



Diabetes Self-Help Group©

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SUMMER NEWSLETTER

YOUR HEALTH THROUGH NATURE



Police talk about the Belgrave incidents: are you aware?

Kajal Jethwa, who is based in the Neighbourhood Centre., is a community support officer. She visited the 'Coffee Morning' meeting, which is held at the Neighbourhood Centre every week on Wednesday. Kajal covered different topics in relation to safety in the Belgrave area:

- **Wearing Gold Jewellery:**

Within the Asian culture, it is a tradition to wear gold jewellery every day. Whether it is wedding jewellery, a gift or just that it looks nice to wear.

Recently, there have been several incidents where jewellery has been snatched from vulnerable, elderly people in the Belgrave area. These incidents have occurred in the daylight.

The police advise that if you do own gold jewellery, do not wear it show, in the public because you can be targeted.

- **Safety within the home.**

She advised the members on the safety within the home too. With many burglary issues within Belgrave, especially during Diwali, it is important to stay aware all the time. **For example:**

- Activating the alarm or getting an alarm fixed in the house: this is important because break-ins happen at night or when the house is unattended.
- Locking the window and doors, if you are leaving the room unattended: anyone can come into the house through the window or the door, at anytime. Keep it closed!
- Being aware within the neighbourhood: if you notice something strange and you feel like it may be an issue, let other neighbours know, so that you are all aware.
- Answering the door: this has recently become a major issue. It is important to see who you are letting in the house. Especially if you are having check-ups in the house. For instance, If the person claims they are from a broadband company, call the company to make sure this is true. Usually, you receive a letter about the appointment and they have a badge.

