

COMMUNITY PATROLS OF NEW ZEALAND



APRIL PATROLLER BRIEFING



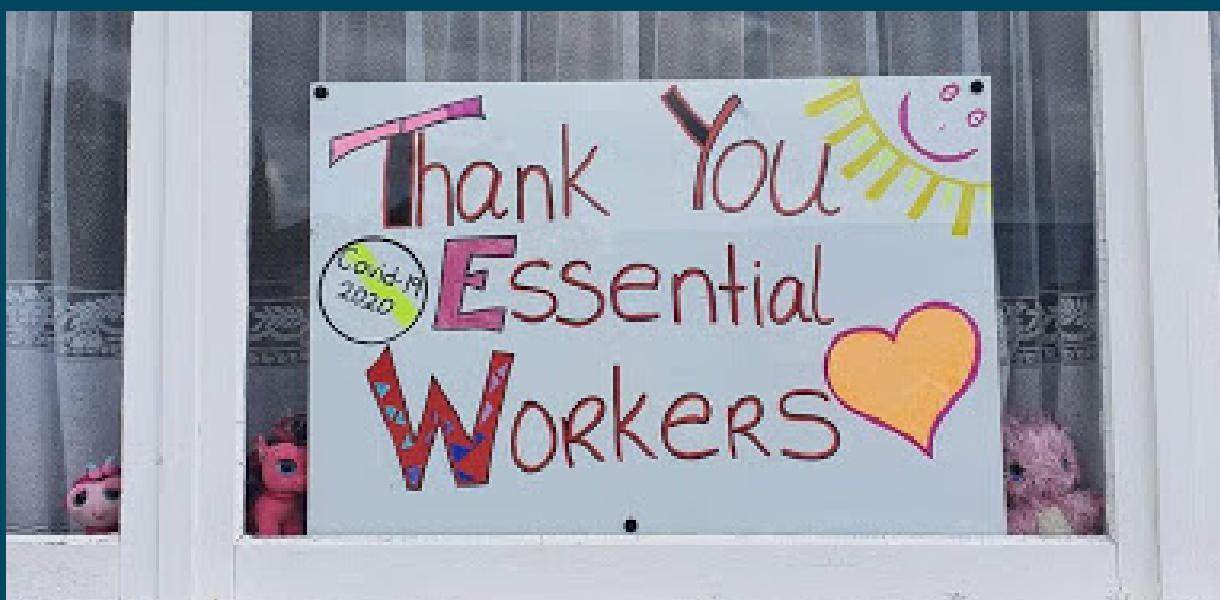
@communitypatrolsof
newzealand



048170228



www.cpnz.org.nz



To all our police officers, healthcare workers, supermarket workers, construction workers, waste disposal techs, petrol station attendants, truck drivers, farmers, and anyone else putting themselves on the frontline at this time....thank you!



Chris Lawton -
CPNZ Trust Board Chairperson

A Word from our Chair....

Greetings to all patrollers,

Non Patrolling in a COVID-19/Level 4 environment

Clearly we are all facing interesting and difficult times at the moment with the lock down forced on us by the COVID-19 threat the world is facing. I respect the tough decisions our Government has made based on the advice of the learned and informed professionals that make up the advisory bodies. The ability to make these decisions is based on the many emergency situations

we have faced as communities or as a nation be that earthquakes, volcanoes, pandemics, fires or floods - they have made us wiser and more decisive. We, as the people of New Zealand comply with the requirements because we trust in those making them.

One of the tough decisions made by Police was for all patrol activities to stop. In my view this was a necessary one. The Police lead the massive and complicated operational response to the pandemic emergency. Of primary concern was the health and safety aspect and risk associated with patrollers patrolling in a car 2 up. Other concerns were interaction with the public, as well as interaction with operational Police. We also had to factor in the demographics of our patroller 'army' with at least 50% over 70 years of age and therefore 'highly at risk'. This meant that Police at this stage were not happy to take the risk. I concur with their decision although, like many of our patrollers I want to be out there.

Of interest is that the primary police liaison at Police National Headquarters are intrinsically involved in national operational planning. They are well aware of our abilities and strength. They made the decision to stand down all Neighbourhood Support NZ and Victim Support activities also, unless by email or online or phone. While public safety is obviously an essential area the need for patrolling at level 4 was not seen as a necessity by Police. Leadership requires tough decisions - good leaders made these decisions. As we have seen the situation is very changeable. Patrols must be ready to get back to patrolling when we are needed.

Alternative volunteer work

However many patrollers are not sitting around but volunteering with the many organisations that are deemed essential. These include giving assistance to organisations such as Red Cross and Meals on Wheels. Others are involved with reassurance phone calls to elderly in their areas. One of the CPNZ staff has picked up a night shift volunteer role assisting with patient transfer - fantastic. The list goes on, but it shows how adaptable our patrol base is. I have been advised that because you are Police vetted you are a very trusted volunteer - go for it!

Communications

Communications in CPNZ is an area we have improved in the last 12 months. In particular, the monthly Patroller Briefing which is sent by email to all Patrol Leaders. I am aware that some patrollers are not getting this from their Patrol Leaders. It must be sent to all patrollers in a patrol. It is also available online. The communications system is only as good as the leadership.

Bear hunt and Bubbles

I would like to leave you all with my final thoughts. Once this situation is over we will all be wiser and more readily adaptive for future events of this magnitude or smaller. We will laugh together over a shared meal and as we hug our children and grandchildren we will talk about 'bear hunts and bubbles' knowing full well that they are better prepared for the future, as we all are. We, as a national organisation, will grow from this by considering what skills, knowledge and training we could do in preparation for future events we might face as a town, a city, a region or as a country.

Please keep safe, bubble-up and keep in touch.

Protecting your mental and physical health during Level 3 & 4

We wanted to share some tips from Mental Health NZ around staying healthy during this time:

Stick to your normal routine

- Go to bed and get up at your regular times
- Take your medication at the regular time
- Get dressed, clean your teeth and do your hair instead of staying in your pajamas all day
- If you are working from home, try to keep your usual working hours with your normal lunch break (remember to get up to stretch regularly if working in less than ergonomic conditions)
- If you are currently not working, it can be helpful to find a project that will require your focus for the majority of the day such as spring cleaning your garage or signing up to some online university courses
- Try not to drink more alcohol or eat more junk food than usual

Find ways to connect

- Phone calls, emails and online messaging with loved ones
- Play online board games such as scrabble or join an online book club (this can be with friends or with strangers from all over the world)
- Smile, wave and say hello as people walk by your home - a cheery voice can mean a lot to someone who is feeling anxious and help you feel connected too
- Keep an eye out for your neighbours, if you are concerned about someone's well-being please ring 105 for non emergencies or 111 for emergencies

Be Active

- Go for a walk, run or bike-ride around your local community. While exercising outside, please ensure: You keep a 2m space between yourself and others. You do not touch surfaces such as park benches or stair rails. You do not pet other people's pets
- Find a yoga or home workout tutorial on YouTube
- Work on your flexibility and mobility by stretching everyday
- Do some gardening or that job you've been putting off like pressure cleaning the house

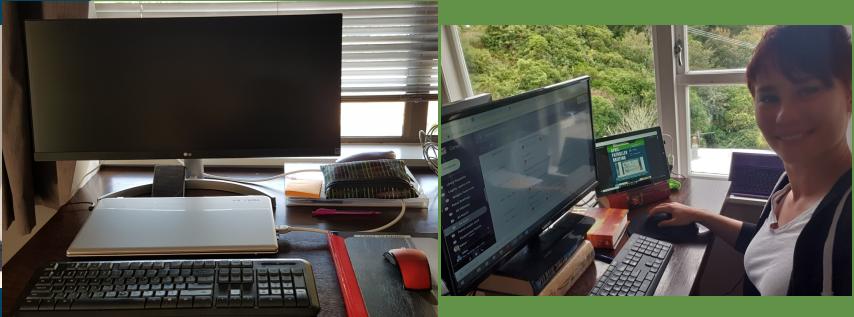
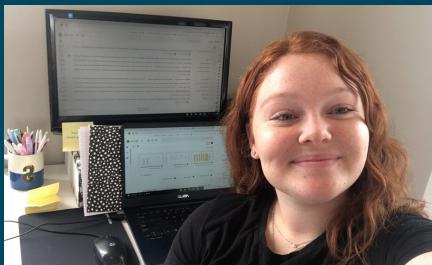
Protect your Mental Health -

- Find ways to keep learning - research something you have always wanted to know about
- Spend time in nature - those who live in the country are very lucky, however those of us who live in the city can still get some sunshine and enjoy being outside
- Re-read your favorite books or pick up a brand new author you have never read before
- Practice your mindfulness - enjoy the feel of the sun on your skin, make a list of things in your life you are grateful for, do some breathing exercises, sit quietly and watch the wind move through the trees
- Limit the amount of news you follow, this includes social media - surrounding yourself in constant updates can be anxiety inducing so it is important to stay informed without overwhelming yourself
- Continue with any mental health treatment via your GP or therapist - they can organise over-the-phone appointments if necessary

If you are concerned about your own or your loved one's mental health please call your local mental health crisis team or 111 if immediate physical danger exists.

The CPNZ National Office is working from home and getting competitive!

Just like everyone, we have had to make some major adjustments in the last couple of weeks! Without warning, we have managed to make ourselves comfortable in our little home offices and are pleased to announce that things are mostly business as usual!



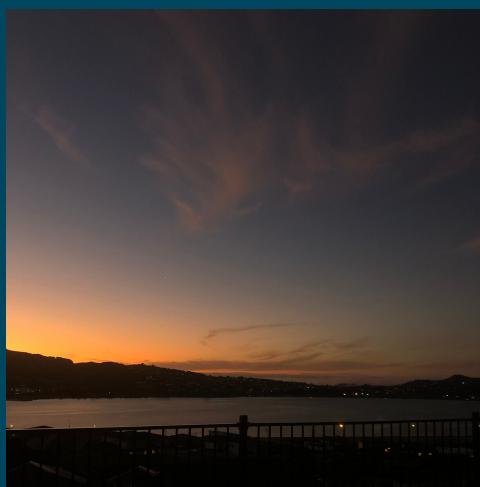
We are continuing to work together and stay connected to ensure that we stay on top of the evolving lock down situation. We are connecting as a team at least once a day to update each other on commonly asked questions and bounce ideas off one another.



We are doing a walkathon! As a team we are aiming to have walked a combined total of 400kms during lockdown month. We have found this has been a great way to ensure we all stay vigilant of one another's physical and mental well-being whilst stuck working in less than ergonomic workstations. Just 5 days in and so far we have done nearly 60kms so we are very confident that we will smash our goal!



Cheryl's fluffy walking teammates enjoying their treks around her rural property near Masterton



Sarah captured this stunning sunset view over Porirua near her home



Toni and her husband love living in the country near Palmerston North and having plenty of room to roam without seeing another soul



Katryn has been enjoying the views from the country roads around her home near Wellington

LOOKING BACK AT MARCH

OUTSIDE THE BOX WAYS OF FINDING NEW PATROL VOLUNTEERS...

CPNZ Trust Board Chairperson Chris Lawton and Henderson/McLaren Park CP's Patrol Leader Peter Rasmussen gave a presentation to the local Rotary Club around what CPNZ does in order to attract some new volunteers. See the report in the club's newsletter below:

GUEST SPEAKER - CHRIS LAWTON

Chris Lawton, Chairman of Community Patrols New Zealand (CPNZ), was guest speaker and he was accompanied by Peter Rasmussen.

CPNZ, formed in 2002, is a voluntary organisation, of people giving some of their time and taking responsibility for their own community and helping make the community a safer environment in which to live. It is funded at a national level by NZ Police and NZ Government, with its National office being based at the Police National Headquarters in the National Prevention Centre.

The National office supports over 5000 volunteers in over 150 affiliated community patrols throughout New Zealand.

CPNZ is dedicated to helping build safer communities in partnership with New Zealand police and other organisations.

The community patrols are organised and operated by local communities and raise their annual operating expenses through local grants sponsorships and donations.

Each patrol caters to the needs of its local community, patrolling where and when it can best supports the local police and the local community.

In partnership with others, CPNZ prevents crime and reduces harm through the active presence of trained patrollers. Community patrols are independent from the police but receive regular police guidance training and tasking.

CPNZ volunteer patrollers are the extra 'eyes and ears' of New Zealand Police.

What CPNZ does:

- Patrols residential business and industrial areas to identify criminal activity
- Reports signs of suspicious activity
- Gathers information for police through notetaking and recording
- Assists in accidents in crime scenes
- Watches out for stolen vehicles and other Property reported as stolen
- Watches out for Missing and wanted persons
- Assists the public and community events including crowd control.

Further information about the Henderson community patrol contact Peter Rasmussen on 021705842.



Chris Lawton



Peter Rasmussen

MOTUEKA CP GETTING THEMSELVES NOTICED

Motueka CP has had a great idea to make their presence more widely known in their local community. Nelson Building Society Bank was generous enough to allow the Patrol to create a display in their window.



The display looks fantastic and will hopefully bring many inquiries about joining the Patrol. Is this something you could do in your town?

SARAH - VETTING, ID CARDS, DATABASE UPDATES AND ACCOUNTS

ACCOUNTS@CPNZ.ORG.NZ/
DATABASE@CPNZ.ORG.NZ/
0274550007

As we are now working from home, any mail sent to Police National Headquarters will not be received until lock-down has ended. Please send any vetting applications, ID Card applications or database updates electronically. If this is not possible for you, please give me a call and we can discuss a work around.

Any ID cards requested during lock-down will not be mailed until level 4 is reduced to level 3. Instead, you will receive an email with the person's ID number so that they can access the online training in the meantime. We are monitoring this plan and will make any necessary changes as we go along.

Vetting applications are so far not taking any longer than usual to process.



TRAINING@CPNZ.ORG.NZ /
0272966002

TONI: TRAINING AND EVENTS



Remember to get those manually completed training numbers in.

Modules 3 through 10 should be complete now, with modules 1 & 2 due to be completed by the 30th June 2020. Please check you have fully submitted all of your online training. If you have any modules left to complete now could be a great time to sit down when you have a spare moment to finish them off.

If you have having any problems please email or give me a call even if it is just for a friendly chat. Stay safe everyone.

KATRYN: SUPPORT AND COMMUNICATIONS

OFFICE@CPNZ.ORG.NZ /
0272932877

I am getting lots of people calling and emailing to discuss what being stood-down during level 4 means for CPNZ Patrol Members. Please remember that we are under strict instructions from Police National Headquarters to not be patrolling until further notice. These instructions supersede a PLO requesting you to become active again. Frontline Police are extremely busy at this time and some PLO's may not have received the notice that we are not to be given local taskings at this time. CPNZ National Office is regularly in touch with Police National Headquarters and together we continue to monitor the situation and look for opportunities for patrols to be deployed safely and effectively.

I am going to be taking this lock down as an opportunity to complete a to do list, including identifying ways which we can further support patrols with our patrol leader pack and website. I am also available just for a chat, so if you are finding yourself a little cut off from the world during lock down, don't hesitate to give me a call just to say hello.



RECOGNISING EXCELLENCE

Please don't forget that we have lots of ways of recognising excellence. Any of the following can be ordered by emailing office@cpnz.org.nz:

- Patrol Service Certificates are available to any Patrol Member who deserves recognition. This includes length of service with the Patrol, a time they have gone the extra mile for the Patrol, etc. These are at no cost to the Patrol.



- Supporter Appreciation Certificates are available for any business, foundation or organisation which has supported a Patrol. PLO's are also eligible. These are at no cost to the Patrol



- Patrols are also welcome to purchase an engraved White Shield for their supporters. These shields cost \$50 each which includes engraving and postage.



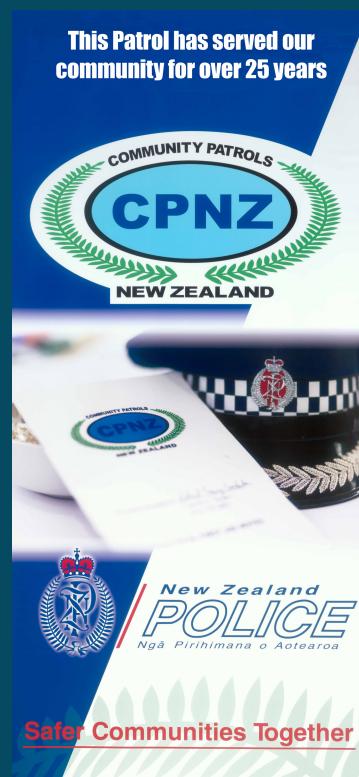
- Our Length of Service badges are always available at no cost to Patrols



- For Patrol Members who have served a CPNZ Patrol for twenty years or more, we have engraved Silver Shields at no cost to the Patrol



- Any Patrol which has been running for 25yrs or more is eligible for a celebratory banner at no cost to the Patrol



Uniform & Equipment Orders

Please note that our suppliers Arrow Uniform and Cory's Electrical are not shipping orders until lock down is over. You are still welcome to place orders, so long as you understand they will not be processed until further notice.

Training Manuals & Online Training

We are currently unable to mail out any hard copy Training Manuals. However, if you need to access this information, you can find it on our website.

Please sign into our members tab using your ID number and your surname with a capital letter (e.g. Smith). Then click on 'Members' and select 'Training' from the drop down list. This will take you to a page which has every chapter of our training manual as an easy to download PDF.

Handy Hints - Gmail functionality

 Reply

Reply will only respond to the person who sent you the email. It will not include any one who was copied into the original email. For example, if you received a Patroller Briefing and wanted to ask National Office about something within the briefing, you would hit reply and only National Office would receive that email.

 Reply to all

Reply All will respond to the person who sent you the email AND include all other recipients of the original email. For example, if you received a Patroller Briefing and hit reply all, every single patrol would receive your question and this often causes confusion for Patrol Leaders consequently receiving unnecessary emails.
Please avoid using this function with emails from National Office.

 Forward

Forward will not respond to anyone - instead it sends the original email onto anyone you wish. Please use this function when sending an email onto all persons within your Patrol

Our Stories

While you have some time on your hands over the next few weeks, jump onto our website at www.cpnz.org.nz and have a look at some of our stories from Patrols around New Zealand. Our Patrols do amazing work and we love sharing that with the world.

Chair's Blog

You will have seen emails come out from our Trust Board Chair around CPNZ's response to COVID-19 over the last three weeks. To ensure that our response is open to all, these communications have been uploaded to the Chair's Blog on our website under 'News'.

A MESSAGE FROM ALL TRUSTEES AND STAFF.....

**"Stay safe, stay active, stay in touch.
Together we will get through this."**

SOME TIPS AND TRICKS

- HOW TO ACCESS OUR ONLINE TRAINING MODULES

1. To register with CPNZ Training firstly you will need to log into the Members tab on the cpnz.org.nz website. To log into this please use your ID Card number and your Password is your Surname (Capital letter at the start. If that does not work, please try all lowercase).
2. Once logged in choose training from the drop-down menu. This will take you to a new page. At the bottom of the page you will see "Visit our online training platform". Click on this.
3. Once on the [Training](#) page click login on the top righthand corner.



4. Underneath the words, Is this your first time here? Click [Create new account](#).

A screenshot of the CPNZ login page. It features the CPNZ logo at the top. Below the logo are fields for "Username" and "Password", a "Remember username" checkbox, and a "Log in" button. To the right of these fields are links for "Forgotten your username or password?", "Cookies must be enabled in your browser", and "Some courses may allow guest access". A "Log in as a guest" button is also present. At the bottom of the page, there is a question "Is this your first time here?" followed by a "Create new account" button.

5. At the [Sign up](#) page fill in the required fields Username(all lowercase), Password (must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 non-alphanumeric character(s) such as as *, -, or #), Email address, First name, Surname, Patrol Name and then click Create my new account.



New account ▼ Collapse all

▼ Choose your username and password

Username !

The password must have at least 8 characters, at least 1 digit(s), at least 1 lower case letter(s), at least 1 upper case letter(s), at least 1 non-alphanumeric character(s) such as as *, -, or #

Password !

▼ More details

Email address !

Email (again) !

First name !

Surname !

City/town

Country

▼ Other fields

Patrol Name !

Create my new account Cancel

There are required fields in this form marked !

6. To access the Training Module, you will need to enrol yourself in the course. Click [CPNZ Training Module](#)

The screenshot shows the CPNZ website interface. On the left, there is a vertical navigation menu with options: Home, Dashboard, Calendar, Private files, My courses, CPNZ Training Module, and Site administration. The 'CPNZ Training Module' option is highlighted. At the top right, there is a logo for 'COMMUNITY PATROLS NEW ZEALAND' with the acronym 'CPNZ' in the center. Below the logo, the heading 'Available courses' is displayed, followed by two course links: 'CPNZ Forms' and 'CPNZ Training Module'.

7. Now you just need to click the Blue Enrol me button and you will be able to see the course/module.

The screenshot shows the 'CPNZ Training Module' page. At the top, there is a breadcrumb navigation: Home / Courses / CPNZ Training Module / Enrol me in this course / Enrolment options. The main content area is titled 'Enrolment options'. It features a link to 'CPNZ Training Module' and a section titled 'Self enrolment (Student)' with a note that 'No enrolment key required'. A prominent blue button at the bottom right is labeled 'Enrol me'.