

# Croydon Eye

WINTER 2018



NEIGHBOURHOOD WATCH

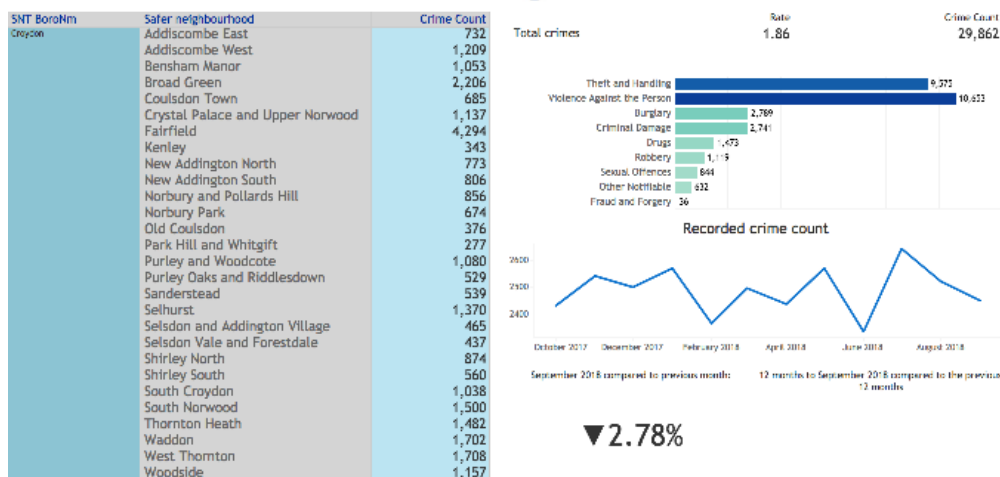
## Welcome

Welcome to the winter edition of the Croydon Eye, the third and final newsletter for the year. You will notice that we have included a new crime stat. table in this issue, this shows the breakdown of crime in the area ward by ward (under the new ward boundaries as set out in May 2018). These stats are not to alarm anyone, but to remind us all that crime remains a major issue across the borough and indeed the UK as a whole. In an era where funding for the police is stretched to say the least; the need for crime prevention agencies such as Croydon Neighbourhood Watch is of paramount importance. We are pleased to say that we have over 375 active Neighbourhood Watch co-ordinators across Croydon; an impressive number of people who all care about the community and the area in which they live.

Looking ahead to next year, we are working on an exciting new initiative; a 'Good Neighbour Guide' that will be available and distributed in wards where the local councillors have provided financial support from their 'Community Fund Budget'. This guide will aim to inform and update residents about council rules and guidelines, contact information for your local police Safe Neighbourhood Team (SNT), where to get advice on common problems such as anti-social behaviour and litter and how to help build and foster a community spirit so that everyone can feel respected and safe in their area.

We hope you enjoy this edition of the Croydon Eye and find it useful. Your next newsletter will be out Spring 2019.

## Crime Figures for Croydon - Oct. 17 to Sep. 18



Source: <https://www.met.police.uk/sd/stats-and-data/met/crime-data-dashboard/>

## Update on the planned new BCU Policing Structure

A new policing structure which will see the policing services of Bromley, Croydon and Sutton merge together as one southern area borough command unit (BCU) led by Chief Superintendent Jeff Boothe, is now scheduled to go live in February 2019 (it had been previously expected to occur this year.) Under the new structure Bromley, Croydon and Sutton officers will share buildings and resources.

Ward based policing and increasing community confidence and residents' safety remains a priority and the BCU changes aim to increase the visibility of local officers in each ward. Each ward will have a minimum of two Dedicated Ward Officers (DWOs) and one Police Community Support Office (PCSO). These officers work with local people on local priorities and are not taken away to help with policing elsewhere in London except for exceptional events.

## How Safe Is Your Flat?

### MET POLICE CRIME PREVENTION ADVICE

Although there are fewer points of entry to a flat, they need to be as well protected as possible. As for overall building security, all residents need to keep an eye and an ear out as well as making sure that communal front and back doors are never left open.

**BOUNDARY:** Protection of a flat begins from the outside. Check that the managing agent/ landlord cuts shrubs and planting back regularly so that they don't obscure anyone from view or interfere with lighting or CCTV. If you notice something's not working properly or if a light is out, let the managing agent/ landlord know so that it can be fixed straight away.

**OUTBUILDINGS:** Keep cycle stores, bin stores, sheds and other covered areas locked and secured. These hidden spaces can attract loitering and lead to antisocial behaviour, especially after dark.

**COMMUNAL DOOR:** Your communal door is only effective if it is closed and secure, so always remember to check that it locks behind you. If it doesn't, then report it to your management agent/landlord so it can be repaired quickly. Don't ever buzz anyone in that you don't know – even if they say that they're expected by another resident – or let them follow you in.

**KEY FOBBS:** For even tighter security on communal entrances in blocks of flats, it's always a great idea to have personalised security key fobs that can track who is leaving and entering the property. With all multiple occupancy buildings, you never know who's coming and going...that's why it's advisable to get together and get a key fob for front and rear doors to the building. You can share the expense or, if properties are rented, then approach the landlord, explaining the benefit to them.

**COMMON AREAS:** Consider where the post boxes are located as these are often targeted by criminals. Ideally, they should be in a secure lobby area and be lockable so that no one can easily fish out mail.

**YOUR FLAT DOORS AND WINDOWS:** If you live on the ground floor, ensure that your windows are closed and locked every time you leave your flat. We advise you to consider an accredited burglar alarm system.

SOURCE: <https://www.met.police.uk/cp/crime-prevention/residential-burglary/how-safe-is-your-flat/>

## Community Matters...

### I'M FEELING A BIT DOWN...COULD IT BE DEPRESSION?

Have you been feeling down for weeks? Have you lost interest in things that you usually enjoy? Are you getting aches and pains and don't know why? You may be affected by depression. Depression is not about 'going mad' or having a weak personality. It is very common and can affect anyone, regardless of age and background. It is usually triggered by life events such as the death of a loved one, feeling lonely, serious financial problems, the break-up of a relationship, unemployment, poor physical health or another traumatic experience. Some medications (e.g. blood pressure, steroids, sleeping pills) can also cause depression.

### HOW DO YOU RECOGNISE THE SIGNS OF DEPRESSION?

Each person will experience depression in different ways but some common physical signs include: unexplained headaches and/or backache, problems with digestion, feeling very tired, gaining or losing weight as a result of overeating or loss of appetite. The emotional signs could include: feeling angry or hopeless; worrying a lot; losing confidence in yourself so everything becomes difficult; feeling helpless. The effect on thinking may include: having negative thoughts, self-blame, not sleeping well and memory problems. As a result, your behaviour changes and you may avoid socialising, snapping at people, become tearful and may drink or smoke more. In the most severe cases, people may think about ending their life.

### WHAT CAN YOU DO?

Depression can be treated and people recover. So, if the symptoms above affect your day-to-day life, seek help. Talking to your GP is a good starting point as you could be referred to more specialist services. You could also: Contact the free Croydon Talking Therapies Service on 020 3228 4040 or look at their website [www.slam-iapt.nhs.uk/croydon](http://www.slam-iapt.nhs.uk/croydon). A professional will listen to you and help you find ways to overcome your depression. Look at the NHS Moodzone website which has the details of a range of helplines and support groups that can offer expert advice. Please visit: <https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

There is a lot you can do for yourself to help you get better, including:

- Talking to friends and family about how you feel. Opening up, sharing your emotions does help! Stay in touch with them to socialise by going out and/or asking them to visit you.
- Keep active. Even just walking in the park with a friend or visiting a place you like is a great mood booster!
- Eating a balanced diet with lots of fruit and vegetables and drinking sensibly. Having a hobby, some sort of activity you can enjoy doing.

This article was written by Anna D'Agostino, a Mental Health Community Development worker based at Croydon BME Forum. Anna delivers free mental health sessions to community groups in Croydon. If you would like more information on her work or the article above, you can contact Anna on: [anna@bmeforum.org](mailto:anna@bmeforum.org)

## Annual Conference Highlights

We held our annual conference and the charity's AGM for our co-ordinators in October, where we were joined by guest speakers from the Met Counter Terrorism Unit, the local police and a spokesperson for Dementia Friends. We also held an informative Q & A session with Senior Police Officer Craig Knight and Croydon Council's Head of Community Safety, Anthony Lewis.


Please see main takeaways below:

- The southern cluster police teams are hoping to move into a base at the Purley Fire Station in early 2019.
- The Police are very much aware of the challenges/failures of the 101 telephone reporting system and have taken steps to increase staffing and a telephone menu system to divert calls to the correct area; many calls have nothing to do with Policing. There are some 2000 calls to the 101 number in Croydon every month. It was also highlighted that Anti Social Behaviour (ASB) can now be reported online which should alleviate some of the pressure on the 101 telephone system. The link to report ASB online is <https://www.met.police.uk/ro/report/asb/asb/report-antisocial-behaviour/>
- There is also a Council Anti Social Behaviour Team which will often come out and see residents if there is an issue; not all issues are police matters.
- Croydon Council needs to make £26 million savings by 2020. There are 280,000 people living in Croydon with some 94,000 young people. Croydon has one of the youngest demographics in the country.
- The police need and are grateful for the help of law abiding citizens. Partnership between the police and community is critical and




we need to support each other. If we see anything suspicious, the advice is to contact the police but we must remember to provide as much detail as possible.

Your Neighbourhood Watch Co-ordinator's details:

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