



Absafe Community Safety Bulletin

This Issue January 12th 2017

Absafe Bulletin



NEW YEAR, NEW YOU

With the festive period well and truly over, the only part of Christmas that remains is the extra weight you've gained. For many of us, January brings a new opportunity to lose excess pounds and try out a new fitness outdoor routine. The following list outlines some top tips, so you stay safe outside and get in shape for summer.



- **Carry a form of identification.** Most exercise clothing has small pockets which keep your

driver's license or a small card that lists your phone number and an emergency contact

- **Take your mobile phone with you.** In areas where phone reception is not good or your phone runs out of battery, carry some change for a payphone just in case you need to make a call in an emergency
- **No valuable jewellery.** Wearing expensive jewelry may bring unwanted attention to you and make you a target of thieves, so leave valuable watches, rings and earrings at home
- **Power in numbers.** Exercising with a friend or group reduces your chance of being targeted. A little friendly competition also helps you reduce your fitness goals too
- **Know your route.** Familiarise yourself with your exercise route and know where there are any areas which may be potentially dangerous. Plot your run or walk using your smart phone's map

feature to ensure you're aware of your surroundings

- **Dogs are your best friend.** If you own a dog, then take your pooch with you. Plus, the dog benefits from the extra exercise. If you don't own a dog, maybe borrow one from a friend or neighbour
- **Run against traffic, bike with traffic.** This ensures that you are most visible to vehicles. When possible, run on pavements away from traffic and cycle in designated biking lanes
- **No playlists on headphones.** As tempting as it is to help pass the time, don't wear headphones while exercising outdoors. Your ability to pay attention to traffic and other people is greatly reduced while listening to music, and you may look preoccupied and vulnerable.
- **Be visible.** If exercising in the dark then make sure to wear bright reflective clothing. There are many products on the market with reflective material that will help you to be seen outdoors.

LATEST FROM POLICE SCOTLAND

As the festive decorations are boxed up for another year and households return to a normal routine, it is worth reminding everyone about the importance of home security.

Following Christmas and the sales many people may have expensive new equipment, gadgets and bikes in their homes. Now is a good time to review your home security and take some simple steps to discourage anyone from entering your home and taking your possessions.

Many of the incidents reported in the North East are committed by opportunists who do not have to break in at all because a door or window has been left open or unlocked. Therefore, remember to keep your home securely locked at all times, even if you are inside.

- Don't leave keys on the inside of door locks, under mats or anywhere else an intruder may easily find them
- Don't put your name or room number on your keyring if you live in shared accommodation. If it is lost or stolen, the thief will have information that could direct them to your home and your property
- Don't keep house keys and car keys on the same key ring
- Avoid keeping large amounts of cash in the house. If you must, then disperse it in various locations
- Don't leave valuables in sight of windows
- If you have a calendar, avoid mounting it near a window from where appointments can potentially be seen - this may give an indication of when a property will be empty
- Take a couple of extra minutes before you leave your house to make sure all your doors and windows are locked, including any vehicles
- Make your home looked occupied when you are out by leaving lights on or using timed lights
- If you store items in a garden shed or outbuilding fit a good quality hasp and padlock to the door, fitted with dome headed or non-returnable screws to prevent tampering
- Photograph your bike and record all of your bike's details and distinguishing features and keep in a

safe place. The serial number can be found on the bottom bracket

- Register your bicycle securely online at the National Cycle Database www.bikeregister.com. Doing this may help to recover your bike if it goes missing.
- Security mark your bike's frame with a UV pen or other method - the mark should include your home postcode and house number
- Insure your bike, either on contents insurance or separately if required

Further tips and information can be found on the Police Scotland website.

WHAT'S ON AT ABSAFE?

Welcome to 2017! The Absafe team is ready for another packed year of school visits, new corporate partnerships and community events.

With a busy year ahead, we need your support. If you have some spare time on your hands, come volunteer with us. You could help at our fundraising days, educational safety sessions or corporate events.

Contact the team at volunteers@absafe.org.uk for more information or to register your interest.

Noteworthy Property Incidents (Homes, Gardens & Vehicles):

Police Scotland has provided the following list of incidents which have occurred in your area this week as a snapshot of the current crime trends. All incidents are not recorded below, either for legal reasons or where there are issues of sensitivity. The statistics below should not be seen as an accurate reflection of all crime in your area but as a way of raising your awareness to crime in general. This in turn should allow you to take the appropriate safety/security steps to prevent yourself from being a victim of crime.

NORTH				
TIME PERIOD	LOCATION	CRIME TYPE	INFORMATION	
BUCKSBURN				
29/12/16	30/12/16	Cloverfield Gardens	Att HB w.i. x 2	Attempted to gain entry to sheds by unknown means
01/01/17	02/17/17	Burnside Walk, Dyce	Theft from a motor vehicle	Entered unsecure vehicle and stole
01/01/17	02/17/17	Polo Park	Theft from a motor vehicle	Entered unsecure vehicle and stole
01/01/17	02/17/17	Hyde Park	Theft from a motor vehicle	Entered unsecure vehicle and stole
BRIDGE OF DON				
01/01/2017	01/2/17	Grandholm Avenue	Theft from a motor vehicle	Entered unsecure vehicle and stole from within
02/01/2017	03/01/2017	Valentine Drive	Theft from a motor vehicle	Entered unsecure vehicle and stole from within
02/01/2017	03/01/2017	Glashieburn Avenue	Theft from a motor vehicle	Entered unsecure vehicle and stole from within
02/01/2017	03/01/2017	Fassiefern Avenue	Theft from a motor vehicle x 2	Entered unsecure vehicle and stole from within
02/01/2017	03/01/2017	Bydand Place	Theft from a motor vehicle	Entered unsecure vehicle and stole from within
05/01/2017	06/01/2017	Broadfold Road	Theft from a motor vehicle	Stole from unattended vehicle
NORTHFIELD				
30/12/16	30/12/16	Oldtown Place	HB w.i. to steal	Forced entry to property and stole
MASTRICK				
TILLYDRONE				
31/12/16	31/12/16	Great Northern Road	Theft by OLP from a motor vehicle	Broke into vehicle and stole
01/01/17	02/01/17	Great Northern Road	Theft by OLP from a motor vehicle	Broke into vehicle and stole
30/12/16	02/01/17	Wrights and Coopers Place	OLP with intent to steal from a	Broke into vehicle and attempted to steal

			motor vehicle	
02/01/17	03/01/17	Society Lane	Attempted OLP w.i. to steal from a motor vehicle	Attempted to force entry to vehicle with intent to steal from within
KITTYBREWSTER				
01/01/17	01/01/17	Burnett Place	Theft by OLP from a motor vehicle	Broke into vehicle and stole
SEATON				
01/01/17	01/01/17	Linksfield Court	Theft of vehicle	Stole motor car
23/12/16	31/12/16	Jackson Terrace	Theft of vehicle	Stole motor car
SOUTH				
CITY CENTRE				
NIGG				
24/12/16	31/12/16	Tollohill Crescent	Theft by HB	Break into property and steal
TORRY				
30/12/16	31/12/16	North Balnagask Road	In building with intent to steal	Enter unsecure property
30/12/16	31/12/16	Farquhar Road	Theft by OLP from a motor vehicle	Enter vehicle and steal
31/12/16	31/12/16	Oscar Road	Theft by OLP from a motor vehicle	Enter vehicle and steal
04/01/17	05/01/17	Victoria Road	Theft of vehicle	Steal motorbike
HAZLEHEAD				
01/01/17	02/01/17	Lerwick Road	In building with intent to steal	Entered vehicle and searched with intent to steal
05/01/17	05/01/17	Hillside Crescent	HB w.i. to steal	Forced entry to garage with intent to steal from within
05/01/17	05/01/17	Hillside Crescent	Theft by HB	Entered garage and stole
ROSEMOUNT				
WEST END				
30/12/16	30/12/16	Springbank Terrace	Theft by HB	Break into property and steal
31/12/16	31/12/16	Rosebank Terrace	Theft	(None available)
01/01/17	02/01/17	Devonshire Road	Theft from a motor vehicle	Steal from unsecure vehicle

03/01/2017	03/01/2017	New Fox Lane	Theft from a motor vehicle	Enter unsecure vehicle and steal from within
02/01/2017	03/01/2017	Thorngrove Place	Theft from a motor vehicle	Enter unsecure vehicle and steal from within
02/01/2017	03/01/2017	Bayview Road	Theft from a motor vehicle	Enter unsecure vehicle and steal from within

Key: HB - House Breaking

OLP - Open Lockfast Place

OLPWI - Open Lockfast Place with Intent

HBWI - House Breaking with Intent

Absafe Bulletin

Email: hello@absafe.org.uk

www.absafe.org.uk

