

KEEP IT BY THE PHONE!



# BABERGH BE SAFER

COMMUNITY SAFETY BOOKLET



MEDIA PARTNER



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[www.stokebynaylandclub.co.uk](http://www.stokebynaylandclub.co.uk)



## INTRODUCTION

As members of Babergh Community Safety Partnership we would like to introduce you to Suffolk's **FIRST Community Safety Booklet**. It is being delivered into **40,000 HOMES** within the Babergh District.

### KEEP IT BY THE PHONE!

This booklet contains useful information and advice. The back page is also full of contact details for local services. They can assist and support YOU to play your part in keeping Suffolk one of the best places to live, work and visit.

We are doing everything we can to ensure Babergh stays one of the safest places in the county. All the organisations within the Community Safety Partnership have worked together to produce this guide for you. By following the advice and working with us, we can make a difference together.

Please send any comments to:  
[community@babergh.gov.uk](mailto:community@babergh.gov.uk)

Please call **01473 826622** if you need this document in alternative formats.



**Nick Ridley**  
Chair of Babergh Community Safety Partnership



**Martin Ransome**  
Babergh District Commander

[www.town102.com](http://www.town102.com)

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## Confidential services for victims of crime and witnesses.

Practical help and emotional support for victims of crime.  
*(even if you have not reported it to the police).*

## Our Witness Service supports witnesses in criminal courts.

*(If you are expecting to go to a criminal court to give evidence we will be there to support you. If you are worried, we can help.)*

**We are a registered charity.**

**Our services are free and provided by trained volunteers.**

*(If you would like to train to be a volunteer please contact us.)*

**We are open 8am to 8pm Monday to Friday**

**Call 0845 3899548**



## ALCOHOL

Alcoholic drinks, when enjoyed responsibly, can be a source of pleasure for many.

Although drinking alcohol is enjoyable and may be an important part of your social life, it has to be remembered that alcohol is in fact a depressant. It slows down the body's responses and drinking too much has serious downsides.

### Did you know?

- Alcohol misuse costs Babergh around **£900,000 per year in hospital admissions.**
- **Half of all violent crime is fuelled by alcohol.**

Alcohol is a key factor in domestic violence, anti-social behaviour and public disorder.

### Consequences of alcohol related disorder

- £80 fixed penalty notice.
- A fine of up to £5000.
- Criminal Record.
- Possible prison sentence.
- Ban from local pubs and clubs.

P.S These can lead to you loosing your job or having a relationship breakdown.

### Short term health effects of alcohol

- Feeling sick and/or vomiting.
- Headaches or 'hangovers'.
- Accidents/injuries.
- Arguments/fights.
- Alcohol poisoning which can lead to a coma, even death.
- Sexual risks leading to unwanted pregnancy or sexually transmitted infections, e.g. HIV.

### Long term health effects of alcohol

- Short term memory loss.
- Alcohol dependence, (alcoholism).
- Certain types of cancer.
- Brain damage.
- Sexual problems.
- Stomach disorders, (ulcers).
- Mood swings and depression.

If you or someone you know needs advice/ support relating to alcohol you can contact the following services:

**NORCAS: 01473 259382**

**DRINKLINE: 0800 917 8282**



## DRUGS

All medicines are drugs, but not all drugs are medicines – some drugs are illegal.

Under the "Misuse of Drugs Act" the Government have classified drugs into three main groups: Class A, B and C. Each group carries specific penalties.

**Class A** drugs include: ecstasy, LSD, heroin, cocaine, magic mushrooms.

**Class B** drugs include: speed, other amphetamines.

**Class C** drugs include: cannabis, tranquilizers, anabolic steroids.

### Cannabis and the Law

Cannabis was reclassified to a Class C drug in 2004. Many people wrongly think it is now legal to use, but it is still **illegal to possess, use, grow and supply** to others. Penalties range from a hefty fine to 14 years in prison.

### Did you know?

- **Around four million people use illicit drugs each year in England and Wales.**
- **280,000 problem drug users cause around half of all crime.**

If you are worried about someone and think they may be taking illegal drugs or you are concerned about your own drug use, you can call:

**West Suffolk Drug Advisory Service**

**01284 775275**

**Suffolk Drug and Alcohol Action Team**

**01473 299640**

How to contact BABERGH

It's never been easier to get your query answered:

By phone:

Customer Service Teams Please take full advantage of our telephone line opening times. Our busiest times are all day Mondays and each morning between 9am and 11am. You may wish to make your call at an alternative time, convenient to you.

Money Matters 01473 825798

Open: 8am to 6pm Monday to Friday

Council Tax, Benefits, Business Rates and Housing Rents. (To pay a bill please use the Payment Hotline 01473 829024, 24 hours a day, seven days a week.

General Enquiries 01473 826622

Open: 9am to 5pm Monday to Friday

Bus Passes and Travel Vouchers, pest control, sport & leisure, car parks & other general enquiries (including job vacancies).

Council Housing 01473 825757

Open: 9am to 5pm Monday to Friday

Tenancy information and enquiries. Repairs, home alterations and disabled adaptations in council accommodation.

Planning 01473 825858

Open: 9am to 5pm Monday to Friday

Planning permission, planning enquiries, Development Control.

Emergency Out of Hours 01362 698384

Open: 5pm to 9am Monday to Friday, Saturdays and Sunday

If you have an emergency (for example a burst pipe in council accommodation, dangerous structure or you have become homeless) whilst the officers are closed our Out of Hours service will assist.

Refuse Hotline 0845 6066045 (Local call rate)

Open: 8:30am to 6pm Monday to Friday 9am to 1pm Saturday

Missed bins, collection of bulky items and new bins.

Make payments:

Payment Hotline 01473 829024

Available 24 hours a day, 7 days a week.

Council Tax, rent, brown bin renewal, sundry debtors, car park excess charges.

Via our website: www.babergh.gov.uk

For a full list of all Babergh District Council services log on and view our A-Z of services. 24 hours a day, 7 days a week.

By email: customerservices@babergh.gov.uk

In person:

If you intend to visit the Council offices to resolve an enquiry, please ring the relevant Team above to book an appointment. By making an appointment you will avoid having to wait or an unnecessary journey. Council Offices, Corks Lane, Hadleigh, IP7 6SJ or Sudbury Advice Centre, Sudbury Town Hall, Council Offices, Sudbury, CO10 1TL.

Minicom:

Minicom phone for the deaf or speech impaired 01473 825878 for all services.



DOMESTIC ABUSE - Be a survivor, not a victim!

- It is estimated that the police receive a call from a victim of domestic abuse every minute.
- One in four women and one in six men will experience domestic abuse in their lifetime.
- In Suffolk domestic abuse accounts for more than a quarter of all violent crime.

So what is domestic abuse?

Domestic abuse, (also referred to as domestic violence), is physical, sexual, psychological, or financial abuse that takes place within an intimate or family-type relationship. It is a CRIME and those responsible should be brought to justice.

It can happen to anyone - regardless of age, race, gender, sexual orientation or religious belief. It is more common for the abuser to be male and the victim to be female, but it can also happen the other way round and in same sex relationships.

Children are also adversely harmed. On average 3.3 million children witness domestic abuse in their homes each year.

If you or somebody you know are experiencing domestic abuse you can find more information and help line numbers on Suffolk's very own dedicated website: www.onesuffolk.co.uk/breakthepattern or you can call Suffolk's 24 hour free phone helpline: 0800 783 5121.

www.domestic-violence-survivors-stories.org.uk

Babergh Domestic Violence and Abuse Forum brings together a number of organisations in order to share best practice and improve services. They have produced a training tool that depicts the lives and diversity of domestic abuse survivors. To purchase "Survivors Stories DVD" or to find out useful information about domestic abuse go to their website:

www.domestic-violence-survivors-stories.org.uk

If you are or have been a victim of domestic abuse you can call Babergh's befriending service: 07875644018. They offer one-to-one help to both male and female victims.

Alcohol should never be used, or accepted, as an excuse for violent or abusive behaviour and neither should a victim's misuse of alcohol be used to justify violence against them.

Always dial 999 in an emergency!

Suffolk Domestic Violence free phone information line: 0800 783 5121

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VOCATIONAL EXPERTS

**Iceni Homes** is a company dedicated to providing quality affordable homes in the East of England. We work with a large number of developers in the region covering Norfolk, Suffolk and Essex and are closely involved with housing associations specialising in Section 106 agreements. We have ambitious plans to create more affordable homes in the region.



If you would like to know more about us or would like to work with Iceni Homes then please contact Mike Goodson on:

**01284 723834**



## HOME SECURITY

**Most burglaries are opportunist crimes – with no force being used to gain entry to your property. Open windows and doors are a temptation for burglars, so keep your home secure.**

### WINDOWS

- Always lock doors and windows - even if you are only going out for a short time.
- When replacing windows, consider using laminated glass as it is harder to break.

### DOORS / KEYS

- Don't leave keys near doors or in obvious places.
- Fit a spy-hole.

### LIGHTING / ALARMS

- Install good lighting and a visible burglar alarm, (even if they are a dummy it can be enough to deter a burglar).
- Fit fences at the back of your home.

### FLATS OR MULTIPLE OCCUPANCY DWELLINGS

- Your front door must be as secure as the main door.
- Consider fitting a telephone entry system. Do not 'buzz' open the door for strangers or hold open the door for persons you do not know are resident.

### IF YOU ARE GOING AWAY

- Install timers to turn on lights and radios automatically.
- Get a neighbour to clear your letterbox or even ask them to park on your drive.
- Re-word your answerphone message so it sounds like you are only temporarily unavailable.

### IF YOU ARE BURGLIED

- When you arrive home and notice signs of a break-in, don't enter the property or shout, as the intruder may still be inside.
- Do go to a neighbour and call the Police.

### Don't get caught out by Bogus Callers!

"Bogus Callers" can be men, women or even children. They may tell a variety of stories to try to get into your home and steal from you. They may pretend to be from the water, electricity or gas "board" or another type of official.

[www.tradingstandards.gov.uk/suffolk](http://www.tradingstandards.gov.uk/suffolk)

**Lock** Ensure your back door is locked.  
**Stop** Is anyone expected? Keep your door closed until you have checked who it is.

**Chain** Put the door chain on before opening the door.

**Check** Check their I.D. before allowing them to access.

If in doubt, keep them out!

Call Suffolk Trading Standards on: **01473 584369**  
Or dial **999** in an emergency!



## PERSONAL SAFETY

**The risk of becoming a victim of crime in Babergh is very low, but personal safety can be enhanced with a little bit of planning and awareness of potential risks:**

### ON FOOT

- Plan your route there and back. Avoid shortcuts through unlit or deserted areas.
- If possible do not journey alone. If you are to journey alone then let someone know where you are going and what time you expect to return.
- Be aware of your surroundings. Mobile phones and personal headsets can distract you. They can also attract a mugger.
- Buy an attack alarm.
- Carry change. Your mobile phone may be out of range at a crucial time.

### IN THE CAR

- When driving keep the doors locked and the windows closed as much as possible, especially in built up areas and slow moving traffic.
- Never pick up hitch hikers or stop when a stranger flags you down.
- Never leave valuables, such as handbags or mobile phones, on display in an unattended car.
- Never leave valuables on the passenger seat whilst driving - they could even be 'snatched' at traffic lights.

[www.immobilise.com](http://www.immobilise.com)

## WORKING IN PARTNERSHIP TO PROVIDE SECURE HOMES AND SAFE COMMUNITIES

Oxbury & Company are pleased to be working in partnership with Babergh District Council and a number of Registered Social Landlords to provide well-designed, safe and secure affordable homes for families in the area.

We build security into all our developments, with all schemes designed to the Police Authority 'Secured By Design' initiative to ensure that the homes we build offer residents a safe place to live with the peace of mind of knowing their homes are secure.

St Benedict House 17 Springfield Lyons Approach Chelmsford CM2 5LB

St Thomas House 14 Central Avenue St Andrews Business Park Norwich NR7 0HR  
T 01603 502198 F 01603 503598 W [www.oxbury.co.uk](http://www.oxbury.co.uk)

## Play Your Part

### We're working to make Suffolk a safe place to live

Suffolk is a safe place to live with low crime levels... people living in our county have less concerns about anti-social behaviour than anywhere else in the country.

Suffolk County Council is working in partnership with district, borough, town and parish councils, police, safer neighbourhood teams, neighbourhood watch volunteers and local residents to improve community safety.

We are:

- Monitoring levels of crime and anti-social behaviour across the county and working with our partners to target hotspots
- Making sure vulnerable and elderly people get the services they need to live independently with the help of the Homeshield scheme
- Taking action to prevent bogus callers, reduce under-age drinking, and firework misuse through Trading Standards campaigns
- Getting drivers to reduce their speed, helping children get to school safely and young motorists to avoid accidents
- Promoting fire safety for all and training teenagers to be responsible citizens on Firebreak courses.
- Encouraging everyone to Play Your Part by reporting community safety problems and helping to improve local neighbourhoods

**We need you to play your part to help us make Suffolk even safer**

To find out more, contact Suffolk County Council Community Safety Unit: **01473 264288**, email: [communitysafety@csu.suffolkcc.gov.uk](mailto:communitysafety@csu.suffolkcc.gov.uk) or visit the community safety pages on the Suffolk County Council website at: [www.suffolk.gov.uk](http://www.suffolk.gov.uk)

## VEHICLE CRIME

**If your vehicle is stolen, broken into or damaged, it could mean weeks of expensive inconvenience - and losing your no claims bonus. Such crimes are usually opportunist and you can stop the offenders with vigilance and relatively cheap security precautions.**

### Don't be wise after the event. Follow the tips below:

#### CARS

- Never leave a car unlocked. Never leave a window or sun roof open.
- Take belongings with you when leaving your vehicle. A thief will not know a coat or bag does not contain valuables.
- If you have to leave your belongings in the car keep them hidden.
- Keep mobile phones and laptops switched off. Thieves can track your mobile phone by using "blue tooth".
- If you have a Satellite Navigation System, (Sat Nav), take it with you and wipe off any marks it has left on your window screen.
- Security mark your stereo and if it is removable always take it with you. Make a note of the serial number and keep it in a safe place.
- Put your aerial down and wing mirrors in to stop them being vandalised.
- If you have a garage – put your vehicle in it when not in use.
- Fit a car alarm or engine immobilizer.

- Etch your registration number or vehicle identification number on all glass surfaces.
- When leaving your car at night, try to park in a well-lit area.

#### MOTORCYCLES AND BICYCLES

- Invest in a secure locking device and secure it to an immovable object. Even if it is for a few minutes.
- Fit an alarm (available from DIY or bike shops).
- Park in a well-lit place.
- Invest in a cover for the bike, as it reduces temptation.
- Post-code your bike with a UV marker pen.

#### What to do if your vehicle is stolen

- Call your local police station.
- Call your insurance company.
- Get a refund of vehicle tax.

#### FACTS

- **Half a million vehicles are stolen in the UK every year.**
- **Vehicle crime accounts for more than a quarter of all reported crime.**
- **Property is stolen from cars every 13 seconds in England and Wales.**

**LOCK IT, MARK IT AND  
WATCH WHERE YOU  
PARK IT!**

# Babergh Community Safety Partnership, (CSP).

Creating a safer, stronger Suffolk for you.

## Who are we?

Babergh Community Safety Partnership brings together these key partners:

- Babergh District Council.
- Suffolk County Council.
- Suffolk Police.
- Suffolk Primary Care Trust.
- Suffolk Fire and Rescue Service.
- Suffolk Probation.
- Suffolk Drug and Alcohol Action Team.

## What do we do?

The Crime and Disorder Act 1998 recognized that the Police are not the sole agency responsible for the reduction of crime and disorder or public safety. The CSP works in partnership with other agencies and community groups to tackle crime and to address local community safety issues.

## What are our aims?

- To tackle anti-social behaviour and provide activities for young people.
- To reduce crime and disorder in town centres; particularly violent crime and vandalism related to alcohol.
- To reduce domestic violence and abuse.
- To reduce substance misuse.
- To enhance community safety.

**ANTI-SOCIAL BEHAVIOUR CRIMINAL DAMAGE DRUGS  
DOMESTIC VIOLENCE RACIAL HARASSMENT ARSON  
VEHICLE CRIME VIOLENT CRIME ALCOHOL BURGLARY**



## ROAD SAFETY

The Suffolk Roadsafe Partnership is made up of the key organisations in the county with responsibility for road safety education, engineering, enforcement and emergency.

Its four key issues are:

### 1) Drink driving:

- On average 3,000 people are killed or seriously injured each year in drink drive collisions.
- Drinking and driving occurs across a wide range of age groups but particularly among young men aged 17-29 in both casualties and positive breath tests following a collision.
- It's impossible to get rid of alcohol any faster. A shower, cup of coffee or other ways of 'sobering up' will not help. It just takes time.

### If you drink and drive, you risk:

- Being caught & breathalysed by the police.
- A 12 month driving ban.
- A criminal record.
- A hefty fine.
- Lifestyle changes (i.e. potential loss of job, relationships or car).
- Imprisonment.

### 2) Mobile Phones:

The penalties for using a hand-held phone whilst driving can include:

- A fine between £60 – £2,500, three – six penalty points on your licence, higher insurance costs and your licence being revoked.
- Drivers are four times more likely to be involved in an accident while using a mobile phone.

### 3) Seat belts:

- Wearing a seatbelt saves 2000 lives a year.
- If you are in a car crash, but you are wearing a seat belt, your chance of receiving fatal or serious injuries is reduced by about 50%.

### 4. Speeding:

- If you hit a pedestrian while driving at 20mph, the pedestrian has a 95% chance of survival.

- If you hit a pedestrian while driving at 30mph, the survival chance is 80%.
- If you hit a pedestrian while driving at 40mph, the pedestrian's chances of dying rises to 90%, (this lowers to 80% for a child).



## FIRE SAFETY

Ask anyone who has suffered a house fire if fire safety is a waste of time. They will tell a different story...

**FACT:** On average Suffolk Fire and Rescue Service attend 360 fires in the home each year.

**FACT:** Most fires in Suffolk homes start in the kitchen.

**FACT:** Fires involving smoking at home in Suffolk are more likely to result in death.

### Five easy steps to Fire Safety:

1. Get a smoke alarm. Fit one on every floor of your home.
2. Test the alarm weekly using the test button.
3. Make an escape plan so that in the event of a fire all your family knows what to do.
4. At night have a bedtime routine. Close all doors, turn off all appliances and extinguish all fires/cigarettes.
5. If you or a family member are concerned about not being able to exit your home in case of a fire without help, then Suffolk Fire and Rescue Service and Suffolk Family Carers have a scheme called FACT. They can offer you help and advice. Please contact either Suffolk Fire and Rescue Service on **01473 260586** or Suffolk Family Carers on **01473 835400**.

For a home fire safety check call Suffolk Fire and Rescue Service on **01473 260586**

SaferNeighbourhoods  
Making a difference...together



Babergh is one of the safest places to live in the country. Safer Neighbourhoods have now been rolled out across Babergh and aim to build on this.

### So what are Safer Neighbourhoods?

A Safer Neighbourhood Team, (SNT), is police officers, police community support officers, special constables, council staff, community partners and volunteers all working together to improve the neighbourhood in which you live. Babergh has locally based teams throughout the district.

### The aim of SNTs is to:

- Listen to you to identify your concerns.
- Work with you to tackle the issues you have identified.
- Keep you informed of our progress.

Regular consultation sessions will be held across the district to give you an opportunity to have a say in setting the priorities in your area.

To find out more visit our website: [www.safersuffolk.org.uk](http://www.safersuffolk.org.uk) or you can contact us on **01473 613500**.





# Want a new challenge?

## You can with Suffolk InfoLink

Arts/ Film/ Music

Sports & Leisure

Youth Clubs & Associations

Disabled Youth Leisure

log on to: [www.suffolk.gov.uk/infolink](http://www.suffolk.gov.uk/infolink)



## What is the Suffolk Youth and Connexions Service?

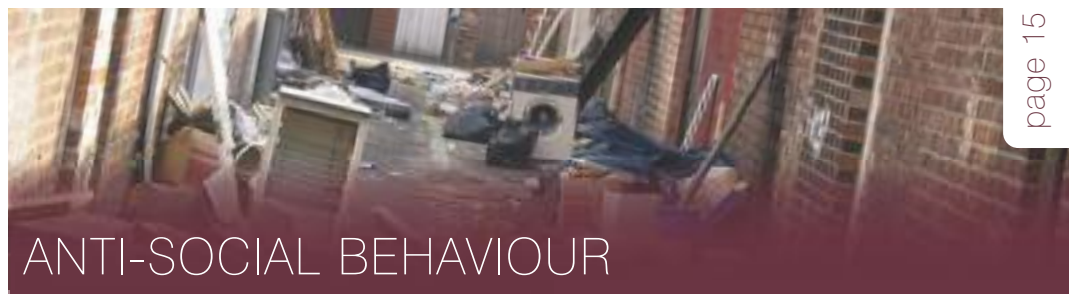
### Isn't that the one with the **X**?

**YES!** - and we offer free impartial advice and support for young people aged from 13-19 and up to 25 if they have additional needs.

Check out our website for young people, *created by young people*: [www.thesource.me.uk](http://www.thesource.me.uk)



connexions



## ANTI-SOCIAL BEHAVIOUR

"Anti-social behaviour covers a wide range of activities that can make others feel harassed, distressed or upset".

Anti-social behaviour can include:

- Nuisance neighbours.
- Criminal damage.
- Graffiti.
- Abandoned cars.
- Dumped rubbish.
- Loud music.
- Anti-social drinking and rowdy behaviour.

### How to report anti-social behaviour

To report anti-social behaviour you can complete an online anti-social behaviour form at:

[www.babergh.gov.uk](http://www.babergh.gov.uk).

This form will automatically be sent to your local Safer Neighbourhood Team and Babergh District Council's Anti-Social Behaviour Network Officer. Alternatively, you can ring on **01473 826622**.

If you need immediate assistance, always call the police.

[www.babergh.gov.uk](http://www.babergh.gov.uk)

Consequences of anti-social behaviour can include:

#### Acceptable Behaviour Contract (ABC)

A voluntary agreement between you and the police/anti-social behaviour officer. It details what you will do to improve your behaviour and what you promise not to do. This applies to both young people and adults.

#### Anti-social behaviour order (ASBO)

Evidence will be gathered against you for court. The judge will decide whether you should get an ASBO or not. Conditions can include being banned from certain areas of town or not being able to mix with particular people. If this order is broken you can get a criminal record or go to prison. This applies to both young people and adults.

#### Youth Nuisance Register

Personal details of young people under 17, who are causing anti-social behaviour, are entered on a database, and a letter is sent to their parents/carers. Subsequent entries can generate a home visit by a Police Officer and engagement with partner agencies.

#### Other consequences can include:

- Being "named and shamed" by local press.
- Receiving a hefty fine, (for example: as a result of littering).
- Having your car stereo seized, (for example: listening to loud music in public places).
- Having your vehicle seized, (for example: driving dangerously).
- Losing your rented home, (for example: you could be breaching your tenancy agreement).

Report anti-social behaviour to 01473 826622



Thought you  
couldn't afford to  
buy a home of your own?

Think again! Take your first step on the  
property ladder with Orbit First Step.

Orbit First Step is the Government's appointed HomeBuy Agent for Norfolk and Suffolk\*, and in these areas acts as the gateway to affordable housing.

Following Gordon Brown's pledge to give more priority to affordable home ownership, Orbit First Step is delighted to be able to offer potential home owners in Norfolk & Suffolk a range of low-cost housing options, including: -

1. Equity loans of up to 32.5% of the value of a home on the open market to top up a conventional mortgage from an approved lender regulated by the Financial Services Authority\*\*
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For further details visit our website at  
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and Marketing team on 08458 50 20 50.

\*Excluding Forest Heath and St Edmundsbury.  
\*\*The value of the equity loan is dependent on your  
personal circumstances.  
Orbit Housing Group Ltd is an exempt charity.  
All details correct at time of going to press, but may be  
subject to change.

**Orbit**  
FIRST STEP

part of the **orbit** group

## CITIZEN INVOLVEMENT

**Making Babergh a safer place to live is not the sole responsibility of the police or the local authority. It needs members of the public to play their part and take pride in their community.**

Have you ever walked past a vandalised bus shelter, but not done anything about it? Do you think "someone else will have reported it" or "no-one will do anything about it anyway, so why should I bother?"

### Ways you can help:

**Report any anti-social behaviour or minor issues**, no matter how insignificant you feel they are. It could be the start of a serious problem.

You can also report non-urgent crimes to Suffolk Police on: [www.suffolk.police.uk](http://www.suffolk.police.uk)  
If you want to report a crime but remain anonymous you can contact **CrimeStoppers on 0800 555 111**. They are an independent charity.

**Volunteer for a local group or set up your own** Babergh Communities Together can put you in touch with a local group that needs volunteers. If you cannot find an activity you enjoy why not set up your own? Their team can help by providing you with legal guidance, training opportunities and information on funding. Call **0845 260 6340** or email: [info@bctssuffolk.org.uk](mailto:info@bctssuffolk.org.uk)

### Join a Neighbourhood Watch Scheme

If you live within a Neighbourhood Watch Scheme you are far less likely to be a victim of crime. Membership can reduce your household insurance premium. You can also learn how to improve your personal safety and the security of your home/property. Contact your Community Watch Liaison Officer on **01473 613500**.

### Support your local Safer Neighbourhood Team by attending the Public Meetings

Log onto: [www.saferuffolk.org.uk](http://www.saferuffolk.org.uk) or call **01473 613500** for details of your nearest meeting.

[www.onesuffolk.co.uk](http://www.onesuffolk.co.uk)

### Apply to become a Special Police Officer

This is a voluntary part-time officer who has the same powers as a police officer. Call the recruitment hotline on **01473 613640**.

### Respond to police and local authority surveys.

### Get involved in a Community Speedwatch scheme

Schemes consist of active members of the community joining together as volunteers to monitor speed at selected locations with speed detect devices. Contact Suffolk Police on **01473 613500** for more details.

### Sign up for Police Direct

A free service that sends you up-to-date information via email, text or voicemail about local crime issues.



**WE LIVE HERE TOO!!**



Environment  
Agency

don't let your rubbish  
come back to haunt you

The law states that if you have your rubbish removed and it ends up being fly-tipped, you could be held responsible and fined.

**WHEN PAYING TO HAVE YOUR RUBBISH REMOVED:**

- 1). Ask waste removal service/tradesman for their waste carrier licence number.
- 2). Check this number or their company name by phoning **08708 506506** and ask for a Waste Carrier Validation Check or visit: [www.environment-agency.gov.uk](http://www.environment-agency.gov.uk)
- 3). Keep hold of all the information you receive from the waste collector / tradesman.
- 4). If they're not registered don't use them and inform your local council or the Environment Agency on **08708 506506**.

**Fly-tipping: if you see it, report it to your local council.**

Businesses can go to [www.netregs.co.uk](http://www.netregs.co.uk) for free advice on how to dispose of rubbish responsibly.

## IMPORTANT NUMBERS

In an emergency always dial **999**

**BABERGH DISTRICT COUNCIL**

MONEY MATTERS **01473 825798**  
 PLANNING **01473 825858**  
 COUNCIL HOUSING **01473 825757**  
 GENERAL **01473 826622**

**SUFFOLK COUNTY COUNCIL**

CUSTOMER SERVICES **0845 606 6067**

**SUFFOLK POLICE**

CENTRAL SWITCHBOARD **01473 613500**

**DRUGS AND ALCOHOL**

WEST SUFFOLK DRUGS ADVISORY SERVICE **01284 775275**  
 SUFFOLK DRUG AND ALCOHOL ACTION TEAM **01473 299640**  
 TALK TO FRANK **0800 776600**  
 NORCAS **01473 259382**  
 ICENI **01473 214006**  
 FOCUS **01284 701702**  
 COMMUNITY DRUG TEAM **01473 236069**  
 NARCOTICS ANONYMOUS **0207 7300009**  
 ALCOHOLICS ANONYMOUS **0845 769 7555**  
 DRINKLINE **0800 917 8282**  
 ADFAM **020 7553 7640**

**DOMESTIC VIOLENCE**

SUFFOLK'S FREE 24 HOUR HELPLINE **0800 783 5121**  
 BABERGH'S BEFRIENDING SERVICE **0787 5644018**  
 WOMEN'S AID 24 HOUR NATIONAL HELPLINE **0808 2000 247**  
 IPSWICH WOMEN'S REFUGE **01473 745111**  
 BURY WOMEN'S REFUGE **01284 753085**  
 SUFFOLK RAPE CRISIS **01473 715333**  
 RELATE **01473 254118**  
 KERNOS CENTRE **01787 882882**

**CRIME/ANTI-SOCIAL BEHAVIOUR**

CRIMESTOPPERS **0800 555 111**  
 SUFFOLK PROBATION AREA HEAD OFFICE **01473 408130**

BABERGH ANTI-SOCIAL BEHAVIOUR REPORTING LINE **01473 826622**  
 VICTIM SUPPORT SUFFOLK **08453899548**  
 RACIAL HARASSMENT 24 HOUR HELPLINE **0800 138 1643**  
 IPSWICH AND SUFFOLK COUNCIL FOR RACIAL EQUALITY **01473 408111**  
 SUFFOLK COMMUNITY MEDIATION SERVICE **01473 581811**

**YOUNG PEOPLE**

HOME-START BABERGH CHILDREN IN DIVORCE & SEPARATION **01473 826190**  
 NO LIMITS **01473 662757**  
 TEENAGE OPPORTUNITIES PROJECT **01473 215419**  
 MILLENIUM VOLUNTEERS **01473 748743**

**ELDERLY PEOPLE**

MEALS ON WHEELS **01379 672715**  
 AGE CONCERN SUFFOLK **01473 257039**  
 SUFFOLK HANDYPERSON SERVICE **01473 228678**

**OTHER**

SUFFOLK TRADING STANDARDS **01473 26485**  
 SUFFOLK FIRE AND RESCUE SERVICE **01473 260586**  
 SUFFOLK FAMILY CARERS **01473 835400**  
 CITIZENS ADVICE BUREAU **01787 374671**  
 BABERGH COMMUNITIES TOGETHER **0845 370 6340**  
 OPTUA ADVICE SERVICE **01449 672781**  
 SUFFOLK SPORT **01502 523633**  
 SUFFOLK ACRE **01473 242500**  
 GAY AND LESBIAN HELP LINE **0808 8082322**

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# Find out more about local policing



Receive **FREE** messages on the latest crime and policing issues in **YOUR** area via text, email or telephone.

For **text, email** and **phone** messages, register online: [www.suffolk.police.uk](http://www.suffolk.police.uk)  
Please complete the form below to receive text or phone messages.  
[Please register me for Police Direct messages.](#)

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Tel no. for phone messages: \_\_\_\_\_

and/or Mobile no. for texts: \_\_\_\_\_

Address: \_\_\_\_\_

Postcode:\* \_\_\_\_\_

Signed: \_\_\_\_\_ Date: \_\_\_\_\_



BA2008

**\*Essential Information**  
Please return to Police Direct, Suffolk Police HQ, Martlesham Heath,  
BA2008 Ipswich, IP5 3QS.



# PROTECT IT

# REGISTER IT

## Help the police get your property back

Register your property for **FREE**  
and improve your chances of getting it back if it's lost or stolen



[www.immobilise.com](http://www.immobilise.com)

