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Keep your presents covered up

(sack and sleigh optional)

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Keep safe this Christmas

December 1st has been and gone, which can only mean one thing – it's officially Christmas!

For many, Christmas is a season for sharing good times with friends and family. For others, it's a chance to take advantage through burglaries and scams.

At a time where many are focusing on giving, it's even more important to help protect ourselves and others from those who are more intent on taking.

PCSPs are an integral part of keeping our communities safe and have been active getting out some key safety message across our communities.



Keep safe online

Many people make the most of festive sales to get those big-ticket gifts. This also means more opportunities for scammers behind our computer screens. Even the most seasoned online shoppers may find themselves drawn in to a too-good-to-be-true deal as the financial reality of Christmas shopping takes hold.

When you're shopping online...

- Vary your password for each site, and log out when you're done.
- Double check your address bar for a lock symbol so you know the site's secure.
- Only buy from websites you know and trust, and that have official company pages.
- Don't share personal information online that you don't need to.

Keep your home safe

A lot of us spend Christmas either out at the shops or visiting friends and family – which can mean an empty house. It's easy when you're rushing around to forget the simple things that are normally second nature, and unfortunately, even at Christmas, there are criminals waiting to take advantage.

When you head out...

- Remember to lock all of your doors and windows.
- Put away those presents – even Santa keeps his covered up in a sack!
- Mark your valuables with your postcode/house number to make them easier to track. Don't forget to take photos too.
- Always ensure your car is locked and any parcels hidden away.

Keep yourself safe

Chilling out and hanging out with family and friends become priorities for a lot of us at Christmas, but it's important to remember that staying safe should never budge from the top spot. PCSPs and the PSNI are constantly reminding people of simple ways to stay safe, and it's particularly important during the festive period when we're all a little more relaxed.

When you're out and about...

- Never, ever drink and drive.
- Plan your journey home and your journey the next day – if you've been drinking, you could still be over the limit even if you think you aren't.
- Remember even one drink affects your judgement, even if you think it doesn't. Your decision-making abilities take a hit when you take a drink.
- Ask yourself "do I feel safe?" while you're out, and while you're on your way home. Drinking can bring defences down and leave people more vulnerable.
- Stay in bright, well-lit and busy areas when walking. Look after your valuables such as bags and mobile phones.

CONNECTING WITH OLDER PEOPLE

"We all need as much information as we can get in order to stay safe as older drivers."

Attendee

Road Safety for Older People

As part of Positive Ageing Month, Fermanagh & Omagh PCSP have been working with older people in their district to share information on safe driving. Their event hosted with South West Ageing Partnership (SWAP) gave older drivers a chance to talk to PSNI, NIFRS, Drinkwell and Road Safe NI about common issues they face on the roads.

Those who took part got to test themselves on number plate reading, reactions, and even performing tasks while wearing 'beer goggles' to show them how alcohol can affect our movements and reactions.



Trevor Kirke, PSNI Road Education Officer gave out great advice



Brian Hetherington of NIFRS speaking at the event



Allison Forbes of SWAP and PCSP Chair Cllr Thomas O'Reilly

100+
Attendees

Keep Safe, Keep Well

Armagh, Banbridge & Craigavon PCSP's work with partner agencies to highlight how older people can stay safe and keep well has been having a great impact across the district.

Three events were set up to signpost older people to services and organisations they might find useful, and gave overviews of scam awareness, mental health and wellbeing, and the RAPID project.



100%
improved awareness of issues raised



Front Row (L-R): Mary Cunningham and Beatrice Lavery Accolade, Lisa Sherman PSNI, Elaine Devlin Armagh, Banbridge & Craigavon Council, Ciara Doris Start 360, Gwen Bartley, Patricia Gibson and Sandra Parker Armagh, Banbridge & Craigavon PCSP
Back Row (L-R): Phelim Convery, Accolade, Lavelle McIlwrath, Armagh Banbridge & Craigavon PCSP Chair, Billy Stewart, Armagh Banbridge & Craigavon PCSP and Keith Jackson, Ulsterbank

CONNECTING COMMUNITIES



Older people, young people, and plenty of craic!

Bringing People Together

Mid & East Antrim PCSP, working with their local Neighbourhood Policing Team and the Sunnylands & Woodburn Community Development Group, ran a quiz night for younger and older people in the area to bring the generations closer together.

The evening, compered by a local Constable double act, had a great turnout which helped foster and build on intergenerational relationships within the community.

Community Wellbeing Event

Armagh, Banbridge & Craigavon PCSP have been hard at work again this year, delivering, amongst other projects, their annual Community Wellbeing Event.

In partnership with Start 360, the event focused on improving health and wellbeing, as well as offering more information about support services for drugs, alcohol and mental health issues.

They also staged a performance of 'Swamped', a play about the pressures facing young people in modern society, and designed to remind those watching that there is always hope.



(l-r): Gwen Bartley, PCSP Co-ordinator, PCSP Chair Cllr Lavelle McIlwrath, Lord Mayor of Armagh City, Banbridge and Craigavon Borough Council, Cllr Mealla Campbell, Sherene Livingstone and Ciara Doris from Start 360 Connections Team and Lynette Cooke, PCSP Development Officer

CONNECTING COMMUNITIES

Christmas Crime Prevention

It was another successful year for the Belfast PCSP Christmas Crime Prevention and Safety Event, with plenty of good information, positive interactions and mince pies on the go!

Dozens of public bodies and charities attended, getting the chance to talk about their work with hundreds of members of the public.

[click here](#) to catch up with what happened



RAPID Expansion

Mid & East Antrim have been working with NIDACTS, PSNI and other partner agencies to install an additional two RAPID bins in their district.

RAPID (Remove All Prescription & Illegal Drugs) bins are designed to raise awareness of the risks and harm to individuals, families and communities of misusing drugs, and offer a safe and anonymous way to dispose of prescription and illegal drugs.

CONNECTING WITH YOUNG PEOPLE

"I was privileged to watch these amazing and talented kids tonight in the Civic Centre. It blew me away how such a relevant and important message was portrayed. It's a must see for secondary school children and parents too."

Attendee

Swamped

It can be tough to be a teenager today. Armagh, Banbridge & Craigavon PCSP have been working to promote **Swamped**, a play depicting the pressures facing young people in today's society. The show, by the Pamela Cassels School of Performance, is ultimately designed to send the message to young people that, no matter what situation they find themselves in, they are not alone.



600

people watched



6

schools



95%

improved awareness



A scene from the play



A car crash mock up outside the Foyle Arena let young people see the horrific consequences of dangerous driving

Road Safe Roadshow

Young people are involved in the highest number of road traffic collisions where someone is killed or seriously injured in Northern Ireland, and 16-24 year olds account for 21% of all recorded incidents.

Statistics like these are why road safety is such a major focus for PCSPs – and why Derry & Strabane PCSP used Road Safety Week this year to bring 1200 young people a stark warning as they start their journeys as drivers.

The Roadsafes Roadshow, put together by the PCSP and partner agencies Northern Ireland Ambulance Service, PSNI, NIFRS, Roadsafes NI, Life After and the

Donegal Road Safety Authority, depicts how a night out can end in tragedy – with sections of the story told by different emergency service personnel. The young people heard about the real-life consequences of a collision from a young person who was paralysed following a crash, and a young man who was imprisoned for causing the death of another person while he was driving.



12

partner agencies



1200

Attendees



11

post-primary school

CONNECTING WITH YOUNG PEOPLE



Volunteers and participants from the Brigade Cricket Club with the Derry City and Strabane Mayor Cllr Michaela Boyle, PCSP Chair Cllr Sandra Duffy and PCSP Manager Dermot Harrigan at the Mayoral reception for the club

Cross-community outreach

Derry & Strabane PCSP have supported the Brigade Cricket Club by funding a scheme to get young people to spend more time involved in sports that at antisocial behaviour hotspots.

Through the workshops, young people learned about the implications of antisocial behaviour on their lives and the lives of those around them. They were able to get to know plenty of people from different backgrounds, break down stereotypes and change attitudes about themselves, others and their behaviour.



Kid's Court

Newry, Mourne & Down PCSP have hosted the latest Kid's Court, where young people get a chance to challenge drivers caught speeding outside their school.

The project, in partnership with PSNI, brings those caught speeding outside schools in front of a jury of pupils, who ask them tough questions about their behaviour – and remind them just whose life they might be putting at risk.



Motorbike Awareness

Following issues in their local area around illegal use of scramblers and quads, Armagh, Banbridge & Craigavon PCSP have been working with partners to create a Motorbike Awareness Programme (MAP), which teaches young people about motorcycle safety. The project was developed with Ulster Grand Prix, Department of Justice, Department for Communities, Cornerstone Off-Road Motorcycle Academy and Council Sports Development.

Front Row (L-R): Angela Bell DOJ, PCSP Chair Cllr Lavelle McIlwrath, Lord Mayor Cllr Mealla Campbell, Siobhan O'Callaghan Alltrak, Davey Mulligan Cornerstone Off-Road Motorcycle Academy
Back Row (L-R): Chris Inglis Trainee Coach, Ethan Donnelly, Damien McGrath Trainee Coach, David Patterson MCUI, Geoff Wilson Ulster Grand Prix, Lynette Cooke PCSP, Alan Hewitt Alltrak, David O'Neill, Connor Douglas, Caolan Wilson, Alex Clifford, Council Sports Development
Back Row (L-R) Constables Matthew Keys, Brian Hull and Ryan Hughes, PSNI and Tony Murphy, DfC

"Together we have proven that by engaging young people in their passion using a Vocational Education approach, positive outcomes have been achieved with attitudes and behaviours of the students changed."

Carol Mulligan, CEO of Cornerstone Academy



Your Choice

Causeway, Coast & Glens PCSP have been working with NIFRS to educate drivers and passengers on road safety with the 'Your Choice' programme.

Using virtual reality goggles, participants get a feel of the reality of being involved in a collision and, like the Roadsafes Roadshow, delivers a stark and hard hitting message.



NIFRS and PCSP staff at the programme

Follow us on social media and find out more about PCSPs.

www.pcsp.org

PCSPs are funded and supported by the Policing Board and Department of Justice.



PCSPs work with a number of designated partners.

