

# Citizens in Policing - CONNECT

## ISSUE 10

Hi all, I hope you're all keeping well. I'm delighted to be welcoming you to this newsletter at a time of good news that the restrictions are continuing to lift. For many it has been a long and lonely 18 months. Squeeze your loved ones extra tight and for a little longer when you can, I certainly intend to. Here at Wiltshire Police we've been working hard to try and restart some new normality. The team are busily writing risk assessments and trying to source ICT equipment so we can get as many of you back to work with us as soon as possible, and as soon as you feel ready of course.

This month we're focusing on mental health in line with Mental Health Awareness week. I hope you find some of the articles in this magazine interesting and useful. We have all undoubtedly been affected by the last 18 months and this is a great opportunity to remind ourselves of the importance of chatting to friends, enjoying some fresh air and asking for help when we need it.

I really hope you enjoy this edition. The team work very hard to pull it together for you, with a huge thanks to Henry who works tirelessly chasing round after us all (especially me) to get it done! As always, if there's anything you want to see in here, just let us know!

All the 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.police.uk](mailto:vc@wiltshire.police.uk)



**Wiltshire Police**  
Proud to serve and protect  
our communities





## **April & May:**

**John - Bobby Van Covert Camera**

**Hope - Office Support**

**Adrian - Training Support**

**Paul – Humane Animal Dispatch**

**Guy – Humane Animal Dispatch**

**Robert – Humane Animal Dispatch**

**Duncan - CiP Enhancement**

**Joe - Rural Crime Support**

**Vicky - Training Support**

**Abigail - NHW Support**

**Thomas - Office Support**

**Adrian – Humane Animal Dispatch**

**Linda – Police Dog Foster Carer**

**Rory - Humane Animal Dispatch**

**Ann – Chaplain**

**Keith - Humane Animal Dispatch**



# Stress Awareness Month

A survey of 2000 British adults was performed by the Stress Management Society and Huawei AppGallery in January, it aimed to understand the pandemic's impact on stress and mental health. A summary of the findings is that: 65% of people surveyed felt more stressed than usual, 53% more anxious, and 43% more depressed. The three main causes of concern were "disconnection, uncertainty and worrying loss of control". In particular, 57% missed family and friends, 46% were concerned about when normality would return, and 37% felt anxious about changing lockdown rules. You can use [this](#) or [this](#) link to learn more.



Wellbeing



Stress Management Society  
from distress to de-stress

To help raise awareness about the causes and treatments for stress, April has been Stress Awareness Month since 1992. Whilst stress isn't inherently bad, it can help us to survive, it is a large problems public health problem. Stress is not only linked to mental health problems, such as anxiety and depression, but physical health problems as well, including heart disease and immune system issues.

To help you with stress the Stress Management Society has produce a 30-Day Challenge. The challenge aims to help to you regain connectivity, certainty and control. Each day of the challenge contains an activity to help deal with physical, mental and emotional stress. The physical activities focus on getting you active or ensuring you are eating and drinking healthy. The mental activities focus on organising your life and relaxing. The emotional activities focus on self-introspection and motivation. A link to the 30 Day challenge can be found [here](#) with extra hints and help found [here](#).

More information and resources about stress and stress management can be found on the Stress Management Society's website [www.stress.org.uk](http://www.stress.org.uk) support can also always be found through the [wellbeing portal](#).

STRESS AWARENESS MONTH APRIL 2021

REGAIN CONNECTION, CERTAINTY AND CONTROL

# Workshops

**Business Continuity is Everyone's Business: A focus on Cybercrime, you and how to protect yourself.**

**Workshop delivered by:** Kieran Hall (DIIU) and Caroline Long

**Date:** Thursday 20<sup>th</sup> May

**Time:** 2 pm - 2.50 pm

The event will focus on cybercrime which is one of the fastest growing criminal activities across the world, costing the UK alone an estimated £1.8b last year. The event will address the threat of cyberattacks in both our private and business lives and share tools and resources which build resilience.

Cyber attackers know it is easier to target a person than a computer to gain unwanted access into a system. Building resilience through knowledge is an important skill which can be applied in everyday life, in the work place and in business management.

To book a place use [this](#) link, please use your own personal email account it does not need to be a Wiltshire Police one.

## Autism Awareness

**Workshop delivered by:** Magda Allen - Leicestershire Police

**Date:** Friday 28<sup>th</sup> May

**Time:** 9.30 am - 10.20 am

Magda Allen has been the Autism Lead for Leicestershire Police for 4 years. She has found that, both in the workplace and local communities, there is a constant need for officers and staff to understand autism.

The session is aimed at police officers, staff and volunteers of all ranks and roles and will give everyone an understanding of what Autism is, the traits, characteristics and behaviours of autism, how we can improve our interactions with victims, witnesses, suspects and offenders, who have autism.

To book a place use [this](#) link, please use your own personal email account it does not need to be a Wiltshire Police one.

## Highways England - STAG

With the closure of the A344, which ran alongside Stonehenge, levels of traffic in the communities started to reach a breaking point. After a serious incident occurred local resident Jannet Hasset decided that she had to do something, hence, the [Stonehenge Traffic Action Group](#) (STAG), was founded in 2013 to help reduce traffic in the communities around Stonehenge.



Hasset who has lived in Shrewton for thirty years said that: “Wiltshire is a beautiful county, there's so much open space to enjoy and some really stunning landscapes right on our doorstep. We get walkers, cyclists and horse riders exploring and making the most of the area.” But with the closure of the A344 the levels of traffic in the area had reached such a level that “our elderly population are afraid to cross the street because of incoming traffic”. STAG is also very concerned with the environmental impacts that traffic can have on the area, particularly with the effects of air pollution caused by the large amounts of cars and congestion.

In 2014 STAG managed to get their local MP to deliver a petition to Parliament and have been working to reduce traffic around Stonehenge since then. The solution that STAG has suggested is turning the making the A303 west of Stonehenge dualled, and constructing a by-pass for Winterbourne Stoke. The proposed changes are designed to reduce the amount of traffic through local villages around Stonehenge. STAG believes these changes will allow children to once again be able to enjoy going outside on their bikes and help promote local biodiversity.

Once the A303 has been dual STAG are going to carry trying to reduce traffic by working with local officials whilst continuing to work with [Highways England](#). STAG has its own [website](#) that looks at the progress of the road works and archaeological work required before road works around such a historically important location as Stonehenge can be carried out.



## Things to do / Places to Visit

### Visit Wiltshire - Road Map to Reopening:



As lockdown is being lifted across the country the number of available activities increases. To keep track how what is now currently permitted and what soon will be, you can look at Visit Wiltshire's Reopening Roadmap. As of April, we are currently in Step Two which means outdoors attractions are now allowed to open, as well as all shops and some indoor leisure facilities. In addition, pub, cafes, and restaurants can now serve customers outside.

Step Three can begin in mid-May at the earliest, meaning that indoor activities and attractions are able to reopen. Hence, you should be to visit the museums whose virtual tours were recommended in the last issue. Currently the final step, Step 4, where all limits on social contact will be removed is expected to happen on 21<sup>st</sup> June at the earliest.

To see the full [Reopening Roadmap](#) and numerous activity suggestions you can use the [Visit Wiltshire](#) website.



### Devizes History Trail:

One of the possible activities you might wish to complete is the new Devizes History Trail. The trail created by Natasha Morabito is intended for all ages, and both locals and visitors. The focus is on “quirky history” rather than the more conventional “text-book” history.

It was designed to include “all kinds of stories, for all kinds of people”, and by allowing you to follow in the footsteps of the subjects of the stories it is a unique opportunity to gain an understanding of Devizes's history. Examples are the daughter of an MP who decided to defy traditional conventions to follow her husband during the Crimean War; and Henry Vincent who was chased out of town after he campaigned for more people to be given the right to vote. Other stories include insights into riots in the marketplace and people imprisoned in Devizes Castle.

# A Poem: Some of Us by Julie Sheldon

Some of us must stay at home  
And not go out the door  
Some of us are working  
Like we've never worked before

Some of us are falling out  
With siblings, Dads, and Mothers  
Some of us are reaching out  
And looking after others

Some of us are keeping busy  
Doing lots of jobs  
Some of us have given up ...  
We're turning into slobs

Some of us are playing games  
And learning brand new hobbies  
Some of us are still 'no good'  
And watching out for Bobbies

Some of us have lots of friends  
To text with and to phone  
Some of us have no one  
And feel that we're alone

Some of us feel positive  
And think that we're in charge  
Some of us feel anxious  
And fear the world at large

Some of us have footpaths  
To cycle, walk, and jog  
Some of us have nowhere nice  
To even walk the dog

Some of us are welcoming  
New babies being born  
Some of us have lost loved ones  
And cannot truly mourn

None of us will ever know  
What's really going on  
None of us will think the same  
When all of this is done

All of us can choose to spend  
Our days in fear and dread ... BUT  
All of us can choose to plan  
For better days ahead

# Potato, Bean and Mozzarella Frittata



## Ingredients:

- 500 g new potatoes, quartered
- Oil for frying
- 1 onion, finely sliced
- 1 red chilli, finely chopped, or 2 tsp chilli flakes
- 4 fresh rosemary sprigs, leaves picked and finely chopped
- 200 g green beans, trimmed
- 8 large free-range eggs, beaten
- 125 g mozzarella ball, drained

## Directions:

Turn the grill to medium-high. Boil the potatoes in a pan of salted water for 10 minutes or until just tender.

Meanwhile, in a 23 cm non-stick ovenproof frying pan, heat a drizzle of oil over a medium heat. Add the onion and fry for 5-8 minutes until softening. Add the chilli and most of the rosemary, then season with salt and pepper. Fry for a couple of minutes more, then add the green beans and cook for a minute. Drain the potatoes well, add them to the pan and turn the heat to low. Pour the beaten egg into the pan, then shake and tip the pan a little to make sure the egg coats everything evenly. Tear the mozzarella ball into pieces and scatter on top.

Fry the frittata for about 5 minutes on a medium heat to set the egg at the bottom of the pan. Put the pan under the hot grill and cook for 4-5 minutes until the frittata is just set. The mozzarella will release a little liquid as it melts, so don't mistake this liquid for runny egg. Keep a close eye on the frittata as grills vary in heat and this dish is best when the eggs have only just set - cook it too long and it will dry out.

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

[delicious.](#)

# Lemon Meringue Cupcakes



## Ingredients:

### Cake

- 125 g salted butter
- 155 g (3/4 cup) caster sugar
- 2 teaspoons lemon rind, finely grated
- 2 eggs
- 150 g (1 cup) self-raising flour
- 150 g (1 cup) plain flour
- 125 ml (1/2 cup) milk

### Lemon Curd

- 1 egg, lightly whisked
- 50 g salted butter
- 2 teaspoons lemon rind, finely grated
- 60 ml (1/4 cup) lemon juice
- 100 g (1/2 cup) caster sugar

### Meringue

- 4 egg whites
- 215 g (1 cup) caster sugar

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

[taste.com.au](http://taste.com.au)

## Directions:

Preheat oven to 180C/160C fan forced, then line twelve 125 ml (1/2 cup) muffin pans with paper cases.

Use electric beaters to beat the butter, sugar and lemon rind in a bowl until pale and creamy. Add eggs, 1 at a time, beating well after each addition. Add the flours and milk, in alternating batches, until just combined. Divide among prepared pans. Bake for 20 minutes or until a skewer inserted into the centre comes out clean.

Meanwhile, for the curd, combine the egg, butter, rind, juice and sugar in a saucepan over medium-low heat. Cook, stirring, for 2 minutes or until butter melts. Increase heat to medium. Cook, stirring constantly, for 3 minutes or until mixture boils and thickens. Remove from heat. Transfer curd to a bowl. Cover with plastic wrap. Place in fridge for 1 1/2 hours to chill.

Use a small serrated knife to cut a 4 cm-wide, 2-3 cm-deep cone from the centre of each cupcake. Spoon lemon curd into holes.

For the meringue, whisk the egg whites in a clean, dry bowl until soft peaks form. Continue whisking, gradually adding sugar, 1 tbs at a time. Continue whisking until sugar dissolves.

Use a piping bag with a 1.5cm plain nozzle to pipe meringue over cupcakes. Bake on an oven tray at 220C/200C fan forced, for 3-5 minutes or until meringue is toasted.

# General Knowledge Quiz

- a. What is the latest date Easter can fall on?
- b. In which century did St George become patron saint of England?
- c. Dominica and Nicaragua are the only countries whose national flags contain which colour?
- d. What do Americans call elks?
- e. What are the April Birthday flowers?
- f. How tall is Mark Hill the highest point in Wiltshire?
- g. Who is considered the 'Founder of the field of Epidemiology'?
- h. How long does the average human sleep cycle last?
- i. How many countries border Poland?
- j. What was Blackbeard's real name?
- k. The Grand National is held at which racecourse?
- l. How many countries are in the Commonwealth?
- m. What is the name of the name of the Hindu Festival of Colour?
- n. How many official languages does the UN have?
- o. By volume what is the largest lake in the UK?
- p. How long has the Shipping Forecast been broadcast for?
- q. How many golf clubs can golfers carry in one bag without being penalised?
- r. What was the most streamed song of 2020?
- s. How many keys are on a standard piano?
- t. Which King of England help put out the Great Fire of London?
- u. Who won the most medals at the 2012 London Olympics?
- v. Which are bigger llamas or alpacas?
- w. To the nearest ten million how many registered cars are there in the UK?
- x. What colour are the bottoms of Christian Louboutin shoes?
- y. What is the approximate frequency range of human hearing?
- z. What is the longest road in the UK?



## Wiltshire's Prisons - Ken Dew

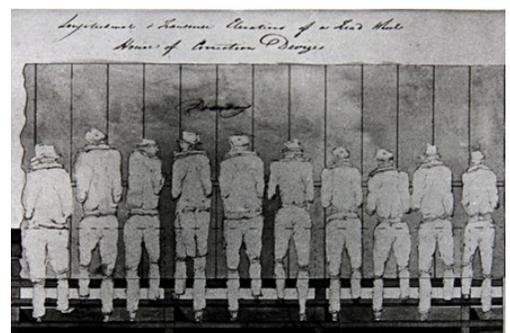
It took many centuries before buildings were constructed for the sole purpose of incarcerating the convicted. Usually, all that most towns possessed was a small building for housing a prisoner awaiting trial, punishment or execution (or sobering up). These were known as 'Blind Houses' as they had no windows, the one in Shrewton still exists. Devizes Castle was used as a prison for petty criminals in the Wiltshire area until it was destroyed in the 15th century.

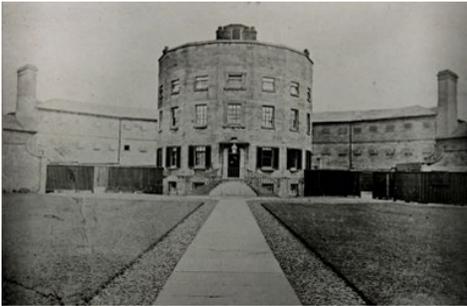
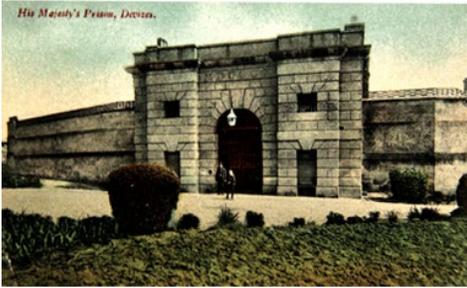


In 1556 The Bridewell Prison opened in London. It was a new type of prison to deal with the growing numbers of those regarded as rogues and vagabonds or the 'idle poor.' This example was followed in, Salisbury in 1564 and Devizes in 1579. The Devizes building in Bridewell Street, much modernised, still exists and is now known as The Grange. The Old Bridewell was used mainly for detaining pre-trial suspects, and closed as a prison in 1836, beginning a new lease of life as a County Police station.



The Devizes County House of Corrections opened in 1817, it was the replacement for The Old Bridewell. It was located on the west side of Devizes, near what is still called Prison Bridge over the Kennet and Avon Canal. It held 700 prisoners. Labour included treading corn, whitewashing, baking, cooking and cleaning. Later, the treadmill was walked just for punishment. It became loathed by the prisoners. Another equally pointless device was the Crank. This was a large handle, in their cell, that a prisoner would have to turn, thousands of times a day. This could be tightened by the warders, making it harder to turn, which resulted in their nickname of 'screws'. These punishments were not abolished until 1898.





Historically hanging in Devizes took place at the Gallows ditch on Highworth Road from the 12th century onwards. This site now has a small green area on the castle side of the road and opposite the beginning of Hartmoor Road and, reputedly, no birds sing there. The gallows were situated high up on a tower on the outside of the prison so that people could have a good view of the spectacle. The gallows were situated high up on a tower on the outside of the prison so that people could have a good view of the spectacle. The last hanging took place on 1903.

After the 1868 closure Fisherton Anger gaol, just outside Salisbury, Devizes Prison again became the only prison in Wiltshire. Between 1912 and 1914 the prison was used only for prisoners on remand. Then it was a military detention barracks from 1914 until 1920, when it fell completely out of use. In 1921, Devizes Prison officially closed. The building was sold the next year and demolished in 1927. There does not appear to be any evidence of any prison facility in Wiltshire between the closure of Devizes Prison and the opening of Erlestoke Prison.

Erlestoke Prison, Wiltshire's only prison, is built around Erlestoke House which had been seriously damaged by a fire in 1950. It was originally a country house built by the then local MP between 1780 and 1810; during the Second World War it was used as a training school for the Special Operations Executive.



The site was first used by the Prison Commission in 1960 as a detention centre, became a young prisoners' centre in 1977, and a Category C adult male training prison in 1988. In 1998, it was reported that thieves had broken into Erlestoke Prison and stolen £3000 worth of gardening tools from a shed. Two years later, two inmates from Erlestoke used a makeshift ladder in a daylight jailbreak. The two escapees then stole a car from a nearby farm, but then crashed it, and were subsequently recaptured by the police. HMP Erlestoke jail houses 470 adult male convicts, guilty of crimes ranging from thefts, burglaries and drugs offences to violent criminals.

## 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. 25 <sup>th</sup> April    | j. Edward Teach       | s. 88             |
| b. 14 <sup>th</sup> Centaury | k. Aintree Racecourse | t. Charles II     |
| c. Purple                    | l. 54                 | u. Michael Phelps |
| d. Moose                     | m. Holi               | v. Llamas         |
| e. Daisy and Sweat Pea       | n. 6                  | w. 40 million     |
| f. 295 m                     | o. Loch Ness          | x. Red            |
| g. John Snow                 | p. 150 years          | y. 20 - 20,000 Hz |
| h. 90 minutes                | q. 14                 | z. A1             |
| i. 7                         | r. The Weekend        |                   |




We must keep on protecting each other.

  
**HANDS**

  
**FACE**

  
**SPACE**

STAY ALERT • CONTROL THE VIRUS • SAVE LIVES