

## 2015 AGM report

Nailsea Watch now covers 3,900 households with 169 schemes. When will we reach that magic 4,000? If you know someone whose street is not covered by Neighbourhood Watch, let us know.

There have been a number of retirements during the year, however I am pleased to report that no schemes have been deregistered due to lack of support. I would like to thank each and every one of our Scheme Coordinators for their support during the year. I would also like to thank all retired members for their support of Neighbourhood Watch in the past. There is much to be said for people who watch out for others acting suspiciously in their streets. As I have said before, we cannot rely solely on the Police, not least because there are fewer of them than there used to be. Vigilance is a matter for us all, not something done by someone else. Nailsea Neighbourhood Watch is run by the members for the members and that is something we should all be proud of.

We have seen yet more changes in our local Neighbourhood Police Team, and on behalf of all the members I would like to thank them for the work they do. It would be nice to think these will be the last changes for a while to provide some continuity. We also hope our Police Team will continue to have a prominent presence in the centre of town when they relocate from the present Police Station.

Nailsea continues to have a relatively low level of crime. Burglaries from sheds and outbuildings are still occurring. We all need to be extra careful in making sure all our assets and possessions are secure at all times. You will have noticed from the national news and our website that villains are now increasingly turning their attention to online crime. Online scams are an increasing threat to our personal security so be especially careful when working online. We have started to highlight some of these in this newsletter and publish details on the Nailsea NHW website ([www.nailseanhw.org.uk](http://www.nailseanhw.org.uk)).

With your help we are continuing to make sure street signs are replaced as and when necessary. The visible presence of Neighbourhood Watch on our streets does help to deter crime.

Our website continues to grow in content and I hope you are making use of it. The site is averaging over 30 visits a day, the most popular page is 'Ringmaster messages'. If you have any ideas on how we can improve it then please let us know.

Our Houses of Parliament visit in September 2014 was a great success. It was vastly over-subscribed, so we have arranged another visit on July 20<sup>th</sup>. At the time of publication I can say that everyone really enjoyed the trip.

As always my thanks go to all of the Committee for their valuable contributions during the year; Jill & Geoff Collard for collating the newsletters; and Margaret and Janet for providing the refreshments. I hope you have enjoyed our meetings and guest speakers this past year. We now have a full programme of different guest speakers up to the end of 2016 so please do come along to the meetings when you are able.

Finally I must give all members notice that, regrettably due to future commitments and after many years' service, both Mike West and I will be retiring from the Committee in July 2016 ■

*Peter Smith, Chairman*

**We therefore need a number of volunteers to perform the duties that I share with Mike if Nailsea Neighbourhood Watch is to continue in its present form, i.e. with local governance, public meetings, a newsletter and website. Please contact me on Nailsea 857418 to find out how you could help ■**

### DIARY WATCH

All meetings 7:30pm at UNITED REFORMED CHURCH HALL, STOCKWAY NORTH

**WEDNESDAY, 7th October**

Chris Harrison from North Somerset Council in Weston will be giving a talk on the operation of CCTV in Nailsea and North Somerset. Our local Neighbourhood Police team will be in attendance as usual to report and discuss crime activity..

Why not join many other members and have an enjoyable evening.

**COME ON - YOU KNOW IT MAKES SENSE !**

September  
2015

Nailsea



WANT TO  
SEE IT  
THE HIGHER THE VIGILANCE the lower the crime rate

#### USEFUL PHONE NUMBERS

999 Emergency calls  
101 Non-emergency calls, Nailsea Station  
0800 555 111 Crime Stoppers  
Web site: [nailseanhw.org.uk](http://nailseanhw.org.uk)  
Email: [nailseanhw@gmail.com](mailto:nailseanhw@gmail.com)

## **Guest Speaker: Sheila Round**

### **Nailsea and Backwell Macular Support Group**

Sheila Round was our guest speaker for the July meeting. She described Age-related Macular Degeneration (AMD) of the eye. The macula is part of the retina at the back of the eye and responsible for most of our colour vision and the fine detail of what we see. When the cells at the back of the eye degenerate you then start to rely more on your peripheral vision.

There are two forms of degeneration; wet and dry. Dry is a gradual deterioration of the macula as the retinal cells die off and are not renewed. It develops over many months or years. In Wet macular degeneration abnormal blood vessels grow into the macula. These leak blood or fluid which leads to scarring of the macula and rapid loss of central vision. Wet AMD can develop very suddenly and one should go immediately to A&E since treatment will stop it getting worse. Treatment involves an injection into the eye after anaesthetization. NB A problem in one eye can be compensated by the other eye and therefore be hidden. Sheila recommended a check using the Amsler grid (these were available at the meeting but the chart can be downloaded from the web). If a problem is found using the grid then go directly to A&E for an investigation. Unfortunately there is no treatment as yet for dry macular degeneration.



There are a number of causes of Age-related Macular Degeneration:

**Age:** Age is the main risk factor. From 1 in 2000 people at age 60 to 1 in 5 by the age of 90 have AMD.

**Smoking:** Smoking damages blood vessels and the structure of the eye. Smokers are three times more likely to develop macular degeneration than non smokers.

**Diet:** A poor diet low in fruit and vegetables may increase the risk of AMD. Antioxidants and other substances in fruit and vegetables protect the body against the effects of "free radicals". These are unstable molecules which damage cells or prevent cell repair. **Alcohol** destroys antioxidants. **Obesity** and a diet with lots of sugars and hydrogenated or saturated fats also increase the risk of developing AMD.

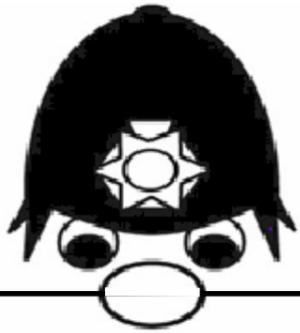
**Blood pressure:** People with high blood pressure are one and half times more likely to have AMD than those with normal blood pressure.

**Sunlight:** Macular cells are sensitive to ultra violet (UV) radiation and visible blue light which occurs naturally in sunlight. Cell damage from blue light may cause deterioration of the macula. This vulnerability can be reduced by wearing a hat with a brim/visor to shade the eyes from direct sunlight and wearing lenses which block UV and blue light to reduce glare.

**Genetics:** A family history of macular degeneration may increase the chance of developing AMD.

**Gender:** More women than men are diagnosed with AMD.

Sheila's talk was well received by the audience. For more information about AMD contact the Macular Society's helpline 0300 3030 111 ■



## On the Beat

On 15th July Nailsea police were made aware of private sexual images being placed in public locations in Nailsea. The local police acted instantly on the information and arrested a suspect later the same day.

The man appeared in court on July 30<sup>th</sup> and admitted the new offence of disclosing private sexual images with intent to cause distress and a second charge of harassment. He was handed a six-month suspended prison sentence by North Somerset Magistrates. It is the first time anyone within the Avon and Somerset Constabulary force area has been sentenced for the new offence.

There has been some reports of youths causing anti-social behaviour in Nailsea, around the precinct and The Elms area. Please call in with any information via the 101 number, giving a full description of the person (s) responsible ■

P C Peter Rooke



## Crime Prevention Tip

With the autumn fast approaching please consider the following::

- Do not leave valuables or car keys by open windows and doors. Mark your valuables with your postcode
- Double lock your doors using the key and make sure your windows are closed even if you are just popping out.
- Do not leave garden tools, ladders etc easily accessible in your garden, make sure your shed is secure ■

### New PCSO

PCSO Julie Berchall represented the Local Neighbourhood Police team at our July meeting ■



## Scam Corner

### Fake Designer Goods

People looking for a cheap designer bargain online are being targeted by fraudsters advertising fake designer goods. The items received are usually cheap and inferior counterfeits of handbags, clothes and sunglasses amongst other things. The general rule is 'if it looks too good to be true then it probably is.' Designer products sold at heavily discounted prices are an immediate sign that something isn't quite right.

#### What can you do to protect yourself?

- Where possible, buy from well-known, High Street retailers. If you've never heard of a firm, or it is based overseas, be sceptical.
- Avoid paying by cheque or bank transfer. Use PayPal or a credit card as they will give you additional protection.
- Search the internet. Type the website you are buying from and look for reviews of what others customers are saying about the company. Bad customer service feedback usually finds it's way online quite quickly.
- Check for spelling mistakes or poor grammar on websites as this may suggest the website has been put together by a fraudster.
- Sign up to Action Fraud Alert at <https://www.actionfraudalert.co.uk/> to keep you updated with what's going on.

### Rio 2015 Olympics Lottery scam

The National Fraud Intelligence Bureau (NFIB) has received intelligence regarding two new Lottery Fraud letters/email attachments (Scam 1 & Scam 2) using the 2016 Rio Olympics as a theme.

The scams try to trick people into believing they have won the following:

**Scam 1:** An online lottery prize of £650,000 and a trip to Brazil to watch the Olympics as the recipient's email address was chosen out of a possible ten million at random.

**Scam 2:** An online lottery prize of £820,000 and a trip to Brazil to watch the Rio Carnival and the Olympics as the recipient's winning numbers 8 17 34 38 42 and 51 were selected.

In order to collect the winnings the recipient is requested to contact:

Scam 1: Mr Dima Robert, MillMan Street, WC1N 3JB. London A5200. Tel: +447035973561

Email: [RioOlympics2016@represnetative.com](mailto:RioOlympics2016@represnetative.com)

Scam 2: 'UK Pay out Officer', Email: [paymaster-office@bol.co.br](mailto:paymaster-office@bol.co.br) +44 7937428753

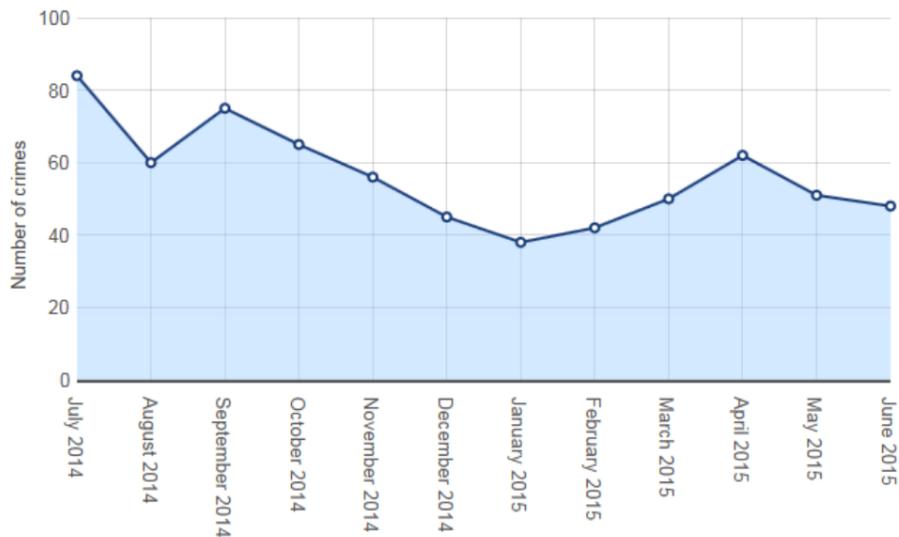
#### Protect yourself from lottery fraud

- Never respond to any such communication. If you have not entered a lottery then you cannot have won it.
- Official lotteries in other countries operate in much the same way as the UK's National Lotto.
- No official lotteries that we know of contact people to tell them of their win.
- We do not know of any official lottery operators who ask for fees to collect winnings. Any request for a fee payment is a good indication that someone is trying to defraud you.
- Never disclose your bank details or pay fees in advance.
- If they have provided an email address to respond to, be very suspicious of addresses such as @hotmail.com or @yahoo.com or numbers beginning with 07 because these are free to get hold of.
- Genuine lotteries thrive on publicity. If they ask you to keep your win a secret, it is likely to be a fraud.
- Many fraudulent lotteries have bad spelling and grammar - see this as a warning that fraudsters are at work.

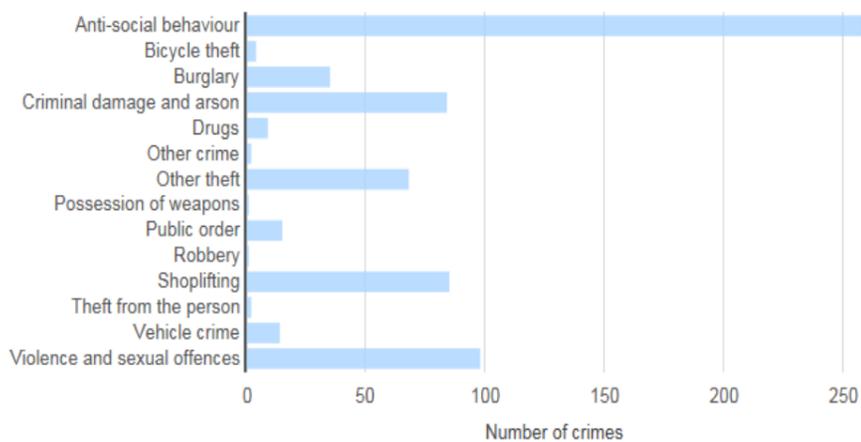
Source: Action Fraud

## CRIME FIGURES

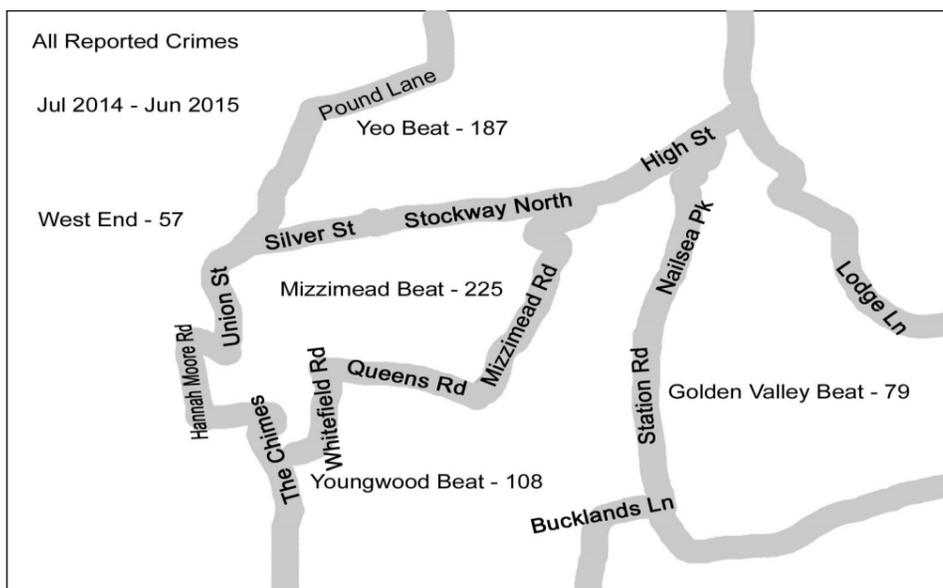
**Total crimes for the Nailsea NHW area\* (July 2014 to June 2015)**



**Crime types**



**Crime Map**



Our local Police Team are unable to continue providing us with detailed crime analysis. The data we have collated and shown here is in a simplified form and provides an illustration of the crime trend over the past year.

Data source: [www.police.uk](http://www.police.uk)

\* Includes all of Nailsea, West End and The Elms development.

## Around the schemes

We are pleased to report that we have new Coordinators for Ashvale/Redwood/Larch Close, (Mr Stote), Cherrington Road (Mr Davis), Nightingale Gardens (Mr Harrowell) and Morgans Hill (Mr Sancto).

We do however need a volunteer to replace Christine Gilbert who has retired as Coordinator for Dunster Gardens. Please contact the Chairman on Nailsea 857418 for more details ■

## Dear diary

### WEDNESDAY 7th Oct 2015

Chris Harrison  
North Somerset CCTV

### WEDNESDAY 2nd Dec 2015

Christmas Social

### WEDNESDAY 2nd Mar 2016

Cyril Routley  
Life on board the SS Great Britain

### WEDNESDAY 4th May 2016

Jon Yabsley  
The RNLI

### WEDNESDAY 6th Jul 2016

AGM  
Cliff White  
Behind the scenes of the Antiques Roadshow

### WEDNESDAY 5th Oct 2016

Gary Gowans  
The Stately Homes of Roman Britain

### WEDNESDAY 7th Dec 2016

Christmas Social

## KEEP HIM OUT !!



“Don't share your tools with me. Lock the ladder and spade in the garage rather than that old shed.” ■

See our web site for details of all the latest scams and much more.  
[www.nailseanhw.org.uk](http://www.nailseanhw.org.uk)