

May 2021

Welcome to this latest edition of our newsletter – produced by The Staplehurst Community Events Group, and again kindly sponsored by Golding Homes.

What should I keep in my home first aid kit?

It's important to have a well-stocked first aid kit in your home so you can deal with minor accidents and injuries, but what should be in it? The NHS suggest the following

- plasters in a variety of different sizes and shapes
- small, medium and large sterile gauze dressings
- at least 2 sterile eye dressings
- triangular bandages
- crêpe rolled bandages
- safety pins
- disposable sterile gloves
- tweezers
- scissors
- alcohol-free cleansing wipes
- sticky tape
- thermometer (preferably digital)
- skin rash cream, such as hydrocortisone or calendula
- cream or spray to relieve insect bites and stings
- antiseptic cream
- painkillers such as paracetamol (or infant paracetamol for children), aspirin (not to be given to children under 16), or ibuprofen
- cough medicine
- antihistamine cream or tablets
- distilled water for cleaning wounds
- eye wash and eye bath

Remember to keep your first aid kit in a cool, dry place out of the reach of children. And don't forget to regularly check that medicines are within their use-by dates.

Many people also keep a small first aid kit in their car for emergencies.

It may also be useful to keep a basic first aid manual or instruction booklet with your first aid kit.

Protect your car

Did you know that only 46% of stolen cars are recovered?

The National Neighbourhood Watch scheme have launched a Protect your Car Campaign and recommend you

- **LOCK IT** - 44% of cars are broken into via an unlocked door.
- **LEAVE IT IN A LIT AREA** - 80% of car crime occurs during the evening or at night.
- **EMPTY IT** - Owners often forget that personal belongings are at as much risk of being stolen as the car itself.

Preventing fraud

Together, let's stop scammers.



Remember, ABC:



never Assume



never Believe



always Confirm

Get the latest scam advice:



@KentPoliceECU



Are Pleased to Support This Community Project

Is your shed safe?

The top five most common items stolen from sheds

Bikes – Mowers - Sports equipment - Power tools - Garden tools

Good practices include - Using a good quality **padlock** — keeping it **locked** at all times – having a battery operated shed **alarm** - putting items **out of sight** – **marking items** (paint postcode or name).

REMEMBER **LOCK IT, HIDE IT, MARK IT.**

An opportunist burglar will try a shed or garage first because they can find the tools they need to break into the main house.



Looking Forward to a Holiday?

Don't get scammed,

Take care booking it



- *Holiday fraud can vary from fake accommodation listings that don't actually exist, to "too good to be true" offers with flights being particularly targeted.*
- *Criminals can approach you over the phone, via text, email and social media, offering incredibly cheap deals to tempt you into booking a holiday with them. In reality, the holiday you've booked, or parts of it, doesn't exist at all.*

- SO...**
- ***Do your research—make sure you've read plenty of reviews***
 - ***check that the company is an ABTA member.***
 - ***Pay Safe—use a credit card where possible and avoid paying into bank accounts***

REMEMBER IF IT'S TOO GOOD TO BE TRUE, IT USUALLY IS!

NEXT SCEG EVENTS (of course provisional due to COVID).....

SUNDAY AUGUST 1st – Picnic in the Park – Surrenden Field

SUNDAY SEPTEMBER 12th 5k and 10k Runs – Surrenden Field

SATURDAY OCTOBER 16th -STAY SAFE STAPLEHURST EXHIBITION – Village Centre

YOU CAN NOW FIND PREVIOUS NEWSLETTERS ON THE PARISH COUNCIL WEBSITE