

Eastwood South Newsletter



Broxtowe
Borough
COUNCIL

2015/16

Seasonal Celebrations in Eastwood

An event took place in May at Springbank Primary School in Eastwood - The aim of the event was to share food and celebrate different faiths and cultures represented throughout the borough of Broxtowe. Amongst the spring festival celebrations featured at the event were Holi, Easter, Jewish Passover, Japanese Children's Day and Lailat-al-Miraj.

Children took place in activities including belly dancing, Bollywood dancing, drumming and various arts and crafts. Whilst the children were entertained, Community Safety officers engaged with parents on matters of crime and community safety.



Hall Park Academy Pintsize Theatre!

On Monday 22nd June, all Year 7 pupils at Hall Park Academy took part in an interactive Personal Social Health Education (PSHE) activity. They were treated to a theatrical performance by the Pintsize Theatre Group, a company who have been to the school several times.

Pintsize went into school to advise pupils about the dangers of drinking alcohol. During their visit Pintsize put on a performance for Year 7 pupils. This was centred around decisions young people make and how alcohol can affect those decisions. After this

performance the company asked pupils to volunteer to either take part in a drama performance or to be the "voice of reason" in response to the questions raised by the drama.

Pupils were enthusiastic and soon became thoroughly involved learning important life skills in an interactive way. The Pintsize group said - "The Year 7's showed maturity and knowledge beyond their age group"



Youth Support in Eastwood.

The Youth Justice Outreach Team have been supporting young people accessing the drop in held at Eastwood Youth Centre, to engage in further training, employment or education. Recently a young person who has been attending the drop in, has been encouraged by the youth work staff to attend a Prince's Trust programme. The young person, who lacked confidence, has engaged really positively in the programme and by doing so has gained his Construction Skill Certification Scheme card. He is currently working with a local contractor on a work placement with the potential of

securing permanent employment.

Whilst Eastwood Youth Centre was closed during school summer holidays the team provided positive activities for young people which gave youth workers the opportunity to provide them with information, advice and guidance. The team organised several sessions which took place on Coronation Park - the sessions typically attract around 40 young people. Activities provided have included Circus Skills, a Climbing Wall, Giant Games, KMX Bikes, Recycled Art, Henna Tattoos and Jewellery making.

The team are working with a group of young females with the aim of addressing issues that affect them and the community. The group is currently working on a drugs project developing a resource that aims to educate other young people around the dangers, impact and consequences of substance misuse.

If you require any more information please contact

Nicola Grundy: 07595423900

Phil Russell: 07843439739

For further information about Eastwood Youth Centre please contact – 01773 536010

South Nottinghamshire Community Safety Partnership

Working together to make Broxtowe, Gedling and Rushcliffe safer

Prison Me? No Way!

Children at Hall Park Academy will attend a 'Prison Me? – No Way!' session in December 2015 to help raise awareness amongst young people about the causes, and consequences of crime and the effects of antisocial behaviour. The sessions, run by prison officers, are just one of a number of initiatives taking place in the borough to advise and educate the community in order to reduce crime.

Children attending previous 'Prison Me? – No Way!' sessions, during which they met serving prisoners, did so tentatively but soon became thoroughly engaged with the process which proved to have a real impact on them.....

i loved today it was a whole new experiance 😊 something i know i couldnt cope with most people found you scary and was intimidated by you !! i think it has had a impct on boys that could see them self in prison and people who dont think they will end up in prison now know how easy it is after talking to the prisoners. i didnt like the cell carnt you spray the cells ./ overall it was a awsome day just to say i love the drama 😊

Of the 100 pupils who attended a previous session 95 completed a questionnaire, this to help gauge how effective the sessions are. Of those surveyed, 90% rated the day as a positive experience and 80% said they would change their behaviour.

The following quotes are a selection of the responses given by pupils when asked - "Tell us one thing you have learned today"

- I have learnt not to talk to strangers over the internet
- I have learnt how to be safe on-line
- Lots of young people have been killed by drugs
- Never do drugs, could kill you even if you do it once
- You can go to prison for just being in a crime scene, not just doing the crime
- You can be arrested from the age of 10
- Think before you do it, make the right choices in life

Prior to the sessions taking place, members of Broxtowe Borough Council's, Communities Team refer to recent crime data in order to ensure that the young people attending are made aware of the current crime trends which are likely to affect them.



Calling all smokers!

Would you like to become smoke free for good? Your free, friendly, local NHS Stop Smoking Service, New Leaf is here to help.

We offer a 12-week tailor-made Quit Programme for you, which is 4 times more successful than going it alone. You can choose one to one, telephone, email and text support to suit. Your advisor will support you all the way as well as give you up-to-date information and sort out the best medication for you.

We have an all day clinic at the Eastwood Health Centre on Wednesdays and a Thursday morning one at the Kimberley Surgery and many more in the surrounding areas.



To make an appointment, please call New Leaf free on 0800 789 3312 or text leaf to 80800.



Caudwell Children provide family support services, equipment, treatment and therapies for disabled children and their families across the UK. We also run our Enable Sport programme for talented disabled athletes and our Destination Dreams holiday for children fighting life threatening conditions.

Caudwell Children's vision is a world where all children's needs are met throughout childhood; where disabled children and their families have the right to choice, opportunity, dignity and understanding. Non-condition specific, we have supported children with over 560 different medical conditions and help

children up until their 19th birthday.

We recognise that childhood is a critical and vulnerable stage when health inequalities can have effects that last throughout life. We are there at every step of this new, challenging and often lonely journey; from birth, or diagnosis, in an emergency, or at a time of crisis.

If you would like to know more about the support that is available for your child and family; or if you would like to volunteer for the charity; then please contact, Victoria Mann – Family Support Officer for the East Midlands, on 07917 751 155 or email her at victoria.mann@caudwellchildren.com. Further information is also available on our website: <http://www.caudwellchildren.com/>

From 1st October 2015 it will be illegal to smoke in vehicles with someone under 18 present

Search Smokefree and find your way out of smoking

From Public Health England

SMOKEFREE



Broxtowe Women's Project

Helping women to look forward to a brighter future free from domestic abuse...

Are you a woman aged 16+?

Does somebody:

- **control** all the money?
- **Stop** you from seeing your friends/family/going to work/college?
- Call you names, shouts at you and **belittles you**?

Are you:

- Feeling **trapped**? Lonely?
- Don't know who to talk to? Fear no one will believe or understand you?
- Do you **blame** yourself?
- Are you **scared** or worried about your /and or your children's safety?

...Then you may be or (are) experiencing **domestic abuse**?

Call: 01773 719 111

Text: 07914634190

(both lines between 10am - 1pm: Mon - Fri, confidential answerphone available)

The support and services that we can offer you:

- **Outreach service support**, this service offers one to one, face to face support
- **Phone support** and or support, via our **text phone service**
- **The Freedom Programme** a training programme for women, to assist women in identifying abusive behaviours, and the effects of these behaviours on their lives.
- **Volunteering opportunities** – a opportunity for you to become involved in working within your local community, by supporting the work of the Broxtowe Womens project (BWP) by providing support with fundraising for our work

Tel (For agencies): 01773 718 555

Fax: 01773 765457

Email: enquiries@broxtowewomensproject.org.uk

Website: www.broxtowewomensproject.org.uk

PO Box 6660 Nottingham NG16 3ZE

Freedom Programme

The **Freedom Programme** is written By Pat Craven following working directly with perpetrators within Prison and the Probation service, where information was gathered directly from perpetrators. This combined with her work with survivors led to the **Freedom Programme**. The programme is designed to support survivors to spot the tactics of The Dominator, to support them along their journey, to hopefully become free from abuse. The Freedom Programme covers the same things each time, so women can attend one and then if they miss any sessions, they can catch up in the next group.

The **Freedom Programme** is a chance for women to get together in a safe, confidential and non-judgemental environment, and look at the many ways we and our children are affected when we live with a controlling and abusive partner.

We also look at the positive aspects of a non-abusive relationship. We will also discover more about personal safety, and emotional safety, how to use the internet and mobile phones and reduce the risk they can pose.

We can discover ways to manage difficult situations better and to take positive steps towards recovery from the impact of domestic abuse.

However you feel about a relationship, you have left or may still be in, or whatever your particular experience has been, this is an opportunity to explore all aspects of abuse – whether this is emotional, physical, sexual or financial (or any combination of these).

The sessions are held in a safe and confidential space, using group discussions and other visual resources. Free course books are provided. If you would like to look for more information on the **Freedom Programme** itself please check out the website: www.freedomprogramme.co.uk

Some of the things women who attended our last Freedom programme have said:

- ***Just realising others have been through same.....***
- ***Always feel enlightened and more normal after talking in group***
- ***I think it's good to feel you're not alone***

For safety reasons, we cannot accept anyone turning up on the day without prior booking, so if you are a woman wanting to attend, or you are an agency wishing to refer, please make sure that you contact us. It's a rolling programme, bookings can be taken throughout.

To book or for more information:

- Women: 01773 719111 (10am – 1pm Mon-Fri, leave a message out of these hours and we will get back to you as soon as possible)
- Agencies 01773 718555

Living with the Dominator
A look about the Freedom Programme



Pat Craven
Illustrated by Judy Fleming

Working together to reduce crime

The South Nottinghamshire Community Safety Partnership continue to work hard to reduce crime across South Nottinghamshire. Measures used to reduce crime include amongst others, high-visibility policing, covert operations, CCTV surveillance and security patrols.

By raising awareness and increasing vigilance we can all help to reduce crime. Here are a few tips to keep you safe when out and about

Whilst shopping

Make sure your handbag, purse or wallet is secure and out of sight and never unattended.

- When typing your PIN number ensure it cannot be seen.
- Always close car windows, use steering lock and lock doors.
- If you have to keep items in your car keep them out of sight in the boot.
- Park in a well lit area, an attended car park or a safer car park displaying Park Mark signage. For more information about Park Mark visit www.parkmark.co.uk

Using cash points

- Be aware of your surroundings, use another cash point if you see anything suspicious
- Check that the machine appears normal before using it.
- When typing your PIN number ensure it cannot be seen.
- Only withdraw money you need, avoid carrying large amounts of cash.
- Put your money and cards away safely before leaving the machine

When out at night

- Ensure someone knows where you are and when you will be home.
- Plan how you will get home. Keep fares separate from your purse so you can still get home if you lose it.
- Don't leave bags on chair backs and keep purses and wallets close by.
- Drink responsibly, stay in groups, never accept drinks from strangers or leave drinks unattended.

Don't drink and drive

- Always check taxi driver's identification, never get into an unlicensed taxi.
- When arriving home by taxi or car get your house keys ready
- Never walk home alone, don't take shortcuts through alleys or open spaces.
- If you are being followed, cross the street and get to a busy place.

Remember, your safety and well being is far more important than material belongings. Don't compromise your safety for a mobile phone or another valuable item.

To find out about crime in Broxtowe checkout the Neighbourhood Alert System at www.broxtowecommunity.co.uk or visit the Nottinghamshire Police website at www.nottinghamshire.police.uk

In an emergency or to report a crime in progress contact the police on 999
For non-emergencies and enquiries call Nottinghamshire Police on 101
To report crime anonymously contact Crimestoppers on 0800 555 111

**REMEMBER – KEEP IT SAFE!
KEEP IT HIDDEN!
KEEP IT LOCKED!**

Community Safety DROP-IN SESSIONS

Since the drop-ins started over one hundred local residents have been along, they received advice, information and FREE crime prevention items including 24 hour timers, purse bells, cycle locks and ice scrapers.

Would you like to speak to a member of Broxtowe Borough Council's Communities Team about Community Safety? If so come along to one of our drop-in sessions at Eastwood Cash Office, 15 Nottingham Road, Eastwood, NG16 3AP. You will be able to find out about how the South Nottinghamshire Community Safety Partnership continue to reduce crime in Broxtowe, obtain crime reduction advice and information and discuss your community safety issues.

We also offer themed drop-in sessions at Eastwood Library, these enable residents to speak to representatives from other Broxtowe Borough Council departments and our partner agencies including Broxtowe Women's Project, Nottinghamshire Fire and Rescue Service and Nottinghamshire Police.

You can see the current drop-in schedule at www.broxtowe.gov.uk by clicking on Communities and Living/Safer Communities and then looking under the documents on the right hand side. The schedule is also available at public venues throughout Eastwood South, alternatively you can request a copy by contacting Joy Balchin, Communities Officer, Broxtowe Borough Council on 0115 9173744



Useful Contacts

South Notts Community Safety Partnership
www.sncsp.gov.uk

Broxtowe Borough Council
www.broxtowe.gov.uk
0115 9177777

Notts Police
www.nottinghamshire.police.uk
999 in case of emergency
101 for non-emergencies

Crimestoppers
0800 555 111 – to report crime anonymously

Neighbourhood Alert
www.broxtowecommunity.co.uk – for up-to-date information about crime

Neighbourhood Watch
www.neighbourhoodwatch.uk.com

Notts Business Watch
www.nottsbusinesswatch.co.uk

Immobilise
www.immobilise.com – national property register

Citizens Advice Consumer Helpline
03454 040506

Notts Victim Support
0115 8 523508

Age UK – Nottm and Notts
0115 844 0011

Childline
0800 1111

Broxtowe Womens Project
Domestic Abuse Information and Support Service
01773 719111 – (confidential answerphone available)
Mon - Fri 10am - 1pm (except Bank Holidays)
www.broxtowewomensproject.org.uk

Eastwood Neighbourhood Watch
www.eastwoodneighbourhoodwatch.co.uk

Eastwood South Focus Group

The Eastwood South Focus group is a non-political, partnership group whose aim is to improve community safety and contribute towards crime reduction. The group is responsible for delivering the 2015/16 South Nottinghamshire Community Safety Partnership, Eastwood South Action Plan.

Representatives from the following partner organisations are all involved in the groups work

Nottinghamshire Police
Nottinghamshire Fire and Rescue Service
Nottinghamshire County Council
Broxtowe Women's Project
Broxtowe Borough Council
Eastwood Town Council
Voluntary Sector



South Nottinghamshire Community Safety Partnership

Working together to make Broxtowe, Gedling and Rushcliffe safer

Follow Broxtowe with social media



www.broxtowe.gov.uk/socialmedia

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Public Protection,
Council Offices, Foster Avenue,
Beeston, Nottingham, NG9 1AB
Tel: 0115 917 7777
E-mail: spc@broxtowe.gov.uk
www.broxtowe.gov.uk



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www.broxtowe.gov.uk