SCOTS STILL DRINKING TOO MUCH!

Scots are still drinking too much, despite new figures showing a fall in the amount of alcohol sold per person. According to a report from NHS Health Scotland, the amount of pure alcohol sold per individual fell 3% between 2011 and 2012.

Key facts
- Alcohol sales per adult in Scotland declined by 3% between 2011 and 2012.
- Alcohol sales per adult in Scotland declined by 8% between 2009 and 2012.
- In 2012, 10.9L of pure alcohol was sold per adult in Scotland (equivalent to 21.0 units per adult per week).
- In 2012, 9.2L of pure alcohol was sold per adult in England & Wales (equivalent to 17.6 units per adult per week).
- In 2012, 19% more alcohol was sold per adult in Scotland compared with England and Wales.
- Sales of vodka per adult in Scotland were more than double those in England and Wales.

NHS spokesman, Mark Robinson, said the recent ban on multi-buy promotions was linked to the fall in sales. But he added: "We're still drinking too much as a nation."

"After a steady growth during the 90s, the amount of alcohol we consume has begun to fall. But that hides the fact we’re still drinking more than 10 years ago and 19% more than in England and Wales. We’re consuming less beer but more wine, spirits - particularly vodka - and cider than a decade ago.

"Significantly, 60% of alcohol bought in off-licences and supermarkets costs less than 50p a unit. That's the level the Scottish government wants to impose as a minimum price. The government says minimum pricing will save lives, prevent hospital admissions and reduce crime."
NEW DRUGS AWARENESS PROGRAMME WINS NATIONAL AWARD

The Scottish Borders has been recognised for their innovative approach to raising awareness of New Drugs.

The award was made at the Scottish National Community Safety Conference in September. PC Gillian Oliver, Drugs Awareness Officer in the Safer Communities Team and Susan Walker Drug & Alcohol Development Officer, Borders Alcohol & Drugs Partnership accepted the award.

The rapid emergence of New Psychoactive Substances has brought challenges to local areas with wide availability and lack of knowledge. Partnership working with drug users, frontline services, generic services and the community has ensured that individuals are better informed on the risks and how to respond / access appropriate support if required.

EURORAP REPORT - ROAD SAFETY REPORT

The Road Safety Foundation has published its annual report which measures and maps the risk of death and serious injury on motorways and 'A' roads outside cities.

The report, ‘Measuring to Manage’, shows road travel is getting measurably safer, particularly because of improving vehicle safety.

The report highlights;
- single carriageway roads are now seven times more risky than motorways. It also shows that the main crash type causing death is running off the road, and the main crash type causing serious injury are "brutal" junction impacts.
- typical improvements which have led to big reductions in serious crashes include: removal of roadside hazards (such as trees, rigid poles or lighting columns); the introduction of interactive warning signs; anti-skid surfacing; and road studs.

The measurements of the safety of UK roads were carried out using international benchmarks developed by the European Road Assessment Programme (EuroRAP). Click here to access the full report and for risk rating maps for the UK and regions across the UK.

This map shows the statistical risk of death or serious injury occurring on South East Scotland’s motorway and ‘A’ road network for 2007-2011.

The risk is calculated by comparing the frequency of road crashes resulting in death and serious injury on every stretch of road with how much traffic each road is carrying.

For example, if there are 20 crashes on a road carrying 10,000 vehicles a day, the risk is 10 times higher than if the road has the same number of crashes but carries 100,000 vehicles.

For more information on the Road Safety Foundation go to www.roadsafetyfoundation.org

The following roads in the Borders are highlighted;

**Medium high risk**
- A707 Selkirk to Nest Roundabout.

**Medium Risk**
- A72 Galashiels to Blyths Bridge.
- A701 Blyth Bridge to Leadburn.
- A698 Hawick to junction with A68.
HAVE YOUR SAY ON PROPOSED BYELAWS PROHIBITING THE CONSUMPTION OF ALCOHOL IN DESIGNATED PUBLIC PLACES

Scottish Borders Council is asking members of the public for their views on proposed Byelaws Prohibiting the Consumption of Alcohol in Designated Public Places. The public engagement process will end at midnight on 29 November 2013.

Click here for the link to the official engagement activity.

What do the Byelaws mean?
The Byelaws would:

• provide an additional ‘tool’ for the police to reduce anti-social behaviour through early intervention.
• allow the Council and its Partners to meet the top priority of the Borders public, as identified in the 2008, 2009 and 2010 Scottish Borders Household Survey, ‘Making the Borders a safer place in which to live, work and visit’.
• reinforce the strong measures which occur within licensed premises to protect children and young people with regard to consumption of alcohol.

Do other areas have these Byelaws?
Scottish Borders Council is the only council in Scotland not to have such Byelaws in place.

Are there exemptions?
The proposed Byelaws would not apply for:

• the Border Common Ridings and local Summer Festivals
• for the period of 31 December, from 6pm until midnight and on 1 January until 6am.

It is for Council to determine which exemptions to apply to the Byelaws, but this is subject to the approval and confirmation of the Scottish Ministers.

Where will the byelaws not apply?
Licensed establishments e.g. Beer gardens and private homes (back garden barbeques etc).

Which areas of the Borders will the byelaws be implemented?
The areas have not yet been determined.

Who was involved in developing the Byelaws?
The proposed Byelaws are based on the National Model Byelaws. Officers from Scottish Borders Council, Alcohol and Drugs Partnership (ADP) and Police Scotland have considered the proposed Byelaws.

Click here to View the full Byelaws

Come and discuss more at the following Area Forums:

• Cheviot - Wednesday 6 November 2013
• Eildon - Wednesday 13 November 2013
• Teviot & Liddesdale - Tuesday 19 November 2013
• Berwickshire - Monday 25 November 2013
• Tweeddale - Wednesday 27 November 2013.
1 IN 4 YOUNG PEOPLE BLAME VICTIMS OF RAPE

White Ribbon Scotland’s survey finds worrying attitudes towards violence against women still prevalent in Scotland. A Scotland wide survey to provide a snapshot analysis of men’s and women’s attitudes to violence against women was carried out. Respondents were asked how far they agreed with common statement made about violence and abuse.

Key findings included:

- 1 in 6 believe that rape occurs because men are unable to control their need for sex
- 1 in 3 believe it is a woman’s responsibility to leave an abusive relationship
- 1 in 4 young people (16-24 years) believe that a woman is partly responsible for being raped if she is drunk or dressed provocatively
- 4 in 5 believe that the purchase of sex or sexual images create harmful attitudes towards women
- 79% believe the expectation of masculinity is to be physically strong
- 71% believe the expectation is to be in control

Callum Hendry, White Ribbon Campaign Coordinator said the report makes a range of recommendations which can start to change these negative attitudes which can be detrimental for women coming forward for support and detrimental to the way men are expected to behave. Recommendations include ongoing education and prevention work with young people, supporting parents to have conversations with young people about consent and respect, national public awareness campaigns and fuller, detailed research into attitude changes over time. You can read the full report here

“I pledge never to commit, condone or remain silent about violence against women”.

Do you pledge?
http://www.whiteribbonscotland.org.uk/

STUDENT SAFETY GUIDE

Leaving home for university or college means some huge life changes – new friends, new goals, new places, and a new sense of independence. Change is great – but the fact that it is all new can sometimes make you more vulnerable to crime.

Start out in the safest way possible. Download Police Scotland’s new Student Safety Guide, and take some simple steps to protect yourself, protect your property and keep yourself safe.

For more information, contact your local police on 101.

STUDENT FIRE SAFETY GUIDE

Whether you’re going back to university or just starting in higher education see how the Scottish Fire and Rescue Service can help you stay safe.

If you are a student moving into halls of residence for the first time, or you are moving into your first flat, please take a minute to check out our Student Safety leaflet. In it, you can find out key fire safety information, and why false alarms, caused by carelessness and negligence, should be avoided. Every hour, every day there is a house fire in Scotland. Help us keep you safe from fire.
THE 16 DAYS OF ACTION runs from 25th November 2013 (UN Day Opposing Violence against Women) to 10th December 2013 (Human Rights Day). The campaign spans these 16 Days in order to highlight the link between violence against women and human rights. The 16 Days period includes other significant dates, International Human Rights Defenders Day (29th November), World Aids Day (1st December) and the anniversary of the Montreal Massacre (6th December).

Andrea Beavon indicates “that by organising events in our local communities that highlight the issue of gender based violence and promote the services available for women, we make the issue visible, we give hope to women who are suffering and we hold perpetrators of abuse to account.

Scottish Borders Rape Crisis is leading a small working group to plan activities throughout the 16 Days of Action period, but it is vitally important that we harness the resources across the partnership to support local events.

There are a number of activities being suggested at the moment, the main event being a "Reclaim the Night" march in Hawick, and a variety of other events such as film screening, exhibitions, training, workshops etc.

For more information contact: Andrea Beavon Tel: 01835 828242, email: Andrea.Beavon@scotborders.gsx.gov.uk

---

**A new website for schools**

Go Safe Scotland

An interactive safety resource for primary school children in Scotland, called Go Safe Scotland, has been launched in Glasgow. This resource will help to deliver key safety messages covering all aspects of child safety and support the aims of the Curriculum for Excellence.

BEAT BOGUS CALLERS

Beat Bogus Callers is a new campaign recently launched by Police Scotland.

From bogus callers to rogue traders, doorstep criminals are cunning, creative, and often very convincing. Anyone can be fooled as these people are professional con artists. However, the over 60s are often specifically targeted.

Find out more about doorstep crime by downloading a Beat Bogus Caller booklet and poster.

There are two main types of doorstep crime:

- Bogus callers try to get into your home by pretending to be someone they’re not, including council staff, meter readers, or even police officers. In reality, they are crooks trying to steal cash and valuables.
- Rogue traders claim to be workers offering to make repairs or carry out work on your house, garden or driveway. In reality, they charge inflated prices for shoddy or unnecessary work.

What can you do?

- Be on guard if someone turns up unexpectedly. Genuine callers make appointments first.
- Use a door chain or bar
- Ask for ID from anyone who comes to your door, whether you expect them or not.
- Don’t assume a caller is genuine because they are wearing a uniform.
- If in doubt, shut them out!

Only let callers in if they have an appointment, and you are absolutely sure they are genuine.

Across the Scottish Borders many communities are setting up ‘No Cold calling Zones’, for more information on setting up a zone, contact your local Community Police Officer. Telephone: 101

JOIN SCOTLAND'S FIGHT AGAINST FIRE THIS BONFIRE NIGHT

The Scottish Fire and Rescue Service is urging members of the public to join Scotland's fight against fire, issuing a “community call to action” in the run up to Bonfire Night.

Every year careless bonfires take firefighters away from other incidents – putting lives at risk. Choosing to attend only official bonfire events will help keep people, property and vital resources safe. Bonfire Night is the busiest time of year for the fire service, and during the bonfire period firefighters typically see a 40% increase in emergency calls. Having to tackle bonfires means it could take crews longer to attend serious incidents – with potentially tragic consequences.

The campaign lets the public know how to refer family, friends and neighbours – who may be specifically at-risk – for a free Home Fire Safety Visit, or other services that focus on protecting older people from fire. Click here for more information.

- For a free Home Fire Safety Visit, call the Home fire Safety Hotline on 0800 0731 999. You can also get in touch by calling your local community fire station and more information is available here.
- Anyone who decides to hold their own events should always follow our vital bonfire and firework safety advice – available by clicking here.
HELP PREVENT ANOTHER DNP DEATH

Following the recent deaths of young people after they have taken the ‘fat burning’ substance 2,4-dinitrophenol, better known as DNP, the Food Standards Agency is urgently warning the public not to take any tablets or powders containing this ingredient.

DNP is an industrial chemical. It is not fit for human consumption.

However, 'fat-burner' capsules, tablets and powders containing DNP appear to be marketed at the body-building community, and those wishing to lose weight, as a quick way of burning fat. When consumed, DNP can be extremely dangerous to human health, possibly leading to coma and death. Signs of acute poisoning can include nausea, vomiting, restlessness, flushed skin, sweating, dizziness, headaches, rapid respiration and irregular heartbeat. Consuming lower amounts over longer periods could lead to cataracts and skin lesions and impact on the heart, blood and nervous system. Anyone who believes they may have taken DNP should seek medical advice immediately.

The FSA is taking action both to crack down on the illegal sale of DNP and to raise awareness of the dangers of its use. In particular:

- the Agency is working with the police and local authorities to stamp out the illegal sale of DNP to consumers, focusing on stopping internet sales
- reminding companies, including internet traders, of the criminal sanctions available to the courts to deal with any person or company found to be supplying DNP for consumption.

Help spread this important message on social media and help to prevent further dangers to human health, and possibly even another death. Please like us www.food.gov.uk/facebook, and share with friends.

For more information go to the Food standards agency webpage http://www.food.gov.uk/news-updates/news/2013/oct/dnp

******************************************************************************

THE READY FOR WINTER CAMPAIGN

urges everyone in Scotland to get ready for winter. We can't be sure what weather Scotland will see over the winter period right now. But the campaign reminds people that severe weather can strike at any time so taking action now will serve you well in winter, and all year round.

In the last few years we've seen it all - snow, floods and strong winds. And it doesn't take much for it to impact on our daily lives, like getting stuck indoors for a few days, or losing your phone communication, power or water supply. Severe weather can cause a range of problems - but you can be ready for them. Just one hour can make a big difference, and you'll be glad you made the effort. By doing a few small things now, you can save yourself a lot of trouble later on.

Click on the links below to find information and useful tips on how to prepare:

- In your home
- In your community
- On the move
- In your workplace

www.readyscotland.org

RADIO ADVERTS

Scottish Borders Road Safety Working Group is supporting a series of winter driving road safety messages on local radio. Providing advice on safer driving in adverse weather conditions.
CEDAR Borders

Children Experiencing Domestic Abuse Recovery

CEDAR (Children Experiencing Domestic Abuse Recovery) is a unique psycho-educational, multi-agency initiative for children and young people (CYP) who have behavioural, emotional and social difficulties as a consequence of their experience of domestic abuse.

The Scottish Borders first CEDAR Graduates recently celebrated their success in completing the CEDAR group work programme.

The group aims to support children and their mothers to recover from domestic abuse through learning about things like anger, abuse, how to cope, how to stay safe and how to rebuild shattered relationships.

Mums and children had their own groups to attend, and for 12 weeks spent time with trained facilitators to help them make sense of their experiences. This is the first time a CEDAR group has been run in the Scottish Borders and there are another five groups planned over the next 18 months.

The groups are part of the new Pathway project and are managed by Elizabeth Wilkinson, Safer Communities. Elizabeth says “working with a whole range of professionals as co-facilitators has really helped bring a good mix of skills and experience to CEDAR, and mums and their children can only benefit from this commitment by agencies in releasing staff to deliver groups”.

Elizabeth hopes that more referrals are made to enable more groups to be planned, stating “anyone can refer to CEDAR, as long as the child has memory, is aged between 4 years and 16 years, and want to attend”.

One child said “I couldn’t talk to people about what happened before I came to CEDAR” and one mum” said if it hadn’t been for this group, I would have went back”.

If you would like to hear more about Cedar please call Elizabeth on 01835 825024 or email elizabeth.wilkinson@scotborders.gsx.gov.uk

CRUCIAL CREW COMES OF AGE

This years Crucial Crew (17th September to 5th October) marked the 21st time the event has been run for all primary seven pupils in the Scottish Borders.

Almost 1,200 pupils attended this hands-on experiential learning event. Pupils took part in eight workshops on electricity, farms, water, fire, drugs, road, alcohol and railway safety.
‘ZIPIT’

ChildLine launches their first ever ‘app’ designed to provide tools to defuse the pressures on young people to send an explicit image or video. Click here.

Called ‘Zipit’, the free app offers witty images to send instead of explicit ones, advice for how to engage in safe chat, what to do if you feel threatened or if an image becomes public, and a direct link to call ChildLine.

Labelled as ‘sexting’, the sharing of self-generated sexually explicit images or videos by mobile phone or online is now commonplace amongst young people to the point that it is considered ‘mundane’.

The app has been developed in response to a ChildLine survey of 13-18 year olds which revealed that young people are frequently taking huge risks by making and sending sexual images of themselves. Shockingly, 60 per cent of the young respondents said they had been asked for a sexual image or video of themselves. 40 per cent said they had created an image or video of themselves, with around a quarter of all those questioned saying they had sent the image or video to someone else.

Over half of the young people surveyed by ChildLine said they had received a sexual photo or video, most received them from a partner but a third received them from a stranger. Whilst most said the image went to a boyfriend or girlfriend, a third said they sent it to someone they met online but didn’t know in real life and 15 per cent said they had sent it to a total stranger.

In contrast to the scale of the problem, few young people are calling ChildLine to talk about the issue, whether for fear of being judged or being reported to the authorities. Most of those surveyed said they would approach a friend if they need help relating to ‘sexting’ with just 17 per cent saying they would talk to their parents.

******************************************************************************

DRIVING INTO THE FUTURE

During September around 600 sixth year pupils from 6 Borders High schools took part in the annual Driving into the Future road shows.

Young drivers are too frequently involved in serious and fatal crashes, and are often the cause of them. The aim of this event is to ensure they are equipped with the right information to help them make safe decisions as drivers now and in the future.

The event covered drink driving, speeding, the potential damage to people and cars, the skills needed when learning to drive, and a basic understanding of car maintenance. One of the key parts of the day is a live theatre performance called ‘Friends Disunited’, which tells the story of a group of friends as they leave high school and follows the impact of crippling injuries on one friend, caused by another’s poor driving.

• For more information contact the Safer Communities Team, phone 01835 823204 or email: safercommunities@scotborders.gov.uk

Carbon Monoxide Awareness Week
18th to 24th November

View the latest video at http://www.silentkiller.co.uk/
LIQUITABS WARNING ISSUED TO PARENTS

Households which use liquitabs for washing machines and dishwashers should be extra vigilant if young children are at home, Scottish Borders Council’s Safer Communities Team have warned.

The number of accidents involving capsules is rising, predominantly with kids under five, and a recent survey by the UK’s National Poisons Information Service revealed there had been 1,486 cases involving liquitabs between May 2009 and July 2012. Children have been hospitalised as a result of biting into colourful liquitabs, with injuries including severe breathing difficulties requiring a ventilator and burned airways.

Manufacturers have now agreed to change the packaging for these products and make warnings more prominent. But in the meantime parents and carers are being reminded over the dangers of the items and are advised to store the capsules securely out of the reach of children.

Councillor Donald Moffat, Executive Member for Community Safety, said: “I would encourage parents to take on board the advice and ensure all household chemicals, including liquitabs, are away from the reach of children in a lockable cupboard. Fitting cupboard catches is a great idea - anything that will help keep children safe is worth it.”

- For home safety information contact: Safer Communities Team, phone 01835 823204 or email: safercommunities@scotborders.gov.uk
- For product safety information contact: Regulatory Services - Trading Standards, phone 0300 100 1800 or email: enquiries@scotborders.gov.uk

We’re cracking down on people who start fires.
Don’t accept it, report it.
Scottish Fire and Rescue Service - How we can help
If you have any concerns about a child or young person playing with or showing an unhealthy interest in fire, please contact your local community fire station.

www.firescotland.gov.uk
www.crimestoppers-uk.org
Crimestoppers is a registered charity.

JUNIOR ROAD SAFETY OFFICERS

This year’s new Junior Road Safety Officers (JRSO’s) from Scottish Borders Primary schools attended an introductory road safety conference at the Volunteer hall in Galashiels.

The aim of a Junior Road Safety Officer (JRSO) scheme is to empower children to highlight road safety issues within their school. Their role is to maintain a road safety notice board, deliver presentations to classes or assemblies, and run road safety competitions within their school.

Justin Case says............
Take care when near roads.
SCOTTISH RURAL CRIME UP 12% AS UK FIGURE FALLS

Quad bikes, metal, tools, livestock and fuel top the list of items stolen from rural properties.

New figures from leading rural insurer NFU Mutual reveal rural crime in Scotland totalled an estimated £2 million during 2012, up 12% on 2011. This bucks the UK trend of a 20% fall to an estimated £42.3 million during the same period.

Rural properties in the Scottish Borders have fallen victim frequently to thieves, prompting repeated warnings from police over the years for homeowners and farmers to be wary.

Machinery, tools and plant equipment
- If possible, secure or immobilise vehicles or pieces of equipment when they’re not in use. If practical, try to move machinery from fields, especially if it's near a road. Always keep tools, etc, locked away out of sight.
- To help identify your property: Use engravers to mark vehicles and equipment with your postcode, followed by the first two letters of your farm’s name.
- Keep a record of serial, chassis and model numbers.

Livestock
- Animals can be an easy target for thieves. Regularly check the fields where your animals are grazing.
- Keep your hedges, fences and gates in good repair. Field gate hinges should have capping hinges so they can't be removed easily. Cattle grids should be removable and locked out of position when they’re not in use. Use locking posts to obstruct large openings to yards, etc.
- Consider installing CCTV

If livestock is stolen it's important for you to be able to give the police an accurate description. Eartags and horn brands help police to identify stock. Freeze branding, hot branding or tattooing your postcode will also help. Always take photographs of especially valuable animals.

Farmhouses and out buildings
Farmhouses can be targeted by burglars because they are often large and in isolated areas. Fit British Standard deadlocks to all outside doors and always use them. The main door should have a security chain and wide-angle door viewer, so you can see who is on the other side. Consider installing a burglar alarm. Fit window locks on all ground floor windows.
Store any valuable equipment and tools in a secure building with a well built, locked door. Use British Standard locks, good quality locking bars and high security padlocks. Always lock outbuildings when they’re not in use.

Working with you to prevent rural crime

POLICE SCOTLAND
Keeping people safe

STOP FUEL THEFT!

Fuel and oil theft
With the price of crude oil rising, oil theft is becoming increasingly common.

For advice on how to reduce this and general crime prevention in your area, you can talk to your local Crime Prevention Officer by calling 101.
If a crime is currently in progress always call 999
SAMANTHA JOINS THE SAFER COMMUNITIES TEAM

‘Watch Commander Samantha Seeds is the recently appointed Local Authority Liaison Officer (L.A.L.O.) for the Scottish Fire and Rescue Service covering the Scottish Borders area and additionally liaising with Midlothian and East Lothian Local Authorities.

Her role is to forge links between the Scottish Fire and Rescue Service and local authorities, partner agencies and local communities. A large part of this work will involve engaging with partners throughout the community and helping to identify and establish early intervention opportunities.

The L.A.L.O is a key player in the process of delivering improved service through joint agency working and will also support the implementation of the local fire plan.

Email: Samantha.Seeds@firescotland.gov.uk  Tel: 01835824728.

DIARY DATES 2013

October/November

- 21st October to end of NovemberReady for winter campaign
- 6th NovemberNational local policing campaign
- 18th to 24th NovemberCarbon Monoxide awareness week
- 18th to 24th NovemberRoad Safety Week
- 18th - 24th NovemberCandle Safety Week
- 25th Nov. to 10th December16 days of Action - Violence Against Women

December

- 6th December to 3rd JanuaryFestive safety campaign

SCAM ALERT

Reports have been received from members of the public being cold-called by telephone, where the caller claims to be calling from the Telephone Preference Service (TPS). The caller advises that there have been a lot of nuisance calls in the resident’s area and that they can stop all nuisance calls for a one off payment or a monthly fee which can vary from call to call. For this fee the caller claims to be able to send a ‘device’ that plugs into the telephone socket or attaches to the telephone that will stop nuisance calls.

The Telephone Preference Service is a free service and they are aware of these types of scams and other scams where callers claim to be calling from the TPS. Further information can be found on their website. We advise you never provide your personal or bank account details to anybody over the telephone unless you are satisfied that you have verified the caller’s details and that they are genuine.

If you’ve received similar calls and think you’ve been scammed you should report it to Police Scotland or Action Fraud. Police Scotland can be contacted on 101, Action Fraud can be contacted online by visiting their website or via telephone on 0300 123 2040

You can get this document on tape, in large print, and various other formats by contacting us at the address below. In addition, contact the address below on language translations, additional copies or to arrange an officer to meet with you to explain and areas of the publication that you would like clarified.

Safer Communities Team,
Council Headquarters, Newtown St Boswells, TD6 0SA.
Tel: 01835 823204  Email: safercommunities@scotborders.gov.uk