



## Mopeds stolen to steal mobile phones

By Janet Maitland

**A woman was knocked to the ground when her mobile phone was stolen outside Genzo's restaurant on the High Road on 7 July. Two men on a moped mounted the pavement and snatched her phone straight out of her hand. The 31-year-old was taken to hospital with minor injuries and was later discharged.**

This kind of incident is now extremely common all over London. Many of the 15,000 mopeds stolen in London last year are then used to snatch phones out of people's hands, or to steal another moped.

We asked Jan Lovell at the Safer Neighbourhood Team about the frequency of moped thefts and mobile phone snatches in East Finchley ("moped" covers all motorised two-wheel vehicles). In April there were six moped thefts and the same number of phone snatches. In May seven mopeds were stolen and four phones snatched. In June there were

three thefts and three snatches.

At its meeting on 27 June, the East Finchley Ward Panel made moped theft one of its key priorities, a decision taken after a survey of local people cited this as a major concern.

A police spokesperson said: "If you use two or more security measures, you reduce your risk of becoming a victim." Security measures include: keeping your vehicle in a garage or shed, or using a heavy chain to attach it to an immovable object such as a lamppost; property marking and using a cover so that thieves shopping for a particular brand don't see it.



Super owners: Peter Hale and Mary Hogben outside their energy-efficient home. Photo Mike Coles.

## Take a peek inside a Super Home

By Daphne Chamberlain

**Next month you can visit some of the UK's registered Super Homes and there is one right here on our doorstep in Heath View, N2. The 1960s house is now 74% less carbon intensive, and owners Mary Hogben and Peter Hale say they have cut their energy bills by 40%.**

Peter and Mary are both architects. They say: "Our first aim was to improve the fabric of the home to make it thermally more efficient. We have explored the practicalities

of introducing more natural materials with their ability to deal with moisture and more responsive thermal properties."

Tours and Q and A sessions let you discover what worked,

and get frank feedback on anything that didn't. The house is open for tours on Sunday 10 September. Pre-booking is essential. Please visit [www.superhomes.org.uk](http://www.superhomes.org.uk).



Jan Lovell, of the East Finchley Safer Neighbourhood Team, updates us on the latest crime news. Jan and the team can be contacted by email at: [EastFinchley.snt@met.police.uk](mailto:EastFinchley.snt@met.police.uk), or by phone on 020 7161 9014. Follow the team on Twitter @MPSEastFinchley.

**A "thank you" to everyone who responded in May to our email survey on crime. East Finchley had the best response across the whole borough, one in four of you. We have evaluated all your replies and put them to the Ward Panel.**

### Panel priorities

From the concerns you highlighted the Panel decided our team will be working on the following:

Working in conjunction with borough and central teams, addressing the joint crimes of the theft of mopeds/motorcycles that are then used to commit thefts mainly of mobile phones in the street.

Anti-social behaviour issues in Cherry Tree Wood and the immediate area. The green space gets very heavy usage over the summer months. We will be patrolling regularly to nip any issues in the bud.

The increase in fly tipping on the ward. We will be liaising with Barnet Council Civil Enforcement department.

### Other issues raised

We asked about your level of concern regarding burglary. Burglary is a very personal crime, leaving its effects long after an insurance claim has paid out. Heirloom jewellery can never be replaced and the upset of a stranger going through one's personal items

can take quite some time to recover from.

Several of you have taken us up on the offer of a home security visit. The offer of a visit to your home by appointment by one of the team (me) is always open.

### Individual issues

There were many individual issues raised in the survey. Many we were already aware of, some old, some transient, some new, which we do and will continue to address. If you wish to discuss any concerns you included on the survey, or indeed any other that should arise, please do contact us via email or phone. Do call the police on 999 in an emergency or 101 should you need police to attend.

## Safer walking for people with dementia

By Janet Maitland

**Police in London have launched a 'Safer Walking' campaign to promote tracking technology that helps families and support services to locate people with dementia who are lost.**

Walking has psychological and physical benefits for people with dementia but many spend too much time indoors and inactive, getting bored and restless as a result, because their carers are anxious about their safety if they go out.

The Met is working with the Alzheimer's Society, Age UK, and Dementia UK to highlight the benefits of using a small battery-powered GPS tracking system. The device can give people who have dementia a sense of independence and reassure family and friends that they will be able to find their loved one quickly if they become lost. Most trackers work via text message alerts or through a smartphone app or website.

### Getting the balance right

Chief Superintendent Steve Wallace warned the devices are not a substitute for good care and the right level of support. He said: "There must be a balance between protecting people from potential harm, and not interfering with their human rights. This technology can allow people more freedom and reduce the need for restrictive measures, such as locking doors."

Dementia UK stresses that those living with the diagnosis, and their families, should be

involved in making a decision about using a tracker. "The pros and cons should be explored early on in the diagnosis, where possible, when the individual still has the capacity to consent," said a spokesperson. "If discussions take place at a later stage, a decision should be based on an understanding of the individual's preferences."

For information and advice call the Alzheimer's Society 0300 222 1122, Age UK 0800 678 1174, or Dementia UK 0800 888 6678.

**east finchley clinic**

- Back Pain
- Neck Pain
- Whiplash Injury
- Sciatica
- Sports Injury
- Frozen Shoulder
- Arthritis
- Tennis Elbow
- Sprain or Strain
- Rehabilitation
- Neurological
- Stroke

**Wendy Longworth & Associates physiotherapy practice offers a variety of treatments at the clinic, or off-site, in patients homes, nursing homes, private hospitals and other organisations.**

[www.eastfinchleyclinic.co.uk](http://www.eastfinchleyclinic.co.uk)  
**020 8883 5888**  
2-3 Bedford Mews Bedford Road London N2 9DF

# YOGALOGY

**Join us today! 2 Weeks Unlimited : £ 35**

Yoga  
Meditation  
Treatments (Massage-Ayurveda-Detox)  
Yoga Beginners Courses  
Meditation Courses  
Teacher Training Programs  
Hypnobirthing Courses

Group Classes | Private Sessions | Injury Management

[WWW.YOGALOGY.CO.UK](http://WWW.YOGALOGY.CO.UK)  
 98A High Road East Finchley N2 9EB | 020 7018 7377  
**Strengthen your Body | Calm your Mind**