

# Crime prevention advice

Burglary can be a very traumatic event and as a Crime Prevention Officer I have seen the impact that a burglary can have on individuals and their families. Last year

when the warmer weather began there was an increase in opportunistic burglaries simply because householders left their windows open.

Even if the weather is warm, keep ground floor windows (and any that could be climbed up to) closed or made secure with window locks, especially at night or when you are out.

An open window is like a magnet to an

opportunistic burglar and may even invalidate your insurance cover.

Window locks make it far more difficult to force windows open and offenders rarely climb through broken windows. Burglars are reluctant to smash windows and climb through them because it makes a lot of noise, they may injure themselves on the broken glass, it can slow down their escape and there is a strong chance of leaving DNA evidence on the broken glass.

There are a number of simple things that you can do to reduce your chance of being burgled:

- \* keep accessible windows closed and locked (especially if you are sleeping or are out)
- \* avoid leaving your valuables on display or near windows
- \* fit and use key window locks – but make sure you have a Fire Escape plan
- \* consider using net curtains

If you are really worried here are some other options:

- \* businesses should consider using a tinted film on the windows to prevent criminals looking in

- \* fit window alarms or vibration detectors - but these do not take the place of securing a window closed
- \* fit internal grills - these can be opened or closed depending on time of day and use of the premises
- \* fit external grills – but these need planning permission and are not pleasing on the eye

For further advice please contact the Crime Prevention Office on 020 8345 3406.

PC Stephen Wills  
Crime Prevention Officer



Working together for a safer London

## Be a volunteer?

Redbridge Police are looking for local people who can give some of their free time to help and support their local Police. In particular they are seeking people who would be willing to help out at their reception.

Redbridge has a team of forty Volunteers. People of all backgrounds have been selected, trained and are now giving their time supporting Safer Neighbourhood Teams, assisting with Role Plays for training Police recruits, providing administrative assistance and various other roles.

Volunteers on average might contribute four hours a week up to a maximum of forty hours a month at times that suit them, which may be during the day, evenings or weekends.

If you are aged over 18, have been resident in the UK for three years and would like to give something back to your community by helping your local Police then contact:

Volunteer Manager Joanne Curtin at Barkingside Police Station on 020 8345 3440 or email [joanne.curtin@met.police.uk](mailto:joanne.curtin@met.police.uk)