



Lancashire Combined Watch Forum *The  
Neighbourhood Watch Association for  
Lancashire*

Newsletter

APRIL 2019



**Lancashire Combined Watch Forum update**

The LCWF AGM on Saturday 6<sup>th</sup> April 2019 was well attended by about 50 people from across the county. Chair, Roger Baines MBE opened the meeting and welcomed attendees. An informative presentation was given by the team from the new 'Our Lancashire' website detailing its proposed role in the community. This was followed by an overview of the background and role of the LCWF and an update of its progress and achievements since the last AGM. All members of the existing committee stood for re-election together with two new nominees standing for election, all were elected unanimously. At the end of the meeting a delicious Hot Pot lunch was served. Thanks to all attendees for your ongoing support, it really is appreciated.

**National Campaign**

**'Make Yourself Heard'**

**In danger, need the  
police, but can't  
speak?**

- Dial 999
- Listen to the questions from the 999 operator
- Respond by tapping the headset, if you can or by coughing
- If prompted press 55 if you can

This lets the 999 operator know that it's a genuine emergency and you will be put through to the police.



**Many  
Congratulations**  
to Linda Schofield,  
NHW co-ordinator,  
Fulwood, Preston for  
receiving the High  
Sheriffs Award for  
volunteering for the  
Police and the LVP

**April Trivia**

Two flowers signify the month of April: the daisy and the sweet pea.

**This is YOUR Newsletter**

Let us know of any LCWF, Neighbourhood Watch or Charity events you want publicising or any relevant dates and information you'd like putting in this newsletter. WE NEED: **your** news, **your** photo's, **your** stories, **your** ideas & input

**Police Appeals**

**Knifepoint robbery at a Blackpool hotel.**

Around 2:30am on Friday (March 29<sup>th</sup>) at a building on Station Road two hooded men have entered through the basement and gone in to a bedroom of 70-year-old resident. They threatened him, demanding money and his car keys. They then stole a TV and two laptops, along with a Renault Megane, found a short time later on Rossall Road in Cleveleys. Any information please email [4101@lancashire.pnn.oice.uk](mailto:4101@lancashire.pnn.oice.uk). or call **101**, quoting incident number 0092 of March 29<sup>th</sup>. or Crimestoppers anonymously on **0800 555111/** online at [crimestoppers-uk.org](http://crimestoppers-uk.org)

**Explosion at a nursing home on Grange Rd in Fleetwood (Saturday, March 2<sup>nd</sup>).**

Anyone with information should contact police on 101 quoting log number 0973 of Saturday, March 2nd or Crimestoppers anonymously on 0800 555 111/ online at [crimestoppers-uk.org](http://crimestoppers-uk.org).

- Website: <http://www.lcwf.co.uk>
- Facebook page: <https://www.facebook.com/lancsNHW>
- Any other enquires please contact: [secretary@lcwf.co.uk](mailto:secretary@lcwf.co.uk)
- Any information for next edition/ comments/ feedback/ pictures/ news please email: [newsletter@lcwf.co.uk](mailto:newsletter@lcwf.co.uk)

## **Abuse in older people**

It's not always easy to spot the signs of abuse. Someone being abused may make excuses for why they're bruised, may not want to go out or talk to people, or may be short of money.

### **Behavioural signs of abuse in an older person include:**

- Becoming quiet and withdrawn
- Being aggressive or angry for no obvious reason
- Looking unkempt, dirty or thinner than usual
- Sudden changes in their character, such as appearing helpless, depressed or tearful
- Physical signs – such as bruises, wounds, fractures or other untreated injuries
- The same injuries happening more than once
- Not wanting to be left by themselves, or alone with particular people
- Being unusually light-hearted and insisting there's nothing wrong

Their home may be cold, or unusually dirty or untidy, or you might notice things missing. Other signs include a sudden change in their finances, such as not having as much money as usual to pay for shopping or regular outings or getting into debt.

### **If you're worried about someone who may be experiencing abuse or neglect you can:**

- Start by talking to the person in private, if you feel able to do so. Mention some of the things that concern you eg, that they've become depressed and withdrawn, have been losing weight or seem to be short of money.
- Let them talk as much as they want to, be mindful that if they've been abused, they may be reluctant to talk about it because they are afraid of making the situation worse, don't want to cause trouble, or may be experiencing coercion or threats.
- It's best not to promise the person that you won't tell anyone what's been said. If an adult is being abused or neglected, it's important to find help for them and stop the harm. Stay calm while the person is talking, even if you're upset by what you hear.

It can be very difficult for an abused or neglected person to talk about what's been happening to them. Unless you're concerned for their immediate health and safety and feel it's vital to act straight away, give them time to think about what they'd like to do.

If you're right and the person has been abused or neglected, ask them what they would like you to do. Let them know who can help them and tell them you can seek help on their behalf if they want or if it's difficult for them to do so themselves.

***\*\*It's important to listen to what they say and not charge into action if this isn't what they want.***

### **Who to contact if an older person is being abused**

- If an adult has told you about their situation, you might want to talk to other people who know them to find out if they have similar concerns.