

Citizens in Policing - CONNECT

ISSUE 8

Happy New Year to you all! 2021 has started a little like groundhog day with a national lockdown to greet us, but the rollout of the vaccine brings light at the end of the tunnel. Please be mindful about what you read and hear, “fake news” is becoming increasingly popular and it promotes unnecessary fear and anxiety, something we could all do without at the moment. The vaccination programme is getting bigger and better all the time, we must be patient whilst this happens, knowing we are finally on a road to recovery. Modern medicine is a wonderful thing, and I am continually inspired by our ability to achieve huge things when we are all working for the same cause; this time last year we didn't have a worry about Covid-19 at all, now we're vaccinating against it.

I hope you all managed some joy over Christmas, a strange time for us all but humbling to appreciate some of the simpler things. As always, our mental health remains a priority in these difficult times, there is further information within the newsletter about a wellness event we are putting on for you in February. Please make every effort to attend, it looks to be a fantastic event and we all need to stick together to get through these challenging times. Take care and stay safe.

With my very best wishes for a happy and healthy 2021.

Jenn - Citizens in Policing Manager

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





Henry Claridge - Office Support

David Doughty - Vehicle Cleaning and Inventory

Clare Hein - Restorative Justice Facilitator

Marianne Hill - Restorative Justice Facilitator

**James Peter O'Callaghan - Restorative Justice
Facilitator**

Zak Scrivens - Cyber Crime Consultant

Eleanor Stirling - Restorative Justice Facilitator

Marie-Claire Stone - Restorative Justice Facilitator

Catherine Tarrant - Training Support

Jeremy Williams - Cadet Core Leader

Kathryn Williams - Restorative Justice Facilitator



Community Gold and Silver Awards



Adrian Cottle and Ray Pattermore - Silver Award:

Adrian and Ray both received a Silver Award for their volunteering efforts. Their contributions to Junior Good Citizen, a multi-agency event, was mentioned in their award. Shown left with their Cyber Crime presentation they delivered important advice to over 1000 Year Six pupils.

Dave Doughty - Community Award:

Dave Doughty was presented with a Community Award for tirelessly providing sterling support to the fleet team by cleaning Force vehicles to an exceptional standard.

Given how important cleanliness is during the current COVID-19 situation Dave's willingness to work and the standard he achieves was noted to be remarkable.



Things to do and Virtual Visits

Canal and River Trust:

If you want to explore the UK's water ways, without having to go to them, you can do so by visiting the Canal and River Trust website. Here you can find a host of information about the water ways including virtual tours and photo galleries.

www.canalrivertrust.org.uk



Connecting Wiltshire:

Local exercise is still permitted under coronavirus rules and restrictions. To help with this an abundance of walking routes and cycling maps for all over Wiltshire can be found on the Connecting Wiltshire website.

www.connectingwiltshire.co.uk



Hidden Wiltshire Podcast:

The Hidden Wiltshire podcast has recently been set up by photographers Glyn Coy and Paul Timlett. So far two podcasts are available. The first podcast covers the Warminster Skyline and the hills around it. The second covers Knook Castle and the Lost Village of Imber. New podcasts are available on the 1st and 3rd Sundays of every month.

www.hiddenwiltshire.com

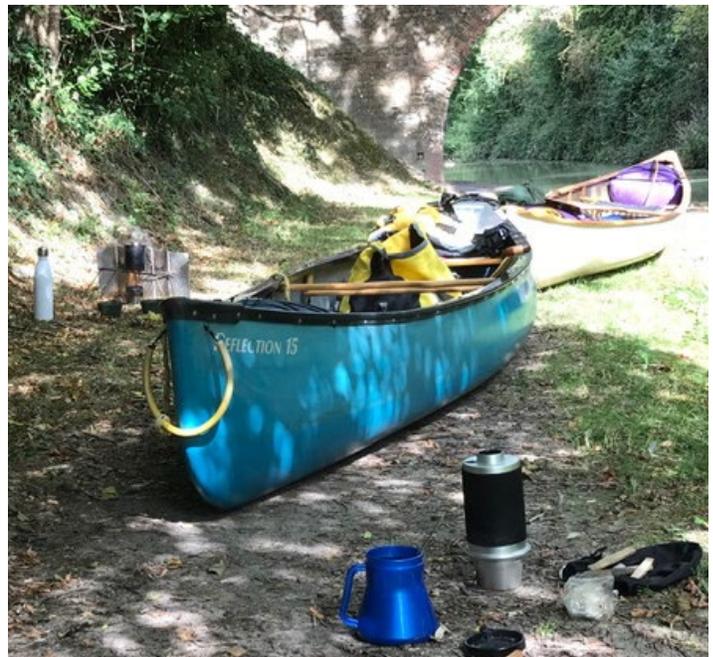


Connecting Wiltshire

Travel made simple

Hobbies and Interests: Kayaking

Hi everyone, here are some pictures of my hobbies. I am a trained canoe and kayak coach; it's still allowed under daily exercise and I own sanitised equipment.



I can always find a quiet spot away from the crowds here.

Best Wishes,

Dave Doughty

Hobbies and Interests:

Radio-Controlled Yachts

What have I been doing during lockdowns?



Well, about 25 years ago, I built this large Radio-Controlled yacht. Then, I moved house and it went, temporarily, into the loft, and there it stayed.



During the first lockdown I decided to rebuild it. It was quite a while before I could put it back on the water.



I was so pleased with it that come the next lockdown, there were still no Police Cadets, I built another one. All I had was a set of plans. It's a Victorian Pilot Cutter. I've nearly finished it but I still have the sails to make.

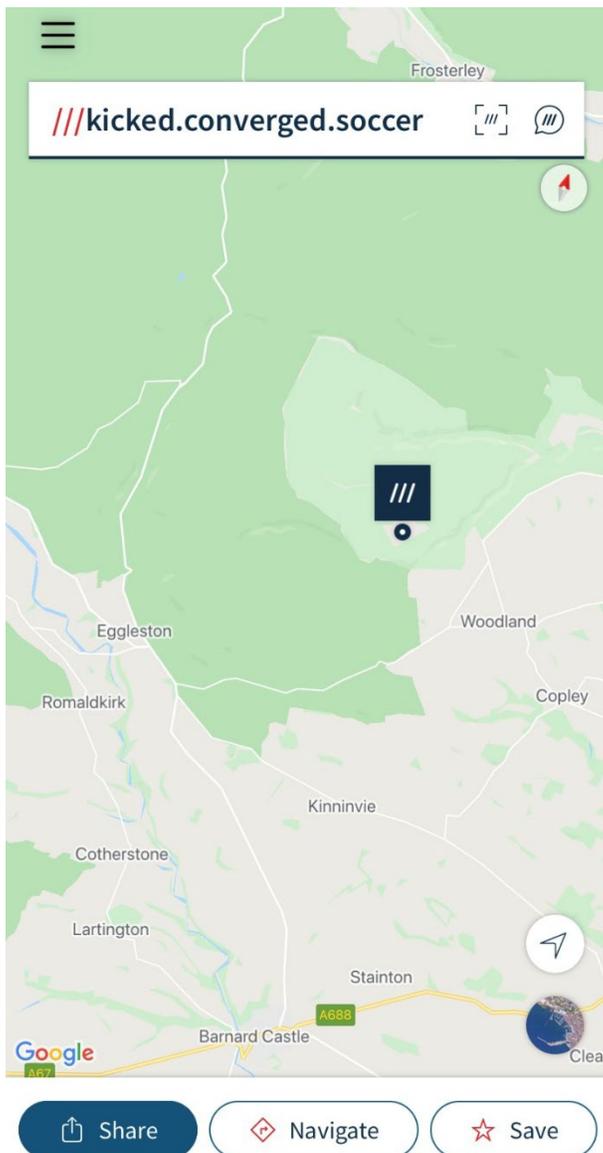
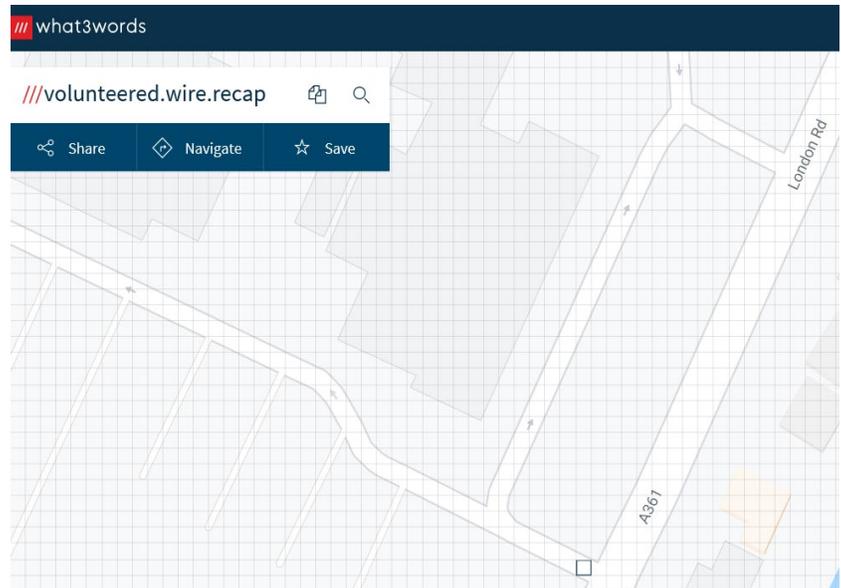
Just before the lockdowns the Police Cadets were scheduled for a trip on the 'Jolie Brise', she is also a Pilot Cutter.

Ken Dew



what3words

what3words divides the Earth's surface into 3 m squares. Each square corresponds to three randomly generated words to provide a unique description of the location. This can be incredibly useful for identifying a precise location such as where to meet someone or locating people during search and rescue.



For example, during a search and rescue in County Durham what3words was used to locate lost people within Hamsterly Forest. After calling 999 the lost people were asked to download the what3words app and send the three words corresponding to their location to the call-handler. This information was then used to quickly find the lost people.

By entering the corresponding three words into the what3words app the location of the lost people can be found, shown left.

what3words can also be accessed online, a section of the road entering the Devizes Police HQ is identified by the words volunteered.wire.recap, shown above. This can be confirmed by the following the link:

www.what3words.com/volunteered.wire.recap

Why not download the app or follow the link and have a go?

Tuscan Ribollita ~ Soup

Ingredients:

- 1 tbsp. olive oil, plus extra to drizzle
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 75 g (3 oz) kale
- 2 x 400 tins chopped tomatoes
- 750 ml (1 ¼ pint) vegetable stock
- pinch of sugar
- 125 g (4 oz) stale crusty bread, roughly chopped
- 400 g (14 oz) tin cannellini beans, drained and rinsed
- 40 g (1 ½ oz) Parmesan cheese, finely grated, plus extra to serve
- Large handful parsley, roughly chopped



Tip:

This recipe can be made vegan by using a vegan alternative for or not including the Parmesan cheese.

Method:

1. Heat oil in a large pan and gently fry onion and carrots for 5 min until softened. Add garlic and fry for 1 min more.
2. Meanwhile, remove and discard woody stems from the kale and shred the leaves.
3. Add tomatoes, stock and kale to the pan and bring to the boil. Simmer for 10 min until kale is tender. Next add sugar, bread and cannellini beans and simmer for a few minutes more, stirring occasionally, until bread is starting to break down. Stir through Parmesan and most of the parsley and check seasoning.
4. Ladle into 4 warm soup bowls, sprinkle over remaining parsley, a drizzle of oil and some more Parmesan. Serve.

More information can be found by following the link to [Good House Keeping](#)

Roly-Poly Bread and Butter Pudding

Ingredients:

- 85 g very soft butter, plus extra for the dish
- 350 g raspberry jam
- large fresh unsliced white bread loaf (about 800 g)
- 4 eggs
- 400 ml double cream
- 400 ml milk
- 85 g caster sugar, plus a little extra
- 1 tsp vanilla paste or seeds scraped from 1 vanilla pod



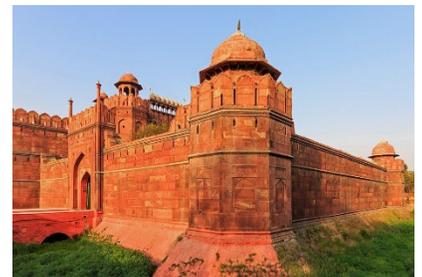
Method:

1. Butter a deep 2-litre baking dish. Dollop in half the jam and spread over the base of the dish. Trim the crusts and rounded top from the loaf so that you are left with a rectangular block of bread. Cut into 4 thick slices of bread. Whizz the crusts and left-over bread into crumbs and freeze for later.
2. Spread the butter over one side of each slice of bread. Flip the slices over and spread the un-buttered sides with remaining jam. Roll up the slices from the short sides, jam-side inwards, to make 4 fat Swiss rolls. Halve each so you end up with 8 short, squat Swiss rolls. Squish these snugly into the baking dish, cut sides up, so you can see 8 jam swirls.
3. Whisk together the eggs, cream and milk, then sieve into a jug with the sugar and vanilla. Give a good stir, then carefully pour over the bread swirls - you may have to do this in stages, letting the custard soak in bit by bit. Let the dish stand at room temperature for 30 mins so the custard continues to soak in.
4. Heat oven to 160 C / 140 C fan/gas 3. Scatter some more caster sugar over the pudding, then bake for 1 hr-1 hr 15 mins until the top is golden and the custard is gently set. Cool for 5 mins, then serve.

More information can be found by following the link to [BBC Good Food](#)

General Knowledge Quiz

- a. What colour are Irish post boxes?
- b. How many female monarchs has England had?
- c. In which decade did the first series of Doctor Who air?
- d. How long does it take for light to travel from the Sun to the Earth, to the nearest minute?
- e. How many strips are on the American Flag?
- f. What nationality was Columbus?
- g. What was the highest grossing movie of the 20th Century?
- h. In which country can the Red Fort be found?
- i. Which UK motorway is the longest?
- j. Which breed of dog did the Queen invent?
- k. What was Steven King's first published novel?
- l. How many counties border Switzerland?
- m. Which county consumes the most tea per capita?
- n. In which century did the first Christmas movie release?
- o. In the Abba song how old is the Dancing Queen?
- p. How deep is Loch Ness?
- q. What is the smallest species of bird in the UK?
- r. What's the youngest an ancient oak tree can be?
- s. How old was Pitt the Younger when he became Prime Minister?
- t. When is Wales's national day?
- u. How many tweets are sent per second?
- v. Without any free balls what is the highest break in snooker?
- w. How long do you have to be married before you get a letter from the Queen commemorating it?
- x. Which precious metal made the best mirrors?
- y. In which month does spring start in the Southern Hemisphere?
- z. What did Star Burst sweets used to be called?



Wiltshire Police Trivia - Ken Drew

The early 19th Century saw too much agricultural unrest in Wiltshire for Salisbury City Police to deal with. A County Police was proposed. In 1839, Wiltshire became the first county to form a county-level police force. But, only just; the second - Gloucestershire Police, were formed only a few days later!

Thus, the motto of Wiltshire Police - Primus et Optimus or First and Best.

The first Chief Constable was a retired Sea Captain. He was paid £400 a year. Constables (170) received 87½ P per week. In return they had a uniform, a truncheon and a booklet but no training.

In 1841, however, attempts were made to abolish Wiltshire Police on the grounds of being too expensive. County wide petitions were signed. Westbury's petition still exists. It is over 20 feet long!

In 1918 Florence White became first female constable.

Wiltshire Constabulary became Wiltshire Police in 2005.

Wiltshire Police is the third smallest territorial Police Force in the UK. Only the City of London Police and Warwickshire Police are smaller. But it has the 20th largest geographic area to police of the 45 territorial police forces of the country.

In 2018, Wiltshire Police were awarded a prestigious World Class Policing Award in recognition of its 'outstanding' response to the 2018 Novichok attacks in Salisbury and Amesbury.

The force headquarters is in Devizes. Wiltshire Police employs more than 2,000 people including approximately 960 officers. Volunteers and members of the Special Constabulary also play a vital role as part of the policing family within the County.

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Wiltshire is one of the safest counties in the UK, currently with the sixth lowest crime rate per 1,000 people in England.



Health & Wellbeing

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. Green | j. Dorgi | s. 24 years old |
| b. Six | k. Carrie | t. St David's day,
1 st March |
| c. 1960s | l. Five | u. 6000 |
| d. Eight minutes (and 20
Seconds) | m. Turkey | v. 147 |
| e. Thirteen | n. Nineteenth Century | w. 60 years |
| f. Italian | o. Seventeen | x. Silver |
| g. Titanic | p. 227 metres | y. September |
| h. India | q. Goldcrest | z. Opal Fruit |
| i. M6 | r. 300 years old | |



HANDS



FACE



SPACE