

# Safety NET-works

December 2020



Neighbourhood  
Watch SCOTLAND

HOME  
SAFETY  
SCOTLAND



[www.safercommunitiesScotland.org](http://www.safercommunitiesScotland.org)

## Christmas Edition

### SCSN's Christmas Top Ten Community Safety Hits!



It's been a bit of a miserable year for everyone in 2020, so we thought it would be a bit of fun to come up with a light-hearted 'Christmas Top Ten Community Safety Hits' collection of tracks you can listen to and enjoy, but also to deliver some important community safety messages around these! We hope you enjoy the track list and find the information useful this Christmas!

#### Track 1: The Safety Dance (Men Without Hats) - by RoSPA

Christmas is the time for being with family and friends – if the Covid restrictions allow – and buying them toys and gifts. Please do your research (check for seller/manufacturer names and addresses if buying online) and make sure you buy children's gifts for the correct age group. Look out for small items that could pose a choking hazard to young children, such as loose parts on toys and any button batteries. These batteries can cause severe damage if a young child accidentally swallows them. Remember that Christmas novelties and decorations are not toys and they do not have to comply with toy safety regulations – place them high up and out of reach of young hands.

Plan those special meals in advance and give yourself enough time to prepare and cook to avoid accidents that come from rushing at the last minute. Wipe up any spills quickly to avoid yourself or other family members slipping and falling. You can use a safety gate to keep small children out of the kitchen while you are cooking. The wine may be flowing but avoid consuming alcohol when cooking and when assembling toys, gadgets and appliances. Make sure alcohol isn't left lying around unattended if you have small children, and place hot drinks well out of harm's way too.

Falls are the most common accidents throughout the year, but watch out for more distractions over the holidays and more things left lying around that could be tripped over or slipped on, e.g. shiny wrapping paper.

Continued on pages 8-10

### A Christmas Message from SCSN



The year 2020 will live long in our memory. It's been a really tough year for so many people. Thousands across Scotland have lost loved ones to Covid 19, many more have lost jobs or income and financial security, businesses and charities are struggling.

We've also seen big rises in people suffering from mental health problems, substance use issues and rises in domestic violence and suicide across the globe.

But we've also seen communities come together to help each other in truly fantastic ways. We've seen people check in on and help their neighbours. We've seen heroes diligently keep doing their jobs, often putting their own health at risk to help others - whilst so many of us have adjusted remarkably to new ways of working.

We want to thank all of the key workers, volunteers, kind hearted neighbours - and staff working across the community safety sector for all that you've done.

Merry Christmas from us!

SCSN Updates & Question of  
the Month - Page 2

SCSN Year in Review - Page 3

Covid 19 Community Safety  
Surveys Published - Page 6

Road Safety News - Page 7

Neighbourhood Watch  
Scotland News - Page 11

Home Safety Scotland News -  
Page 12



## SCSN Annual Survey

Every year we conduct an Annual Survey of our members, partners and stakeholders on the work we're doing. The time has come round again and we're asking anyone who has an interest in our work to take part.

You can complete our Annual Survey [here](#).

## SCSN AGM Discussion Recording now available

We've now published the discussion that followed our AGM back in October. We invited a panel of experts, including Lawyer of the Year Ian Smith, to discuss 'What makes communities safe?'

Watch the discussion [here](#).

## SCSN Webinar videos published

We've just published recordings of three of our four recent SCSN webinars. We'll be publishing our Measuring What Matters video in the new year newsletter.

You can watch these on our Youtube Channel

at the links below:

- [Trauma Informed Practice in Community Safety](#)
- [The Scottish Picture of Anti-Social Behaviour](#) (see also the published Learning Report [here](#))
- [Experiences of Community Safety](#)

## SCSN Consultation Responses

We recently submitted a response to the Scottish Government **Road Safety Framework to 2030** Consultation. Read our response [here](#).

We also recently submitted a letter to the Scottish Government Consultation on **Curbing Men's Demand for Prostitution**. You can read this response/letter [here](#).

## SCSN Learning Reports Published

We've just published learning reports from all of the external organisation webinars we've attended in November and December.

You can access these on our website or via this summary document [here](#).

## Question of the Month

Our Question of the Month for November was based around our #SCSNConversationsWith video interview with Wayne Mackay of Electrical Safety First. We discussed key messages around electrical safety ahead of Christmas. This included discussion of ensuring that any electrical items purchased online were from reputable/trustworthy retailers.

We're asked:

**'Are you planning to buy electrical gifts from online marketplaces this Christmas?'**

- **29% said Yes**
- **71% said No**

## Question of the Month

### December 2020

Our Question of the Month for December relates to our [position statement](#) on the recently published Drug Related Death figures.

We're asking:

**'Is it now time that we decriminalised drug use?'**

Take part in our poll [here](#).



# So this is Christmas. And what have we done? A round up of SCSN's 2020

Well, it's almost over. 2020 has been one of the toughest years any of us are ever likely to live through due to the Covid 19 pandemic. So many have lost loved ones, many more have lost their financial security, have had their physical and/or mental health severely impacted and those of us lucky enough to still have jobs have had to adapt very quickly to changed circumstances. We've not escaped some of these consequences of the pandemic at SCSN, but we have rallied together as a board, staff team and wider community safety sector to continue to do so much important work in Scotland. Here's a quick round up of some of the work we've done or been involved in through 2020.



## Newsletters

Not only have we continued to publish our monthly Safety NETworks newsletter, from April to July we published an additional four Bulletin newsletters to keep people updated on Covid 19/community safety developments.



## Media Monitor

We published a regular Covid 19/Community Safety Monitor from April-July before switching to publishing a regular Community Safety Media Monitor at least once per month.



## Blog

We have continued to publish regular blog posts by our SCSN staff team and inviting external guests to write blog posts. In total we've published 15 blog posts in 2020!



## Videos

We've published a total of 6 videos on our Youtube channel & website, including 4 'SCSN Conversations with...' interviews with experts in the community safety field.



## Research & Surveys

We published a major new piece of research on Anti-Social Behaviour in Scotland late in 2020, as well as publishing a range of surveys on the impact of Covid 19 on Community Safety Partnerships - which can all be found on our website.



## Events

Before the pandemic hit we were able to stage one major in person event titled 'Let's talk about Anti-Social Behaviour' in February.

We also held our AGM in October, focussing on smart, trauma informed justice & rehabilitation.



## Webinars

We ran four webinars on the following topics:

- The Scottish Picture of Anti-Social Behaviour
- Experiences of Community Safety
- Measuring What Matters: Evaluation in the Covid 19 Pandemic
- Trauma Informed Practice in Community Safety



## Briefing Papers

We've published 5 new Briefing Papers on a range of topics.

## Campaigns



We supported a wide range of partner campaigns, including being leading partners in the SPCA #FireworkSafety campaign.

**We also revamped our website! Check out [safercommunitiesscotland.org](https://safercommunitiesscotland.org)**

## Funding to tackle violence against women and girls



Organisations who work to tackle violence against women and girls (VAWG) are being invited to apply for a share of up to £13 million to help them develop and further their vital work over the next three years.

The Delivering Equally Safe Fund will support frontline organisations and projects that broaden access to support survivors. Priority areas of the fund include developing a person centred approach, supporting disabled survivors and working with those in remote or island communities.

The new funding will help drive collaboration and innovation towards challenging outdated attitudes and stereotypes, staging early interventions that maximise the safety and wellbeing of women, children and young people, holding perpetrators to account for their behaviour and choices, and advancing women's equality.

Equalities Minister Christina McKelvie said:

"The shocking and unacceptable rise in domestic abuse over the course of the coronavirus (COVID-19) pandemic has demonstrated that we still have further to go in our ambition to eliminate all forms of violence against women and girls.

"Over the last year we continued to prioritise implementation of our Equally Safe strategy in partnership with COSLA and key stakeholders.

"We have been strengthening the law for domestic abuse and sexual violence survivors and those at risk of Female Genital Mutilation, supporting services to redesign at pace during the COVID-19 pandemic to raise awareness and encourage victims to seek support.

"This new fund will build upon and strengthen our efforts in partnership with experts and local

front line providers. It will help us to make a step change over the next three years in preventing and reducing all forms of violence against women and girls."

Inspiring Scotland CEO Celia Tennant said:

"We are pleased to be working in partnership with Scottish Government on Delivering Equally Safe, a significant and cohesive fund with a bold agenda to tackle all forms of violence against women and girls in Scotland.

"We recognize the crucial role the third sector plays, particularly providing specialist support for those most at risk and look forward to working collaboratively, across sectors, towards a Scotland which embraces equality and mutual respect, and where women and girls live free from all forms of violence and abuse."

Inspiring Scotland are fund managers for Delivering Equally Safe. Full details of how to apply can be found on their [website](#).

Applications will close on 31 March 2021.

### Scottish Social Attitudes: Attitudes to Violence Against Women in Scotland

This module from the Scottish Social Attitudes Survey explores people's attitudes to a wide range of forms of violence against women including domestic abuse, rape, sexual harassment and commercial sexual exploitation.

Within the findings, were mixed attitudes to rape, with people believing very strongly that a man raping a stranger is wrong, but with less strong agreement that a man raping his wife is wrong.

Attitudes to domestic abuse and coercive controlling behaviour of women were less strongly of the view that these behaviours were 'very seriously wrong' and there were particularly mixed views on whether it was wrong for men to pay women for sex.

Read the full statistics [here](#).



## New Report on Human Trafficking: First Steps to Safety?

Survivors of human trafficking and exploitation need immediate care and support, but there are currently limited options available.

Across the UK, the British Red Cross provides emergency support at temporary reception centres, set up for people recovered during police operations to disrupt exploitation and human trafficking.

Their new report, [First Steps to Safety? The role of reception centres in supporting people out of exploitation](#), focuses on the experiences of people removed from exploitation, and asks whether they are able to get the immediate advice and support they need.



**British  
RedCross**

---

### **Shocking new drug related deaths figures published: 1,264 deaths recorded in 2019**

National Records for Scotland has just published the [latest drug related death figures](#) for Scotland. 2019 saw yet another record high of drug related deaths with 1,264 deaths recorded, a 6% increase on 2018.

Dave Liddell, CEO of the Scottish Drugs Forum said; 'The statistics announced today are a grievous reminder of the human cost of the ongoing public health crisis we face in Scotland.

For each of these deaths, there is a family and a group of bereaved people coping with their loss, often after years of caring and supporting someone suffering from problem drug use. The cost to families and friends cannot be measured and the consequences can be serious, with the potential to have a long-term impact on their health and future lives.

Ending this emergency must be the immediate priority for all of us and will require a concerted effort from all relevant agencies as well as political leadership and public support. None of us should regard these preventable deaths as acceptable or as anything other than a national tragedy and disgrace. The need for change is obvious and that change is long overdue.'

The Scottish Drugs Forum called for people to have quick access to high quality drug treatment, have a choice of treatments that suits them best and the supports they need to stay in treatment. Mr Liddell went on to call for

heroin assisted treatment, drug consumption rooms and added:

'We need to end the alienation, marginalisation and stigmatisation of people with a drug problem - the root cause of this issue, which reflects badly on a culture and mindset that we have allowed to develop unchallenged over many years.

The time to challenge and end all of that has come. As part of this approach, we should decriminalise the possession of all drugs and extend the current recorded police warning for cannabis possession to apply to all other drugs.'

Read the [SCSN Statement](#) on Drug Deaths.

### **Police Scotland begin Naloxone pilot**

Two Police Scotland officers, whose posts are being supported by funding from the Scottish Government Drug Deaths Taskforce, have begun their new roles facilitating the [intra-nasal Naloxone test of change project](#).

The organisation announced last month that approval has been granted to proceed with a pilot project for frontline officers in three areas to voluntarily carry and administer the antidote nasal spray as an emergency first aid response to opioid overdose.

The Sergeant and Constable, who have previously worked in two of the three test-bed areas, will work within Safer Communities Division, dedicated to administering, implementing and delivering the pilot project, which is one of the most significant test of change projects in modern Scottish policing.

## Covid 19 Updates

### Covid 19 Impact on Community Safety Surveys Published



Since the start of the pandemic, SCSN have been identifying key trends and emerging data pertaining to community safety issues. We've collated all of this and are using it to keep track of emerging issues for safer communities and how the pandemic is affecting people over time. We are sharing this information with community safety partners in case it is of use to their local planning and response processes too. You can read the first part of the Survey [here](#).

We've now completed a second round of surveys with Community Safety Partnerships, Elected Members and Community Council Chairs.

Download these surveys [here](#).

### The impact of Covid 19 on people affected by trauma

A useful infographic summary from the Improvement Service of the impact of Covid 19 on people affected by trauma in Scotland.

Download [here](#).

### Covid 19 and Communities Listening Project: A shared response

This [report](#) considers how organisations and communities across the UK adapted and responded to the emergency phase of the COVID-19 pandemic.

Over this six month period the Carnegie UK Trust had over 80 conversations with people from 16 communities across the UK, focussing on how organisations and communities were adapting to meet the needs of the people around them, and the evolving relationships between the public sector, the voluntary, community and social enterprise sector, and communities.

---

### Scots Children Face Mental Health Emergency

The Scottish Children's Services Coalition (SCSC), an alliance of leading providers of children's services, has warned of a "mental health emergency" as new figures published today (1<sup>st</sup> December 2020) indicate that more than 1,000 children and young people have been waiting over a year for mental health treatment.

The figures from [Public Health Scotland also indicate that only one Scottish health board is meeting the Scottish Government's waiting time target of 18 weeks from referral to treatment](#) over the quarter to September 2020 and two out of five are not being seen within this 18 week target.

The SCSC has called on the Scottish Government to redouble its efforts and for a "national crusade" to tackle this emergency as the number of referrals return to pre-lockdown levels.

### NSPCC warns children at risk of cruelty and neglect this Christmas

National children's charity the NSPCC has warned that children may be at risk over the festive period, with more than 600 concerns of child cruelty and neglect recorded by Police Scotland last year.

The NSPCC has released a new analysis of police data for the whole of the UK, which reveals that there were 23,529 offences recorded by forces in 2019/20.

Although there are significant variations in numbers between different regions and nations, the analysis finds that overall in the UK there has been 53% rise since 2016/17. However, in Scotland the annual number of offences has varied considerably over these four years, between 640 and 818, with last year's figure totalling 672.

Read more on this story [here](#).

## New Analysis: What kills most on the roads?

Covid-19 has had terrible consequences. It has also turned the transport agenda upside-down, showing that major change is possible, necessary and desirable. The government investing in active travel and safety is crucial to encouraging more people to walk and cycle. This PACTS report calls on the government to adopt new analysis that highlights danger, not vulnerability, and the vehicles that most put others' lives at risk.

*What kills most on the roads? New analysis for the new transport agenda* uses graphics and charts to show the total casualties associated with each mode of transport, including those of other road users. Based on GB 2019 fatality data from DfT, published September 2020, the PACTS report shows absolute fatality numbers and rates by distance travelled. It provides more detailed analysis of the vehicles involved in collisions with pedestrians, cyclists and motorcyclists.

Read the full report [here](#).

---

## Funding Announced for Road Safety Projects

Funding for public and private organisations, registered charities and not for profits, has been announced. Grants are available for projects that explore how technology can reduce road offending and improve road safety.



The Road Safety Trust, a charity dedicated to making the UK's roads the safest in the world, will open its Main Theme Programme to applications on 25 February. The 2020 funding was postponed due to the Covid-19 pandemic but is being reinstated for 2021.

The Road Safety Trust is the largest road safety grant giver in the UK and funds vital research and practical interventions committed to reducing the number of people killed or injured on UK roads.

The Main Theme Programme will open for applications from 25 February 2021 until 19 April. For more information and guidance, click [here](#).

### Festive #DriveSmart campaign

Drivers are being encouraged to #DriveSmart this festive season, with Road Safety Scotland and Police Scotland warning on the dangers of drink and drug driving.

Christmas and New Year is a time where the combination of celebrations involving alcohol and weather can lead to increases in accidents.

The Road Safety Scotland [website](#) provides a range of information and advice on how to #DriveSmart this Christmas.

### Research: Drink but don't drive? The alcohol industry's involvement in global road safety

This new research paper published in the Journal of Health and Policy Planning has looked at the involvement of the drinks industry in development of global road safety policy.

The study showed that the alcohol industry acknowledges that drink-driving is an issue but argues for solutions that would limit impact on sales, akin to the message 'drink—but do not drive'.

Read the research in full [here](#).

## Track 2: I See Fire (Ed Sheeran) - by Scottish Fire and Rescue Service



Christmas is a special time for celebration, so when you're decking the halls, make sure you follow our top 10 tips and stay safe.

1. Don't use hairspray on your real Christmas tree to stop the needles falling off
2. Consider using a fake Christmas tree with fire retardant needles
3. Always check your Christmas lights are working properly
4. Keep candles away from your tree, or anything else that could catch fire. Snuff them out when you all leave the room, go out, and last thing at night
5. Always make sure any used wrapping

paper and boxes are tidied and kept away from heat sources

6. Never leave pots and pans unattended. It's easy to be distracted, especially if you have had a few drinks
7. Ensure any baking trays and grill pans are clean before you use them to stop them catching fire. If they start to smoke, they can also leave your food with a strange taste
8. Keep Co-vid safe when checking on relatives and neighbours. Give them a call to see how they are
9. Make sure you and your family have a fire escape plan

Test your smoke and heat alarms to make sure they are working

Check out our website for more safety advice and [how to book a Home Fire Safety Visit](#) if someone you know is at a high risk from fire.

Try our online [Fire Safety Checker](#) to see how safe you and your home are.

## Track 3: Country Roads (John Denver) - by Michael McConnell, Road Safety Scotland Director



Almost Heaven, Bonnie Scotland; scenic mountains, glens, lochs and rivers (I hope you sang this). What connects our beautiful scenery in Scotland is a mix of roads – including urban, rural, motorway and even single carriageway routes. Every week, around three people lose their lives on them, and a further 40 are seriously injured. Over two-thirds of the fatalities happen on 'non-built-up roads' (roads with a speed limit of 50 or above) and many of these are country roads meandering through our countryside, connecting towns and villages, friends and family, work and home. They are a lifeline for our communities, our commerce and our recreation, yet they are often closed for lengthy periods because of collisions.

All collisions which result in an injury must be reported to the police and, in the case of ones serious enough to warrant police attendance,

the investigating officers will assign a number of contributory factors. It may come as no surprise that, 'top of the charts' in the fatal and serious categories are 'loss of control' and 'failed to look properly' which, in 2019, were factors used in 79 deaths and 686 serious injuries. As you might expect, 'Exceeding the speed limit' and 'Careless/reckless/in a hurry' aren't too far behind.

2020 has been a difficult year and will be remembered mainly for Covid-19 but even with the lockdown, the numbers for this year are creeping up. Road death is not acceptable and each of us must use roads in a way that ensures the safety of ourselves and others and that, every journey we undertake, should take us home to the place we belong.

PS: see the Road Safety Scotland [website](#) for advice and information on how to #DriveSmart on Country Roads.



#### **Track 4: Someone Saved My Life Tonight (Elton John) - by the National Suicide Prevention Leadership Group**

Elton John has been open about his own mental health struggles and this song is thought to have been inspired by an unhappy time during his life.

During this particularly difficult year many of us will have felt unhappy, isolated and lonely at times or maybe even have thought about suicide.

Kindness and compassion have never been more important, especially as we approach the end of this challenging year and a very different Christmas. Deaths by suicide in Scotland rose during 2019 and that's before the pandemic and the impact it may have.

Suicide affects many of us every year, either directly, or through a loved one or someone we know. Yet suicide is still not spoken about openly.

Words are powerful things and talking can help to remove the fear, stigma and isolation that's so often associated with suicide.

Often people don't know how to talk about it, they feel awkward and worry they could make things worse.

But the research says otherwise. Asking someone if they are thinking about suicide won't make things worse. By asking, you are giving them the opportunity to talk openly, maybe for the first time.

Our National Suicide Prevention Leadership Group's new campaign – United to Prevent Suicide – aims to help remove the fear and stigma that surrounds talking about suicide, because any of us can start a conversation that can save a life, and every life matters.

This Christmas, it's time to talk. Please join the 2,000 people who have already signed up to [www.unitedtopreventsuicide.org](http://www.unitedtopreventsuicide.org)

#### **Track 5: I'll Be There For You (Friends Theme) -**



**Neighbourhood  
Watch** SCOTLAND

#### **Neighbourhood Watch Scotland**

When it hasn't been your day, your week your month or your year, especially during these trying COVID-19 times the true values of Neighbourhood Watch in looking out for each other has never been so important.

Being connected as a community, supporting each other, checking up on those who are vulnerable and sharing trusted, relevant information and advice on crime, safety and resilience are all part of what Neighbourhood

Watch aims to achieve.

To ensure you receive this trusted advice and information from NWS and other key partners you can sign up just to receive free Neighbourhood ALERTS or can join or set up a Neighbourhood Watch at <https://www.neighbourhoodwatchscotland.co.uk/>

We currently have 1946 schemes registered across Scotland and 25,493 direct users receiving these ALERTS which can then be shared further as required.

I'll be there for you...like I've been there before.

#### **Track 6: Danger! High Voltage! (Electric Six) by Electrical Safety First**



Despite the lockdown, the festive season is getting underway and homes across Scotland are twinkling with fairy lights and decorations.

However, we wouldn't advise having a disco in your kitchen this Christmas. Or indeed, anytime, as it's the room where most electrical fires occur. Not the sort of Xmas pressie anyone wants!

And those disco-lights you bought online from a third party seller – not the brand you thought it was? Don't take a risk with a fake. Electricity causes around half of all fires in UK homes – with most caused by electrical products. Be careful with old fairy lights too. Check for damage, replace broken

bulbs with the same make and best to turn them off when not in use. And, unlike the song, we strongly suggest you don't light up underwear or clothing.

Electrified by the thoughts of all your Christmas presents? Increasingly, these are likely to be electric gadgets for all sorts of uses. Which of course require charging. With all the extra lights, decorations and recharging electrical goodies, make sure you aren't overloading your sockets – it's a common fire risk.

**There's lots of tips and help to keep you and your loved ones safe this Christmas. Just click [here](https://www.electricalsafetyfirst.org.uk/guidance/advice-for-you/christmas-tips/) or go to <https://www.electricalsafetyfirst.org.uk/guidance/advice-for-you/christmas-tips/>**

And all of us at Electrical Safety First would like to wish you a mind-blowingly brilliant – but electrically safe – Christmas!

## Track 7: Firework (Katy Perry) by the Scottish Government

Over the last few years, a vast amount of work has been progressed with national and local community safety partners to promote the safe and considerate use of fireworks in our communities in Scotland.

In February 2019, the Minister for Community Safety launched a consultation on fireworks 'Your experiences, your ideas, your views'. Over 16,400 responses were received from members of the public and stakeholders, clearly demonstrating the high level of interest across the country. Following this, the Fireworks Action Plan was published setting out how the Scottish Government and partners will address concerns expressed through the consultation in areas including: awareness raising

and communication; supporting well organised public displays; supporting local communities, particularly those most affected by fireworks misuse; and legislative and regulatory change.

As part of this, a Firework Review Group considered options available to tighten legislation on fireworks and made a series of recommendations that a fundamental shift is needed in how fireworks can be accessed and used by the general public. The Minister welcomed these recommendations and outlined her intention to explore how these can be implemented in practice as a matter of urgency.

We look forward to continuing to work closely with you all, and our communities, to build on this work and continue to share information, and our knowledge and expertise to progress positive change and ensure people across Scotland stay safe.

## Track 8: The Times They Are A-Changing (Bob Dylan) - by Community Justice Scotland

Times are changing and it's time for a smarter justice system to keep Scotland safe.

It's been a challenging year but safety of the public has continued to be at the heart of community justice services.

These services have continued to work to reduce numbers being harmed and help those already affected by the criminal justice system.

It's been necessary to rethink what justice means and what it could mean to get the best outcomes for everyone. Creative solutions have been needed to overcome challenges, with partners in housing, health and the third sector coming together to help those in most need.

Systems have been adapted so that sentences served in our communities can continue, making

positive use of virtual platforms to conduct one-to-one and group work support. This has also allowed for the safe and supported transition of those in custody, back to their communities.

It's been important to listen to the additional needs of people affected by harm at this time to ensure their voices have helped shape decisions and influence change wherever possible.

As an organisation CJS has focused on supporting staff and their wellbeing by being flexible and implementing additional help. CJS has also promoted positive activities in communities to recognise the value of kindness in times of adversity with a Community Cheer campaign.

As 2021 approaches, CJS will continue to shape a smart justice system with prevention as its number one aim, while supporting reintegration and rehabilitation to help individuals move on from crime.

## Track 9: I'm Still Standing! (Elton John) - by Roar Connections for Life

Injurious falls were costing over £1.3M per day in Scotland in 2019.

The Covid19 protection measures are designed to save lives and limit spread of the virus but have exacerbated FRAILTY, falls and loneliness – particularly in older people..

A snap shot analysis of our Roar community:

- Our frailest over 90s have become markedly frailer and are expressing an enormous reluctance to go out ever again – they need our encouragement to keep going and keep moving as much as they can.
- A huge number of our 70/80+ are managing well with some support and many are trying to adjust, forcing themselves out but who are at risk because their strength and balance isn't quite up to the new



hazards of steamed up specs, facemasks and not using public transport – they need our lobbying capabilities to make our communities safer and make more strength and balance/ falls prevention interventions available BEFORE people suffer a first injurious fall.

A huge number of people of all ages including people over 65 are staying home much more and many of us are struggling to be as active as we were before. This increased sedentary life pattern is exacerbating pre-existing long term conditions. – We all need to encourage the people we care about and people across our networks that EVERY MOVE COUNTS <https://bit.ly/3od7dMO>

### Roar's Christmas wishes of you

Take this message to people in your professional and personal life. Stay Safe and well this Christmas and keep championing community safety in 2021!

## Track 10: Have Yourself a Merry Little Christmas (Nat King Cole) - Be safe, look out for each other!



# Neighbourhood Watch SCOTLAND

## Neighbourhood Watch Scotland Winter Newsletter published

Neighbourhood Watch Scotland have just published their Winter Newsletter.

Opening with thoughts from NWS Chair Stewart Prodger, the newsletter is packed with useful information about how to stay safe and well over Christmas. It features articles including fire safety advice from the Scottish Fire and Rescue Service and SGN, advice on online shopping from Trading Standards Scotland, advice on winter resilience and flooding and a page dedicated to Home Safety advice.

It also features an interview with Stuart Ward, National Designing Out Crime Manager with Police Scotland. Read all these articles and more by downloading the newsletter [here](#).



---

## Scottish Fire and Rescue Service Rural Risk Project

The Scottish Fire and Rescue Service (SFRS) wants to work with farmers in South Lanarkshire, Dumfries and Galloway and Highland in a project set up to help reduce the risks to your farm.

There are over 9,000 farms in Scotland and SFRS firefighters respond to farm-related incidents including building and vehicle fires, special services such as casualty extrication following road traffic collisions, large animal rescue, flooding and fires involving grass, crops and refuse as well as false alarms.

Farms are particularly vulnerable to wilful fire-raising with their isolated location, open boundaries, readily ignitable hay and straw stacks often making them easy targets.

You can help us by filling in a brief questionnaire about your farm. Download and complete our Rural Risks Form now and you could win a SmartWater Farm Protection Kit and full crime risk assessment (together worth over £750) from SmartWater Technology Ltd.

Find out more and download your Rural Risks Form [here](#).





## Home Safety Scotland News and Updates

HOME  
SAFETY  
SCOTLAND



### RoSPA Webinar: Keeping Kids Safe this Christmas

RoSPA's last Community Safety Webinar of 2020 was on the theme of 'keeping kids safe this Christmas' and took place on the 8th of December. We thought it was worth sharing this with a couple of weeks to go before the big day.

You can view this webinar, as well as all of RoSPA's previous community safety webinars on their website [here](#).



---

### Some TLC from the British Red Cross

The festive period is approaching and the government guidelines on the bubble restrictions between 23<sup>rd</sup> and 27<sup>th</sup> December have been released, which for many will have caused some difficult conversations and stress. If you or anyone you know needs help coping with stress, the British Red Cross have some tools that are [here](#) to help.



There will also be many self-isolating in this period and the BRC wanted to remind you of the resources they have available. Our [loneliness resources](#) and [Winter Wellbeing Calendar](#) are designed to provide ideas for activities as well as ideas and tips for boosting coping skills and connections throughout December. They also have informal Tea, Learn and Connect sessions which will run on zoom every Wednesday in the festive period and give the opportunity to chat to others and learn a new skill. You can book onto the sessions [here](#).

---

### Office for Product Safety and Standards Christmas Safety Campaign

A Christmas online toy safety campaign has been launched by the Office for Product Safety and Standards (OPSS), working in partnership with the Chartered Trading Standards Institute, the Child Accident Prevention Trust, the Royal Society for the Prevention of Accidents and the British Toy & Hobby Association.



Groups, businesses, and individuals are encouraged to support the consumer awareness messages, on how to shop safely when purchasing Christmas toys online, by retweeting and posting them on social media, using the hashtag #shopsafely, or using the shared campaign materials. Read more on this [here](#).



## In other news...

news

### Connecting Scotland Initiative Fund Open

Throughout the coronavirus crisis, the internet is keeping us connected to friends and family, informed and entertained, and able to learn, work, shop and access health information and other public services.

However, some people can't access these benefits because they don't have the confidence, kit and connectivity at home.



The Connecting Scotland initiative aims to get 50,000 digitally excluded households online by the end of 2021.

Are you an organisation working with vulnerable individuals and families? Find out more and how you can apply to the fund [here](#).

---

### Together We Help: Research on Covid 19 Support

As part of a national research project Together We Help are collating stories of local action being taken across Scotland, whether that's food drop-offs, support for your neighbours, calls to older residents and more. This research will help shine a light on how local communities play a critical role in our future and how we can build forward better, creating a fairer Scotland for us all.



You can [read, listen and watch stories from others](#) or if you want to share the amazing work you're doing you can share your story [here](#).

---

### New Report: Gross Domestic Wellbeing - an alternative measure of social progress

Gross Domestic Wellbeing (GDWe)<sup>TM</sup> offers a holistic alternative to GDP as a measure of social progress. Using the framework and data in the Office for National Statistics Measures of National Wellbeing Dashboard, the Trust has developed a tool that provides a single figure for GDWe in England and mapped this against GDP for the past six years. Read more and download the report [here](#).



---

### FOLLOW US ON SOCIAL MEDIA



[info@scsn.org.uk](mailto:info@scsn.org.uk)



[@scsn2](https://twitter.com/scsn2)



[/ScottishCommunitySafetyNetwork](https://www.facebook.com/ScottishCommunitySafetyNetwork)

---

### SHARE YOUR NEWS!

If you would like to submit an article, request information or share good practice in our newsletter, please get in touch! Email [info@scsn.org.uk](mailto:info@scsn.org.uk)





Mansfield Traquair Centre

15 Mansfield Place

Edinburgh, EH3 6BB

0131 225 8700/7772

Email: [info@scsn.org.uk](mailto:info@scsn.org.uk)

Company Ltd. SC357649

Charity No. SC040464

**[www.safercommunitiesscotland.org](http://www.safercommunitiesscotland.org)**