

BROMLEY HEATH NEIGHBOURHOOD WATCH NEWSLETTER SUMMER 09 EDITION

'Working Together, Keeping You Safe.'



Get your
FREE STICKER
inside this
newsletter!

Display it
proudly to make
that thief think twice.

Your Contact Person is

At Number

IN THIS ISSUE...

Pages 1/2: Known Threats, Latest Happenings, and AGM
Pages 3/4: Crime in the area, PACT, and tips on staying safe
.....And so much more!

A **warm** welcome from all the BHNW committee. Summer's finally here, and what a busy time Spring was! - we've had a really successful AGM / Discussion Evening, PACT meetings, and sadly even a small peak in crime.

Our elected committee for 2009-2010:

Coordinators	Bill Crocker	Chair
	Ron Coleman	Treasurer
	Maria Gawler	Secretary
	Rich Balding	Public Relations Officer
	Mark Garland	Newsletter Editor
	Richard Old	Church Rd
	Martyn Thomas	Bury Hill View
	Rose Matthews	Oakdale
	Peter Tucker	Badminton
	Lynda & Chris Stone	Heath Upper
	Tim Davies	Heath Lower
	Gwenda & Malcolm Coles	Heathfields
	Barry Shore	Quakers
Graeme Dundas	Queensholm	
Mike Baker	Bromleaze	
Mark Venables	Sandringham	

Known Threats

- Garages adjacent to the Bromley Heath Playing Field have been broken into again. There appears to be a pattern within neighbouring areas. Residents are advised to ensure outbuildings are secured with items concealed from view and serial numbers logged.
- Distraction burglary is still common place in the patch. Be suspicious of callers without an appointment or appropriate ID, and agree a password with your utility providers. If in doubt, keep them out!

Melanie's Kitchen



"good food,
real ingredients"
Downend Rd.
Downend, Bristol,
BS16 5UJ
0117 957 2662

New expanded ranges, include: Sharpham Park Spelt Flour/biscuits/cereal, Styles Slim Ewe (sheep's milk ice-cream) Marshfield Ice cream, Montezuma's chocolates, Bath cheeses, gluten free etc.

We also have lots of picnic foods for that long hot summer we have been promised! Look out for ideas for picnic hampers! Locally grown strawberries, raspberries, new potatoes etc are also coming into season.

Don't forget the great local breakfast on Fridays and Saturdays 9 -11.30.

www.melanieskitchen.co.uk

More on our successful AGM / Discussion evening inside, including information about our talks from guest speakers:

- Simon Hailwood (South Gloucestershire Council)
- Peter Iles (Age Concern)



Latest Happenings

- Following an alert from a vigilant neighbour early one morning, the police helicopter was dispatched and 3/5 of the thieves who were trying to enter outbuildings were apprehended.
- BHNW are working further with the police to tackle gangs of youths.
- Graeme (Queensholm Coordinator) found and organised the extinguishing of a fire in the Bromley Heath playing fields.
- BHNW have supported a local boxing initiative by contributing towards the cost of a new punch bag.
- BHNW held a very successful AGM with a number of great speakers and an excellent turnout.

MS2 sponsor successful BHNW annual meeting and discussion evening!

Thanks again go to MS2 for their kind support and further investment in the local community. During refreshments at the meeting, those present were able to enjoy some of the white and red wines on offer at the shop, or alternatively the competitively priced orange or apple juice that is available. As an extra flourish Raj also provided chocolates, which went down extremely well and left many making a mental note to pop in and purchase some more at the special prices!



If you've not popped in yet, why not do so soon and experience for yourself the surprisingly wide range of goods on sale and many at special offer prices?





Emergency Planning

Our first AGM speaker was Simon Hailwood, an Emergency

Planning Manager from South Gloucestershire Council. Simon explained his team's role in identifying potential threats in our area and how preparations are made for those emergencies.

In the break-out session, residents were asked to suggest what could be done before, during and after an emergency, and came up with these suggestions...

Before:

1. Knowing our vulnerable people
2. A contact list and telephone numbers
3. Educate and advise on not panicking, where information is to be found on local government provision and appropriate protective actions
4. Identify possible events
5. Initiate a buddy system to help with communications
6. Establish community first aid and medical skills
7. Encourage listening in to key warning and informing information from the BBC particularly local facilities
8. Elect an emergency committee
9. White flag/flare system so a household could show help needed
10. Encourage purchase of wind up torches, radios etc.
11. Have an emergency meeting place and a shelter location

During:

1. Keep in contact with the vulnerable
2. Younger neighbours looking after others
3. Special BHNW news to augment local radio and television broadcasts
4. Contact people to help collect and disseminate information for onward transmission

After:

1. Check vulnerable, facilitate counselling if needed and feedback on incident
2. Evaluate what was achieved, not so and lessons learnt
3. Rewrite guidance etc. and communicate as necessary
4. Provide practical help and support
5. Keep details for 'central' collection.



Look out for a dedicated article in the next issue with further advice and tips for dealing with emergencies.

Friends of Bromley Heath Playing Fields

Kevin Chapman explained recent achievements including the all-weather basketball court and a future project for a new path between the field behind the pavilion and cycle track (replacing the steep wooden steps). For more information, contact BromleyHeathPark@aol.com or 9570251.



Age Concern

Our second AGM presentation was kindly provided by Peter Iles (Chief Officer from Age Concern) and for many was a real eye-opener.



Afterwards, Peter added:

"One of the key objectives for Age Concern South Gloucestershire is to maintain the independence and well being of older people. Our services are designed to provide support through Information and Advice Services, and through some very practical support that help older people to continue to live in their own home and to access the services they need. Our Information and Advice 'helpline' is available Monday-Thursday from 9.30am-12.30pm. If we don't have the information you need we generally know someone who does. We also offer a Benefits Advice Service to ensure that older people are receiving what they are entitled to. A phone call (01454 858652) will ensure a free, confidential home visit from our advisor, who will also help you fill in those complicated application forms if needed.

"We now offer practical support through our new 'Stepping Out' nail cutting service. Age Concern have proved through a national survey that over one third of people over the age of 65, have mobility problems because they are unable to get their toe nails cut. By accessing 'Stepping Out', we expect to be able to put people in touch with one of our qualified practitioners, at an accessible location near to their home, and provide nail cutting treatment for only £10.00.

"Isolation and loneliness is an ironic curse for some older people living within the heart of our busy communities. There are many older people who do not have immediate family or friends available to them, and so become socially isolated within their own homes. Age Concern runs a 'befriending' scheme which links volunteers with older people who would appreciate a regular visit. If you would like to



be one of our volunteers please get in touch with us. If you wish to know more about this or any other of our services please telephone 01454 858750."

Age Concern South Glos, 34 St. Mary Street, Thornbury, Bristol, BS35 2AT

Police Pledge

Neighbourhood Inspector Kevin Thatcher gave an overview of the Policing Pledge – a set of 10 promises from the police to local residents and details about the new Community Payback scheme. For more information call 0845 456 7000 or visit www.avonandsomerset.police.uk/pledge, or contact the Avon & Somerset Police Corporate Communications Department for a leaflet in alternative formats.



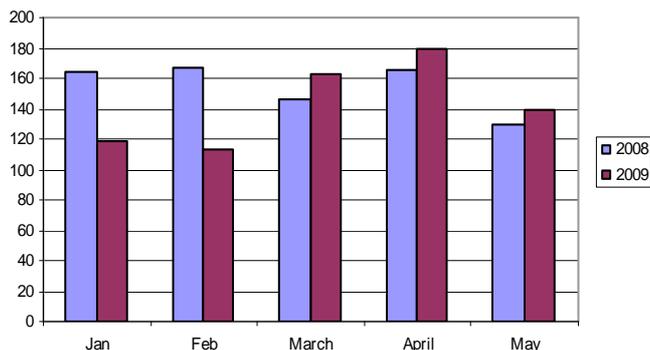
Bobby Van Scheme

This service comprises a team of specially trained carpenters complete with van equipped with security improvements (bolts, chains, etc). Available to vulnerable people, those over 65, or victims of crime. For further details, contact the Force Service Centre on 0845 456 7000, stating the service you are after and the area.

Downend and Siston Beat Crime Statistics

Using the statistics provided on the Avon and Somerset Police website, it is possible to gain an understanding of the crime rate in our area.

Graph Showing Number Of Offences



Looking at the above graph, it can be seen that 2009 started off very promising, with figures much lower than the previous year.

However, for the last three months, the crime rate has been up. We must do all we can to reverse this trend.

For further information and statistics, go to <http://www.avonandsomerset.police.uk/information/CrimeStats/index.aspx?lid=83<=3>

Crime in the Bromley Heath Area (Feb-Apr)

CRIMINAL DAMAGE	Bromley Heath Road, Badminton Road, Sandringham Park, Queensholm Crescent
THEFT FROM A MOTOR VEHICLE	Badminton Road, Oakdale Road
SHED / GARAGE BREAK	Queensholm Crescent x5, Badminton Road x3, Fouracre Avenue x2, Bromley Heath Road x2, Greenleaze Avenue, Bury Hill View, Glendale, Oakdale Road
DWELLING BURGLARY	Church Lane

PACT – Partners and Communities Together

The most recent PACT meeting took place on the 28th May.

The agreed priorities were:

- Burglaries at retail premises, Emersons Green occurring overnight
- Noise nuisance on A4174 Ring Road at peak times
- Increased traffic and inconsiderate parking, Emersons Way at peak times

The next meeting will be at 7pm on the 10th September 2009 at the Downend Baptist Church.



Freestyle Fitness

Personal Training

Anthony Crocker CYQ level 3 Qualified

REP's Registered

Tel: 077 66 83 55 74

Email: freestylefitness@ymail.com

Weight management – Nutritional advice – Exercise programs –
Weight loss training – Cardiovascular training –
Strength training

Whether your goal is to slim down or bulk up I take it on as my goal as well as yours, because your fitness is my priority!

Call now for your free consultation!

- Outdoor training
- In home training
- Gym training



Freestyle Fitness

'Together we will get you there'

Garage and Shed Break-ins

Graeme Dundas (Queensholm Coordinator) says:

"Some of the patch have experienced garage/shed break-ins recently. Most happen at night, and my own garage was targeted twice. They have used a crowbar on the up-and-over door and bolt-cutters on the locks, and we sadly lost my son's BMX bike.

"As a victim of crime, the thing to remember is that if they want to get in, they will do, all you can do is make it as hard as possible – including postcode marking and registering your items".

Mobile Stolen on Bromley Heath Road

Police are appealing for information after a mobile phone was taken from a 12 year old boy. One of the offenders is described as white, about 14 years old, 5'4" tall, short dark hair, medium build, with a local accent. He was wearing a white hooded top and grey tracksuit bottoms. Residents are advised not to display expensive items, and to register valuable items at www.immobilise.com

Fire in the Park

Graeme Dundas (Queensholm Coordinator) says:

"One evening in March we came across a small fire in the park by the pavilion which looked like it had been going for some time. We all need to keep an eye out for this in these lighter summer evenings.

"I'd also like to say a big thank you to Kevin Chapman who helped put it out and made it safe."

GOOD NEWS NEWSAGENTS



BAUGH GARDENS

0117 976 0566

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

In addition to our popular specialist greeting card range, newspapers, inc delivery service, confectionary, etc. we offer: A range of outdoor games and other Summer goods, and we can order your 'flowers by post'!

Teresa Anderson.

ARWC Accountancy

Tax deadline approaching? Books in a mess? Can't see the wood for the trees?

Most businesses fail to claim for everything they are entitled to. Are YOU one of them?

- Tax Returns
- Payroll
- VAT Returns
- Book-keeping
- Financial Advice
- Accounts Prep
- Business Planning
- Management Accounting

We're your local friendly experts so you don't have to be!

First visit free, incl evenings and weekends.

Call: Reg or Jacky on 0117 302 6634 or 07775

617731, Email: arwc-consulting@homecall.co.uk

Useful Numbers	
Neighbourhood beat manager's office	0117 9454193
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: (If you need assistance with stray Dogs, Litter, Lighting, Pavements, Graffiti, etc.)	01454 868 000
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	

Email Hoaxes

Computer users are being reminded to take extra care when receiving emails (especially with attachments) from senders they don't know, and to be careful when giving out personal details.

Firewalls, virus scanners, and malware detectors can also help, and many good products are available free.

Free Directory Service for the Visually Impaired

Dialling 195 on a BT phone (and many others) can give access to Directory Enquiries for people who are unable to read text.

To set up, a letter from a GP or social worker is required. Users are issued with a pin, which they must use when they call.

Top Tips for the Summer

- If going away -
 - Make your house look lived-in
 - Avoid closed curtains in the day
 - Invest in timers to bring lights on when dark
 - Get a 'bin-buddy' to put yours away
 - Cancel milk and paper deliveries (don't announce your departure to a full shop. Only tell people you need to that you will be away)
 - Avoid having valuables on display. Consider storing them on deposit at the bank, or purchasing a small safe. Mark them with your postcode and register at www.immobilise.com
 - Don't lock internal doors or desks - they may be forced if someone does break in
 - Ask neighbours to check on property
 - Don't have your home address showing on your luggage for the outward journey. Only put this on the inside of your cases
 - Cut the lawns before you go
- Secure garden boundaries, including side access using high fencing, locked garden gates, thorny hedges and security lighting
- Avoid leaving tools or ladders lying around outside which can be used to break-in
- On hot days, don't leave open doors and windows unattended if upstairs or at the end of the garden
- Remember to remove keys from locked windows and to keep them out of sight in a safe place

Beware Cold Callers

Residents are being reminded to always be on their guard when answering the door or telephone, and to be careful what details they give out.

Bromley Heath has seen a recent spate of suspicious callers, including representatives from a company claiming to be government backed and offering to perform free house surveys.

A recent scam is for a caller to ask for a landline number. This number is later tried, and if there's no answer, they know the house is empty and may attempt a break-in. If in doubt, keep them out!

Conmen Turn Digital

Digital television can be confusing, so sadly this can make it a target for cowboys.

- Beware installers who call with no appointment
- Look for identification and the 'digital tick' logo
- Ask family and friends to recommend installers
- Get written quotations from at least 2 contractors
- Before work starts, agree the price, payment arrangements and start/finish dates
- Don't pay for work upfront



BROMLEY HEATH NEIGHBOURHOOD WATCH

NEWSLETTER SUMMER 09 EDITION

'Working Together, Keeping You Safe.'

Telephone: 0117 9563325

Email: BHNWATCH@AOL.COM

Website: <http://www.freewebs.com/bhnw/index.htm>

This newsletter is also available in other formats.