

Citizens in Policing - CONNECT

ISSUE 9

Hello all and welcome to another now almost infamous version of the Wiltshire PSV newsletter!! I genuinely mean it every month when I say I hope you are keeping well, and this month is no exception. It appears we are finally looking towards calmer seas with the lockdown beginning to ease. It is a gradual process that I think we are all looking forward to and anxious about in equal measure. In the coming months we will be talking about how we can begin to return our PSV's to the workplace, but please be assured that there is no pressure. If you do not feel comfortable returning, then that is entirely your decision and we will welcome you back when you're ready to do so. If you are keen to return, then I can assure you we're doing everything we can to get the appropriate risk assessments etc in place so we can start to bring you back.

I continue to be incredibly proud of our PSV cohort, your positivity, attitude and dedication to both Wiltshire Police and your communities has been remarkable throughout this national crisis and I'm extremely grateful to you all. I hope that the sunnier days and lighter nights will start to give you a spring in your step and help you to feel a little more positive about the journey ahead. As always, if you need anything at all please just contact me or a member of the team. All the very best,

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





February:

**David - Chaplain; Restorative Justice
Facilitator**

Ruth - Chaplain

Peter - Training Support

Chloe - Office Support

Ray - Cadet Core Leader

Edward – Office Support

Paul - Restorative Justice Facilitator

Jurek - Office Support





March:

Omar - Volunteer Panel Member

Alan - Police Dog Foster Carer

Marion - Performance Management Coach

Luke - Cadet Core Leader

Sarah - Office Support

Anthony - Stop Search Scrutiny Panel

Nazma - Stop Search Scrutiny Panel

Farzana - Training Support



Volunteering Opportunities

Wiltshire Police have three volunteering opportunities:

- Special Property at our Swindon site
- English Language Mentor working with our Ethnic, Diversity and Inclusion Team
- Covert Camera Volunteer working with The Bobby Van Trust.

If you would like to apply for any of these roles or would like more details, please contact me at vc@wiltshire.police.uk

Many thanks for your continued support,

Alaina Harle

International Women's Day - CONNECT

March 8th marks International Women's Day and with it the launch of CONNECT a new Staff Support Network for women; it aims to support, empower and promote women in policing, this includes volunteers who work directly with Wiltshire Police. The network is open for new female members and is committed to working with non-members who would like advice with issues affecting women.



More information can be found by following the link to the FirstPoint site:
<http://firstpoint/deptinfo/diversityandinclusion/SitePages/Connect.aspx>

Or by emailing: Connect@wiltshire.police.uk

Dorothy House - February 50 Mile Challenge

Dorothy House Hospice Care was set up in 1976, based at the Bath home of its founder Prue Dufour. A woman of vision, determination and deep faith, she saw a need for care of terminally ill patients in their community, rather than in hospital.

Over the years Dorothy House has grown to reflect the changing needs of palliative care, and we now provide our services to a population of 550,000 over 700 sq. miles. From the hospice's beginning to the current day our purpose has remained the same, to provide compassionate care to our community to enable those with a life-limiting illness to live well and die well.



Tracy:

I wanted to take part as I lost my Dad to a brain tumour last year and my nan the year before to a stomach tumour, so cancer was close to my heart. We went to visit Dorothy House for both and the work that they do is incredible, we nursed them both to the end as they wanted to spend their last days at home with the family.

I have always enjoyed walking as so good for your wellbeing and MH, knowing that each step will help towards treatment was a great incentive and its fab when you have achieved that goal and very satisfying. Go team CIP.

Leanne:

Cancer has come into my family a number of times in my life, but two significant times that have had a huge effect on my life to this day. Although Dorothy House did not play a part, I know the work that they do is invaluable as the support my family and I had was from a similar organisation in Bristol (St Peters Hospice). During these very different times we are finding ourselves in, I wanted to do something that would help my own Mental Health but raise some money for a charity is close to the heart of some of my dear friends.

February has not been the best month weather wise, so on those rainy, cold and just miserable days, getting out to do any miles was difficult, but I know afterwards I would feel better and that was my main focus. By the end of Sunday 28 February, I managed to complete the challenge and walked 52 Miles.

Claire:

I really liked the idea of doing this challenge. It was a great thing for us to do as a team and was for a truly wonderful cause and I managed almost 58 miles.

Alaina:

I walked 50.4 miles. I decided to do this challenge as I'm a keen walker anyway and I thought what better way to raise money and awareness of such a great charity and the care they provide. I also wanted to take part as it was something we could do together as a team, generating a collective sense of achievement, focusing on being productive and getting outside. I'm very proud of the monies raised for such a great cause.

Alison C:

My total recorded miles were 65.80 (I think I actually did more than this but due to some issues with my app it may have been under recording).

I wanted to take part because like so many others my family have been deeply affected by cancer. During 2020/21 people's minds have been understandably focused on the devastating effects of Covid-19, but despite what else is happening locally, nationally or globally Dorothy House continue to provide vital care and support for cancer patients and their loved ones.

I am really proud that the Team have managed to raise over £500 for such an important cause. I have really enjoyed the early morning walks and it was great to get the kids involved and do some family hikes over the half term week.

Jenn:

This challenge was particularly important to me as Dorothy House are currently providing support to my Grandmother. They have been fantastic throughout and their help, guidance and support has been invaluable. They're a brilliant charity, so to be able to do something to raise money for them was really great.

I loved completing this challenge, I walked in the snow, in the sunshine and everything in between. It got me out in the fresh air and exploring parts of Wiltshire close to home that I'd never known existed. It wasn't without its ups and downs; I got lost a couple of times and fell flat on my face! But it was all part of the adventure and I really enjoyed it!

I walked 75 miles.

Alison S:

I took part in this challenge by riding my electric bike. I enjoy riding my bike anyway, so this was a fantastic opportunity to raise some money for such a great charity. It was great to have a target to set myself to cycle in a short space of time. Also, it got me motivated to get some fresh air and exercise in all weathers throughout February.

I completed my 50 miles by Saturday 27th February and raised £180. I thoroughly enjoyed the challenge and would like to do something similar to this again.

The seven team members of Citizens in Policing team raised an amazing £686 for Dorothy House. [#teamcip](#)



You can find out more about Dorothy House on their website:

[Home - Dorothy House](#)

Get Your Spring On

Get Your Spring On is a free fun five-day family event running from 5th - 9th April, it's open to anyone with links to the Police. The aim of Get Your Spring On is to get people outside and active whilst following Covid guidelines.

There will be activities suitable for the whole family ranging from rainbow tag to nature-card bingo. There will also be exercise and sporting challenges for older children and adults such as individual strength cardio training. In addition to these you can complete optional competitions and quizzes to gain points towards becoming the 2021 Spring Challenge Champion.

To take part all you need to do is register using the [link](#) and follow the directions to download the Cadence app. You will be contacted with more details about the challenges a few days before the events starts to give you the opportunity to plan. If you want to you can engage with other families through the platform.

To let other people know how you are getting on you can use the hashtag #getyourspringon on twitter, this means your messages and pictures will automatically feed into the community platform for others to see.

Will you be the 2021 Spring Challenge Champion?



Things to do - Visit Wiltshire

The Visit Wiltshire website contains a myriad of ideas for what can be done in Wiltshire, however, until guidelines change it might be best to visit some of the highlights of Wiltshire from the comfort of your own home. To help with this here are some activities and virtual places to visit suggested from the Visit Wiltshire website. www.visitwiltshire.co.uk

If you would like to experience nature online you should have a look at the following: [The Stonehenge Skyline](#) allows you to view and explore the stars and skyline from amongst the stones across a 24 hour period; if you would rather get a bird's eye view of Wiltshire you could instead watch videos taken from [hot air balloons](#).



If you would like something more puzzling Wiltshire's museums' have you covered: the [STEAM website](#) which includes a virtual tour of the museum, a digital library and a collection of detective trails for you to solve; the [Wiltshire Museum in Devizes](#) has online galleries you can look through as well as challenges for you to complete.



For some ideas of what you could do at home: if you would like some gardening tips or would like to enjoy someone else's garden you should have a look at [Iford Manor's YouTube Channel](#); if instead you would like some activity ideas you should have a look at the [Pounds Art Centre YouTube Channel](#).

These were just a few suggestions if you would like to have a look at the others or check if any more have been added use the following link: www.visitwiltshire.co.uk/take-a-virtual-trip-to-wiltshire

About Jenn

You'll see me every month introducing you to the newsletter but I'm conscious you know very little about me so we thought this month, in line with International Women's Day, I would tell you all a little bit about the person behind the name you see on emails!



The professional me:

I've worked for Wiltshire Police since I graduated from University. Originally from Wiltshire, I studied Forensic Science in central London and then returned to join Wiltshire Police as a Police Community Support Officer. I covered neighbourhood policing across patches in Salisbury, Calne and Swindon and absolutely loved it, but deciding I wanted to further my career moved roles and trained as a Domestic Abuse and Child Abuse investigator. I became the force lead for honour-based abuse, forced marriage and female genital mutilation and discovered a real passion for safeguarding those at high risk of harm. After a few years I was promoted to Strategic Improvement Manager for Public Protection and completed case reviews for Domestic Homicides and Child Death; a job that was challenging yet rewarding in equal measure. Fast forward a few years, I decided that after several years in high risk policing it was time to see the other end of the spectrum and I moved to be your CIP manager; a job I continue to find incredibly fulfilling. I still hold a keen passion for safeguarding and last year I graduated with a Master's Degree in International Safeguarding.

The real me:

When I'm at home I'm nothing like the above!! I'm a Mum of a 4-year-old boy, Dexter, and a 2-year-old girl, Ottilie. They are both full of more mischief than I thought possible and they make life a huge adventure. I'm a keen cook and spend my downtime relaxing in the kitchen. At the weekends you'll mostly find me shouting at the side of a rugby pitch (or in front of the tv at the moment!). I was brought up on a small holding and spent all my time riding and caring for my horses, I don't ride at all anymore but am determined to get back into the saddle one day and teach my little ones to ride. I love the sunshine, my favourite place in the world is the Caribbean; I travelled there when I left school (I know you're imagining me in plush hotels, I can assure you that wasn't the case!!) and I fell in love with the rugged beauty of the islands and the charming attitude of the people. I'm a keen diver and I love to explore, hoping to be back to some adventures with my little ones very soon.

So that's me in a nutshell! It's been a pleasure introducing myself to you all, I hope I haven't bored you to tears and I really hope I can see you all in person very soon.

Jenn x

Easter Rocky Road



Ingredients:

75 g (3 oz) unsalted butter
150 g (5 oz) marshmallows
125 g (4 oz) crisped rice cereal, we used Rice Krispies
200 g (7 oz) dark chocolate
100 g (3.5 oz) milk chocolate
1 tbsp. golden syrup
150 g (5 oz) mini marshmallows
50 g (2 oz) chocolate covered biscuit balls
150g (5 oz) mini eggs
50 g (2 oz) Mini Creme Eggs
100 g (3.5 oz) icing sugar
crisped rice cereal, Rice Krispies

Directions:

1. Line a 20.5 cm (8 in) square baking tin with clingfilm.
2. Make the base. In a large heavy-based pan, melt the butter over a medium heat, add the marshmallows and stir until melted and combined. Remove from the heat and stir in the crisped rice. Press the mixture into the prepared tin and leave to cool.
3. For the rocky road layer, melt the chocolates and golden syrup in a large bowl over a pan of simmering water. Once melted, leave to cool for 10 min. Stir in half of the mini marshmallows, the biscuit balls and 100 g (3.5 oz) of the Mini Eggs. Pour the chocolate mixture over the crisped rice base.
4. To decorate, scatter over the remaining mini marshmallows, Mini Eggs, Mini Creme Egg halves, if using, and leave to set in the fridge for at least 1 hour.
5. When the rocky road has set, mix the icing sugar with 1 tbsp water, add a little yellow food colouring, transfer to a piping bag and drizzle over. Cut into squares to serve.

More information and recipes can be found by following the link to:

[Good House Keeping](#)

Cider Sausage Stew



Ingredients:

8 sausages

1 tbsp. oil

2 eating apples, skin on, cored and quartered

1 red onion, sliced

1 garlic clove, crushed

8 large sage leaves, chopped

1.5 tbsp. flour

500 ml (17 fl oz) dry cider

200 ml (7 fl oz (1/3 pint)) chicken stock

300g (11oz) baby new potatoes, halved if large

150g (5 oz) Savoy cabbage, shredded

Directions:

1. In a casserole, gently fry sausages in oil for 5 min until golden. With a slotted spoon, lift out on to a large plate.
2. Add apples to casserole and fry on cut sides for 3 min until golden. Transfer to sausage plate. Add onion to casserole, fry for 5 min, then stir in garlic and sage and fry 1min more.
3. Sprinkle in flour, stirring for 1 min. Gradually add cider and stock, stirring until sauce is smooth. Return sausages to casserole with the potatoes. Cover and simmer for 15 min.
4. Nestle in the browned apples. Cover and simmer for 15 min. Stir in the cabbage, cover and simmer for a final 5 min. Check seasoning and serve.

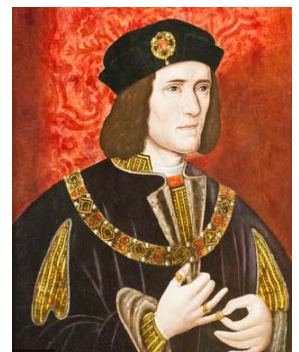
Tip:

To make this a vegetarian alternative you can use vegetable and your preferred vegetarian sausage.

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

General Knowledge Quiz

- a. Which city was the capital of Japan before it was changed to Tokyo?
- b. How many days does Lent last for?
- c. Named after a famous fictional character what is Scotland Yard's national intelligence system called?
- d. To the nearest million how many dogs are there in the UK?
- e. What is the proper name of the Northern Star?
- f. Which bridge over the river Thames marks the start of the Oxford and Cambridge boat race?
- g. How many boroughs of London is the Metropolitan Police responsible for?
- h. In which year was the Queen Coronated?
- i. Which city is the artist 'Banksy' believed to be from?
- j. What was the name of the first Blue Peter dog?
- k. What wood are cricket bats normally made from?
- l. How many countries border Spain?
- m. The pound symbol '£' represents which letter with an additional line?
- n. Which country sold Alaska to the USA?
- o. Who was Prime Minister when the NHS was established?
- p. What is the largest organ in the body?
- q. How tall was Robert Wadlow the world's tallest man?
- r. What temperature is absolute zero in degrees Celsius?
- s. What is the world's best-selling computer game?
- t. 'Vulcanisation' is a process for hardening what material?
- u. What colour is the most common on national flags?
- v. Who played Freddie Mercury in the film Bohemian Rhapsody?
- w. Who recently became the world's richest person?
- x. At which battle was Richard III slain?
- y. Who wrote the worlds first computer programme?
- z. The word vaccination derives from the name of which animal?



History of Scotland Yard - Ken Dew, Cadet Core Leader

Shortly after the formation of the Metropolitan Police in 1829, the first Police Station opened in Whitehall. It had stables and a rear entrance into a Street called Great Scotland Yard. This name arose because it stood on the site of a medieval palace that had housed Scottish royalty when the latter were in London on visits. This rear entrance became the station's Public Entrance and the building became known as 'Scotland Yard'.



By the late 19th century, this building had grown increasingly overcrowded, and in 1890 a new headquarters building was opened on the Thames Embankment and named New Scotland Yard. It was the first building in London to be lit exclusively by electric light. It was faced with granite quarried by prisoners on Dartmoor, and a female body, the victim of an unsolved murder, was found in the basement. The original Scotland Yard is now the Great Scotland Yard Hotel. A mounted Police Unit still occupies the stables.

In 1937, telephones were installed, giving rise to the famous 'Whitehall 1212' telephone number. Even today, their telephone number is 020 7230 1212. In 1967, the Metropolitan Police Service (MPS) moved its headquarters to a new 'New Scotland Yard' - a tall, newly constructed building close to The Houses of Parliament. In 2016, MPS moved to its current headquarters in Westminster. It became the 3rd building to be 'New Scotland Yard'. The previous 'New Scotland Yard' was converted into flats.

One of the current 'New Scotland Yard's' many functions is to house the infamous 'Black Museum'. Founded in 1874, 'The Crime Museum of Scotland Yard', to give it its official title, is used in Police training and is a collection of criminal memorabilia. It includes body parts (e.g. gallstones that failed to dissolve in acid along with the rest of a murder victim) and a set of pots and pans that once belonged to Scottish serial killer Dennis Nilsen. They were used to boil human flesh. It is not open to the public.

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. Kyoto | j. Petra | s. Minecraft |
| b. 40 days | k. Willow | t. Rubber |
| c. HOLMES | l. 5 | u. Red |
| d. 10 million | m. L - it stands for libra | v. Rami Malek |
| e. Polaris | n. Russia | w. Elon Musk |
| f. Putney Bridge | o. Clement Atlee | x. Battle of Bosworth |
| g. 31 | p. The Skin | y. Ada Lovelace |
| h. 1953 | q. 8" 11' | z. Cow - Vacca |
| i. Bristol | r. -273 °C | |




We must keep on protecting each other.





HANDS FACE SPACE

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES