

Metropolitan Police Service

The Forest Hill News

Good News April-July 2023

Special points of interest:

Welcome to the New Forest Hill Newsletter!

- Crime is down, Patrols are up!
- Mental Health budget increase in Lewisham
- The MET police are recruiting 500 new PCSO's
- New Sergeant on the team
- PC Chuda Adhikari has moved on to a new Safer neighborhood Team

Hello and welcome to the first monthly newsletter for Forest Hill Residents! This newsletter has been created for you, the residents, to keep up to date with your local police team and to be made aware of any issues we have dealt with, are dealing with and any other items of interest. If you have something for the newsletter, please contact us and we can add it to the next addition. This will be sent out monthly and will contain Statistics, any

advice from Police and any 'Good News' stories the team can share with you. These will interchange to keep the newsletter light and entertaining as well as informative and a way to speak directly to you, our residents.

We hope you enjoy this communication method and look forward to providing you the latest from Forest Hill Ward.

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Decrease In Crime, Increase in presence

Since April 2023, Crime in FH has decreased and the increase of Foot Patrol from Police Officers could correlate to this information. Forest Hill SNT are based in Catford Traffic Garage, but with the better

weather and health kicks, the team have decided to walk to the Ward more. Forest Hill Team works alongside Crofton Park and Perry Vale Ward Teams, so with the increase of officers, a in-

crease of stop and search has happened. With this, a decrease of crime has been noticeable in the statistics for the wards.



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Zap and Snap! Catching Speeders in a Flash!



From recent and previous Ward Panel Meetings, Officers have listened and have actioned the requests of our residents. Forest Hill, Crofton Park and Perry Vale Local Police Team by the end of August, will have members of the team trained in Speed Guns. Once the

team has this accreditation, officers can create 'Stop Sights' and can prosecute road users of speeding in our residential area. We have been made aware of the 'Problem roads' and these will be first to host our new equipment and new skills. This also now

means, officers will work alongside our Traffic Contingent to successfully prosecute road users that break the speed limits.

Is your road in need of our Speed Gun? Want to be apart of the New Community Speed Gun Operative? Contact Us!

Lost and Stolen Vehicles; an endemic?

*Quote of the month;
'Be not afraid of greatness. Some are born great, some achieve greatness, and some have greatness thrust upon 'em' - William Shakespere*

Since April 2023, PC Angel our PC from Crofton Park Policing Team has seized 20 (and counting!) Vehicles that have been reported as Lost or Stolen. These vehicles have been turning up mainly on Forest Hill. The vehicles have been stolen from all over London and have been brought to Forest Hill and neigh-

boring wards. This is usually for the offenders to see if the vehicles have a tracker fitted or to see if Police recover it. If your vehicle is a keyless transmission, consider purchasing a Faraday box or Faraday

Bag.

Top 5 stolen Vehicles 2023;

- 1) Land/Range Rover
- 2) Ford Fiesta
- 3) Ford Focus
- 4) Volkswagen Golf
- 5) Mercedes-Benz C-Class

Hot Summer Heists: Unmask the Seasons Boldest Burglaries



Burglaries have decreased in the last 3 months on Forest Hill Ward, However, Burglary is a seasonal crime and one of the biggest spikes, happens in summer. If you are going away for

the holidays, please ensure locking doors and windows are part of your pre-holiday checklist. Ring Doorbells and other security systems also run off Wi-Fi, so to ensure full securi-

ty, check your internet at home before departing. We always recommend being careful whom you tell your home is empty to.

Tool Thieves and Vanishing Vans

Along with Burglaries, tool theft and Van theft is down drastically these last few months, but, spikes in summer. If you are a tradesmen and have valuable tools, please lock your vehicle in between trips to and from vehicles. This is tedious, but, will be the

difference between your tools being stolen and not. Van security can be provided by the dealership the vehicle was bought from or Van locking systems can be purchased online or sought through trusted online websites where trade companies can be found

and hired. For tools, tool tagging equipment can be purchased. The tool tagging equipment is for the identity of tools to be discovered if stolen.



The link between Antidepressants and Dehydration

'My London' online news article released a document on 8th June 2023 describing the link between Antidepressants, dehydration and heat stroke. This is due to the ingredients in anti-depressants and how some ingredients can

prevent the body regulating heat as it would without the presence of Anti-Depressants. This also leads to decreased thirst, thus, tricking the body into thinking you aren't thirsty when in fact, you are. Methods to avoid this are; Sun Cream, plenty of wa-

ter intake, lots of shade, avoiding the hottest time of the day, wearing weather appropriate clothing and eating and drinking little and often. Please always consult a doctor if you are unsure.

If you or someone you know is suffering from Mental Health issues, you can contact your local GP, attend A&E or call 999 in an emergency. You are not alone, we are here to help.

Could you be a PCSO?

Police Community Support Officers have been a member of the Met family since 2002, and in its 21st year, by the end of the financial year, Metropolitan Police wish to re-

cruit 500 new PCSO's. This has come to light after a survey taken from Londoners last year, stating more Police is needed to be visible and seen. Have you or any of

your family or friends have considered a career in the Met, visit www.Met.Police.uk for more information.



*Your Local Team;
Team Sergeant; A/PS Nathan Munday
Dedicated Ward Officer; PC Rosie Dalton
Dedicated Ward PCSO; PCSO Amie McCreery*



Have you got any cause for concerns or any issues you need some advice with?

Check out our twitter; @MPSForestHill for up to date information regarding our 'Coffee with a Cop' events held in Forest Hill Pools on weekdays & weekends. Dates and times will be published on there for residents to come and speak to Police in Person.

Want a say in your local community? Join our Ward Panel!

Forest Hill Ward Panel needs you! Every 3 months, the panel meets and discuss face to face, issues and problems on the wards that can be solved with The Police Team. These meetings are held at Forest Hill Library. We are always looking for new members whom have issues, want to have a voice in their community and those whom want to make a difference. Our next meeting is September and will be announced on August's newsletter. Please email us expressing your interest in joining, and you will be added to the ward list.



Have any issues that cant wait until Ward Panel or need to get in contact with us over something else?

Email us! We look forward to hearing from you.

Contact Us;

Email; SNTP-L.ForestHill@met.police.uk

Phone; 07768178308

Please leave a voicemail if needed and we will get back to you.