

# ***LOOK-OUT***

**Currie East Neighbourhood Watch**

*www.cenw.org.uk*

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*Message from the Chair*

*Iain Proudfoot*

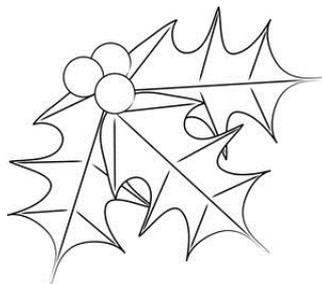
As your new Chair, I welcome you to the December issue of Lookout.

Our AGM took place on 29th October and a report of this meeting is included in this issue of Lookout.

My term of office is two years and in that time we can hopefully be of assistance to members of the Watch. This is a two way deal. The Committee can provide ideas and initiatives, but the Committee is not the Watch. The members of CENW are the Watch and the Committee welcome suggestions and feedback from the members.

The summer has been great and we now look forward to Christmas and a New Year. Take care of yourselves, your property and look out for neighbours and friends that may need your help or assistance.

Wishing you all the best for Christmas and New Year.



### ***More break-ins in Currie***

There were some break-ins recently in Thomson Road and Muir Wood Place. Entry was gained at the rear of the property using force. Items taken include keys, jewellery, money and bikes. Please be extra vigilant and call the Police if you see anything suspicious (101, or 999 if you see a crime in progress).

### ***Neighbourhood Watch Scotland alerts***

CENW members may be interested in registering on the ***Neighbourhood Watch Scotland*** website:



***[www.neighbourhoodwatchscotland.co.uk](http://www.neighbourhoodwatchscotland.co.uk)***

NWS periodically send out relevant alert emails, including warnings about scams, news from the Police, Crimestoppers and other community safety related messages. Which messages are received can be selected in their Message Settings configuration page once you have registered.

To register to receive alerts from ***Neighbourhood Watch Scotland***:

- Go to their website and click the big green "Join" button
- Fill in your details and preferences on the various pages that follow
- When you get to step 5 ("are you involved in Neighbourhood or Home Watch?") click the JOIN button. On the page that follows, select "***Currie East Neighbourhood Watch***" from the "Please select your scheme" dropdown. In the "Your role in the scheme" section, select "Member".
- Continue the registration process through to the end. You will then be sent a verification email with a link you have to click to complete the process

Note that previously CENW would forward selected relevant messages from NWS via the CENW website alert mechanism. As individuals can sign up to receive NWS alerts directly we will no longer be doing this - we will only send out relevant CENW messages.

## ***Keeping Safe & Warm this winter***

In previous years, severe weather left some people vulnerable. Helping each other a little can make a big difference. Here's how you can play your part in making our community more prepared:

- Identify family members or neighbours who may need an extra helping hand if severe weather strikes
- Have their phone numbers to hand
- Offer to help with grocery shopping or other essential tasks
- Clear ice or snow from pathways

With the weather getting colder, here are some tips from ***Ready Scotland*** on staying safe and warm, which you may find helpful:

- If you can't heat all your rooms, make sure you keep your living room warm throughout the day and just heat your bedroom before going to bed.
- A balanced diet will help keep you warm and healthy in the winter. Make sure you and your family eat at least one hot meal a day. Soup is nutritious and warming, and inexpensive to make or buy.
- Wearing the right kind of clothes can help keep you warmer. Layers are best, t-shirts and under clothes to keep the base of your back warm will heat you from the core.
- Staying active is good for your health. If the weather prevents you from getting outside, stay active indoors - catch up on all the household tasks you've been putting off!
- Talk - especially if you've been stuck in the house for a few days. Lift the phone and call friends and family for a blether.

## ***CENW AGM***

***Iain Proudfoot***

The AGM this year was on a Tuesday and was well attended as usual. Local Councillors Ricky Henderson and Bill Henderson, along with MSP Gordon MacDonald all accepted invitations to attend. Each provided a short discourse to the Meeting. Topics covered were Community Safety, Community Policing, Council Public Services, Roads, Green Belt

Development and Police Scotland - all items relevant to our Watch area. Each of the three speakers made many interesting points.

Watch business was conducted with the Committee and Office bearers being elected. Chair: Iain Proudfoot, Vice-Chair: Neil Dickson, Secretary: Dee Johns, Treasurer: Elizabeth Wightman. Warm thanks were given to our outgoing chair, Margaret Michie.

### *Neighbourhood Watch Scotland AGM*

*Iain Proudfoot*

The *Neighbourhood Watch Scotland* AGM was held in September in Stirling with Margaret Michie and Iain Proudfoot attending on behalf of the Watch.

The morning session was taken up with talks by Trading Standards, Dementia Services and COSLA. Organisations also in attendance were the Scottish Fire & Rescue Service, Horsecatch Scotland, Citizens Advice Bureau, Network Rail and Age Scotland. Selected information from these bodies will be included in future editions of Lookout.

AGM business took place in the afternoon session along with a talk from Police Scotland. It was an interesting day with much information received that will be of benefit to the Watch.

Look-Out is produced by a group of volunteers from the CENW Committee.

Articles for inclusion in the Newsletter are welcomed. Please send contributions via email to ***lookout@cenw.org.uk*** or contact the Chair (details below).

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The views expressed in this Newsletter do not necessarily represent the views held by the Editors or the Currie East Neighbourhood Watch scheme.