

August 2020

Issue 10



Harborough District Community Safety Partnership



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Welcome

Getting back to some kind of normal? We've all had to cope with the most enormous amount of change over the last few months, in how we socialise, how we work, how we spend our time at home, it's been a challenge to consider how the Community Safety Partnership can best make positive differences to the community. In this edition, we've covered Safer Summer, scams and local policing issues.

Scam Awareness

Unfortunately COVID 19 has brought about an increase in scams, and scammers exploiting COVID 19. Action Fraud have reported that as of Wednesday, 8 July, 2020, 2,866 victims have lost a total of £11,316,266 to coronavirus related scams. This is an increase of about 9 million since the end of April! To help protect yourself, friends and family from falling victim



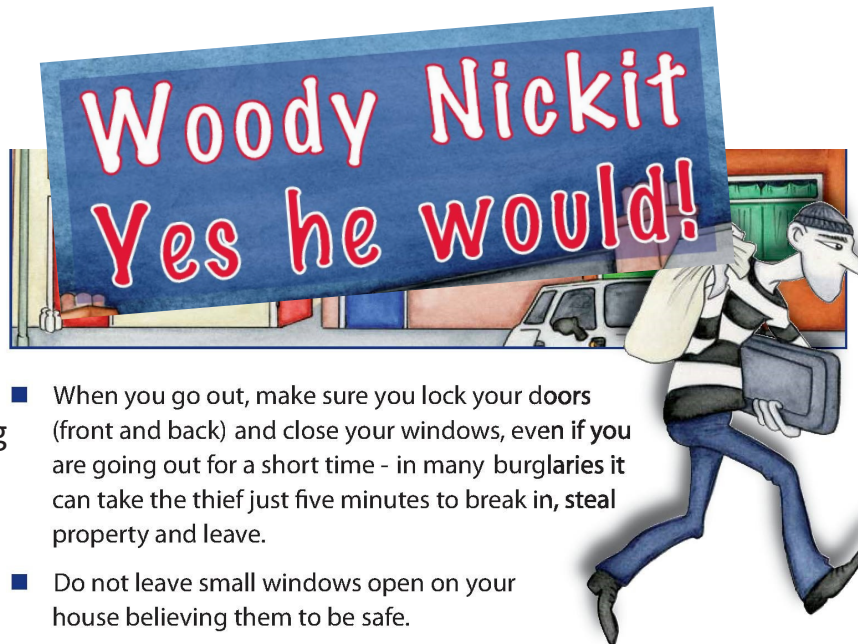
to these scams, or similar, take these 5 steps and tell 5 more people:

1. Do not give any personal information (name, address, bank details, email, phone number) to organisations or people before verifying their credentials - if they contact you on the phone, hang up, and call the organisation from another phone if possible.
2. Keep your phone and computer software up-to-date, this increases the levels of security.
3. Sign up to 'Verified by Visa' or 'MasterCard Secure Code', this adds security to online shopping.
4. Destroy and preferably shred receipts or letters with your name, address or card details on. Fraudsters do not need much information to clone your identity.
5. Keep yourself informed with current scams and advice, by checking for information on the **Government website**, and the **Action Fraud Website**.

Please also remember to tell as many people as possible, I think many of us are guilty in feeling a bit like this won't affect us, but it may, and by being aware we're helping in stopping it.

Safer Summer

Every year Harborough Community Safety Partnership participate in the Countywide Safer Summer Campaign, although normally it includes attending the town and village fairs and roadshows, this year is a little more distanced. We are still promoting community safety, but mostly online, through virtual meetings, on HFM and through the Swift Flash. While we're still staying local, or having a staycation, please bear in mind that if you visit parks and recreation areas, they are for all of our enjoyment, so please respect any neighbouring properties and other people when visiting. If you are out walking, take litter home and be mindful that farmer's crops are their livelihood and damage can be costly and upsetting.



- When you go out, make sure you lock your doors (front and back) and close your windows, even if you are going out for a short time - in many burglaries it can take the thief just five minutes to break in, steal property and leave.
- Do not leave small windows open on your house believing them to be safe.
- When out in your garden ensure that windows and doors to the front of the house are secure.
- Secure access to the rear of your property.
- If you have an alarm system fitted, ensure you use it.
- Use light timers to make your home appear occupied when you are out.
- Put your car keys in a safe place in your home do not leave them near to doorways and windows.
- If you're going away, get a friend or neighbour to collect your post, draw your curtains, put a light on and make your home looked lived in. Remember to cancel milk and papers when you're away.

Wild Swimming, Water Safety

In the hot weather it can be tempting to swim in open water and wild swimming is definitely making more of a come back, however, if you are thinking about taking a dip, please seek the landowners permission and remember:

- The danger of cold water shock, the body's involuntary response to being immersed in cold water, which affects your breathing and ability to move
- Unknown or unseen hazards
- Check what life saving precautions are in place
- Never drink alcohol during or just before swimming, or any other water-related activity. A quarter of all adult drowning victims had alcohol in their bloodstreams.

To read more, have a look at the [Leicestershire Fire and Rescue service website](#).



**I am exempt
from wearing
a face
covering.**



Disability Awareness

Face coverings are now essential, but it's important to remember that some people are exempt:

- anyone under the age of 11
- people with disabilities, or hidden health conditions such as breathing difficulties, mental health conditions or autism

Some people may feel more comfortable showing something that says they do not have to wear a face covering, by way of an exemption card, badge or even a home-made sign, but this is a personal choice, and not law. Those who have a reason for not wearing a mask, be it age, health or disability, should not routinely be asked to provide evidence, or an exemption card. It is not fair, and could be seen as discriminatory. Have a look at the **Government website** for further information, or to download your exemption badge.

There is also the **Hidden Disability lanyard scheme**. The sunflower lanyard acts as a discreet sign for shops to recognise that the wearer might need additional assistance. They can be picked up for free at most major supermarkets.



**LOTS OF THINGS
HAVE CHANGED**

Speeding

Excess speed contributes to an alarming number of road accidents, and during lockdown we have seen an increase in the speeds noted across the district. Road Safety Leicestershire are currently raising awareness of the speed limits in place, which have not changed over the last few months, even though much else has. Did you know that

fatal accidents are four times more likely to happen on rural A roads than urban A roads? If you have concerns about speeding in your local area, you can request support from the Leicestershire Safety Camera Scheme who will look at the latest vehicle speeds at the relevant location, for more information, have a look at their **website**. You can also set up a **Community Speed Watch** in your area, using speed detection equipment with the support of Leicestershire County Council, which helps to underline the community's commitment to reducing speed.

Leicestershire Police are increasing patrols improving road safety, you can follow their updates on **twitter**.



**THE LIMIT IS STILL
THE LIMIT
THINK ABOUT YOUR
SPEED**



HM Government

AT HOME SHOULDN'T MEAN AT RISK OF DOMESTIC ABUSE #YOUARENOTALONE



If you are controlled or physically, sexually, economically or emotionally abused by a partner, ex-partner or family member, this is domestic abuse. Household isolation rules do not apply.

Police and support services remain available.

If you are in immediate danger, or suspect someone else is, call 999

If you are unable to talk, call 999, listen to the operator and then either press 55 on a mobile, when prompted, or wait on a landline to be connected to the police.

If you're worried you, or someone you know, may be experiencing domestic abuse:

UAVA is the Leicestershire, Leicester and Rutland service for all affected by domestic abuse or sexual violence:
0808 80 200 28

The Freephone 24-hour National Domestic Abuse Helpline run by Refuge offers support for women: 0808 2000 247

The free Respect Men's Advice Line offers support for men: 0808 801 0327

Galop's free National LGBTQ+ Domestic Abuse Helpline offers support for LGBTQ+ people: 0800 999 5428

The free Respect Phoneline offers support for men and women who are harming their partners and families: 0808 802 4040

The free NSPCC helpline offers support for anyone worried about a child: 0808 800 5000

The Harborough District Community Safety Partnership is committed to reducing incidences and the impact of Domestic Abuse. For more information, have a look at www.harborough.gov.uk/communitysafety

Find more support, online and text relay services at gov.uk/domestic-abuse

Turning Point for Friends and Family

When someone you care about develops a drug or alcohol problem it can cause many difficulties, not just for the person using substances but also their family and friends. A person with an alcohol or drug problem can have a real impact on the lives of those around them including parents, partners, children, siblings and friends. Friends and family members may feel guilty because they may think they have somehow contributed to their loved ones addiction, and may also feel guilt that they should have the power to save or cure them.

Turning Point offer family and carers support. We offer an individual assessment appointment, brief structured work using the 5 step Family Intervention Model, access to a peer led support group where you can meet with others who understand the stress and anxiety you are experiencing and a Young Person Specific Family Worker.

The service is confidential meaning that we would not share details regarding your contact with the substance user, similarly we would not share information about any contact your loved one may have had with Turning Point.

To refer to the service or for more information, please have a look at the [Turning Point website](#).



Last Orders Project

The aim of Last Orders is to both address the problems faced by older drinkers (those over the age of 50) and reduce the possible dangers associated with alcohol so that it can be enjoyed safely and responsibly and have links to positive social interaction, shared with partners, families and friends.

The Last Orders Project delivers activities and outcomes across five main themes of prevention, intervention, participation, reductions and partnership.

Contact either Hollie or Jackie for more information

Jackie: Monday's & Tuesdays: Jackie.johnson@ageukleics.org.uk / 07734960241

Hollie: Wednesday – Friday: hollie.hughes@ageukleics.org.uk / 07738820978

Police Contact Information



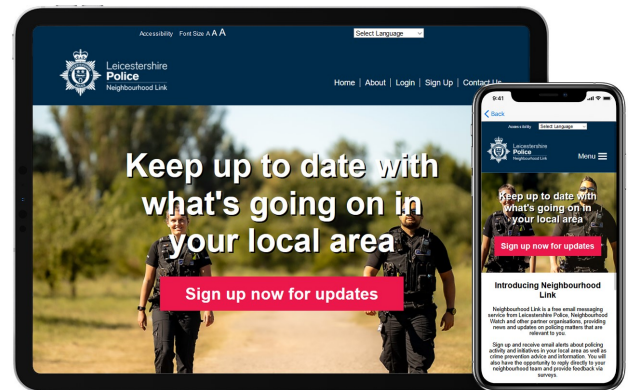
The alternative to phoning 101 is to report crimes to Leicestershire Police online. Reports are triaged, given a crime number and dealt with as they would do if they were reported over the phone. Have a look at www.leics.police.uk for further information or to report.

Police Messages

There has been a rise in catalytic converter thefts across the district, in particular targeting Toyotas, Hondas and Nissans. Be aware of people jacking up cars and working underneath in car parks or by roadsides, it can take as little as a minute! If you see something suspicious, or a crime in progress, call 999.



Neighbourhood Link is a free, email messaging service for those who live or work in Leicester, Leicestershire and Rutland, providing news and updates on policing matters that are relevant to you. They will update you on local incidents, policing activities and initiatives, appeals and local events as well as providing crime prevention and community safety advice. To sign up, or for further information, have a look at their [website](#).



We are still in a pandemic.
To avoid risks of transmission and stay as safe as possible, we still need to keep a safe distance from people outside of our bubble.
For up-to-date guidance, please check the Government website. Thank you.

Photo and News Opportunities

The front page photo is of the new, and already popular, MUGA in Kibworth Rec. If you have photos or news from around the Harborough District that you would like to have featured in the quarterly newsletter, please submit them by end of October 2020 to r.woods@harborough.gov.uk.

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Keeping Harborough District Safer Together