

Safer Borders

Newsletter Nos. 13 January 2013

A newsletter on community safety issues in the Scottish Borders

‘HEAR OUR VOICE’

‘Hear our Voice’ is a powerful and emotive short film portraying four women, who tell their personal stories of the reality of domestic abuse in rural Scotland. The Safer Communities Team, at Scottish Borders Council, has been supporting local survivors to make a film about their experiences of seeking support for domestic abuse.

In their own words, they describe the stigma, the shame, the barriers to getting help and their journeys to recovery. The survivors who made this film, called Hear Our Voice, give a clear message to professionals and the wider public about what they can do to help, support and protect victims of domestic abuse.



The women recorded their stories during interviews and a participation workshop, facilitated by the film company, Media Co-Op. The women also worked with the film crew to choose locations, shots, key messages and the final edits.

Andrea Beavon, the Violence Against Women Coordinator with Safer Communities, said "It is vitally important that we deliver our services with the needs of victims in mind, and the only way we will know whether we are doing the right thing, is to ask them. This project has been a real privilege to work on, the women took such brave steps to become involved and our responsibility to them was to make sure their anonymity was retained."

All of the women are now free of their abusive relationships, and their hopes for this DVD are that people understand that it is very difficult to leave everything behind and that they rely heavily on people responding appropriately. The aim of the film is to raise awareness in training, across communities, in services, with staff teams and community groups. The DVD also contains a resource pack to support its' use as a training resource and information on support services.

One survivor said "Living in the country is tranquil, calm and peaceful but behind closed doors it can be a different story. I was very frightened of my husband and hated seeing my child being hit and kicked the same as me. Living in a small community everyone knows everyone else, but they do not always understand domestic abuse."

Another explained “I was once subjected to a three hour assault and had every bone in my body broken. I didn’t want to speak to them in the hospital, and I think the staff knew what had happened. It took a long time for me to build up the courage to admit what was happening and to seek help.”

The main message from these inspiring women is that living with domestic abuse was not a choice they made and they needed help to get back on their feet, and that if the making of this film can save one more family from a life of misery it will have done its job.



(At the launch organisers Jenny Williamson, Andrea Beavon with Rob Dickson and Chief Inspector Kenny Simpson)

Copies of the film are available, (free of charge) contact Andrea Beavon, VAW Coordinator, Safer Communities, Scottish Borders Council Headquarters, Newtown St Boswells, Melrose, TD6 OSA, or on andrea.beavon@scotborders.gsx.gov.uk

The film was funded by Scottish Borders Council and the Scottish Government.

‘The Drive of your life’

YOUNG DRIVER ROADSHOWS



Scottish Borders Road Safety Working Group part of the Safer Communities Partnership are holding 3 young driver road shows on the evenings of Friday 11th, 18th and 25th May. *(Venues tbc.)*

Young drivers and those who have recently passed their driving test are being invited along to participate in an informative evening on driving issues.

Young drivers will have the opportunity through a range of interactive practical demonstrations to highlight how and where young drivers are having crashes, the consequences of drivers inexperience and over confidence, discuss the legalities of modified vehicles and the opportunity to interact with a range of experts

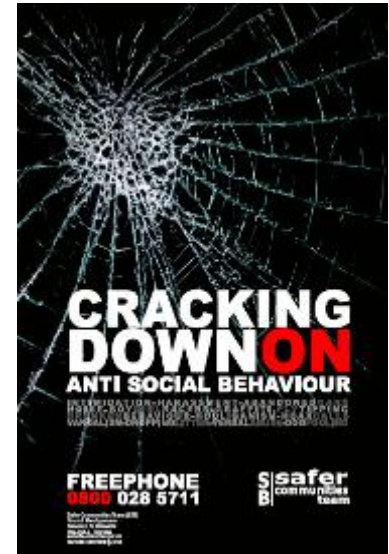
Contact the Safer Communities Team Tel: 01835 825058 safercommunities@scotborders.gov.uk

TACKLING ANTISOCIAL BEHAVIOUR IN HAWICK

On Wednesday 14 December, a multi agency team of officials from Scottish Borders Council's (SBC) Antisocial Behaviour Team, Eildon Housing Association, Scottish Borders Housing Association, Lothian and Borders Police and local elected members took to the streets in residential areas in Hawick following numerous complaints of incidents of an antisocial nature.

The intervention included doorstep visits to householders and supply packs containing advice and guidance about what to do if they witness any criminal or antisocial behaviour. It is hoped that this action will:

- provide community reassurance to the innocent law abiding householders in these streets that their concerns are being dealt with effectively and on a multi agency basis
- encourage these law abiding householders to record and report all types of antisocial behaviour as it happens, and if the behaviour is of a serious nature to telephone the Police and report the incident immediately



Problematic individuals or addresses identified through this will be tackled utilising powers under both Antisocial Behaviour and Housing legislation.

A review will be carried out in the spring to analyse the effectiveness of the intervention. For more information contact the Safer Communities Team. Tel 01835 825058.

BSure2BSafe

BSure2BSafe project was conducted by RoSPA to gain a better understanding of what home safety support is out there for teenage parents in Scotland. Where do young parents in Scotland go for help and how much do they know about home safety. Children between 0 and 4 years of age are most at risk of being injured in the home.



The conclusions from a series of focus groups of young parents are;

- Many young parents feel isolated and don't always know where to go for professional advice.
- The majority of the young parents were given very little or no safety advice from their health visitors or midwives. The majority of the mothers did feel judged by many professionals they came into contact with. However, some did have a good relationship with theirs.
- All of the girls met said they would benefit meeting with groups of mothers of a similar age to them and with people they can relate to. However a lot of these existing groups are not well known. More advertisement needs to be done
- More sources of information in public place. Many mothers said that a good place to have leaflets/posters filled with information on home safety would be anywhere they are standing waiting for any length of time.

For a copy of the report go to <http://www.rospace.com/homesafety/aroundtheuk/scotland/info/bsure2bsafe-final-report-0911.pdf>

'TIME TO THINK ABOUT WHAT YOU DRINK' CAMPAIGN

We are now gearing up for the next phase of the Scottish Government's Alcohol Behaviour Change campaign, due to launch on 6th February, and are looking forward to working with you all again and having your support.

The campaign is targeted towards women aged 30-50 and aims to educate them about how many units they're drinking, the short and long-term health consequences of regularly exceeding the sensible drinking guidelines as well as encouraging them to make some small lifestyle changes to help them cut back their alcohol consumption.

New elements of the campaign for 2012 include the Drinking Time Machine, a free downloadable app available on the www.drinksarter.org website which will show the effects of regularly drinking more than we should and The Wine Glass Challenge web tool where we'll be challenging people to guess how many units are in their usual glass and see the difference **'Dropping a Glass Size'** could make to their sleep, weight, bank balance and overall health.

Simple hints and tips to help people cut back on their alcohol consumption are also available on the website. You can also find a campaign toolkit, containing a downloadable poster, unit measure cup leaflet, web banners, button, wallpaper, email signature and PR features at the Drinkaware website to help communicate campaign messages in your local area.

Please can you support this campaign by using the tools in your workplace to promote the campaign. If you have any special requests e.g. Alcohol Awareness Sessions for the workplace or would like further help and advice contact Susan.Walker@borders.scot.nhs.uk



SAFER JOURNEYS TO SCHOOL WEEK

14th to the 25th May

Safer Journeys is a campaign to encourage communities to consider how their behaviour can impact on the safety of children going to and from school and on other residents in the community.

Fiona Lackenby, Road safety officer with Lothian and Borders Police said, "this is a Borders wide campaign involving our schools and their local communities in trying to improve safety for all road users but most especially children".

The campaign will involve a combination of education of children, parents and drivers, as well as supporting enforcement regarding inappropriate parking, speeding, non use of seat belts and use of mobile phones whilst driving.

Click on link for more information [Teaching your child to cross the road safely](#)

For more information contact Karen McGrath KMcGrath@scotborders.gov.uk



FREE GAS SAFETY CHECKS AVAILABLE

£134 million worth of potentially life-saving gas safety checks which are offered free by the energy suppliers go unclaimed every year. According to research carried out for Gas Safe Register, 88% of elderly homeowners have never claimed a free gas safety check.

As the winter weather continues and puts increased pressure on our central heating systems, latest official ONS statistics show that 25,700 died from cold-related illnesses last year. Among these are nine elderly people, who died every hour from cold-related illnesses.

Gas Safe Register is urging people, particularly the elderly, to make sure they take advantage of free gas safety checks if they are eligible and ensure they have well-maintained and safe gas appliances. When a gas boiler, gas fire or heater fails, the average home can quickly drop to 16°C, the temperature at which hypothermia can set in. While younger people feel cold, it's far more serious for the elderly, whose temperature falls far faster and to dangerous levels when their home temperature falls below 16°C. That's why the energy companies offer free checks to the most vulnerable.

Paul Richardson, from the Safer Communities Partnership, said "By my estimation, on a pro rata basis there would be £200,000 worth of free gas safety checks unclaimed by older people in the Borders. We are very keen to encourage the elderly to check their eligibility and to follow up if they qualify. This will give them and their families peace of mind during the winter months and ensure that they are safe from any gas leaks".

Gas suppliers have a duty to provide free gas safety checks to some elderly people. Call the company you get your gas bills from to find out more.

A free gas safety check may apply to home owners on means tested benefits who:

- are elderly disabled or chronically sick and either live alone or with others who are elderly, disabled, chronically sick or under 18.
- are living with others where at least one child is under 5 years old.
- have not had a gas safety check carried out at the premises in the last 12 months.
- do not occupy premises where a landlord is responsible for arranging a check under regulations made under the Health and Safety at Work Act.

To find who is eligible for a free gas safety check, visit www.GasSafeRegister.co.uk/elderly, then contact your energy supplier.

PROTECTING AN AGEING POPULATION FROM RISK OF FIRE IN THE HOME

The Chief Fire Officers Association (CFOA) have launched a new National Older Persons Strategy which aims to provide guidance and support to fire and rescue services and their partners to enable them to rise to the challenge of keeping older and more vulnerable members of the community safer from the risk of injury and death as a result of fire in the home.

To read more about this and to have a look at the report please follow this link; <http://www.fire-magazine.com/Content/Doc.aspx?id=2414>

RICHARD HILL AWARD 2011

Andrea Beavon, Violence Against Women and Domestic Abuse Coordinator, at Scottish Borders Council (SBC) is the well deserving winner of the Richard Hill award 2011. This award was initiated by a previous Director of Technical Services, now known as Environment and Infrastructure who wanted to reward an individual each year who has 'gone the extra mile'. Andrea works within the Safer Communities team based in Newtown St. Boswells.



Safer Communities Manager, Kenny Simpson, who nominated Andrea said, "She has tackled the area of Domestic Abuse with drive & energy, identifying huge gaps in service provision & raising awareness in public, private & voluntary sectors. She managed to get Violence Against Women (VAW) issues placed on all partners' agendas and incorporated within the Single Outcome Agreement.

"In 2010, she led the partnership in creating the first ever Scottish Borders Rape Crisis Centre. Her knowledge as a board member on the Scottish Rape Crisis Board was instrumental in both securing funding, and for providing a service tailor made to local needs".

"She has been the lead in the "Pathway Project" a ground breaking plan incorporating Advocacy, Community Outreach and Children Experiencing Domestic Abuse Recovery groups (CEDAR) for the Scottish Borders which will be the first of it's kind in the UK. The potential "local model" will produce a customer led service that will be second to none.

"Andrea has made a bid to the BIG Lottery & Scottish Government to fund this 3 year project. With overall project costs of £1.3m, she has managed to get SBC, NHS Borders, Lothian & Borders Police and local Housing providers to provide a growth investment of over £130k in times when budgets are being slashed.

Kenny continued, "She secured a free legal advice/drop in service with a local solicitor for women survivors of domestic abuse. She was selected by the Scottish Government for the Scottish Borders to develop a 'pilot' on "Safe Contact" for children experiencing domestic abuse, and assisted the NHS Borders in delivering training in addiction services."

NEW 16TH NATIONAL OUTCOME FOR OLDER PEOPLE

Up until December there were fifteen National Outcomes used to describe what the Government wanted to achieve to make Scotland a better place to live and more prosperous and successful country.

A new National Outcome relating to older people was added to the National Performance Framework.

"Our people are able to maintain their independence as they get older and are able to access appropriate support when they need it"

For further information see <http://www.scotland.gov.uk/About/scotPerforms/outcome>

ACCIDENTAL DEATHS & SERIOUS INJURIES DOWN

The number of deaths and serious injuries from all accidents fell slightly in the Scottish Borders in 2010/11 according to recent data released by ISD Scotland. In 2010/11, 32 people died (down 16% on the previous 3 year average) and 1,310 people suffered serious injury resulting in an Emergency admission to hospital (down 7% on previous 3 year average).

Falls to the over the 75 and over age group remain the single largest cause of death and serious injury in the Scottish Borders

- Over the five year period 2006-2010 there 181 accidental deaths in the Scottish Borders.
- Of these 80 or 44% of all accidental deaths were as a result of an accidental fall to a person over the age of 75 years.
- The second largest category of deaths was from road accidents, over the last five years 57 people of all ages have died representing 31% of all accidental deaths.

Table1. Accidental deaths Scottish Borders 2006-2010 (source: ISD Scotland)

	all accidental deaths	Deaths from accidental falls to 75+ age group	Falls to over 75's as % of accidental deaths	Deaths on the road all ages	road deaths as % of all deaths
2006	32	18	56%	10	31%
2007	46	23	50%	13	28%
2008	34	14	41%	13	38%
2009	37	10	27%	12	32%
2010	32	15	47%	9	28%
Total	181	80	44%	57	31%

Falls remain the single largest cause of serious injury in the Borders.

During 2010/ 11 - 789 people of all ages were emergency admissions (EA) to hospital as a result of a fall. Those most at risk were the over 75 age group- 332 or 41% of all serious injuries from falls.

Over the last five years;

- Over 75's falling accounted for 1 in 4 (24%) of all emergency hospital admissions from accidental injury.
- Three quarters of these falls injuries to over 75's take place the home
- The second largest causes of serious injuries are from road accidents (all ages) which accounted for 7% of all emergency hospital admissions from accidental injury.

Table 2. Serious accidental injuries resulting in an emergency admission (EA) to hospital Scottish Borders 2006/07 to 2010/11 (source: ISD Scotland)

	All EA's result of an accident	EA's as a result of an accidental fall to an over 75's	Falls to over 75's as a % of all EA's as a result of an accident	EA's as a result of an accidental fall in the home to an over 75's	Home falls as % of all falls to over 75's	EA's as a result of a road accident (all ages)	Road accidents as % of all EA's as a result of an accident
2006/07	1358	290	21%	217	75%	92	7%
2007/08	1,499	350	23%	250	71%	121	8%
2008/09	1364	330	24%	255	77%	103	8%
2009/10	1368	335	24%	244	73%	95	7%
2010/11	1310	332	25%	250	75%	92	7%
Total	6899	1637	24%	1216	74%	503	7%

For more information go to <http://www.isdscotland.org/Health-Topics/Emergency-Care/Publications/>

'LEGAL HIGH' AWARENESS CAMPAIGN

The Safer Communities Team is becoming aware of the increasing use of Legal Highs. As part of our preventative work we are asking licensees in identified premises to support a 'Legal High' Awareness Campaign by displaying posters in toilet areas.

What are Legal Highs?

Legal highs are substances, which give similar effects to illegal drugs such as cocaine and ecstasy but are not controlled under the Misuse of Drugs Act. They are however, considered illegal under current medicines legislation to sell, supply or advertise for "human consumption". To get round this sellers refer to them as research chemicals, plant food, bath crystals or pond cleaner.

Although they are marketed as legal this does not mean they are safe and can carry serious health risks. The chemicals they contain have in most cases never been used in drugs for human consumption before, so haven't been tested to show that they are safe. Users can never be certain what they are taking and what the effects might be.

How does it impact on licensees?

Users will often take these substances with alcohol, which can increase the risk to themselves. This work can help support licensees in their responsibility to meet the licensing objective "protecting and improving public health". By displaying this information they are increasing awareness of the risks of legal highs, providing safety information and support services available to the public.

What action was taken?

Over the festive period, posters with key safety messages for display in toilet areas (both male and female) were distributed to licensed premises across the Borders. The three key themes for the posters included:

- Legal does not mean safe
- Don't mix alcohol with other substances
- Support Services available

For more information on legal highs and emerging trends please visit the download section at www.crew2000.org.uk or contact Alcohol & Drugs Partnership Support Team on 01896 825566.



MAKE IT SAFE! / DEAN SABHAILTE E! / ZABEZPIECZ JE!

New 'Make it Safe' leaflets in Gaelic and Polish will be available from RoSPA as part of the ongoing campaign to raise the awareness of parents to the dangers to toddlers from loose blind Cords.

For more information contact jhenderson@rospa.com.

To view the Make it Safe leaflet (produced in partnership with the British Blind and Shutter Association) click on

www.rospa.com/HomeSafety/Info/blind-cord-safety.pdf.



Lothian and Borders Police Board is looking for **volunteers** to join its Custody Visiting and Lay Diversity Adviser Schemes



Can you help your community? Lothian and Borders Police Board

CAN YOU HELP YOUR COMMUNITY?

Lothian and Borders Police Board is looking for volunteers to join its Custody Visiting and Lay Diversity Adviser Schemes. Closing date for applications 15th Feb.

www.lothianandborderspoliceboard.co.uk/volunteering

YOUNG DRIVERS @ WORK

Young Drivers at work face, and create, a higher risk than other drivers because of their inexperience and because driving for work is higher risk than driving for personal reasons. Within the Scottish Government Road Safety Framework to 2020 Young Drivers are highlighted as a priority road user group - in 2007 the 17-25 age group accounted for 25% of all drivers involved in road accidents in Scotland.

The Royal Society for the Prevention of Accidents (RoSPA) has been funded by the Scottish Centre for Healthy Working Lives to undertake a piece of research in Scotland which will involve conducting interviews with companies based in Scotland that employ young (17 to 25 years) "at work" drivers.

- Are you or your organisation able to assist?
- Do you employ young "at work" drivers?
- Are you willing to be contacted to help identify areas of support that can be given to businesses and/or young drivers?

If you can help contact: **Kathleen Braidwood** kbraidwood@rospa.com or call **0131 449 9379**.

CHILD SAFETY – WE'RE ALL RESPONSIBLE

Conference 12th June Glasgow

Child safety on the road, in the home and in leisure and sport activities will be the focus of the first Scottish Conference focused on reducing the number of children killed and seriously injured from accidents in Scotland.



The aim is to raise awareness amongst child care professionals of the opportunities to include child injury prevention within their current role. It should be suitable for representatives of child care partnerships, education advisers, teacher training colleges, lecturers who run nursery staff training GP practice managers, Midwives or nurses running anti-natal classes, NHS health education representatives, Child minders associations, Care commission, Sports and leisure trusts, etc...

The conference will provide an opportunity for a broad approach to injury prevention in Scotland as contained in HEAT targets for child injury prevention.

For more information contact ELumsden@rospa.com



2012 DIARY DATES

February.

7th Feb.

22nd Feb.

Chip pans and cooking safely. (L & B Fire and Rescue)
'Time to think about what you drink' campaign launch
Speeding/Inappropriate Driving Campaign (ACPOS*)

March

Smoking, Fires and Alcohol. (L & B Fire and Rescue)

April.

April 2012 to March 2013

25th and 26th April.

Fires and wheelie bins. (L & B Fire and Rescue)
'Child safety in the home' – Home Safety Scotland
Cycling event, Wilton Lodge Park, Hawick.

May.

14th-18th May

11th, 18th and 25th May.

Electrical fire safety in the home (L & B Fire and Rescue)
Safer Journeys to school Week
'Drive of your Life' Road shows (*Venues tbc.*)

June.

12th June

18-22nd June

18-24th June

Child water safety. (L & B Fire and Rescue)
Child safety in Scotland, Conference, Glasgow
Falls Awareness Week
Child safety Week

July.

Summer safety –Barbecues safety, fire safety, water safety,
(L & B Fire and Rescue)

August.

11th August

29th August

Flood and water safety. (L & B Fire and Rescue)
Family event at Springwood Park, Kelso
Junior Road Safety Officer annual launch

September.

31st Aug. to 11th September

18th September to 5th October.

Chimney safety. (L & B Fire and Rescue)
'Driving into the Future' programme in high schools.
'20th Crucial Crew', Eildon Mill, Tweedbank.

October.

Older people and Electrical safety. (L & B Fire and Rescue)

November / December.

Various dates Nov(tbc)

26th Nov. to 30th Nov.

26th Nov. to 10th December.

7th Dec. to 3rd January 2013

December

Bonfire and firework safety. (L & B Fire and Rescue)
'Safe T' road show to High schools
Carbon Monoxide Awareness Week
16 days of action to end violence against women.
Festive Drink and Drugs Driving campaign
Winter / Christmas safety (L & B Fire and Rescue)

**Association of Chief Police Officers Scotland (ACPOS)*



The Scottish Borders Safer Communities Team brings together officers from the following organisations;
Scottish Borders Council; Lothian and Borders Police; Lothian and Borders Fire and Rescue;
Scottish Borders Housing Association; Procurator Fiscal Service
Tel: 01835 825058 safercommunities@scotborders.gov.uk

Making the Scottish Borders a safer place to live, work and visit