



# Absafe Community Safety Bulletin

This Issue January 12<sup>th</sup> 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](http://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](mailto: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.

| <b>NORTH</b>         |            |                           |                                   |   |
|----------------------|------------|---------------------------|-----------------------------------|---|
| <b>TIME PERIOD</b>   |            | <b>LOCATION</b>           | <b>CRIME TYPE</b>                 | <b>INFORMATION</b>                                |
| <b>BUCKSBURN</b>     |            |                           |                                   |   |
| 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                |
| <b>BRIDGE OF DON</b> |            |                           |                                   |   |
| 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                     |
| <b>NORTHFIELD</b>    |            |                           |                                   |   |
| 30/12/16             | 30/12/16   | Oldtown Place             | HB w.i. to steal                  | Forced entry to property and stole                |
| <b>MASTRICK</b>      |            |                           |                                   |   |
| <b>TILLYDRONE</b>    |            |                           |                                   |   |
| 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 |
| <b>KITTYBREWSTER</b> |          |                      |  |  |
| 01/01/17             | 01/01/17 | Burnett Place        | Theft by OLP from a motor vehicle                | Broke into vehicle and stole   |
| <b>SEATON</b>        |          |                      |  |  |
| 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  |
| <b>SOUTH</b>         |          |                      |  |  |
| <b>CITY CENTRE</b>   |          |                      |  |  |
| <b>NIGG</b>          |          |                      |  |  |
| 24/12/16             | 31/12/16 | Tollohill Crescent   | Theft by HB                                      | Break into property and steal  |
| <b>TORRY</b>         |          |                      |  |  |
| 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  |
| <b>HAZLEHEAD</b>     |          |                      |  |  |
| 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   |
| <b>ROSEMOUNT</b>     |          |                      |  |  |
| <b>WEST END</b>      |          |                      |  |  |
| 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

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