



Citizens in Policing - CONNECT



ISSUE 7

Hello one and all, and welcome to our Christmas edition of our newsletter! What a year this has been; certainly not what we were all hoping for when the clock struck midnight last New Year's Eve, but a year that has been wonderful in many ways. It has brought us closer together as a community, reminded us to focus less on the future and more on the present and encouraged us to be grateful for the things we have. I hope you're managing to stay in contact with your family and friends, and not struggling with the long winter nights; as always, if you need anything please contact one of the numbers on the later page or get in touch with us for some support. The festive period for some of us is a tough time, and this year more than ever we may need an extra helping hand.

A huge thank you from myself and the rest of the CIP team for everything you do to support Wiltshire Police and your local communities. I am genuinely humbled by your selflessness and dedication to keeping people safe and helping those around you. Working alongside you all is a privilege and something I really look forward to continuing into next year.

I wish you a very merry festive period, and a happy, healthy New Year.

With best wishes and thanks,

Jenn



During these uncertain times we want our volunteers to remain engaged with each other and with us. We want this newsletter to be 'your' newsletter. Let us know how you are keeping active and keeping yourself busy. Do you have any hints and tips for others? There are so many other things that we can share with each other:

- A poem or a short story - one you have written or one that you particularly like.
- Is there a quote or a photo that makes you smile, and you'd like to share it.
- Store cupboard recipes, gardening tips whilst enjoying this glorious weather.
- Do you like quizzes? Are you able to put a short quiz together? 5-10 questions.



Please email your content, ideas and suggestions to the Volunteer Inbox vc@wiltshire.pnn.police.uk



Wiltshire Police
Proud to serve and protect
our communities





Alison – Chaplain

Frank – Office Support

Helen - Restorative Justice Facilitator

Barry – Chaplain

Michael – Chaplain

Leah - Restorative Justice Facilitator

Sukdave - Stop Search Scrutiny Panel

Hayley - Restorative Justice Facilitator

Jeremy – Workfit

David – Chaplain

Jade – Online safety

Robbie - Watch Scheme Processor

Tamas – Stay safe online

David - Bobby Van Covert Camera

Edwina – Cadet Core Leader

Robbie - Watch Scheme Processor

Tamas – Stay safe online

David - Bobby Van Covert Camera

Edwina – Cadet Core Leader

Annabelle - Restorative Justice Facilitator

Katherine - Restorative Justice Facilitator

Mike - Bobby Van, Stay Safe Online & Training Support

Jan – Stay safe online

Christopher – Chaplain

Renata Luis - Cyber Crime Consultant

Sharon - Restorative Justice Facilitator





Police Puppy - Luna

“Steph and I are fortunate to have been chosen to Foster Luna until she is ready for Police work. It’s an amazing opportunity, albeit very challenging.

Luna is very active and needs almost full-time attention and supervision. She’s strong but loving, she is super intelligent but very tiring. She looks fierce but is very friendly.

Luna meets with her future handler on a regular basis for support and training, and also attends Professional sessions with the Police dog trainers.



Luna was 16 weeks old on the 29th November and she already weighs 18 kg.



Steph and I look forward to watching her grow and progress in her development.”



Andi and Steph





Introduction to Henry

Hi all, I hope you like this issue of the Citizens in Policing Newsletter as I've helped Holly to design and make it.

I've been asked to give a small introduction to myself, I've lived locally all my life: I grew up in Swindon and then Devizes and attended Devizes School and Sixth Form. After this I gained a master's degree in Mathematics and Physics from the University of Bath.

I've been volunteering with Wiltshire Police for about two and half years during a summer break whilst at university and after I completed my degree. I initially volunteered with the ANPR department, I assisted with a wide array of tasks from organising the office, fixing equipment, and detailed data analysis. I've helped other departments too such as the Youth Offending Team with Junior Good Citizen and recently the Business Intelligence Team.



Keeping with the theme of dogs I have a Golden Retriever called Honey who is very free willed. In my free time I enjoy playing computer games, Warhammer and badminton.



This is me receiving my certificate for being highly commended in the category of Police Volunteer of the Year 2020, for the South West Region.





Places to Visit



Westonbirt Arboretum:

It's a beautiful place to visit and explore as it contains rare plants from around the globe. It plays an important role in research and conservation as it contains 15,000 trees of 2,500 species from across the world.



Westonbirt Arboretum remains open for outdoor exercise and recreation. To visit a ticket must be pre-booked, more information can be found at:

www.forestryengland.uk/westonbirt/reopening

Salisbury Christmas Tree Trail:

Twelve decorated Christmas trees create a magical trail across Salisbury city centre. The trail starts at Salisbury Cathedral and goes through medieval streets to its end in Salisbury Market Place.





Longleat's Land of Light:

From 3rd December to 10th January Longleat will be transformed into the Land of Light. It replaces the normal Festival of Light and through interactive installations it hopes to be a unique alternative.

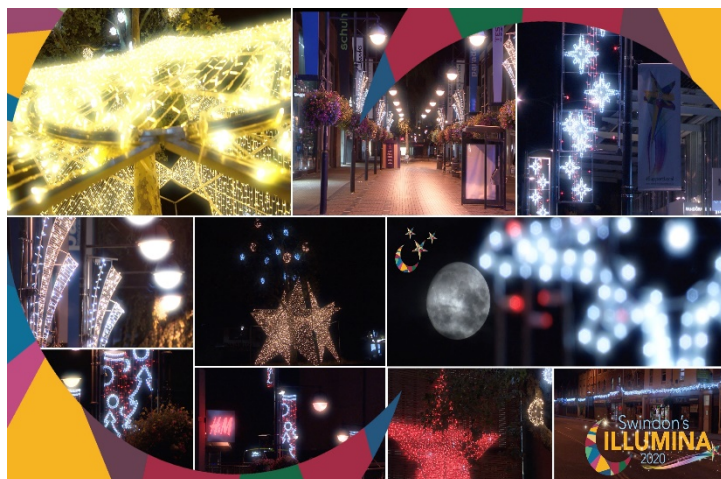


Christmas at Stourhead:

Trees are wrapped in ever changing ribbons of colour with giant luminescent sculptures reaching towards the night sky. Enjoy a walk under the stars with larger than life flora glowing in the moon light as reflections dance upon the lake.

Swindon's Illumina 2020:

In December Swindon hopes to launch its Luminary Business Window Trail and Virtual Christmas Market. It aims to support business through visual, virtual and digital experiences throughout the festive season.





Hobbies and Interests: Astronomy

I'm often asked what I do with my time when away from Community Speed Watch. Most of it I spend in hope of clear skies and a chance of astronomy in my back-garden observatory. After 20 years I have progressed from a very naïve amateur into a serious astro-photographer.

Many of the images you see here are taken over several nights or even years. The background image was taken over 5 years and 20 hours of exposure. Like my work with CSW it's a real labour of love.

Top Left -
Ring Nebula

Top Right -
C38 Galaxy

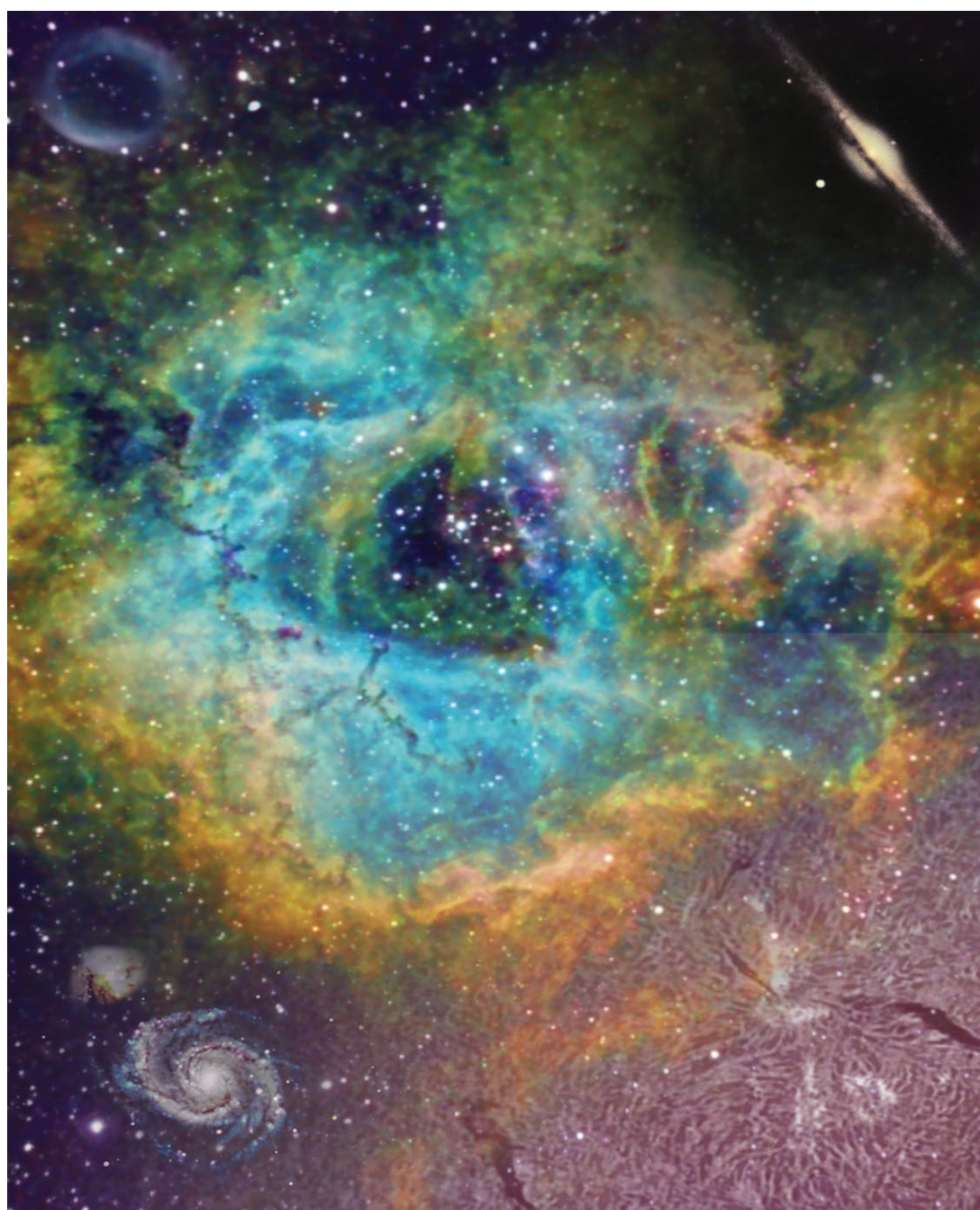
Background -
Rosette Nebula

Bottom Left -
Whirlpool Galaxy

Bottom Right -
The Sun

Hope you like
my pictures.

Rodger





Hidden Disabilities Face Coverings Exemption - Sunflower Lanyard

Since 19th October face coverings are mandatory in police and council buildings for all officers, staff and volunteers. People who are exempt under Government guidelines are not required to. People with hidden disabilities and other medical conditions who are exempt can wear hidden disability sunflower lanyards to show that they are exempt from wearing facemasks.



The wearing of sunflower lanyards is not compulsory, however, people not wearing a facial covering or lanyard might be required to explain why.

The hidden disability sunflower lanyards can be obtained by emailing occupational health to arrange their collection.

More information and guidance about Covid-19 can be found at:

www.nhs.uk/conditions/coronavirus-covid-19/

www.gov.uk/coronavirus





Chocolate Vegan Fudge

Make this creamy vegan chocolate fudge recipe for an elegant after-dinner nibble or sweet treat to share on the sofa this Christmas. This totally vegan treat needs just four ingredients and is perfect packaged up for a quick edible gift.



Method:

1. Line an 18 cm square tin with 2 layers of clingfilm, leaving the excess hanging over the edges.
2. Put the icing sugar, cocoa powder, soya milk and coconut oil in a large heatproof bowl. Sit the bowl over a pan of barely simmering water and heat gently, stirring occasionally, until the coconut oil is melted.
3. Remove the bowl from the heat and beat the fudge mixture until smooth and glossy. Pour into the prepared tin. Leave to cool for about 30 mins, then score the top with a sharp knife into 36 squares. Cool completely, then chill for at least 2 hrs.
4. Use the clingfilm to help remove the fudge from the tin. Slice the fudge into 36 neat squares, dust generously with extra cocoa powder and store in the fridge for up to 2 weeks.

Ingredients:

- 350 g icing sugar
- 75 g cocoa powder, plus extra for dusting
- 75 ml unsweetened soya milk
- 100 g coconut oil

Tip:

Experiment with different flavours to customise your fudge - try topping with chopped pistachios or adding the zest of 1 orange to the fudge for a chocolate-orange twist.



Chocolate Orange Soufflé

Method

1. Preheat the oven to gas 5, 190°C, 170°C fan. Warm a baking sheet in the oven.
2. Brush 8 x 100ml (3½ fl oz) ramekins with melted butter and sprinkle over 2-3tbsp caster sugar in an even layer.
3. Separate 3 eggs. Whisk the yolks with 50g (2oz) caster sugar until pale and thick. Sift in 15g (½oz) plain flour and 15g (½oz) cornflour; combine.
4. Put 150g (5oz) dark chocolate, broken into pieces, in a bowl over simmering water. Once it has melted, stir in 75g (3oz) unsalted butter. Set aside.
5. Bring 250ml (8 fl oz) semi-skimmed milk to the boil in a pan. Remove from the heat and gradually whisk into the egg mixture. Return to the pan and cook over a medium heat, stirring, until smooth. Remove from heat and stir in the chocolate mixture. Add the zest of 1 orange. Leave to cool slightly.
6. Whisk the egg whites until they form soft peaks. Gently fold a spoonful into the chocolate mixture. Repeat until all the egg white is folded in.
7. Divide the mixture between the ramekins and level the top. Run a finger around the inside rim of the ramekins. Bake for 11-12 minutes on the hot baking tray. Dust with cocoa powder and serve immediately.



Ingredients:

- 3 tbsp caster sugar
- 3 medium eggs
- 50 g (2oz) caster sugar
- 15 g plain flour
- 15 g (½ oz) cornflour
- 150 g classic 74% dark chocolate
- 75 g unsalted butter, plus extra for melting
- 250 ml (8 fl oz) semi-skimmed milk
- 1 orange, zested
- cocoa powder, for dusting

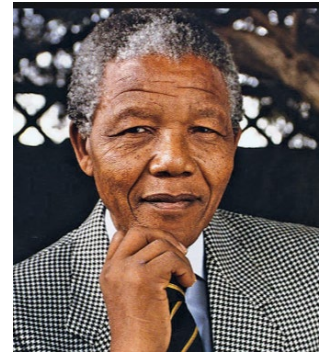
Tip:

Sprinkling ramekins with breadcrumbs or sugar helps the mixture rise; infusing the milk gives extra flavour; and folding in egg whites gently helps create light, fluffy soufflés.



General Knowledge Quiz

- a. What is the name of Captain Jack Sparrow's ship?
- b. Who was the Third Tudor Monarch to reign?
- c. How many versions of "A Star is Born" have been made?
- d. In what year did Lewis Hamilton win his first F1 championship?
- e. What is the Scottish national animal?
- f. When did Nelson Mandela become President of South Africa?
- g. In what year did The Beatles break up?
- h. Neville Chamberlain succeeded who as Prime Minister?
- i. What is the longest running Broadway show?
- j. How many countries border Luxembourg?
- k. Who sang the 1965 James Bond theme, Thunderball?
- l. How many leap years are there in 400 years?
- m. Which country in the world has the lowest population density?
- n. What nationality was the first person to reach the South Pole?
- o. Which mathematical symbol was the title of Ed Sheeran's first album?
- p. Which Capital city is furthest from London?
- q. Which country suffered from a period of "tulip mania"?
- r. Who popularised the use of the pie chart?
- s. Whose death at the Battle of Stamford Bridge marks the end of the Viking Era?
- t. Where do the only wild monkeys on the European continent live?
- u. The Hagia Sophia can be found in which city?
- v. What breed of dog is Spike from Tom and Jerry?
- w. Which famous scientist was born on Christmas day?
- x. How many sides does a hexagon have?
- y. Who sang Gangnam Style?
- z. "Doh Je" is thank you in what language?





Flags

Which country does the flag belong to?

How many different unique national flags can be found within it?



Something to Inspire

Something to warm the heart during the cold winter months:

Andrew Barkley-Smith, 92 years old, decided to mark his recent birthday by cycling 92 miles on the 26th and 27th September.

Andrew completed 93 miles around the lanes north of Chippenham, on his vintage racing bike. An amazing achievement that has also raised money through sponsorship for St Peter's Church, Langley Burrell, where Andrew is a member of the church family.





Health & Wellbeing

Police Chaplains - contact your Co-ordinator

Every Mind Matters - [Every Mind Matters](#)

Samaritans: 116 123

Whatever you're going through, a Samaritan will face it with you. We're here 24 hours a day, 365 days a year.

Silverline: 0800 4 70 80 90

The Silver Line is the only free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

SHOUT, Crisis text service: Text SHOUT to 85258

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. We take people from crisis to calm every single day.

Answers

a. Black Pearl

b. Edward VI

c. Four

d. 2008

e. Unicorn

f. 1994

g. 1970

h. Stanley Baldwin

i. Phantom of the Opera

j. Three

The flag belongs to Iceland.

In addition, 7 more unique national flags can be found within it.

k. Tom Jones

l. 97

m. Greenland

n. Norwegian

o. +

p. Wellington

q. The Netherlands

r. Florence Nightingale

s. Harald Hardrada

t. Gibraltar

u. Istanbul

v. Bulldog

w. Sir Isaac Newton

x. Six

y. PSY

z. Cantonese

