to get the: 'IF IN DOUBT, KEEP THEM OUT' advice over. One is an offer for a Police/Neighbourhood Watch partnership to provide a call in service, having pre-arranged a visit with a password. During the visit advice, stickers and leaflets would be provided and follow up visits arranged to provide further support and reminders.

That's where you come in! Using the contact information in this newsletter, let either the Neighbourhood Police team or us know of a neighbour, friend, parent or relative who might benefit from this service, and we'll do the rest.

Latest Happenings

- BHNW are assisting the Community Plan group, which runs with Council backing to tackle issues raised by the local community. In particular, we've helped the group by advising them on the Traffic, Highways and Transport section of their questionnaire coming to households soon.
- BHNW are working with Friends of the Bromley Heath Park and the Council on how to ease traffic congestion on surrounding roads during the week. We would welcome suggestions from you, so we don't miss any angle.

GOOD NEWS NEWSAGENTS

Don't forget, we can order your specialist magazines for you to collect or be delivered to your door.

New ranges of greeting cards arriving regularly.

As always, your friendly, independent local service

Teresa Anderson - 0117 9760566
Baugh Gardens, off Fouracre Road.

www.florencefashions.com

Florence Fashions

16 Badminton Road
Downend
Bristol
BS16 6BQ

We stock an amazing range of occasion dresses, prom, masons, cruisewear, ball gowns, wedding dresses, and Bridesmaid dresses. Our size range for long dresses are size 2 to size 30. Also available is a new range of daywear/occasions called Pomodoro - fabulous for a cruise size

range 10 to 20 - www.pomodroclothing.com

We also stock wedding outfits, and accessories, hats, fascinators, bags, shoes, and jewellery. An all year round sale showroom is available for those who like a bargain!!!!

Please ask staff to show you. Personal friendly service given, an occasion book is held so that no two outfits / dresses are worn at the same event. Most of our dresses are available if not in stock on a next day delivery - ideal for those last minute weddings / events.

We love playing Trinny and Susannah or Gok - although we call it Florenced !!!!!!!

Look forward to seeing you - *** Bring this advert for 10% off ***



Who's Who: Lynda Stone

What role do you do?

I share the job of Coordinator for Heath Upper with my husband.

We cover all of Heath Road, Heath Gardens, Heath Court and one house in Bromley Heath Avenue.



How long have you been in this role?

I joined with my husband in the role in Sept 07. He had previously been involved with the Leap Valley Neighbourhood Watch.

How did you get involved?

We attended a BHNW A.G.M. and indicated that we were interested in becoming active within the watch. The Chairman (Bill Crocker) visited us at home when a vacancy arose and it has worked out very well.

What are your current priorities?

We need a contact person for Heath Road Nos. 62-76 (only 8 houses, all even Nos.) as someone has retired due to ill health. It only takes about an hour, four times a year and usually delivery is to house holders already known to a contact person.

Anything you'd like to say to the readers?

Please attend the A.G.M. in May. There will be people there you know, if only by sight. Neighbourhood Watch is about, and for everyone in the Bromley Heath area. Meet the local police. Become involved – it's for your own good. Be observant at all times and join us.

PACT – Partners and Communities Together

The next meeting for the Downend, Bromley Heath and Emersons Green area will be on the 10th June at the Downend Baptist Church, starting at 7pm. Current priorities (agreed on 10th March) are

- Anti-social behaviour in the Emerson Green Retail Park, Emerson Way and Church Farm Road
- **Develop additional links with Neighbourhood Watch to proactively promote crime reduction in particular with distraction burglaries**
- Youth engagement

Home Computer Safety

If your home computer is connected to the Internet, or even if you just share files/disks with friends, sadly you need to be careful that you protect you and your machine from threats. A machine that is 'infected' with malicious software can result in it not working correctly, losing your files, or even capturing and sending your personal data to malicious sources. Computer security is a giant subject in itself, but by understanding a few terms and following some quick tips, you can be a lot safer.

Some terms...

Virus – “A program which can be transmitted between computers generally without the knowledge or consent of the recipient.”

Trojan – “A program that appears to perform a desirable function for the user but instead facilitates unauthorised access to the computer.”

Worm – “A self-replicating program, which exploits vulnerabilities to spread itself across networks of computer systems (including the Internet).”

Malware – “Software designed to infiltrate a computer system without the owner's informed consent. Viruses, trojans and worms are all types of malware.”

Antivirus Software – “Programs designed to prevent and remove malware from a computer.”

Firewall – “Software/hardware designed to block unauthorised access while permitting authorised communications.”

Patch – “A piece of software designed to fix problems with, or update a computer program.”

Quick tips...

- Keep your computer up to date with all the latest patches
- Have Antivirus software and a Firewall installed and running. Some can be bought, some are free.
- Only exchange files with reputable/trusted sources
- Think carefully before giving out personal data
- Have regular backups in case the worst happens

A huge amount of further information can be found on the Internet, computing magazines, or from your computer supplier or local computer businesses.

Securing Wireless Networks

Wireless networks are an excellent way of sharing an Internet connection around your house, and being able to use the Internet on your laptop anywhere in the house/garden can be very convenient. However, if your connection is not secured, anyone could use your connection without your permission (even from a few houses away), and could leave you with a large bill if your connection is metered, or worse leave you vulnerable to legal action if they use your connection for illegal activities.

Securing the connection is easy, and many routers and wireless access points come secured by default, but some still do not.

If unsure, consult your router / access point manual to ensure that your connection is protected.

Snopes.com

If you hear of a scam, and you're not quite sure if it is true or not, this is a great site for debunking hoaxes.

MS2

A Premier local store

Look no further than Quakers Road for this local shopping gem. Inside is a deceptively large shop stocking a wide range of daily essentials and a whole lot more, all at amazingly keen prices. You'll find super discount deals too on many goods. Have you something to promote, why not speak to Raj or Cam and put your advert on their on counter scrolling display to catch shoppers attention? Beware though, if you are heard to mention one of the Supermarkets while in the store, the swear jar will be waved at you for a donation to, who else, BHNW!



MS2 Stores – 75 Quakers Road, 9575904

New Website and Email Address

BHNW is proud to announce that we have recently purchased our own web domain which went live around the end of 2009.

Residents will now be able to keep in touch with BHNW better by using the shorter (and easier to remember!) www.bhnw.org.uk website address and the contactus@bhnw.org.uk email address.

We're looking at ideas of how to best use the BHNW website. Remember that this is **your** website, so if you have any ideas from how you'd like it to look to what you'd like to see on it, please get in touch.

T-Shirt Printing & More

5 Cleeve Wood Road, Downend Bristol, BS16 2SF, 0845 680 9706

www.t-shirtprintingandmore.co.uk

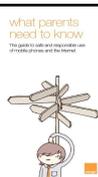
Embroidery - Printing - Signage - Photo Gifts
Clothing (plain & printed)
Banners - Stickers - Promotional Merchandise



“What Parents Need To Know” Booklet

Orange have released a 43 page booklet to guide parents in keeping their children safe amongst the fast-moving and often baffling array of new technology, with an expected focus on mobile applications. They've kindly given us 150 booklets (which we've distributed among the contact points – just speak to your local one if you want to borrow it), and permission to use the electronic version (which can be found on our website on the “Publications & More” page).

We'll have a few to take away at the AGM, and can print small numbers on request if you cannot access them in any other way.



Please Telephone us for a Brochure:
0117 9560161
THE MANOR COTTAGE
Residential Care Home for the Elderly



Beckspool Road, Frenchay,
Bristol, BS16 1NT

Why not cut these out and put them by your phone?

Useful Numbers

Neighbourhood beat manager's office	0117 9454137
Police Main Switchboard	0845 456 7000
In Emergencies Only	999
Emergency text for deaf, deafened, hard of hearing and speech impaired people	80999
Crimestoppers	0800 555 111
Street Care: (Litter, Lighting, Pavements, Graffiti, etc.)	01454 868 000
Stray Dogs (South Glos Council)	01454 868009
BHNW	0117 9563325
Beat Mobiles	
PC. James Rochford	07919 628312
PC. James Willoughby-Smith	07778 470354
PCSO Justin Gay	07795 503242
PCSO Katrina Sheldrake	07795 503243
PCSO Ross Rugman	07825 388935
Please tag calls as NEIGHBOURHOOD WATCH	

Top Tips for the Spring

- Be careful as the weather improves with leaving open windows unattended, especially if they can be used to access the property.
- Remember to close your curtains if you have your lights on inside on a dusky evening – don't show off what you have inside to steal.
- Always keep outbuildings locked and secure.
- Avoid leaving labelled keys on display.

Friends of Bromley Heath Playing Fields

Kevin Chapman kindly updates us on his work for the Playing Fields – "Although this year started off badly with a mugging in the park there is some good news - the friends group have secured lottery funding for a new path in the park which will give better access to the cycle track and walkway. We are in the process of tendering for the work and hope to have it completed by the end of the summer.

"The only other issue in the park is the amount of litter around the skateboard park. South Gloucestershire Council seem to have an issue with keeping this area tidy, so should anyone notice litter anywhere in or around the park please call Street Care (01454 868000) as the more aware they are of the issues the more likely they are to deal with the root causes."

For more information, contact bromleyheathpark@aol.com or 9570251.

Telephone/Mail Preference Services

The TPS/MPS are free services where you can record your preference not to receive unsolicited sales or marketing calls or mail.

Registration is free, quick and easy, and can significantly reduce the amount of calls/mail that are received, but residents should also weigh up that they may also exclude offers that may be of interest.

For more information, consult:

TPS - <http://www.tpsonline.org.uk/> - 020 7323 4226
MPS - <http://www.mpsonline.org.uk> - 020 7291 3310

Caption Competition

Think you're witty?
Come up with a good caption and hand it to your contact point before the 30th June, and you could be our next winner! Don't know who your contact point is? Look on the front page, or get in touch using the details below.



Winter's winner was "Press Hard!, the icing is Polyfiller" sent in by Alan Smith. Well done to you – a Neighbourhood Watch related prize on the way to you.

DOWNEND BLINDS

A family run company serving our community

VERTICAL ROLLER VENETIAN WOOD PLEATED PERFECT FIT ROMAN CURTAINS

3 Vertical Blinds for only £199

- Up to 3 metres wide and 3 metres drop
- On selected fabrics for a limited period

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Call David or Jayne - Tel **0117 949 5374** or **01454 856 606**
20 Lulworth Crescent, Downend, Bristol, BS16 6SB



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Telephone: 0117 9563325

Email: contactus@bhnw.org.uk

Website: <http://www.bhnw.org.uk>

This newsletter is also available in other formats.

