



Coronavirus - COVID19 information

As we move out of lockdown the government guidelines are changing frequently, and sometimes daily, for this reason not all the current restrictions are printed here, to get all the up to date information and restrictions go to the government web site www.gov.uk/coronavirus

Stay Alert

The Government advice is to **Stay Alert**.

We can all help to control the virus by following the government guidelines –

- Stay at home as much as possible
- Work from home if you can
- Limit contact with other people
- Keep your distance.
- Wash your hands regularly

Do not leave home if you or anyone in your household has symptoms.

It's now mandatory to wear a face covering in shops and enclosed public spaces.

Face coverings can be reusable or single use and include scarves, bandanas and religious garments. Some people are exempt from wearing face coverings in these settings due to health, age or equality reasons.

Please be respectful and remember that face coverings are not a replacement for social distancing and regular hand washing.

For all FAQs go to <https://www.devon-cornwall.police.uk/advice/covid-19-coronavirus/>

Stay Alert, Stay Safe, Save Lives

Don't drive whilst under the influence of alcohol or drugs.

SHOULD YOU DRIVE THE MORNING AFTER?
Number of hours per drink + 1 hr = minimum time to allow before driving, calculated from your LAST drink

	3.5 hrs	2.5 hrs	1.5 hrs	2 hrs	3 hrs	2.5 hrs
	13% Large Glass Wine	4% Pint	40% Single Spirits	5% Alcopop	40% Double Spirits	5% Lager
1	3.5 hrs	2.5 hrs	1.5 hrs	2 hrs	3 hrs	2.5 hrs
2	7 hrs	5 hrs	3 hrs	4 hrs	6 hrs	5 hrs
3	10.5 hrs	7.5 hrs	4.5 hrs	6 hrs	9 hrs	7.5 hrs
4	14 hrs	10 hrs	6 hrs	8 hrs	12 hrs	10 hrs
5	17.5 hrs	12.5 hrs	7.5 hrs	10 hrs	15 hrs	12.5 hrs

Call the police on 999 to report a drink/drug driver

The summer brings many temptations which can be enjoyed safely, but the one you must avoid is drinking alcohol and then driving. Any amount of alcohol can impair your judgement enough to cause a tragedy for you, your family or for other innocent road users. The best advice is not one for the road, **it's none for the road.**

Drink driving is one of the top five causes of death and serious injury on our roads.

You must also be very careful the morning after a session on the booze. Contrary to popular belief, sleep, drinking coffee, taking a shower, eating a Full English breakfast do **NOT** eliminate alcohol from your system. Only time does: one hour per unit plus another hour from the last drink you had. Even then, this is only a guide. **If you don't feel safe to drive, don't risk it.**

If you are aware of someone breaking the law on the roads then report it through 101@dc.police.uk with as much detail as you can. Although action may not be taken immediately, your reports help to build an intelligence picture of offending drivers.

**** If someone is at immediate risk of causing harm, perhaps through drink or drug driving, call 999.****

You can now be tested for the presence of cocaine or cannabis instantly at the roadside with a simple mouth swab. If you are convicted of driving under the influence of drugs, then: minimum 1year driving ban, unlimited fine, up to 6 months in prison, criminal record #NoExcuse

Domestic abuse can affect anyone and takes many forms

Controlling or coercive behavior is a type of abuse.

There is now a law against it. It provides protection to victims experiencing repeated or continuous abuse.

The offence carries a maximum sentence of 5 years' imprisonment, a fine or both. If you or someone you know is in an abusive relationship, help is available. #Youarenotalone.

Whether local or from outside the region, Devon and Cornwall police are encouraging those suffering from abuse to seek help, either directly from police or from one of the regional support agencies.

Friends and family who may suspect that someone they know is being abused can learn about the signs of abuse and to encourage victims to seek help.

www.dc.police.uk/domesticabuselaw

Gone in seconds

Keep your valuables out of view



It only takes seconds for a thief to take valuables from your vehicle. Don't make it easy for them.

It only takes seconds to secure your valuables. Remove all property and items or keep them out of sight.



Checklist

Are these in your vehicle?

- Sat nav, mobile phone, ipod, laptop, electrical equipment
- Bag, purse, wallet or coins.
- Shopping bags or presents.
- Work tools.
- House keys or confidential papers.
- Items of clothing, food or alcohol.

All of these are valuable to thieves. Remove them or lose them



Theft from vehicles

Now the nicer weather is with us, we are all trying to get out into the countryside for walking and enjoying our lovely scenery, but unfortunately there is a down side to leaving our vehicles in remote places, even in our very low crime area, by taking a few simple steps your trip out won't be spoilt by your vehicle being broken into.

Top tips

DON'T tempt thieves by leaving items on display

DO lock your vehicle at all times

The following items are of particular interest to the thief so should never be left in your vehicle:

- Satellite navigation
- Charging cables
- Mobile phones
- Laptops
- Handbags/wallets/ purses/ credit and debit cards
- Jewellery
- Power Tools & Work Equipment

Empty your car before someone else does!



Number of Crimes reported in July 2020

Braunton Urban, Includes Braunton, Knowle, Wrafton & Heanton

- Violence with Injury 2
- Violence without Injury 17
- Sexual Offences 1
- Burglary Non-Dwelling 2
- Shoplifting 1
- Other Theft 1
- Criminal Damage 4
- Public Order Offences 1
- Non-Notifiable Offences 1



Braunton Rural, Includes Georgeham, Croyde, Ashford, Saunton, Vellator, Chivener & Marwood

- Violence without Injury 4
- Burglary Dwelling 1
- Burglary Non-Dwelling 1
- Other Theft 3
- Criminal Damage 3
- Public Order Offences 1
- Non-Notifiable Offences 1



Mortehoe/Woolacombe & Westdown, Includes Mullacott & Bittadon.

- Violence with Injury 1
- Violence without Injury 3
- Burglary Non-Dwelling 1
- Vehicle Offences 1
- Other Theft 2
- Criminal Damage 2
- Public Order Offences 1
- Non-Notifiable Offences 1

Want to know more about the crimes in your area?

Police.uk is a national website which allows you to view what crimes have been committed in England, Wales and Northern Ireland. The website allows you to zoom in on areas and see crimes committed on individual streets, month by month. The website also links to Neighbourhood Policing Teams and Crime Prevention Advice. <https://www.police.uk/>

Braunton Neighbourhood Team



Insp 14316
Paul Searle



Sgt 15977
Dave Thubron



PC 17230
Dan Revill



PCSO 30204
Andy Frisby



Contact us
[Braunton@dc.police.uk](mailto:braunton@dc.police.uk)



PCSO 30437
Dale Kingdon

Like us on our Facebook page (Team Name) Police and get regular updates as they happen.

Police Enquiry Office at -

Barnstaple Open from 9am to 5pm Monday to Friday
(Closed 1.15-2pm lunch)

Exeter 8am-6pm Monday – Saturday

Both Closed Sunday & Bank Holiday's

www.devon-cornwall.police.uk

The way we are all living is changing - we are using online methods for a lot more now. So why not #Change The Contact method for the police too?



#ClickB4UCall

Captured a driving offence on your helmet cam or other device?

You can send your video or photos to us and help to keep our roads safe
www.dc.police.uk/opsnap



What will drink driving cost you?



Your licence and job?

You don't have to be drunk to be a drink driver

