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Cumbria Neighbourhood Watch Association
– linking Neighbourhood Watch across Cumbria to exchange and promote good practice, and to give a voice for Cumbria Neighbourhood Watch both locally and nationally.



A Few Words from the Chair

December 2008

I was delighted to be elected as Chair of the Association. Next year we intend holding our Board meetings around the County so we can listen to your views about how the Association can better support you and the invaluable work you all do on behalf of your communities.

I know that NHW in Cumbria is strongly supported by the Constabulary and by the County and District Councils, and they in turn recognise the role that NHW plays in supporting their work in promoting Safer and Stronger communities. We want to sustain and develop productive relationships with those and other partners to ensure that Neighbourhood Watch is seen as an integral part of efforts to making 'safer and stronger' a reality in Cumbria.

Apart from being the Chair of the Cumbria NWA, I also represent the North West in the National Neighbourhood and Home Watch Network and will certainly make our views about the need for greater national support for NHW as strongly as I can.

The Board were delighted that David Farmer was appointed as Special Project Manager within Cumbria County Council to look with the Association and its partners at how we can best develop our role going forward. His ideas are presented cogently in his article and I would urge you to provide your ideas and comments to David or to me. As he says in his article, **you are Neighbourhood Watch!** At this point, I would like to emphasis that the board of CNWA are not Neighbourhood Watch, but we are here to represent you and to be a voice for the members.

I should finally like to thank those people who responded to my Voice Connect message on Policing Priorities for 2009 – 2012. The report based, on those responses, has been submitted to the Police Authority and the Constabulary and you will find a copy on our web site at: www.cumbria-nhw.org

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Please ensure that you pass this newsletter on to all of the members of your Watch and then to any interested people in your area. It is also on the CNWA website – www.cumbria-nhw.org

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The High Sheriff of Cumbria, Graham Lamont, presented the High Sheriff's Shield to the BAT Team. The BAT volunteers from left to right, Joan Raine, Pat Farish and Pauline Finlayson, winners of the High Sheriff's Shield, with the Chief Constable, Craig Mackey and the High Sheriff of Cumbria, Graham Lamont.



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Cumbria Neighbourhood Watch Association would like to thank –

*Cumbria County Council, Cumbria Constabulary, Cumbria Fire Service,
the District Councils (- Carlisle, Eden, South Lakeland, Barrow, Copeland & Allerdale), NFU Mutual,
Cumberland Building Society, Furness Building Society,
Penrith Building Society & Eden Housing Association*

for supporting the 2008 AGM.

And a Special Thanks to all our members who attended!

The Chief Constable's address to the AGM 2008

Craig Mackey, Chief Constable - Cumbria Constabulary



It was my pleasure to address the Cumbria Neighbourhood Watch Association Conference on Saturday 4th October 2008. My second visit but your eighth Annual General Meeting, which is testimony in itself to the commitment and hard work of all your staff, Committee and members.

I took the occasion to outline some of the successes we have achieved in Cumbria, in the fight against crime and disorder. It has been another exceptional year for the Constabulary as we continue to achieve outstanding performance, meet key policing targets and remain one of the leading forces for combating burglary, robbery and thefts from vehicles.

Figures revealed in the Constabulary's recent annual performance review showed that in 2007/08 Cumbria experienced a 23.9 per cent reduction in robbery, a 17.5 per cent reduction in thefts from vehicles, a 23.5 per cent reduction in thefts of vehicles, a 14.5 per cent reduction in incidents of anti-social behaviour and a 25 per cent reduction in the number of people killed and seriously injured on the county's roads. The review also confirmed that the Constabulary achieved some of the highest levels of confidence from local residents in the UK.

Of course, none of these successes could have been achieved without the active involvement of our many partners, including Neighbourhood Watch. It was particularly pleasing to be able to highlight a number of local neighbourhood watch initiatives that have now received national recognition. These include the Rural Crime projects, such as the Smartwater and the Trespass Scheme. There is no doubt that these activities have directly contributed to the marked reduction in crime, such as Quad Bike thefts, and the displacement of the activities of some of our local criminals across the border into neighbouring Counties!

I also spoke about The Green Paper on Policing, which details the challenges now facing the Constabulary in shaping our services for the future. At the heart of this is the need to further improve

public confidence through our responsiveness to issues of local concern & our answerability to local communities. This, in part, will be achieved by our continued development of Local Team Policing.

There is considerable overlap in the aims of Local Team Policing and the Neighbourhood Watch movement, particularly in respect of crime prevention, sharing intelligence, identifying issues of local concern, being involved in community problem solving, promoting social cohesion, and confidence in local policing.

Nationally, poor communication between the Police and Neighbourhood Watch schemes has been the biggest issue reported by scheme members over many years. Once again, you highlighted this issue to me at your Conference as the main area where we need to improve. Local Policing Teams offer good opportunities to develop communication by improving the two way flow of information between the Police and Watch members, and I am absolutely committed to making this happen.

I also spoke of the challenges of policing through 'the credit crunch'. Strategically, this will impact on police and partners budget lines. There will no doubt be hard decisions to be made by Cumbria Constabulary and by Cumbria Neighbourhood Watch, as we have to once again adjust our structures as we cut our cloth accordingly.

Operationally, we have already started to see the consequences of recession, as some parts of the County are starting to see a small rise in acquisitive type crimes. These types of crime are almost always opportunist in nature, and can be prevented by simple, sensible precautions. They can also be prevented and detected by good local knowledge and neighbours watching out for neighbours. I am absolutely confident that the Cumbria Neighbourhood Watch Association will rise to this potential challenge and continue to support the Constabulary through all your activities.

Craig Mackey, Chief Constable

A summary of the BAT Volunteers Presentation at the 2008 AGM

North Cumbria & Eden **Bogeyman Action Team**



Introduced at the AGM by Sgt Andy Baines in the absence of Paul Caine, the Development Officer who had worked with the volunteers to create the project.

Project Summary

Doorstep crime can have a devastating effect on its victims, even leading to a loss of life. Doorstep criminals target elderly & vulnerable people. There are three types of doorstep crime, unscrupulous sales, bogus tradesmen & distraction burglary. CNWA wanted to help prevent doorstep crime & agreed to carry out a pilot project in the North.

The BAT is a team of 21 volunteers who deliver doorstep skills training to elderly & vulnerable people. We have developed rigorous policies & procedures to ensure our volunteers, customers & CNWA are safe. All volunteers have undergone CRB checks to enhanced level & had references taken.

The project works in partnership with a host of voluntary & statutory organisations including – Cumbria Voluntary Service, Eden & Carlisle Councils, Cumbria County Council, Fire Service, Carlisle & Eden Age Concern, & Housing Associations.



L to R: Chief Constable Craig Mackey presenting Paul Caine, Neighbourhood Watch Development Officer with the Cumbria Community Award – Nov 07



L to R: Heidi Ware - Eden Housing Association, Maureen Connor, Edgar Craig, Una Kitchin, Cllr Colin Duncan, Cllr Joan Raine

Achievements

The project has been running for 12 months. It took first place in last year's Cumbria Community Awards – Safer Communities Category. Cumbria Police also support the project & have had all their PCSOs in North Cumbria & Eden trained to deliver BAT.

BAT has delivered –

- 53 home visits
- 44 group presentations to 580 people
- 33 referrals for services e.g. 15 referrals to the fire service.

This whole project has only been possible because of NHW & its volunteers.

Home Visits – Joan Raine & Pat Farish

- The Team work in pairs for safety and security reasons.
- They receive notification of the visit from Development Officer giving details and requirements of the individual e.g. are they deaf/visually impaired, do they have a dvd/video recorder(if not we take our own), do they wish to have anyone with them?
- They contact by telephone to arrange a time and date that suits everyone.
- On arrival, they use a pre arranged password to gain access.
- They then watch the DVD which is a re-enactment of a distraction burglary and then discuss what we have seen.
- Then they encourage some role play, going outside and knocking on their door and going through I D procedures.
- They then do a question/answer quiz to test how the individual would react in various circumstances.
- Lastly they ask if the individual would like to make any referrals to listed organisations i.e. Police, Fire, Age Concern, or the Housing Association.

Group Presentations

- Pauline Finlayson has done lots of presentations to different groups, such as the Catholic Women's League and a meeting group in Cumwhinton. She tells them what they about to see and hear, the video is interspersed with discussion of what is happening. This is followed by a short quiz to ensure that information delivered has been understood and then a Q & A session.
- Her most memorable presentation was to the Blind & Visually impaired at Carlisle's Blind Society. This posed a new challenge to the normal delivery because the usual presentation was visual; the material was replaced with audio tapes from Police sources. It was very well received with a Q & A session afterwards.
- She takes the opportunity at these sessions to display a variety of pamphlets on home and personal security and Police Constables were present to answer questions in general.

Phil Harkness – a Case Study in Community Engagement A summary of Andrea Bell's speech at the AGM



Phil Harkness lives on the outskirts of a South Lakeland Market Town. Because of the nature of the businesses in that area he sees a great deal of our favourite white transit vans. Through his job he travels extensively around Cumbria as well as into Lancashire and North Yorkshire.

Phil's story starts 38 years ago when he befriended a young police officer whilst playing rugby. In those days information being passed to the Police was by the use of the red telephone box at the end of the street or to a policeman on the beat. One could be forgiven for saying that both of these are today seen as a rare commodity! All this was way before the Neighbourhood Watch was born.

Funny and unusual comings and goings were duly reported to his friend and to other local police officer for the next 24years, resulting in some arrests and convictions.

In 1995 the industrial units around Phil's home, along with other areas of South Lakeland became the target of early morning crimes, which coincided with the availability of the newly available mobile phone. Funding was secured to purchase 10 'phones at a cost of £200 each and the idea of setting up a Dawn Patrol (now known as Dawn Watch) to run alongside the Neighbourhood Watch in the area was born. These ten mobile phones were given to Milkman and other people who were out and about in the early hours of the morning. Phil admits that he was one of the sad people who wakes early and wanders the streets at 4.30am in the morning with his dog.

Once again Phil took on his role in Dawn patrol with the same amount of enthusiasm as before and information continued to be passed and on occasions arrests made. He has over the years received letters from the many Chief Constables, Divisional Commanders and local businesses thanking him for his vigilance.

Phil remembers two incidents particularly :-

Firstly the sighting of a white van with two occupants seen parked near his home. He took the registration number and admits he did not at this time inform anyone. Later as a result of information given to him from NHW/Crime Prevention regarding metal thefts he informed the police of this vehicle. A few nights later he saw the same vehicle again and rang the police immediately. The men were arrested, later charged with offences and are currently residing at her majesties pleasure.

Secondly he recalls following a vehicle from Keswick towards Grasmere, which was all over the road. The occupants started to throw items from the vehicle windows onto the grass verge. Unfortunately the mobile phone network was not available so he followed the vehicle and saw it stop at St. John in The Vale. He continued until he got a signal on his phone at Dunmail Raise and called the Police. It later emerged that an armed robbery had taken place in Keswick and later that day the men were arrested. Fingerprint and other evidence from the goods at the side of the road were instrumental in securing a conviction and once again criminals are behind bars.

Phil Harkness is a true member of Dawn Watch and Neighbourhood Watch covering all its values and spirit. He is a fine example of what more could be achieved if every one of our members rang in with information no matter how small.

Voice Connect - Do you know you can receive VC messages as an e mail?

If you would like join up, please contact your Development Officer –

South Lakes - Andrea Bell – andrea.bell@cumbria.police.uk 01539 818681

West Cumbria – Paul Caine paul.caine@cumbria.police.uk 01900 873937

Furness – Mick Turner – michael.turner@cumbria.police.co.uk 07967572135

North Cumbria – Vacant at present – contact Sgt Tony Kirkbride 01228558250

Achievements of Neighbourhood Watch in Cumbria & Cumbria Neighbourhood Watch Association 2007 - 2008

The Board of CNWA has secured continued employment of Development Officers through funding supplied by the Safer Stronger Communities Thematic Partnership. This year, that support has been enhanced by employment of a project manager, whose job it is to guide CNWA into the future. More

specific achievements are demonstrated below by matching activity and impact against the objectives of Neighbourhood Watch:

Cut crime and the opportunities for crime and anti-social behavior -

- Smartwater rural crime initiative cut quad bike theft by 35%
- Trespass scheme commenced. This supports the Smartwater scheme by barring targeted individuals from the land of participating members (130). In recent months, neighbouring forces have reported a rise in similar crimes being committed by Cumbria criminals on this list. The scheme is promoted as good practice in a National Police guide on the role of Neighbourhood Watch in Neighbourhood Policing.
- In one of many operations supported by Neighbourhood watch, volunteers distributed 250 Community Safety booklets, 4000 'Lock it or lose it' campaign stickers, 175 NHW packs including information about domestic violence.
- Introduction of Business Watch, which in the Ulverston area has provided the Police with a significant increase in intelligence, and reduced crime dramatically.

Provide reassurance to residents and reduce fear of crime & anti-social behavior

- Voice Connect continues to be used to transmit positive messages about what is being done to tackle local issues, and of success stories;
- Crime falling by 9% and Cumbria Constabulary one of the top four performing forces in the UK for crime detection rates
- News of arrests & outcomes associated with information received from members
- 16 volunteers undertook 96 hrs training for BAT project (training the vulnerable to protect themselves against bogus callers)
- Five members attend Brampton Police Station daily to distribute information and support NHW activity, contributing in the region of 260 hours volunteer time annually.

Encourage neighbourliness and closer communities -

- Membership has risen by 7%, though mostly in rural areas through Farmwatch
- In the first six months of 2008, 60 Voice Connect messages were circulated that gave information about, and encouraged members to participate in, Streetsafe initiatives (<http://www.streetsafe.org.uk/>), other crime prevention activities, and Community Forums. In South Cumbria alone, this resulted in 160 hours of volunteer time being contributed by Neighbourhood watch members between May and July this year.
- The coordinator of Eden Community Liaison forum said "*It was a big success in April and there were a lot more people attending because they had received a message*".
- In the first six months of 2008, 350 Voice Connect (VC) messages were sent to 58,000 recipients.
- 880 calls were received by Cumbria Police from Watch scheme coordinators - these were predominantly about suspicious and inconsiderate behaviour, but.....
- Information from Neighbourhood Watch led to the detection of more than 30 crimes. Most notable of these included;
 - Six men arrested and two stolen quad bikes recovered near Walton
 - Three men from North Cumbria arrested for a high value burglary
 - Two men arrested in Barrow for burglary at a shop premises
- Whilst not all information leads to the arrest of individuals, much of it is valuable to police, and their partners, enabling them to address issues that concern you.

Improve the quality of life for local residents and tenants -

- Seventy three schemes are located in 'Hotspot' areas, twenty seven of which are in vulnerable locations

- Schemes established and supported in 6 of the 10 most deprived areas of the county, supporting multi agency activity to improve the quality of life for residents. These are often linked to Streetsafe operations, but there have also been litter picks or problem solving exercises in such areas.



A Future for Neighbourhood Watch & Neighbourhood Watch Association in Cumbria

- David Farmer - Project Manager, Cumbria Neighbourhood Watch Project

Cumbria County Council and Cumbria Neighbourhood Watch Association (CNWA) jointly fund the Cumbria Neighbourhood Watch Project. Its aim is to create a Business Plan for Neighbourhood Watch (NHW) and the Neighbourhood Watch Association (CNWA) in Cumbria going forward.

Background

NHW nationally, despite some recent fall in numbers, continues to enjoy strong public support together with a high level of recognition by government and police. Existing groups are active and innovative and there is good evidence of success and the potential to take on new roles. Whilst NHW it is often called “the largest voluntary organisation in the country”, in reality it is a concept or movement rather than a single entity. **Members of groups and schemes at `grass roots` are Neighbourhood Watch.**

In Cumbria, NHW is spread countywide with voluntary, independent groups and members each with their own objectives and level of activity. It is strong and successful because of the number and spread of Neighbourhood Watch and specialist Watch groups and schemes. There have been initiatives such as Smartwater, the Bogeyman Action Team and Trespass. The Voice Connect system is effective and highly regarded. Key stakeholders have provided welcome support and NHW's success in Cumbria is recognised locally and nationally.

However there are some weaknesses and problems, in particular the uncertain nature of future funding for current Development Officer posts, the difficulty in providing leadership and direction setting, demonstrating successful performance and value for money to stakeholders. There is also confusion for some stakeholders between the different roles of NHW and CNWA.

CNWA, now in its eighth year, is the countywide members organisation, which represents and supports over 2700 groups, schemes and members. It is important to recognise that this is CNWA's role -- it does not run or manage NHW in Cumbria. It is an established organisation with a committed `grass roots` membership with considerable development potential. On the other hand there has also been a lack of clarity in its purpose and role, leading to some false expectations of contribution and achievement.

Stakeholder Requirements

NHW in Cumbria needs a strong relationship with its key stakeholders, Cumbria Constabulary, Cumbria County Council, Safer and Stronger Communities Thematic Partnership (SSCRP), District Councils, and the Crime and Disorder Reduction Partnerships (CDRPs). They then feel comfortable in providing support, including financial support, to enable and develop NHW membership and activities.

Stakeholders have their own views on what they want from supporting NHW, including seeing NHW set a clear direction and focus for development and activity, widening of its traditional support base, and providing good easily accessible information about what NHW in Cumbria does and achieves. They want to see better information management to demonstrate outcomes and their financial contribution linked directly to performance. They all want to see increased volunteer community engagement on a widening agenda.

Stakeholders want CNWA to be a capable self-sufficient representative organisation for NHW membership, with a clear sense of purpose and organisation providing support and services for NHW.

A Suggested Way Forward

A Project Report has reviewed the current position, strengths, weaknesses, requirements and challenges. It suggests a way forward for NHW in Cumbria with five possible organisational models. It is important to be clear that **no decision has been taken** but the Project Manager has recommended one of the models as the best fit with all the different requirements.

In the suggested model, Cumbria Constabulary and Cumbria County Council would provide joint leadership with joint governance of a 'management' post for NHW. There would be integrated business planning on behalf of NHW directly involving other key stakeholders, partners and members (through CNWA). Cumbria County Council, Cumbria Constabulary, county partnerships and other stakeholders (local government, SSCTP and CDRP's) would share costs to cover both management and some operational support. These stakeholders would provide basic operational support for NHW volunteers from mainstream resources, such as Neighbourhood Policing. There would also be the option for dedicated support roles targeted at local support co-ordination, information and performance and project management. CNWA would have a defined role and functions, specifically in relation to representation of members and also in providing particular areas of support. There would be an emphasis on maximisation of activities and volunteer contributions to ensure that NHW is an active and participative volunteer organisation.

Benefits of Change

The impact of such a change on NHW in Cumbria would be that there would be more and different stakeholder and partner involvement in joint leadership and direction and more comprehensive planning. There would be a widening of activity, more focus in the provision of operational support. There would be new relationships and increased opportunities, and new potential activities and initiatives.

For CNWA there would be the setting of clear direction and focus, a more specific role and new responsibilities on behalf of members. The contribution on particular initiatives would continue but there would be new relationships and new opportunities.

Change and disruption are often unwelcome, but an inevitable fact of life today. The result we seek to achieve is that Neighbourhood Watch, and CNWA in supporting it, continue the important work of creating a Safer & Stronger Cumbria.

Your views are requested! The Project Board and CNWA Board would welcome all views or comments, in particular on the future organisation of Neighbourhood Watch and Cumbria Neighbourhood Watch Association.

What we want to know from you - Neighbourhood Watch

- Your comments on the suggested model.
- What role should CNWA take in relation to leadership and direction for NHW in Cumbria?
- What kind of support do members need and who should provide it?

Cumbria Neighbourhood Watch Association

- What are the priorities for next year?
- Initiatives – what specific projects should be pursued/promoted?
- Contact – how can relationship/contact between county and 'grass roots' be improved?
- Feedback – how best can CNWA Board get information and views from members?

More detailed information about the CNWA Project and the suggested way forward can be found on the CNWA Website www.cumbria-nhw.org.uk .

Please pass your views on the proposed changes to :-

David A. Farmer - Cumbria Neighbourhood Watch Project Manager

Cumbria County Council, Community Unit, Lower Gaol Yard, The Courts, Carlisle CA3 8NA

Tel: 01228 221058 / 07747 456279 david.farmer@cumbriacc.gov.uk

News from Neighbourhood Watch around the County -

Doorstep Crime comes to West Cumbria

West Cumbria NHW sponsored a conference day held at the Workington Sixth Form Centre where over a hundred delegates from various organisations attended. These included members of Cumbria Victim Support, Social Services, NHW Members, Local Councillors, Cumbria Fire and Rescue, Age Concern, Local Policing Team Officers and Police Community Support Officers and members of Trading Standards. The delegates were given an in depth overview of Doorstep Crime by Brian Steel one of the country's leading experts on Doorstep Crime. Pat Thomas from Cumbria Trading Standards gave the audience details of cases which had come to light in Cumbria and the success achieved when cases had gone to court. Marilyn Barratt from The Operation Liberal Team gave the audience an insight into what is being done across the country in tackling this type of crime. The benefit of the day was highlighted by an incident being discovered the following day in Workington by a member of Age Concern who had attended the conference day and the matter was quickly brought to the attention of Trading Standards and the Police. The picture shows Brian Steel during his presentation.



West Cumbria's NHW Dog Whistler

Whistler was invited to take part in a Respect Information Week held at the Lakes College, Workington. The aim of the event was to bring local people together to help build positive relationships and trust within the community and the educational workplace. Whistler was invited to show that through NHW we can help achieve these goals. Whistler is pictured with some of the students who took part in the event which took place in April.



Whistler has also been spotted in the South Lakes area at Asda in Kendal, Heron Hill Streetsafe, St. Annes School, the Lakes School and the Westmorland Centre.



The Homesafe Scheme

West Cumbria NHW works alongside the West Cumbria Community Safety Team in progressing the use of The Homesafe Scheme where crime prevention advice and target hardening issues are addressed for victims of Crime who have been referred to them. The initiative has suffered by lack of funding so work is ongoing to find sponsors for the scheme in order for it to continue. In 2006, West Cumbria Police assisted BAE Systems with escort duty of one of their radar systems from Workington Docks to Eskmeals. In recognition of the assistance provided BAE Systems awarded a cheque for £3000 which they have agreed to contribute towards the West Cumbria Homesafe Scheme.



Peter Joyce, Trials & Support Manager, BAE Systems handing over the cheque to John Thornthwaite, NHW Development Officer, West Cumbria



Trespass Scheme launched on Nov 07 at a Farm in North Cumbria - CNWA Alan Smith, Sgt Andy Baines & a local farmer

Trespass Scheme

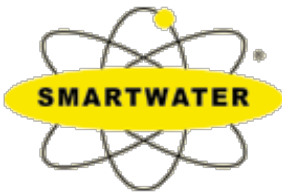
The problem of uninvited visitors to agricultural land, whose presence often leads to the loss of property, is increasingly causing annoyance to the farming community. The Cumbria Neighbourhood Watch Association (Farmwatch) has decided to take action. Trespass is a civil offence which cannot be prosecuted by Cumbria Constabulary. Where there is evidence to support criminal proceedings, Cumbria Constabulary makes every effort to take offenders before the court.

It is proposed that where an individual has been identified as a 'trespasser', Cumbria Neighbourhood Watch Association (CNWA) will write to that individual warning them that their behaviour is not acceptable to the rural community and that further incidents may

result in legal action.

Please contact your development officer if you wish to take part in the scheme, we have over 120 farms signed up so far – so what's stopping you?

Smartwater – A Sprinkling of Success



Police are rolling out Smartwater kits to North Cumbria & South Lakeland – DNA-style property markers and say thefts of the bikes have since dropped by more than a third.

The introduction of the Smartwater kits to Farmwatch members also saw membership soar from 200 to 1,000 farmers. In a recent survey, 74 per cent of offenders said they would abandon their plans to break into a property if

Smartwater signage was displayed.

Superintendent Bob Pallas said: "The Farmwatch scheme and Voice Connect enables the police to effectively share intelligence with the farming community and this continues to secure convictions and return stolen property.

"Recently we informed scheme members of a spate of quad bike thefts, and within a matter of a few hours, a user of the service provided us with information and we had suspects in custody and the property recovered – all because of the response we got to that message."

In South Lakes Area, training took place of all officers on the Local Policing Team Kendal to deliver Smartwater. By the end of May 2008, 110 households of Neighbourhood Watch members will be visited. Further training of Windermere and Rural community officers will take place to continue Farm Watch and domestic Smartwater delivery.

Improving home security – tips from rural insurer NFU Mutual

This newsletter has been sponsored by NFU Mutual. Contact them to get further details of how to protect your property, as they produce a useful series of guides on home security. Below is an example of one of their guides. To find your local office to discuss your insurance needs, look on www.nfumutual.co.uk or contact the NFU Mutual Offices in Cumbria – Carlisle 01228 523034, Kendal 01539 722422, Cockermouth 01900 823066, Penrith 01768 862772, Broughton in Furness 01229 716354, Ulverston 01229 581581, Appleby 017683 51324.



Your house probably contains your most valuable possessions, so it makes sense to keep it – and them – properly protected. While many people believe securing a home to be an expensive process, there are a number of simple, inexpensive measures you can put into action to beat the thieves. Adding security devices to your home can not only help reduce the chances of you ever having to

make a claim, but also give you and your family peace of mind. Follow the tips below and everybody will be happy – except the burglars.

Secure your windows

- A third of all burglaries result from a thief getting in through a back window – but even the simplest of window locks will help put them off. Locks make sure that the thief would have to smash the window, which many are reluctant to do as the noise attracts unwanted attention.
- It is a good idea to fit locks on all downstairs windows, and some upstairs too. French windows in particular can prove somewhat insecure and ought to be fitted with key operated locking device.
- Have a look from outside; any window positioned by a drainpipe for example, is an easy target for an opportunist thief. Also, be sure to keep window keys out of the locks and hidden out of sight.
- Something else to remember; never leave a ladder lying around on your drive or in the garden when you're out. It makes even the most inaccessible of windows a simple method of entry for a burglar. Similarly, don't leave garden tools out – they only help thieves force their way into your home.

Lock your doors

- It's absolutely crucial that your home's front and back doors are secure. Both the doors and their frames must be sturdy and in good condition – any that are old, decaying or weak need replacing.
- If they are not already fitted, fit the doors with bolts and deadlocks. Make sure they are put to good use – far too many households do not use all the locks on their doors, believing a turn of the key to be sufficient. Fastening all the locks and bolts makes a door a lot harder to force open.
- Patio doors can sometimes be a security weak point as they are not always fitted with a key operated locking device. Multi-locking point systems designed specifically for patio doors (with at least 3 locking points) are recommended.
- When choosing and fitting new locks to your house, it is highly recommended that you approach an official member of the Master Locksmith's Association (www.locksmiths.co.uk) for assistance.
- To find out more about locksmiths, and the different kinds of lock available to you, read our security locks guidance sheet.

Extra deterrents

- Outdoor lighting, with or without motion sensors, are ideal burglar deterrents. Unlit properties provide the perfect hunting ground for burglars, allowing them to sneak in and out unnoticed.
- A burglar alarm visible from the street will also help put potential thieves off.
- Remove any valuables from your window ledges. It is not advisable to tempt the thief into performing a smash and grab raid.
- Timer switches are relatively inexpensive, easy to use and yet a very useful tool against burglars. Using timer switches, lights and lamps can be set to automatically come on at a certain time, giving the impression that there is someone home even when the house is empty.
- The easiest way for a thief to gain access to your home is by walking through the front door. It may sound unlikely, but if you currently leave a spare key under a doormat or plant pot, then you are running a serious risk of being burgled. They are the first places a thief will look. Likewise, hanging a key on a piece of string through your letterbox is giving the burglar a very easy task.
- Moving to a new house? Change all the locks as soon as you move in. Also try to keep track of who owns a key to your home.



The CNWA Website

CNWA launched its new website www.cumbria-nhw.org during National Neighbourhood Watch week in late 2007 as part of a range of coordinated activities throughout Cumbria. CFM interviewed the development officer & extracts were played at the end of the hourly news bulletins all week! Cumberland News & Evening News also gave good media exposure.

As part of the celebrations, we held two community outreaches inviting members of Neighbourhood Watch & the public to come & learn how to surf the net & check out the new website. This was a joint initiative with CCC Library Services at Penrith.



Surfs Up - Pauline Finlayson at Carlisle Library encouraging members of the public to surf our website, as part of our Surf & Learn IT lessons

National and Regional Neighbourhood Watch issues

Dr John Perkins (Chair of CNWA) and Sgt Andy Baines (HQ Partnership Dept) represent Cumbria on the North West Region Neighbourhood Watch Forum and represent that forum at the National Forum for Volunteers (**NEIGHBOURHOOD AND HOME WATCH NETWORK**) and the Police respectively. Reports from the North West Group and minutes of the forum can be accessed on www.mynhw.co.uk/minutes.php

If you cannot access this information, and you would like to know more about the work of these groups, or you would like to raise issues for regional and national debate, please contact either Dr John Perkins 01768 881671 drjohnperkins@aol.com or Sgt Andy Baines 01768 217298 andrew.baines@cumbria.police.uk

To learn more about the National Neighbourhood Watch, including NHW Toolkits and other good practice, go to www.mynhw.co.uk, and register for the national newsletter.

How to Contact the Police

- Use **999** to report a crime in action.
- Use **08453300247** as soon as possible, to advise the Police about a past crime or suspicious activity.
- Or dial Crimestoppers **0800555111** to give information anonymously.

And **remember to say that you are Neighbourhood Watch** - as it gets logged on the Police system and this helps to acknowledge your work!

Neighbourhood Watch is a means of developing and improving the liaison between the community, the Police, and the Local Authority.

Our aims are:

- To help people to protect themselves and their property
- To reduce the fear of crime
- To improve the local environment by improving local and home security
- To encourage greater vigilance
- To foster community spirit

The vision of Cumbria Neighbourhood Watch Association is that Cumbria will be an even safer place in which to live and work.

This newsletter has been produced on behalf of the Cumbria Neighbourhood Watch Association (CNWA) - the charity that links & represents the individual Neighbourhood Watches in Cumbria. For more information & updates, look on www.cumbria-nhw.org

We hope you find this newsletter of interest and of use. If you have any comments, please contact the Chair, Dr John Perkins 01768 881671 drjohnperkins@aol.com

The other CNWA Board Members are – Judith Derbyshire (Vice Chair), Christine Makin (Minutes Secretary), Derek Williamson, Freddie Harris, Keith Nightingale, and Erica Arneil. Other regular attendees at Board Meetings – David Farmer - Cumbria Neighbourhood Watch Project Manager, Lorraine Smyth – Cumbria County Council, & Sgt Andy Baines – Cumbria Constabulary.