



CRIME PREVENTION ADVICE

Drink spiking

Drink spiking is when mind altering substances like drugs and alcohol are added to your drink without you knowing.



It can affect the way you behave but how severe the symptoms are depend on what was used to spike your drink and how much alcohol you've consumed.

There are many reasons why someone might spike your drink but the most common are merely for amusement or to commit sexual assault, rape or theft.

But that doesn't mean women are the only ones at risk. Men are too. In fact almost 11 per cent of people who report having their drinks spiked are male.

Essex is a safe county but if your drink is spiked we encourage you to report it to us regardless of who did and for what reason.

How do I report drink spiking?

If you think your drink has been spiked, you should [contact us](#) as soon as possible.

Try not to let your drink disappear because it may become evidence. Instead, find the manager, explain what's happened and ask him or her to hold on to it.

If you decide to report the incident, try to do so within 12 hours or a maximum of 24 hours if that's not possible.

An officer will need to ask you some questions so please be prepared to answer them. Although they may seem intrusive, they're an important part of our investigation.

Depending on how long ago the incident happened you may also be asked to provide some forensic samples and agree to a medical examination.

What can I do to avoid being spiked?

Essex is a safe county. Thousands of people enjoy nights out here but staying alert will help keep you safe.

Follow our advice to reduce the risk of getting your drink spiked:

- Tell someone you know where you're going and what time you expect to get home.
- Avoid going out for the evening alone.
- Alcohol makes you less alert so be sensible about how much you drink.
- Never accept a drink from someone you don't know.
- Never leave your drink unattended. Take it with you if you can or appoint a friend as your drink watcher.
- If your drink has been moved, has been topped up or tastes strange, don't trust it. Order a replacement.
- Plan how you are going to get home and stick to it. Think very carefully before going off with someone you've just met.
- Don't assume soft drinks won't get spikes – they do.

Police Activities.

A litter of seven-week-old puppies has been stolen overnight from an outdoor kennel in Birchwood Rd, Cock Clark Chelmsford.

The six German Shepherd puppies, three male and three female, are yet to have their vaccinations and their owners are extremely worried about them.

Do you have information that could help us reunite them with their family?
Call us on 101

A 28-year-old man from Clacton has been arrested on suspicion of possession of an offensive weapon after being found under a static caravan by police dog Rio.

The man was arrested at Highfields Caravan Park at about 5.30pm on 16th April and we're now investigating.

Here's a photo of Rio in training!



Offences of Burglary Other offences have increased with out building being targeted for gardening equipment and oil heating tanks targeted in residential gardens in Ardleigh

Action

21/4/2015- Offences of this nature continue to occur in the rural area's although have decreased over the past months Officers are monitoring this situation and patrolling to target offenders

Speeding vehicles along The Walls, Mistley and Wignal Street,
Lawford

Raised on 21/04/2015

Action

21/4/2015- This is an on going concern with local residents and the Parish Council Regular deployment of officers trained to use the speed gun are in place Updates of areas and numbers of checks and prosecutions will be placed on the system.

A Bit of Summer Crime Prevention Advice

Hopefully the warm weather we have will last and it will be a great summer. Please consider the points below so you don't become a victim of crime.

If you have unoccupied rooms that are accessible to others from outside or off flat roofs make sure the windows are closed, if you need ventilation in these rooms at least lock the larger window and only have the small window open, even during the daytime. If you only have bigger windows consider a lockable window restrictor or a small alarm sensor on the window to detect entry. Leave a door or patio door open and in comes trouble, even during the day. If that door is accessible the sneak thief will pop in and anything lying around will be gone, you may have only popped down the end of the garden or having a quick shower upstairs, it only takes a second.

Before you turn in for the night do the "rounds" and check all is secure, some may think it is a bit over the top but you will feel more confident and less likely to become a victim.

Check the simple things:-

1. Parked cars – are the windows shut and doors locked (don't assume that by pressing the button on the remote it is locked, try the handle too)? **A lot of thefts are from insecure cars and vans.**
2. Side gate shut and locked, sheds and garages secure?
3. Don't leave unattended pedal cycles insecure and out the front.
4. Doors closed and locked? Don't forget on that UPVC multi-locking door you may have lifted the handle but until you turn the key on the inside you have not locked all the locks in place.
5. Don't forget to check that patio door, someone may have closed it but did they lock it?
6. Windows - lift the blinds or open the curtains and check

they are closed, the sun may have been on the TV and it was hot, so they were drawn with the window open. Remember the advice above re open windows. **Make sure in case of fire that keys to windows and doors are readily accessible to occupants** but not in view of possible burglars.

7. If you have an intruder alarm activate the zone for the unoccupied area.
8. Car keys - **don't** take them to bed with you, where possible leave them in noisy drawer/location.
9. If you do hear a suspicious noise in the house that you are not happy with dial 999, if you have an intruder remember your life is more important than your property, but do get a good description and if possible car index number.
10. Social Media – When using “Facebook” or other be wary of announcing to the world that you are away and your house is empty. Make sure your profile does not contain private information that would identify you or your address to a stranger.

Last bit of advice - Going on holiday?

Look after each other, get a neighbour or friend to keep an eye on your property, ensure neighbours have contact numbers for a key holder and where possible let them park their car on your drive.

Basically if you create the illusion that your house is occupied it is less likely to be broken into.

David Gillies; Crime prevention tactical advisor.

NHW Information

On 14th April John Wright and Paul Teague attended the Brightlingsea Trefoil Guild meeting. We spoke about the benefits of being in NHW and also promoted Essex Community Messaging. The members of the Trefoil Guild were impressed with the talk that we gave and would like us to attend again sometime in the future.

Calls to '101' will cost 15p for the entire call.

This applies to both landlines and mobile phones. For the first time ever, everyone calling the police for non-emergency matters will know exactly how much it will cost them and will be assured of equal access whether they are on a pay-as-you-go mobile or a home landline.



Anti-Social Behaviour

For all incidents of Anti-Social Behaviour please call police in the first instance on 101 for non-emergencies or 999 for all emergencies.
The Anti-Social Behaviour Helpline - This number is provided for members of the public to call in and report acts of Anti-Social Behaviour to Tendring District Council Community Safety Partnership Unit.
The Community Safety Team will co-ordinate a response to your anti-social behaviour problem with partners as required.

ASB NUMBER – 01255 686359

Neighbourhood Policing Contact Numbers

Point of contact	Area	Number
PC 70932 Robert Willmott	Clacton East	07970 535147
PC 74565 Dale Plant	Clacton West	07970 535147
PC 70310 Nicola Southgate	Clacton Town	07970 535147
PC 70932 Robert Willmott	Great Clacton	07970 535147
PC 74565 Dale Plant	Jaywick	07970 535147
PC 2176 Daniel Heard	Thorpe	07970 535147
PC 2080 Ian Rutherford	Frinton & Walton	07850 631017
PC 976 Judith Currie	Mistley, Manningtree & Ardleigh, Lawford	07980 904851
PC 2176 Daniel Heard	Brightlingsea, Alresford & Elmstead	07801 316876
PC 2764 Trevor Abrahams	Harwich	07711 147176
PC 2176 Daniel Heard	Great Bentley	07801 316876

CRIME STATISTICS 9th-15th Apr' 15

Ward	Burglary Dwelling	Burg Other	Crim Dam	Shop lifting	Theft From/Of MV	Theft of P/Cycle	Theft of Metal	Arson
Golf Green	1							
Rush Green								
Peter Bruff								
Bocking Elm								
Alton Park	2	1						
Pier	1	2	1					
St James								
Burrsville				2				
St Johns								
St Bartholomews								
Haven								
St Marys								
St Pauls	1		1					
Holland & Kirby								
Frinton								
Hamford								
Homelands					1			
Walton			3	1				
Beaumont & Thorpe								
Little Clacton & Weeley								
St Osyth & Point Clear	1							
Brightlingsea								
Alresford								
Great Bentley								
Thorrington, Frating, Elmstead & Great Bromley								
Ardleigh & Little Bromley								
Manningtree, Mistley, Little Bentley, Tendring								
Lawford								
Bradfield, Wrabness Wix								
Ramsey & Parkston	1							
Great & Little Oakley								
Harwich East								
Harwich East Central	1		1	2				
Harwich West Central								
Harwich West								

To find out what ward you are in type **Essex Insight** into your search engine then click on **Your Local Area**, enter your postcode in Block Capitals then click search. The Ward that you are in will be displayed

Crime Data is now available for the Public to view and it is located on the Police.uk website, in an area called 'Compare Your Area'. This will provide you with tailored charts on (a) crime rates in your CSP (Community Safety Partnership) compared with most similar areas; (b) crime rates in the CSP compared with other CSPs in force area; and (c) trends over time for the CSP, the CSP's most similar group average and for the force area as a whole. The launch date of the Compare Your Area site on Police.uk was Monday **October 15th 2012**