



Lancashire Combined Watch Forum *The
Neighbourhood Watch Association for
Lancashire*

Newsletter

MARCH 2019



Update from the Clive Grunshaw, Police and Crime Commissioner for Lancashire

Since first becoming Commissioner in 2012, I have been clear about the important role that organisations such as Neighbourhood Watch groups play. Therefore developing safe and confident communities is a key priority in my Police and Crime Plan, engaging with local communities on issues that matter to them whilst supporting volunteering opportunities through Lancashire Volunteer Partnership. It is also why I created the Community Action Fund in 2013 to support groups address local concerns and deliver my Police and Crime Plan priorities. We are building on this work with Our Lancashire, which will launch this summer, bringing together local groups clubs and associations across the county in one place and showcasing the work they do to support people in their community and helping them grow.

The work that Our Lancashire do will include working closely with Neighbourhood Watch across the county and ensuring that it helps organisations like yours thrive. It continues to be a difficult time for the service, after years of Government cuts to police funding, with 800 officers and 350 support staff lost since 2010, £84m of savings have been made with £18m still to find. This is in the face of increasing pressures on the service with growing demand across the force. However in the face of this pressure, Lancashire Constabulary continues to be seen as efficient and effective by external inspectors and I continue to work with the Chief Constable, holding him to account to ensure residents receive the best possible service.

Lancashire Combined Watch Forum update

The LCWF invite all Lancashire Neighbourhood Watch Coordinators to attend our Annual General Meeting at St. Cuthbert's Church Centre on Saturday 6th April 2019 10.00 – 12.30. Feel free to bring a guest. As well as the mandated election of a new committee, the meeting will be an excellent opportunity to update you on, and discuss, what has taken place since our last AGM.

We will keep presentations as short as possible with more time being allowed for an open forum. For this to work we need your attendance and input.

Lunch and light refreshments will be provided. If you have any special dietary requirements, please let us know. To enable us to make the necessary arrangements please confirm your, and your guest's, attendance to (secretary@lcpf.co.uk) as soon as possible but at the latest by Saturday 30th March 2019.

Nominations are being sought for election to the LCWF Committee. We need new members to assist us in moving NHW forward in Lancashire, and we also have greater representation from across the county. For more information on the role of LCWF please visit our website www.lcpf.co.uk.

If you would like to be considered for election at the AGM, please advise the LCWF Secretary (secretary@lcpf.co.uk) by Saturday 30th March 2019 at the latest. Please note that any new nominees for the LCWF Committee must be present at the AGM to be considered for election.

Domestic Abuse

Types of Domestic Abuse:

- Physical abuse. Physical abuse (violence) can include pushing, hitting, punching, kicking, choking and using weapons.
- Verbal abuse. Verbal abuse is the use of harsh or insulting language directed at a person. You might be called names or constantly put down by your partner.
- Emotional abuse. Emotional abuse or coercive control is the act of repeatedly making someone feel bad, intimidated or scared. This can include threatening or controlling behaviour (such as controlling or withholding finances), blackmailing, constantly criticising or checking up on someone, or playing mind games.
- Coercive control is now a criminal offence under the Serious Crime Act 2015.
- Mental abuse
- Psychological or mental abuse is when someone is subjected or exposed to a situation that can result in psychological trauma, including anxiety, depression or post-traumatic stress disorder.
- Sexual abuse. Sexual abuse is when you're forced or pressured to have sex without your consent ([rape](#)), unwanted sexual activity, touching, groping or being made to watch pornography.
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Signs of Domestic Abuse:

Most people will experience some difficulties in their relationships, but to know whether a relationship is abusive you should look at how the behaviour of your partner or family member makes you feel. If you feel intimidated, controlled or unable to speak out, that's abuse.

Here are some signs you might be in an abusive relationship:

- Your partner criticises you and makes you doubt yourself. You might start believing that you're unattractive, or lucky to have a partner at all.
- You feel anxious and stressed in your partner's presence. You worry about how your partner might react and this makes you change your behaviour (like staying in more) to avoid arguments with them.
- You feel intimidated and scared of your partner when they get angry — their behaviour might be unpredictable or aggressive.
- You're made to feel guilty and not given the freedom to do things you want to do. Your partner might control you by telling you who you can and can't see, or emotionally blackmail you.
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Who to Contact:

Anyone in immediate danger: 999

www.womensaid.org.uk 0808 2000 247 Domestic Violence Helpline: Freephone 24 Hour National Domestic Violence Helpline, run in partnership between Women's Aid and Refuge, a national service for women experiencing domestic violence, their family, friends, colleagues and others calling on their behalf.

mankind.org.uk 01823 334 244: supports male victims of domestic violence, though it helps all callers regardless of sex, race or sexual orientation. There is also a referral system for single men or men with children fleeing from domestic violence.

mensadviceline.org.uk Helpline: 0808 801 0327 Men in same sex relationships Monday and Wednesday, 9am to 10pm. Offers advice, information and listening support for men with experience of domestic abuse. Includes help for men in same-sex and heterosexual relationships.

help@galop.org.uk. National LGBT+ Domestic Abuse Helpline 0800 999 5428. Emotional and practical support for LGBT+ people experiencing domestic abuse.

Police Appeals

Police are appealing for information after a robbery in a Blackburn alleyway at around 05:40 on Monday (4 March), the 33 year old victim was walking in an alleyway at the rear of Infirmary Street when he was approached by two men.

They asked him if he had a lighter. He was then hit to the floor where he continued to be assaulted.

The offenders searched his pockets and made off with a small amount of money.

The man suffered injuries to his head, legs and arms and went to hospital for treatment.

The offenders headed off in the direction of Bryan Street and Pritchard Street.

The first man is described as 6 foot 1 and of slim build. He was wearing black pants, green trainers and a black waterproof jacket.

The second is described as wearing a baseball cap, dark pants and had a stud bar in his eyebrow. He was around 5ft 6in tall and of stocky build.

Both are said to have spoken with Eastern European accents. If you were in the area and saw anything or have any information that could help the investigation, please call 101 or email 3969@lancashire.pnn.police.uk quoting log number 145 of 4th March.

Help to trace a missing man. Jonathan Cudworth, 50, was last seen at his home address on St Andrews Road South, St Annes at about 9.30am Tuesday, March 5. He is described as white, 5ft 11ins tall, bald and tanned. He was last seen wearing dark brown Chelsea style boots and a black jacket. Anyone with information should call 101 quoting log number 0973 of March 5th.

**Or for any information regarding crime contact: CrimeStoppers: 0800 555 111
Confidential & 100% anonymous**



This is YOUR Newsletter

Let us know of any LCWF, Neighbourhood Watch or Charity events you want publicising or any relevant dates and information you'd like putting in this newsletter.

WE NEED: **your** news, **your** photo's, **your** stories, **your** ideas & input

March

Trivia

- The birthstone for March is aquamarine and the flowers are the daffodil or violet.
- In Old English one name for the month of March was "Hlyda" meaning "loud" possibly because of the roaring March winds

****Please support your Neighbourhood Watch movement by attending the **
LCWF Annual General Meeting on St. Cuthbert's Church Centre on Saturday
6th April 2019 10.00 – 12.30**

- Website: <http://www.lcwf.co.uk>
- Facebook page: <https://www.facebook.com/lancsNHW>
- Any other enquires please contact: secretary@lcwf.co.uk
- Any information for next edition/ comments/ feedback/ pictures/ news please email: newsletter@lcwf.co.uk