



Castle Point Neighbourhood

Watch_{NEWS}



WORKING IN PARTNERSHIP WITH ESSEX POLICE

Winter 2018

SECURITY TIPS FOR DRIVERS

WITH KEYLESS ENTRY VEHICLES



GOT A MODERN, KEYLESS ENTRY VEHICLE? HERE'S SOME TIPS TO KEEP IT SAFE AND SECURE

- Contact your dealer and talk about the digital features in your car. Have there been any software updates you advantage of?
- Check if your keyless entry fob can be turned off. If it can, and your dealer can also confirm this, then do so overnight.
- Store your keys away from household entry points such as your front or back doors, or windows. Keeping your keyless entry fob out of sight is not enough - thieves only need to get near to the key to amplify the signal.
- Be vigilant. Keep an eye out for suspicious activity in your neighbourhood - and report anything unusual to the Police on 101 (or 999 in an emergency)
- Review your car security. Check for after market security devices such as mechanical locks and trackers, which are proven to deter thieves.

Find out more information online on how to keep your vehicle secure at
www.essex.police/vehicles



NEIGHBOURHOOD WATCH ADMINISTRATIVE OFFICE

Rayleigh Police Station, High Street, Rayleigh, Essex SS6 7QB

NHW Email: castlepointnhw@yahoo.co.uk



Call us for a free smoke alarm

Essex County Fire and Rescue Service is urging everyone in the County to make sure they have working smoke alarms in their home.

According to national statistics 88% of homes have a smoke alarm but that means that there are 93,000 households in Essex which are at



risk because they don't have a working smoke alarm.

The Service wants to ensure that every single home in the county has the excellent protection smoke alarms offer and will come to any home in Essex and fit smoke alarms free of charge.

All it takes is one phone call, or five minutes to fill in a simple online form, and officers will visit your home and give you all the help and advice you need as well as fitting smoke alarms to protect you and your family.

Just three breaths of smoke can be enough to kill if a fire breaks out when you're sleeping. Smoke alarms are proven life savers. They give warning at the first sign of fire, waking you and your family up and giving everyone the time they need to get safely out and call the fire service.

Although the majority of homes in the county have working smoke alarms the Essex County Fire and Rescue Service want to make sure that every home has the excellent protection they offer. They will visit your home, carry out a safety inspection, give you all the advice you need and fit smoke alarms entirely free of charge.

To book a free home fire safety visit call **0300 303 0088** or fill in the online form at www.essex-fire.gov.uk

Domestic abuse and older people(55 plus) campaign

In Essex during 2016/17 there were 2,985 reported incidents of domestic abuse by over 55 year olds, the number of incidents has almost doubled since the previous year.

On average, older victims experience abuse for twice as long before seeking help as those aged under 61 and nearly half have a disability. 25% of older victims of domestic abuse have lived with the abuse for 20+ years, yet older clients are hugely underrepresented among domestic abuse services. This aim of the campaign from the Southend Essex and Thurrock Domestic Abuse Board is to reach out to victims and encourage them to seek help.

Domestic abuse is never acceptable, whatever your age. If you are over 55 and think you are a victim, or have concerns for a friend or relative please take a look at www.livingwellessex.org/55-plus or call the 55 plus safety net on **01206 500584**. You can also report concerns anonymously to Crimestoppers on **0800 555 111**



CAVS Ways to Wellness

A Social Prescribing Service for Castle Point and Rochford

CAVS Ways to Wellness is a new project for the Castle Point, Rayleigh and Rochford area and aims to improve your health and wellbeing by linking you to services and opportunities available in your community.

We can offer information and advice, based on your circumstances, to point you in the direction of the help and services that are on offer in your area, including:

- Information and advice
- Volunteering
- Lifestyle changes
- Community transport
- Carer services
- Family support
- Social groups and clubs
- Health support (emotional and physical)

For more information on how we can help you find simple ways to enrich your days, call us on **01268 638405** or email wellness@castlepointcavs.org.uk

New community fridge

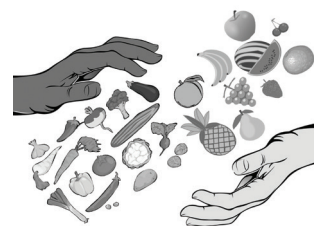
Food has always brought people together, whether at a dinner party or barbecue, or simply families sharing breakfast around the kitchen table.

And that's exactly what the new Community Fridge at The Coffee Grind in Thundersley aims to do, encouraging local businesses and people to share surplus food items.

Unwanted items, such as surplus fruit and vegetables from gardens and allotments can be donated by people or businesses. This will be collected by local people, helping to redistribute leftovers and create a real sharing community.

It is hoped the Community Fridge, which is supported by Sainsburys, will become a hub for reducing food waste and also a place for people to socialise and share tips and recipes.

You can donate food now at The Coffee Grind, The White House (rear of CPBC offices) or call Carers Choices on **01268 881130**



Get NHW advice and news direct to your inbox

Would you like to receive a fortnightly email with the latest crime figures and other community safety news and advice? Just let us know by email castlepointnwh@yahoo.co.uk