

We extend our welcome to all those attending our public surgeries for advice on these or other issues. For more information please visit www.met.police.uk/crimeprevention.co.uk

Coronavirus remains a serious health risk. You should stay cautious to help protect yourself and others.



Space



Face



Hands



Fresh air

Dear Ward Member

Please have a read of what the team have been doing.

Hello and a very warm welcome to the Eastcote Safer Neighbourhood Team's November 2022 newsletter. The team have doing a lot of engagement activities . Look out for us in ALDI, TAG CAFÉ, Manor Farm Library and Eastcote Library.

Here we were doing a crime prevention talk at Eastcote library.

'Walk and Talk' at Eastcote House Gardens

Crime Prevention stall at ALDI supermarket



Follow Us On Twitter
@MPSEastcoteXH



Crime Prevention Advice!



Sexual assault and sexual violence. Don't suffer in silence. Speak up, speak out.

If you're not ready to speak to police just yet, that ok. There are others you can speak to for advice, support and medical help when you are ready. For more advice visit www.met.police.uk

Common example of courier fraud

ActionFraud
#CourierFraud



Phone call out of the blue from someone claiming to be your bank or the police.

Advises of an issue with your card.

Asks for your PIN

Sends courier to collect your card.

Fraud Never ever give out bank details over the phone.

Even if they say they are from the police or your bank. It's a scam!

Lock Your Vehicle!

Locking your vehicle, even when filling up or parked on your drive, greatly reduces the possibility of it being targeted by a thief!



METROPOLITAN POLICE **BE SAFE**

Motor Vehicle Crime. Don't leave anything on display in your vehicle.

Park in a well lit area and near CCTV if you can. Check your vehicle is locked before you walk away.

Community Engagements

- 11/11/2022 –Coffee with a copper– Tag cafe – 10-11am
- 12/11/2022 –Crime prevention stall- ALDI- 4-5PM
- 17/11/2022 –Crime Prevention stall –Eastcote library- 1-2pm
- 18/11/2022 - Crime Prevention stall – Aldi- 1-2pm
- 23/11/2022 – Coffee with a copper -11-12pm
- 29/11/2022- Walk and Talk- Warrender park- 9-10am

Residents can contact us using any of the following methods

Email : Eastcote.Ruislip.snt@met.pnn.police.uk
Twitter : @MPSEastcoteXH for regular updates.
Telephone: 02082461823

Postal Address
Eastcote & East Ruislip Safer Neighbourhood Team
Hillingdon Borough Police
Ruislip Police Station
The Oaks, Ruislip
HA4 7LE



COVID-19 Advice:-

Please follow the right advice and Stay Safe!

If you DO have Symptoms – Get a PCR Test & Stay at home.

If you have NO Symptoms – Get regular rapid lateral flow tests & report rapid lateral flow test results.

What you need to do:- <https://www.gov.uk/coronavirus>

What to do if you have Coronavirus symptoms:- <https://www.nhs.uk/conditions/coronavirus-covid-19>