The fun news first …

Ruru, our Neighbourhood Support mascot, visited Cambridge East Junior School at the beginning of November. Ruru had observed the good deeds of some of the students. So, he ruffled his feathers and suggested that we visit those students at their assembly. It was a surprise visit and what fun we had as the students received Certificates of appreciation.

Watch this space for more fun with RURU next year. In the meantime, please let us know of any kids in your neighbourhood who are doing kind, good deeds as we would like to give them the positive recognition they deserve. Please email me at info@safercambridge.co.nz and I will pass the information on to Ruru!

In recognition of their great community deeds, the students will each also receive a complimentary junior movie ticket kindly sponsored by Karen from

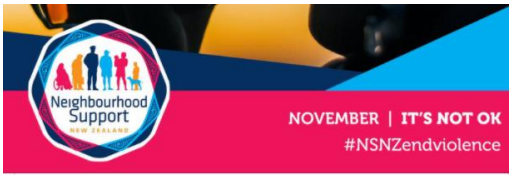
TIVOLI CINEMA

Cambridge 07 823 5064 / Papamoa 07 777 0335

https://www.facebook.com/TivoliCinemaCambridge/

Thank you Tivoli!

Our National Neighbourhood Support theme for November has been ***It's Not Ok*.** Our national co-ordinators work to prevent family harm through education and a connected effort across New Zealand. Updates can regularly be found on our FACEBOOK PAGE NEIGHBOURHOOD SUPPORT CAMRIDGE



I was fortunate to attend a zoom meeting with Senior Sergeant Daniel Hughes from Police National Headquarters in Wellington earlier this week. Dan has passed along the following information for our Neighbourhood Support members.

Unfortunately, this time of the year is one of the busiest times for Police attending family violence incidents.

Family Violence is a reality for thousands of families in New Zealand and remains a widespread problem in our communities. Violence within families is a crime, it can include physical, sexual or psychological abuse.

We are aware that there are extra pressures on families at this time of year that can exacerbate relationship issues and put a strain on individuals and families. Added financial stress, increased alcohol consumption, difficult relationships with extended family, decisions about where to spend holidays and access to children in separated families were all factors.

We encourage people to seek help if they feel under stress or are otherwise not coping. If someone is a victim of family violence or in a relationship that makes them fearful about their own or anyone else's safety, they should seek help as soon as possible. If something doesn't feel right, they should trust their instinct – everyone has the right to be safe.

Violence is never okay, and we want all victims of crime to be assured that if they come forward, their case will be taken seriously and treated sensitively.

It is important that people are aware of the warning signs of an unhealthy relationship (red flags) and understand the factors that can make family violence a real risk:

Red flags / high risk factors to be aware of include:

Stalking Strangulation Coercive and controlling behaviour Suicide/homicide threats
Intimidation Child abuse Sexual assault
Worsening violence – more severe, more frequent Intense jealousy or possessiveness Use of weapons
Animal/pet abuse Alcohol/drug/mental health issues
Community issues/isolation Pregnancy/new birth Victim voicing fear of harm Separation

If you suspect someone close to you is a victim of family violence or feel something is not right, it's okay to act on it – ***you could save a life.***

If they are in immediate danger, there are people who can help - ***Call Police on 111****.*
We know there are also people out there who don't want to harm their loved ones but who are facing an internal struggle. Stay strong: walk away and take a moment so you don't do something you'll regret to someone you love.
If you are in immediate danger and you cannot call Police on 111, leave your house and get out of harm's way. Your safety comes first. Get to a safe distance and then ask a neighbour, or a passer-by to call 111 for you.
If you're in danger but can't talk*: call 111, stay silent, and push 55 and you will be put through to Police. This is how it works:*

Calling from a mobile *– if you do not speak, your call is directed to a recorded message. You will be asked to press* ***55*** *if you require emergency assistance. If you press* ***55*** *your call will go through to Police. The recorded message is repeated twice and if* ***55*** *is not pushed the call is ended.*
Calling from a landline *– if you do not speak, the 111 operator will ask you to press* ***any*** *number on your phone if you require an emergency service. If* ***any button*** *is pressed your call will go through to Police. The 111 operator will ask you twice to push any button and if no buttons are pushed the call is ended.*
Further information can be found at https://www.police.govt.nz/contact-us/calling-emergency-111

The following organisations can provide further support and information:
Women's Refuge | 0800 733 843 - 24 hours
Family violence information line | 0800 456 450
Shine National Helpline | 0508 744 633 - 9am to 11pm
Shakti – for migrant and refugee women | 0800 742 584 - 24 hours
National network of stopping violence | 03 391 0048
Elder Abuse Helpline | 0800 32 668 65 - 24 hours
Gandhi Nivas – supporting men to be free from violence | 0800 426 344
Hey Bro helpline – supporting men to be free from violence| 0800 HeyBro (439 276)
Hohou te rongo kahukura – outing violence - building rainbow communities free from violence | www.kahukura.co.nz
You, me, us – promoting healthy queer, trans and takatäpui relationships | www.youmeus.co.nz
Sensitive Claims ACC | 0800 735 566

A big Neighbourhood Support shout out to one of our local residents Ruth Nicholls, from *Cambridge Violence Free Waipa* who has done an outstanding job in her role as Anti-Violence Coordinator for Cambridge. Ruth, and her team of volunteers, have been very active this month in educating the public on ways to prevent family harm and violence. You may have noticed the large banner across the main road this month with the White Ribbon and the stands outside the Warehouse and Paper Plus.

Neighbourhood Support and the Community Patrol UTE will be joining Ruth and other agencies at the Walk 1/2k in HER shoes event at the Cambridge Athletic Club **tomorrow** November 28th at 10.30am. If you would like to show your support and take the walk to support those who experience family harm please pop along. You can wear comfortable shoes, high heels are not essential! I believe we may have some well-known male members of our community walking in their heels! Well done. For more information on this event (including any weather postponement) please feel free to check in on their facebook page https://www.facebook.com/violencefreewaipa

WALK
½ K in HER Shoes

THE INTERNATIONAL MEN'S MARCH
TO STOP RAPE, SEXUAL ASSAULT & GENDER VIOLENCE

Calling All Men, Women and Children who Care about the Women and Girls in Your Life

Take a Step Forward

November 28th 10:30 am

Join us at the Cambridge Athletic Club Christmas Market on Vogel Street for a March to end violence against women.

Don't forget your Heels

Ruth Nicholls
Anti-Violence Coordinator for Cambridge
Violence Free Waipa
cambridge@violencefreewaipa.org.nz
Address: 193 Shakespeare Street, Leamington, Cambridge 3432
Phone: 07-827 5402

Violence Free Waipa
Communities Standing Together – Committed To Change

NEW ZEALAND POLICE
Ngā Pirihimana o Aotearoa

General news update from **Deb Thurgood, Senior Constable, Community Liaison Officer** is as follows:

'Being a local of Cambridge, I am aware of our community Facebook pages. I have mentioned it just recently in my Cambridge News column but will say it again. Police are your first port of call to report crime. If posting about crime on Facebook, please be sure of your motivations and the potential impact. While it is helpful for people to be aware of your stolen car details, or of other missing property, or even to be told of suspicious activity, I believe this should be posted from the perspective of helping Police solve a crime and hold offenders to account. There is no benefit in just posting/venting about something in a way which incites some to reply with threatening or abusive comments in support or cause others to feel alarm. Such posts are not helpful. They in no way assist Police in moving investigations forward (and often provide an opportunity for some in the community to push their own agendas.)

Finally, emails about Boy Racers continue to come into Jenni at Neighbour Support and myself. As with some other crimes, Police can't do much to help if you do not call 111 as soon as the activity occurs. If you don't phone, call after they've left or rely on 'someone else' to call, the situation won't change. Together with our fantastic Community Patrols, our units regularly proactively patrol boy racer 'hot spots', but we can't be everywhere all the time. It is only by catching the offenders in the act or being given registration plates or good vehicle and driver descriptions in a timely manner that we can follow up. In the Police we say, "See something, Do something". I ask that you too make the call to 111 when crime is in progress and ask your friends and neighbours to do the same. Regards Deb"

Further to Deb's information above the following article taken from Cambridge News may be of interest, as we have had a spate of unfortunate events of late. Once again, we stress REPORT, REPORT, REPORT incidents as they happen.

Two days in police life...

19 NOV 2020 SHARE:

CAMBRIDGE News

Police are often on the receiving end of suggestions they are not there when needed – and Facebook warriors frequently take to their keyboards rather than the telephone to report crime. We look at a snapshot of two days' police work in Cambridge – last Friday and Saturday — to show the benefits of alerting police to crime. We've decided to present this run down as police describe it.

On Friday 13th November 2020, Police were alerted to an intoxicated male whose behaviour on Hautapu Road was of concern to the local school and residents.

Hautapu School went into lockdown for a short time as a precaution. Police quickly located the male unconscious in a nearby paddock. He was detained and taken to Hamilton Central Police station for detox.

In the early hours of Saturday 14th November 2020, two small fires were lit at Cambridge Middle School. Neither caused significant damage to any buildings.

Police have identified the person responsible and are currently working to locate that person.

In the early hours of Saturday 14th November 2020, Police received a report of a vehicle driving at speed around Burns Street, Leamington. The driver subsequently lost control and crashed into a vehicle parked in the driveway of a nearby house, causing damage to both the vehicle and a letterbox. Police units responded, conducted a search of the local area and quickly located the vehicle a short distance away.

The driver was identified and processed for drink driving. He has been charged with driving with excess breath alcohol along with careless driving and will appear in court.

Last weekend, 13 and 14th November 2020, seven vehicles in the Leamington area were targeted in a late-night theft ex car and wilful damage spree.

Police conducted enquiries, aided by information provided by the local community. They have identified the persons responsible and are in the process of holding them accountable.

Cambridge Police Sergeant, Ben Joll said; "I would like to thank the community for their co-operation which ensured the offenders for these crimes were quickly identified. I encourage anyone with information of a crime to approach Police and not to take matters into their own hands."

Community Patr
of New Zealan

Deb Thurgood mentioned our 'fantastic Community Patrollers' earlier on in the email.

These are the stats for October.

Hours patrolled – 169.5 hours over 23 patrols
1541km travelled at an average of 67km per patrol

A heartfelt Thank You to all the volunteers for looking out for us.

HEARTSafe Cambridge

A new defibrillator was recently installed at 21 West Thompson Street, Cambridge Park

Should you wish to know the locations of other defibrillators in and around you, this following link could be a life saver https://aedlocations.co.nz/

As you can see below, if you need to use one of the defibrillators instructions are clearly shown on the units. However, it may be a good idea to familiarise yourself with the procedure. It will take a few seconds to look below and could save a life in an emergency.

For any further information, please contact:

Henry Strong
HEARTSafe Cambridge Inc
Chairman/Secretary
e-mail henry.strong1@outlook.com
heartsafecambridge1@gmail.com

NZ Civil Defence

@NZCivilDefence · Government Organization

Napier residents were recently subjected to many a harrowing hour during the floods. Some of our local Cambridge members asked us to assist them as they were trying to locate Napier family and friends during cell phone outage and were uncertain as to their safety. **It is important to remember that the first port of call is 111 who will log your 'missing' family member onto their system.**

Should an emergency arise in Cambridge the **FIRST RESPONDERS** would be:

- You and your neighbours (checking in on the vulnerable)
- Fire and Safety Services
- Police

CIVIL DEFENCE would **MANAGE** the situation if they were needed and advise which of the current CIVIL DEFENCE CENTRES were to be activated.

Local civil defence groups

Local authorities are responsible for civil defence emergency management (CDEM) in their area. If life or property is threatened always dial 111 for Police, Fire or Ambulance.

Civil Defence and Emergency Management

Civil Defence Centres

In an emergency, Civil Defence Centres provide assistance for people who have been displaced or affected by an emergency situation. See below for a list of centres in Waipa.

Cambridge

- Cambridge Raceway
- Hautapu Sports & Recreation Club
- Raleigh Street Christian Centre
- Leamington Rugby Sports Clubs
- Cambridge Community Marae
- Mighty River Domain, Karapiro

Te Awamutu

- Te Awamutu Events Centre
- Te Awamutu Sports & Recreation Club

Pirongia

- Pirongia Rugby Club

Speaking of emergencies, as we head into the holiday season and many people take to the roads please have a look at some advice from Civil Defence on what to keep in your cars in case of an emergency.

NZ Civil Defence
November 25 at 3:30 PM ·

Plan ahead for what you will do if you are in your car when an emergency happens. A flood, snow storm or major traffic accident could leave you stranded in your vehicle for some time.

Store a pair of walking shoes, a waterproof jacket, essential medicines, snack food, water and a torch in your car.

Keep up to date with weather and road information when planning travel.

Find out more about what supplies you might need at https://getready.govt.nz/supplies/.

Other quick bits of information before the newsletter turns into a book!

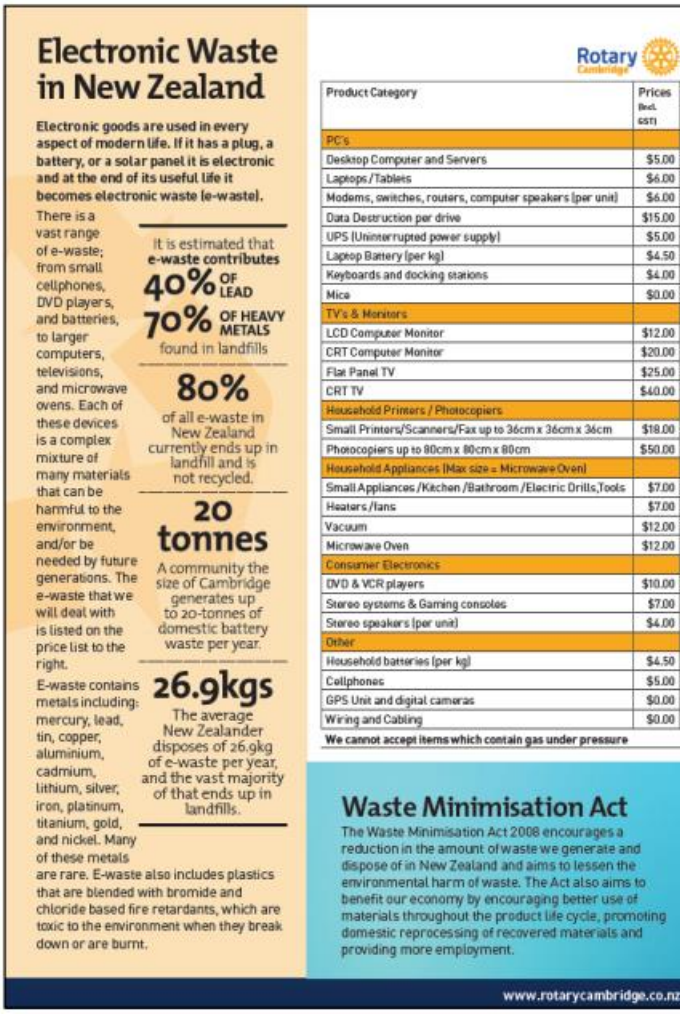
Don't forget to check out "whatson" this weekend. There is always something going on, this is just a snippet from the screen shot😊

www.eventfinda.co.nz › whatson › events › cambridge ▾

Cambridge Events - What's On Cambridge - Eventfinda

Peter Pan. Gaslight Theatre, **Cambridge**, Waipa. **Cambridge** Athletic Park Christmas Market. **Cambridge** Farmers Market. Quiz Night. Lunch Time Organ Concert - Sacred Solos. **Cambridge** Annual Christmas Market - Bloom Collective. Art Therapy Community Workshops for Children. **Cambridge** Lions Trash & Treasure Market.

Fri, 27 Nov Peter Pan
Sat, 28 Nov Cambridge Farmers Market
Sat, 28 Nov Cambridge Athletic Park ...



Collection days at Goodwood School on Saturday November 28, and at Cambridge High School on Saturday December 5, from 9am to 11am.
Eftpos facilities would be available at both.

Something for the youth:

As we head into Black Friday shopping weekend (hopefully supporting our local shops) and the general silly season rush, could I please leave you with this message that I copied off a Facebook page, and will be very relevant for a number of folks in our community:

Before you start bragging that you've done your Christmas shopping please remember :
Some parents have lost their jobs and don't know how they're going to feed their kids never mind buy presents for them
Some parents are on 80% pay (or less) and only just managing to pay bills. 😢😪😪
Some people have lost family members and Christmas won't be the same. 💔
Some people don't go online and now have no idea when or how they'll be able to shop
Some people are fighting for their lives !! Christmas shopping is the last thing on their minds. Esp during this pandemic.
So remember, nobody likes a show off !!
For me this year, more than ever before, it's more important whose around your tree rather then what's under it. 🤔🥰
#copyandpasted #supportlocal #supportsmallbusiness #supporthandmade #supporthomemade
🙏❤️🙏