



Welcome to your Market Harborough police e-newsletter. Here you will find all of the latest news from a Market Harborough policing perspective and crime prevention advice to help keep yourself safe.

## News

Last month, the Neighbourhood Proactive Team has spent some time working in Market Harborough alongside the Driver & Vehicle Standards Agency (DVSA) to stop check vehicles.

Twenty five vehicles were stopped and twenty of them were found to have faults of varying severity. Nineteen of the vehicles were repaired at the scene but one had to be taken off the road. One man was arrested for being wanted on warrant and taken to custody.



Sergeant Pete Jelbert represented Leicestershire Police at a flag raising ceremony to mark Armed Forces Day (Saturday 24 June).

Harborough District Council raised the flag on the Symington Building to show the district's gratitude to the Armed Forces community.

Armed Forces Day is an opportunity for the nation to show its support for service men and women, whether veteran or still serving, and celebrate the work they do in support of our country; and raise awareness of past and continuing service.

## Open water swimming

Soaring temperatures as we move into July and August, which are traditionally our hottest months, are once again sending crowds to Saddington Reservoir, and open water locations across Leicestershire.

The dangers of open water have been sadly highlighted in the last few weeks when specialist officers, searching a lake in Watermead Park in Leicester, found the body of a man. It is believed to be that of a man seen entering the water several days before.

Swimming in open water has a number of risks including cold water shock. Water can have temperature gradients, and diving in can result in passing through unexpected boundary layers for temperature. Cold shock causes the blood vessels in the skin to close, which increases the resistance of blood flow.

Combined with an increased heart rate, the heart has to do more work and blood pressure increases. Heart attacks can then occur, even in young people. This can combine with changes in breathing rates, increasing as much as ten fold, creating a sense of panic. Combined with consumption of alcohol, a dangerous combination of factors therefore exists.

While a 'throwline' has been put at Saddington, the best answer to safety around open water, is not to put yourself in a dangerous position in the first place. So whatever you do this summer, please be careful around open water.



This month, our Police and Crime Commissioner, Rupert Matthews, attended a neighbourhood beat surgery with Sgt Pete Jelbert and PCSO Natalie Goodall in Market Harborough market square to discuss concerns and issues with the community.



## Beat Surgeries

Monday 4 July; 3pm-4pm, Great Easton Post Office and Store, High Street, Great Easton.

Wednesday 7 July; 11am-12pm, outside the Church, Kings Norton

Thursday 28 July; 11am-12pm, outside the Church, Kings Norton