

PATROL YOUR COMMUNITIES WITH US!



Colchester's Community Policing Team (CPT) are inviting local residents to join them on foot patrols this spring and summer.

Colcestrians will get the opportunity to Stroll with a Patrol in every ward in the district, with more than 40 events scheduled in 30 different areas from now until the end of August.

The one-hour walks will be a chance for members of the public to get to know their local officers, point out

any places they feel unsafe or highlight issues they feel need bringing to police attention.

The strolls are an addition to the successful Coffee with Cops and Cops outside Shops meetings.

Inspector Stuart Austin explained the thinking behind the events.

"I'm really keen for the CPT to be visible and for people to know the faces and names of their local officers and build those personal connections.

"We want people to take us to places they feel unsafe and tell us what concerns them.

"It's about giving people a voice in their community and bringing communities together with their policing team to solve problems.

"The issues raised will be recorded and we'll report back to the public to tell them what we've done to find a resolution."



Domestic abuse is all about control. If you notice that someone seems to be controlled in all areas of their life, it could be a sign they are being abused.

SETDAB.org

Now there's a quick online alternative to calling 101 or visiting a police station:
DIGITAL 101



Do it online at:
essex.police.uk

**IN AN EMERGENCY
ALWAYS CALL 999**

There will be a PC and a Police Community Support Officer at every event and invitations have also been made to partners at parish councils, the anti-social behaviour officers from local housing associations, the NHS and neighbourhood wardens.

Even if the problems raised aren't the direct responsibility of the police - such as overgrown trees or lack of street lighting - Insp Austin said the CPT can help by using their links within the community safety partnership.

He is also hopeful that the strolls will encourage communities to come together to discuss issues.

"It's an opportunity to talk to your community and neighbours about your issues and find out what the police can do to help."

The events started on Tuesday 5 April in Greenstead. Meet at 6pm at the Hunwicke Shops for a patrol around Lower Greenstead to the university via Salary Brook. If you'd like to Stroll with a Patrol, there is no need to book in advance just come along and say hello in one of the following locations:

Town centre

- Monday 11 April, 5:30pm. Meet outside McDonald's, High Street
- Monday 9 May, 6pm. Meet outside Colchester Castle
- Wednesday 27 July, 6pm. Meet outside Atik

Christ Church

- Wednesday 11 May, 6pm. Meet at Ireton Road Church
- Sunday 26 June, 3pm. Meet at the car park besides play area on Napier Road

New Town & Hythe

- Monday 27 June, 11am. Meet outside the Co-Op, Wimpole Road
- Thursday 14 July, 2.30pm. Meet outside the Co-Op, The Maltings

Old Heath

Thursday 7 July, 6pm. Meet at Old Heath Community Centre

Monkwick and Blackheath

- Monday 25 April, 6pm. Meet at the Willows shops.
- Wednesday 1 June, 6pm. Meet at the play park on Monkwick Avenue (School Road)

Rowhedge

- Thursday 5 May, 6pm. Meet at Rowhedge Village Hall
- Monday 18 July, 11am. Meet besides The Anchor public house

Mersea Island

- Thursday 11 August, 6pm. Meet outside West Mersea Library
- Wednesday 27 July, 11am. Meet at Cudmore Grove Car Park, East Mersea

Langenhoe and Abberton

Wednesday 29 June, 6pm. Meet outside Langenhoe Village Hall

Birch and Layer

- Thursday 23 June, 11am. Meet outside the Hare and Hounds public house, Birch
- Sunday 21 August, 4pm. Meet outside Layer de la Haye Primary School

Tiptree

Tuesday 30 August, 6pm. Meet at the Grove Road skate park

Lexden and Prettygate

- Wednesday 6 July, 6pm. Meet outside Co-op at the Commons.
- Tuesday 22 August, 6pm. Meet outside Kingsland Methodist Church next door to Aldi on London Road

Shrub End and St Michaels

- Wednesday 1 June, 6pm. Meet outside Co-Op, Icen Way, Shrub End
- Wednesday 3 August, 3pm. Meet outside Costcutter, St Michaels

Stanway

Thursday 7 April, 6pm. Meet outside The Stanway School, Winstree Road

Tollgate/Lakelands

Sunday 22 May, 6pm. Meet at Lakeside Walk

White City

Thursday 16 June, 5pm. Meet outside Willow Brook Primary School

Greenstead

- Tuesday 5 April, 6pm. Meet by the Hunwicke shops
- Wednesday 17 August, 6pm. Meet outside Greenstead Community Centre

University of Essex

- Tuesday 5 April, 6pm. Meet by Hunwicke shops
- Wednesday 18 May, 12pm. Meet in the square

Wivenhoe

Monday 11 July, 12pm. Meet outside Co-op, High Street

Highwoods

- Saturday 2 July, 12pm. Meet outside Tesco, Highwoods
- Saturday 6 August, 12pm. Meet at Highwoods Country Park car park, Turner Road

Mile End

- Tuesday 3 May, 6pm. Meet outside the Myland Church.
- Thursday 21 July, 6pm. Meet outside Camulos Academy

St Johns

Monday 13 June, 10am. Meet outside Tesco, St Johns Road.

Dedham and Langham

- Tuesday 21 June, 6pm. Meet outside the Sun Inn, Dedham
- Tuesday 12 July, 11am. Meet at Langham Community Shops

Rural north

- Wednesday 20 April, 6pm. Meet at Boxted Village Hall
- Sunday 14 August, 4pm. Meet outside The Half Butt Inn, Gt Horksley
- Tuesday 19 July, 6pm. Meet outside the Three Horseshoes Public House, Fordham

West Bergholt

Sunday 3 July, 4pm Meet outside Orpan Village Hall, West Bergholt

Wakes Colne and Chapel /Great Tey

- Thursday 28 April, 6pm. Meet outside Wakes Colne Post Office.
- Thursday 25 August, 7pm. Meet outside Great Tey Village Hall

Copford

Tuesday 9 August, 6pm. Meet London Road Jct with School Road.

Marks Tey

Thursday 26 May, 6pm. Meet outside Marks Tey Village



Monthly District Commander Update



Welcome to this months update on the work your Policing Teams are carrying out to keep you and our community safe, but we cant do it without you. We want to hear the issues that concern you and we work in partnership with several organisations so we can direct the issue to the best team to address that, we are putting on more events than ever so you can talk to us face to face, and remember if you are in the Town Centre you can always pop into our front counter and talk to the team there too.

We have ben seeing an increase in speeding concerns so the teams have been out across the District, particularly in the rural areas conducting speed checks, we join up with our Roads Policing colleagues to ensure we cover as many areas as possible, we are also really keen to work with volunteers so if your village would like to start a Community Speedwatch drop us a line and we will take that forward for you.

Chief Inspector Rob Huddleston

As we see some warm weather we are providing you some Spring crime prevention advice, so we can all do our bit to stop those opportunists who might take advantage of an open window or unlocked door. While thinking of that please make sure you keep an eye on personal possessions when out and about, and lock up your pedal cycles when you leave them

We hope you all enjoy the upcoming bank holidays and we will be there to keep you safe



Essex Police – Colchester



Follow @CInspHuddleston or @EPColchester



<http://www.essex.police.uk>



Contact [colchestercommunitypolicingteam](https://www.essex.police.uk)
[@essex.police.uk](https://www.essex.police.uk)



Do it online at:
[essex.police.uk](https://www.essex.police.uk)

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ALWAYS CALL 999

Recognition for AFiUK



Last month saw the Essex High Sheriff's Awards, these are designed to reward the volunteers, charities and community groups in Essex who devote their time and energy to improve the communities in which they live and work, to make Essex a better and safer place. DCC Andy Prophet attended the awards to present the Essex Police Cup to African Families in the UK, this year's winner.

The charity, based in Colchester, have been supporting people from African and other ethnic minority communities since they were founded in 2015. African Families in the UK work enthusiastically to deliver their work,

often in partnership with other organisations with a common objective. The grant awarded to support their youth work will help improve community safety by providing the young people with practical diversionary activities, giving them a focus and avoiding involvement in antisocial or criminal behaviour.

Community engagement

PCSO Claire Beverly met the Reverend Hannah Cooper Vicar of St Lukes when visiting 'The Munch Club' at St Johns and Highwoods Community centre where she spoke about a range of things with the families attending 'The Munch Club' along with Rev'd Hannah Cooper.

PCSO Woolford and PCSO Robinson attended Tiddleywinks pre school in Great Horkesley where they spoke to the children and showed them the "nee naws".

PC Brian Spiers met with Community 360 whereby they discussed the ongoing work they are doing, including the support they are offering families who need that extra little bit of help as you can see in the beside poster.





Essex Family Support Service

Does your family need some extra support right now?

Are you finding it hard to parent effectively, experiencing difficult family relationships, dealing with challenging behaviour or maybe family members are feeling stressed or isolated?

The Essex Family Support Service is here to offer early help, for families with children and young people aged 8 to 19 to help you build a happier life together. We will listen to you and take the time to work together to find solutions, which could include matching you with one of our Family Mentors, who can help with friendly support for up to 10 weeks.

You can watch a short video explaining the service at: www.community360.org.uk/efss

WE CAN HELP WITH:

- Information about the right support or services local to you
- A listening ear to talk through possible solutions to the challenges you face
- A referral to professional services, such as counselling or parenting courses
- Getting more help around your child's special educational needs
- Support for a young person who helps care for someone else or is affected by this
- Finding local groups, activities and organisations to build social or support networks





CONTACT DETAILS

If you want to speak to someone to see if we can help, please call 01206 505250 or email us at families@community360.org.uk and we will get back to you promptly. Or a health professional or other person can make a referral on your behalf.

Community360
Essex High Sheriff's Awards
Essex Police
Essex Fire and Rescue
Essex Council







Officer Joins Colchester Local Policing Team



Colchester's Local Policing Team have been joined by our newest officer, PC Daniel Palmer, who graduated from the Essex Police training college in

February this year.

But PC Palmer isn't new to Essex Police. When he was 17, he joined the cadets and by 18, he volunteered with the Special Constabulary where he earned his independent patrol licence. Now, age 20, he gets to fulfil his life-long dream as a police officer.

Excited to embark on his journey in Colchester, PC Palmer said:

"Policing has been something I've always wanted to do since I was five years old. I always like a challenge and I don't like waking up and doing the same thing. I like stepping into the unknown and helping people, that's what I thrive on.

"The Passing Out Parade was one of the best days of my life. I'm now ready to go out into my community and provide reassurance and be there for people when they need us."

PC Palmer is a keen martial artist and has been learning karate for most of his life. He grew up in Spain where he first started karate at eight years old, and when he moved to the UK, he picked up his passion for karate again in 2012. Many years later, he's now a black belt.

"I've done tournaments at a regional, national and international scale. I've been able to take home quite a lot of medals, as well as the only trophy in my region. I've even gone up against the World Champion.

"From the first day of your karate journey, you set a goal, just like you do in policing. I've learnt discipline, but also how to improve each day to help me work towards achieving my goal. I can have up to 2000 people watching me at one time, so I've learnt a lot about working under pressure."

Back to training with Essex Police, PC Palmer "learnt all about what true policing is". It hasn't all been easy though, but thanks to his determination and support from the trainers at the college, PC Palmer can use his

own skills to help see situations in a different perspective.

"Training has been an eye opener and it's made me learn a lot about myself as well. I absolutely love helping people.

"One of the hardest parts of training for me was understanding what was being said. I suffer severely with dyslexia, so I'll be told something and someone else will be told the same thing, but I look at things from a completely different angle. My trainer and I found a way we could communicate so that we could understand things in the same way.

"Essex Police has supported me since the beginning. I've had adjustments put in place to help with exams and course work, such as being given a laptop and my own working space to do my work. They've helped me be myself.

"The main thing is, you can be a police officer if you have dyslexia. I've done it and loads of other people in the force have done it too."

So, if you want to use your valuable skills, life experiences and hobbies to make a difference to communities across Essex like PC Palmer, take the leap and join us.

And, if you need that extra boost of confidence, PC Palmer has a few final words:

"Before I started, even as a Special, my confidence did not exist. With all the training, working on the frontline, responding to 999 calls, my confidence has grown massively and will continue to. I can now picture myself protecting and serving Essex, whereas two years ago, I would have thought I couldn't do that.

"It changes you as a person, but for the better.

"My mental health has improved too. I actually wake up and I'm happy that I'm going to work knowing that I'm making a real difference. Not many people can say that.

"The support you get here is unreal."



Spring Garden Crime Prevention

Hopefully by the time that you read this Spring will be established with the weather improving, inviting us out into our gardens. It is a good time to take a look around; are your fences and gates in good condition do you have good quality locks on gates, will they keep the unwelcome intruder out? To the front of your property where possible keep fencing, planting, and hedges to about 1.2m in height so that an intruder is not hidden from view. Protect your rear garden with 1.8m strong fencing, close boarded wooden fencing, and gates are a good choice and this can be topped with trellis or a plastic spiky topping such as www.defendastrip.com/ (warning signs needed). Panels should not be able to be lifted out of the posts, and avoid your fencing becoming a ladder by ensuring that the horizontal cross battens are facing into your garden.

Defensive planting: Security does not have to be just about locks, bolts, and spiky fence toppings; nature provides some excellent plants to keep people away. There are a number of attractive, fragrant plants of a spiky nature such as climbing roses, pyracantha and berberis and other planting of a dense nature that can work quite well. Have a chat at your garden centre or with the Royal Horticultural Society (RHS) for the right plant for the right location. We actively work with the RHS at Hyde Hall and there are a number of mature examples of defensive planting that can be viewed there, and some very knowledgeable people that can advise you.

New plants: Larger plants etc. can be secured to land or rootball anchors or plant through chicken wire covering the area with soil. Cement or bolt down containers to the ground. The RHS or your local garden centre or DIY store should be able to help.



Working in the garden: It is easy to get engrossed in what you are doing when working in the garden, if the house is empty it is wise to close and lock the door (don't forget the key though!). Remember when you stop for a break put your tools away, and at the end of the day as well as putting tools away put the wheelbarrow and wheelie bin away too. "It will add insult to injury" if your tools are used to break into your house, a neighbour's, nearby building such as a church, or provide a climbing aid or method of carrying things away.

New tools and lawn mowers: Be mindful of how you dispose of the packaging to your new purchases; don't advertise it to the thieves and burglars with your empty boxes on display outside for roadside collection. Fold boxes inside out or break them up and put them in bag for collection. If you are not using your lawn mower, jet washer or other put it away out of sight from prying eyes.



Property marking: It may deter a thief if your property or flower pots is visibly security marked with your house number and post code such as www.creproducts.co.uk or labelled if a forensic (hidden) property marking system is used such as www.smartwater.com or www.selectadna.co.uk. You can also record the serial numbers of any tools at www.immobilise.com/. If your property does get stolen with property marking and/or recording, there is a greater chance of you getting it back.

Opening a world of new opportunities

Our policing teams work with a variety of organisations and voluntary groups to help people and keep them safe from harm.

And our officers are always keen to build new relationships when they can.

So, when our Chief Constable Ben-Julian Harrington met [Abberton Rural Training](#) Chief Executive Officer Jacqui Stone, of course he wanted to visit and find out how the educational charity supports its students to gain new skills and, in many cases, turn their lives around.

Mr Harrington met volunteers, staff and students at Chelmsford-based ART's Wormingford centre near Colchester, where courses focus on horticulture and carpentry, with hospitality and catering just taking off, too.

They discussed how Essex Police and ART can work together and how our officers can signpost people to ART centres - people who would benefit not only from the courses but from the practical and therapeutic support and mentoring the volunteers, tutors and students provide.

Sometimes, that can be as simple as making a phone call or providing a cup of tea and a piece of cake and a listening ear.

"This can make the difference between someone turning up, learning new skills and gaining confidence.

"It is so important for us, as police officers, to make local connections like this because they can provide an informal safeguarding function.

"Our community policing teams can signpost vulnerable people to organisations like ART which can help them get back on their feet, provide them with friendships and support.

"Often, vulnerable people don't need formal support, such as that provided by Social Care, but they might benefit from the increased confidence and self-esteem that gaining new skills gives them, whether that's life skills or employment skills or simply learning for learning's sake."

Chief Constable Ben-Julian Harrington

Just like the Essex Police Special Constabulary, ART was recognised with a Queen's Award for Voluntary Service last summer – it's the equivalent of an MBE in the voluntary sector. It was also named Best Rural Charity at the national Rural Business Awards and won

a Triumph Over Adversity Award, too.

At its centres across Essex, people can take courses in woodland, countryside and environment management, green wood crafts, textiles, reuse and recycling and rural skills.

And, Jacqui says, people don't have to take a qualification, they can just learn at their own speed and ability. But the staff and tutors will do their best to encourage students to achieve their best.

Tutor and careers practitioner Beverly Baker is able to work with survivors of domestic abuse in Next Chapter's Colchester refuge, thanks to funding from the Essex Police, Fire and Crime Commissioner.

She says ART's courses enable the women to identify skills they didn't know they had as well as learning new ones.

"Some of them might not have left the house for a while, or there may be other issues, such as substance abuse and drinking.

"They need something to do, something different. They're not all interested in gardening and horticulture but, through this, we find out what they are interested in and we can teach them about transferrable skills – some of them have never worked and think they can't do anything. We teach them about CV writing, job searching and leadership.

"Then, possibly for the first time in their lives, they actually believe in themselves. They are such inspiring people.

"Some of them are really keen to gain a qualification because, very often in their lives, they have been made to feel so worthless, they haven't got anything.

"I am very proud of working for ART and seeing the difference we make!"

Beverly Baker





A man has been jailed for two years after he crashed his car while speeding, causing a pedestrian lasting injury.

Ben Dykes, of Bradford Drive, Colchester, was jailed for 26 months at Ipswich Crown Court on

Wednesday 2 March for causing serious injury by dangerous driving.

He was further disqualified from driving for six years.

Dykes was driving along Berechurch Road, Colchester, on the morning of Tuesday 18 August 2020 when he was in collision with a pedestrian.

A witness who heard the 6.30am collision saw Dykes climb out of the car's window.

When officers arrived at the scene, Dykes' car was in

the adjoining ditch.

The investigation established that 28-year-old Dykes was driving in excess of the 40mph limit before the collision and travelling at speeds estimated to be over 90mph before losing control of his Audi S3.

The victim, a man aged 60s, was treated for life-threatening injuries in hospital for a month.

He has life changing injuries that he is still recovering from to this day.

Dykes pleaded guilty to causing serious injury by dangerous driving when he appeared at Colchester Magistrates' Court on Tuesday 11 January.

Police Constable Steve Lavis, of Stanway Roads Policing Unit, said:

"Ben Dykes was driving too fast on an urban road and lost control because of speeding. It's as simple as that.

"I would advise any driver to slow down, just take your time and make sure everyone is safe."

Partnership working to tackle anti social behaviour

Last month saw PCSO Sarah Hardy host an event with Eastlight Community homes, Community 360 and Neighbourhood Watch in the Saw Mill Road area after increased reports of anti social behaviour.

The team were available for residents to go to and speak to gain advice and information about what has been happening in their area and what each of the partners has been doing to make their area a better place to live and visit.

We were pleased a large number of residents come to speak to everyone present and we hope they took enough information away to feel informed.

For upcoming events please check out Stroll with a Patrol pages and our back page with a list of events on. Alternatively you can keep up to date with whats going on in your local area by using social media channels, Facebook—Essex Police— Colchester District or Twitter @EpColchester.

To keep up to date about policing issues across Essex you can sign up to our weekly e-newsletter at www.getrevue.co/profile/essexpoliceuk



Upcoming Events

Below are some of our pre planned events for our communities to come and speak to us in person. Please note events are added regularly so please check our social media accounts for up to date events. Also see the Stroll with a patrol dates at the beginning of this newsletter.

On the first Monday of EVERY month (excluding bank holidays) we will be in the **C360 hub on long wyre street, Colchester town centre (the old Poundland building) between 11am and 12pm** so why not come and join us and have a conversation over a cup of coffee.

From **January 2022** we will be in the local Libraries as per below:

First **Tuesday** of every month between 10:00-11:30 at **Tiptree** Library.

First **Thursday** of every month between 10:00-11:30 at **Wivenhoe** Library.

First **Thursday** of every month between 13:00-14:30 at **West Mersea** Library.



Wednesday 20th April 2022 – Coffee with a Cop - **Northern Gateway sports park**—1000-1100

Wednesday 20th April 2022—Street meet—**Castle Park Bandstand** - 15:00 to 16:00 with Colchester Borough Council.

Tuesday 26th April 2022—Street Meet—**Lion Walk**— 12:00 to 13:00 hours .

Tuesday 3rd May 2022—Coffee with a cop—**Greenstead community centre**—11am-1pm.

Friday 6th May 2022—Meet your Local PCSO—**Hythe Community centre**—10am-11am.

Saturday 7th May 2022—Meet the police—**Northern Gateway Sports Park**— 09:30-11am.

Friday 13th May 2022—Coffee with a cop—**Go4 Café, Old Heath recreation ground**—10am-11am.

Monday 16th May 2022—Coffee with a cop—**Oak Tree community café, Highwoods**—1030am-12pm.

Tuesday 17th May 2022—Coffee with a cop—**Well Methodist Church, Nayland Road**—1030am-12pm.

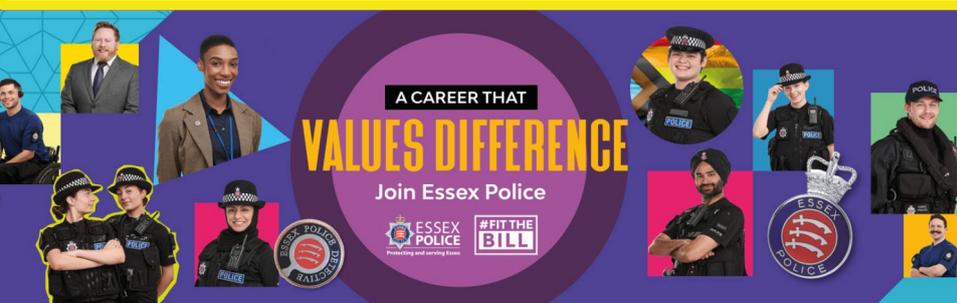


Digital 101

You can report non-emergency crime by calling **101** or by using **Digital 101**, our quick and easy to use online service that's available at any time.



Digital 101 is available on the Essex Police website: [essex.police.uk](https://www.essex.police.uk)



If you, or anyone you know, is interested in protecting and serving Essex, you can follow us on social media, or search **#FitTheBill**