

Nitrous Oxide, It's No Laughing Matter!



Nitrous oxide, also known as 'laughing gas', is a substance with a number of legitimate uses in medicine and catering. It is also the **second most popular recreational drug amongst young people**, with 7.6% of 16-24 year olds responding to the 2013/14 Crime Survey for England and Wales reporting nitrous oxide use in the last year. When inhaled, this substance can make users feel euphoric and relaxed, with some reporting hallucinations.

Inhaling nitrous oxide can be dangerous, and can lead to loss of blood pressure, fainting and even heart attack. Prolonged exposure to nitrous oxide may also result in bone marrow suppression and poisoning of the central nervous system. These risks are likely to be exacerbated if the exposure to the gas is combined with alcohol or other drugs.

Heavy regular use of nitrous oxide can lead to deficiency of vitamin B12 and to a form of anaemia. The severe B12 deficiency can lead to serious nerve damage in some cases, which causes tingling and numbness in the fingers and toes and other extremities, and even difficulties with walking and pains in affected areas. Regular use may also depress formation of white blood cells.

Mixing nitrous oxide with alcohol is especially dangerous as it can increase the risks associated with both substances and can lead to an increased risk of accidents or death.

There are three main legitimate uses of nitrous oxide:

- To numb pain during medical procedures such as dental work.
- In engines to increase their power output.
- In catering, in whipped cream aerosol cans to prevent the cream going 'bad' and in food packaging to prevent the food from rotting.

The CSP are working with our partners to raise awareness off the dangers and to make parents aware that these canisters can be purchased on line for relatively low costs. So for all the parents out there make sure you know what your young people are purchasing on line.

For more information contact Essex Young Peoples Drug & Alcohol Service or FRANK:



<http://www.eypdas.org.uk/>



Upcoming events

- Domestic Abuse Awareness
- Senior Safety Roadshows
- Lighting Up Brentwood
- Shenfield Christmas Fayre

Our Partnership Promise

To work together in partnership with the community to ensure that Brentwood remains a safer place for all, by reducing:

- Crime
- Reoffending
- Risk of harm
- Anti-Social Behaviour

Priorities 2015/16

- Protecting People from Harm
- Anti-social Behaviour
- Burglary
- Community Engagement



Essex Policing is Changing

The new model of policing for Essex has been developed in the clear knowledge that it is police officers, not buildings, that solve crimes and keep communities safe.

These changes are driven by both the changing nature of crime and financial challenges. Effective partnership work with local authorities, the other blue light services and the voluntary sector will become increasingly important.

The Chief Constable and Police and Crime Commissioner are determined that Essex Police will continue to keep our county safe both now and for the future.

Brentwood's District Commander Chief Inspector Denise Morrissey said that "Local policing remains at the heart of all we do in Essex. However, in the face of having to make unprecedented financial savings, it must change to be more effective and more efficient.

Officers will continue to be locally based and accountable and will prioritise the policing needs of the communities they serve. The new Community Policing Teams will prioritise protecting people from harm, preventing and reducing crime and arresting criminals. They will work

proactively with partners to tackle crime trends and longer term problems affecting the community and continue to engage with the public they serve.

I understand many residents in Brentwood will be saddened at the proposed loss of front counter services and the individuals who staff them. Compared to police stations in neighbouring district however Brentwood is seriously under-used by the community and is therefore an expense which is increasingly difficult to justify.

Dedicated officers will continue to investigate your crimes, support victims, respond to emergencies and will continue to work in partnership with the local authority to prevent crime and improve community safety.

The new Community Policing Team will be more focused and used more smartly to keep your community safe.

The teams will not work in isolation and will be supported by detectives in CID, the Domestic Violence, Sexual Offences and Child Abuse investigation teams as well as specialist colleagues across the rest of

the county.

Just because a town may no longer have a traditional police station, as we have come to know it and potentially fewer PCSOs does not mean that your area will not be policed. You will still have dedicated officers on hand ready to respond to emergencies and investigate crimes.

For those residents wishing to visit a police station front counter, nearby Harlow and Grays police stations will continue to operate front counters seven days a week from 9am to 5pm. Essex Police is also developing new and improved ways for the public to contact us.

I can reassure residents of Brentwood, that, in the face of Essex Police having to make very difficult decisions about staff and police stations, your officers will continue to be visible in the community, serving victims, catching criminals and providing emergency support."

Please visit www.essex.police.uk/brentwood for more information.

VOLUNTEER WITH ESSEX POLICE

IT'S AN EXTRA SPECIAL JOB

You too can make a difference in

These people find time within their busy lives to serve their communities as members of the Special Constabulary.

Do you have a minimum of 16 hours to give each month to your community?

Could you make a difference?



Find out more
www.essex.police.uk/specials



Hate Incident Reporting Centre (HIRC)

Congratulations to Brentwood's first Hate Incident Reporting Centre at Sawyers Church for being open nearly a year and helping those who suffer hate crime in the Borough.

The aim of the HIRC is to provide a safe and accessible place for those who are marginalised or the victim of hate crime in our society, or witnesses of hate crime.

A network of HIRCs and Hate Crime Ambassadors will be set up across Essex, supported by accredited Essex Police, and will engage with the wider community in promoting hate crime awareness and work closely with the Essex Police Hate Crime Officer team.

Police have identified that some people feel uncomfortable going to a police station to report certain crimes, and Essex Police hope this will increase the numbers of incidents reported.

The HIRC contacts are Joanne Rayment, Jonathan Clayton, Penny Mumford and Ben Carman.

The Hate Incident Reporting Centre at Sawyers Church is open Monday to Friday between 9am and 3pm, and on Tuesday evenings between 7 and 9pm.

For more information contact:

Sawyers Church

Sawyers Hall Lane, Brentwood, CM15 9BN
Tel: 01277 233889 - Mon, Weds, Thurs, Fri 9am – 3pm
HIRC lead: Joanne Rayment
jorayment@frontlinepartnership.org

Domestic Abuse Awareness

Safer Brentwood will be dedicating a whole month to promoting awareness of Domestic Abuse and its impact on victims and families.

Domestic Abuse is an important issue and a priority for CSP's, Police and the PCC. There has been a rise in the number of domestic abuse incidents that have been reported in Brentwood.

The Community Safety Team along with frontline Council key staff have been attending various domestic abuse courses to ensure that all staff can spot signs of domestic abuse and know where to signpost victims and their families to support services.

Starting in November Safer Brentwood will be working with partners to promote awareness by having a stall at Lighting Up Brentwood and Shenfield Christmas Fayre, as well as having a till roll campaign at the local Argos in Brentwood High Street.

**1 in 4 women and
1 in 6 men will be
victims of domestic
abuse at some time
in their life**

Don't become a statistic! **DON'T SUFFER IN SILENCE.**

For help and support contact:

BWA: 01268 581591 (24hr hotline)

01268 729707 www.basilidonwa.org

Essex Police: 0800 358 0351 (dedicated helpline) www.essexpolice.uk

Brentwood Borough Council: 01277 312500 www.brentwood.gov.uk

National Centre for Domestic Violence: 0844 8044 999 www.ncdv.org.uk

Mens Advice Line: 0808 801 0327 www.mensadvice.org.uk

Safer Places: 0845 017 7668 www.saferplaces.co.uk

 saferbrentwood
www.saferbrentwood.com

**1 in 6 children
are sexually abused**

Most children don't talk about sexual abuse. So we have to. If you're worried about someone's behaviour with a child or use of illegal websites, the sooner you act the sooner you stop the damage.

For help and support contact:

Essex Social Care Early Help & Advice Hub: 0845 603 7627

Out of Hours: 0845 606 1212

NSPCC: 0800 800 5000 www.nspcc.org.uk

Childline: 0800 1111 www.childline.org.uk

Speak up on Essex elder abuse

In Essex, there are nearly 1,500 cases of older people being abused every year. That means today four older people will have to deal with physical abuse, financial abuse, emotional abuse and neglect.

For information and advice:

Ask Sol: 08452 66 66 63 www.asksol.co.uk

Crime Stoppers: 0800 555 1111 www.crimestoppers.uk.org

 saferbrentwood
www.saferbrentwood.com

Lighting Up Brentwood & Shenfield Christmas Fayre

Lighting Up Brentwood will be held on Saturday 28 November from 12noon - 6pm in and around Brentwood High Street and will include entertainment throughout the day and market-style stalls in the High Street and Crown Street offering local produce, food and gifts.

Shenfield Christmas Fayre will take place on Sunday 29 November from 1pm-6pm in Hutton Road, Shenfield. There will be live entertainment as well as rides and activities for all the family.

If you would like to volunteer at any of these events then please email events@brentwood.gov.uk

Firebreak – September 2015

Students from Septembers Firebreak were the first of many to receive a special hand tailored Safer Brentwood bag full of goodies and educational material such as safety booklets, pens, book marks, and more.



Shenfield High School students with the new bags!



Huge congratulations to our Community Safety Assistant Daniel Cannon on successfully completing his BTEC Level 3 Advanced Award for Community Safety Practitioners.

Daniel has been working hard over the summer to complete the course as well as putting on fabulous events and work for the CSP. Well done from all of the partners!

Quote of the Month

“To live is the rarest thing in the world. Most people just exist”

Oscar Wilde

Daniel Cannon

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*Building a Safer
Community Through
Effective Partnerships*

What's up next?

Senior Safety Road Shows will be taking place in 2015. The CSP will be visiting various residential homes, coffee mornings and other vulnerable groups to continue to help the Brentwood residents feel safer.

Domestic Abuse Awareness Month takes place throughout November and the CSP will be working hard to promote awareness of this key priority.

Lighting Up Brentwood is on Saturday 28 November between 12-6. Please visit www.brentwood.gov.uk/events for more details.

Shenfield Christmas Fayre takes place the day after LUB on Sunday 29 November between 1-6. Please visit www.brentwood.gov.uk/events for more details.

Police Street Meets are taking place on a regular basis. Please visit the Essex Police website for more information as to when street meets are taking place.

Neighbourhood Watch will be visiting various libraries throughout Brentwood. Feel free to pop in and voice any concerns or even just a friendly hello.

PREVENT The Council will be submitting a bid for funding to be able to deliver PREVENT training to all frontline staff, Members, Schools and other partners. There will also be a conference in early 2016. Anyone interested in either attending the training or the conference can contact Tracey Lilley on 01277 312644 or email her at tracey.lilley@brentwood.gov.uk

Thank you for reading this newsletter!



Newsletter

Thank you for reading our newsletter. If you would like to receive the newsletter directly please contact Daniel Cannon or download it online at www.saferbrentwood.com

If you have any requests for what you would like to see in the newsletter please email Daniel Cannon.

Thank you!



safer  brentwood

is comprised of the following statutory partners.

