



On behalf of the policing team in Milton Keynes, I want to say thank you for your support during these challenging times and for following the guidelines set out by the government to help save lives.

I appreciate that these are unsettling times and protecting our communities is still our priority. On top of ensuring residents are adhering to the regulations in place, we are still responding to emergency calls that come in and helping those in need.

There are a large number of charities and organisations within Milton Keynes who are still operating to ensure help and support is available to anyone who needs it and I wanted to share their details with you:

**Food Bank Xtra - 01908 565852**

Offering food parcels to residents who require assistance

**ARC-MK Addiction Recovery Community - 01908 250730 [www.cnwl.nhs.uk](http://www.cnwl.nhs.uk)**

Offering help and support surrounding addiction

**DAFS – Drug and Alcohol Family Support - 07598 346244 [dafsmk@mail.com](mailto:dafsmk@mail.com)**

Supporting family members across Milton Keynes affected by addiction

**MKACT – helpline 0344 375 4307**

Milton Keynes local service supporting victims of domestic abuse

**National Domestic Violence Helpline (24 hours) 0808 2000 247 [www.ndvc.org.uk](http://www.ndvc.org.uk)**

The national 24 hour helpline supporting victims of domestic abuse around the clock during COVID 19.

**Age UK Milton Keynes – 01908 550700**

Age UK are still supporting people locally, give them a call for more information on their services.

**MIND Bedfordshire, Luton & Milton Keynes, [www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)**

National charity supporting those struggling with mental health issues making sure no one has to face a mental health problem alone.

Our local contact for Milton Keynes is Victoria who you can talk to over the phone on 07842 405045 or over email at [Victoria.Sharp@mind-blmk.org.uk](mailto:Victoria.Sharp@mind-blmk.org.uk)

MKFM have collated a list of local community groups supporting each other through the crisis, which can be found at

[www.mkfm.com/news/local-news/local-responses-to-covid-19-what-is-happening-in-your-area/](http://www.mkfm.com/news/local-news/local-responses-to-covid-19-what-is-happening-in-your-area/)

# APRIL

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By Jimmy and Evelyn Johnson - www.qets.com

## APRIL

### ACROSS

- |  |                               |
|--|-------------------------------|
| 1 Affliction                                     | 50 __ cotta (clay)            |
| 5 Spider's net                                   | 52 Explosive                  |
| 8 Go from being a frozen solid to being a liquid | 54 Creator of Sherlock Holmes |
| 12 Preparation (abbr.)                           | 55 Roman three                |
| 13 Express indifference                          | 57 Harnesses                  |
| 15 Costa __                                      | 59 Flowing in                 |
| 16 Tableland                                     | 62 Stalk vegetable            |
| 17 Marsupial bear                                | 65 To incite                  |
| 18 Colored part of eye                           | 66 Taunt                      |
| 19 Artist's workplace                            | 68 Movie __                   |
| 21 Found fault with                              | 70 Dreadful                   |
| 23 Slipup  | 71 Fourth month of the year   |
| 25 High naval rank (abbr.)                       | 72 Qualified                  |
| 26 Smooth  | 73 Aroma                      |
| 29 Embrace                                       | 74 Decade                     |
| 31 Black and white animal                        | 75 Bark in pain               |
| 35 Relating to the mail                          |                               |
| 37 Pod vegetable                                 |                               |
| 39 Cowboy fight                                  |                               |
| 40 Gone to lunch                                 |                               |
| 41 Correctly                                     |                               |
| 44 Basketball association                        |                               |
| 45 Secondhand                                    |                               |
| 47 Collection of animals                         |                               |
| 48 Hat fastened with ribbons                     |                               |

## Coronavirus Related Scams

Fraudsters are exploiting the spread of COVID-19 coronavirus to facilitate various types of fraud and online crime.

Over £2million has been lost so far by victims across the UK to fraud related to coronavirus. These include attempts to buy protective face masks from fraudulent sellers, emails purporting to be from genuine businesses and organisations and scam messages asking for donations to the NHS.

Fraudsters are also sending out coronavirus-themed phishing emails in an attempt to trick people into opening malicious attachments or revealing sensitive personal and financial details.

Our advice is:

- Watch out for scam messages  
Don't click on the links or attachments in suspicious emails, and never respond to unsolicited messages and calls that ask for your personal or financial details.
- Do your research when shopping online  
If you're making a purchase from a company or person you don't know and trust, carry out some research first, and ask a friend or family member for advice before completing the purchase. If you decide to go ahead with the purchase, use a credit card if you have one, as most major credit card providers insure online purchases.  
For more information on how to shop online safely, please visit:  
[www.actionfraud.police.uk/shoponlinesafely](http://www.actionfraud.police.uk/shoponlinesafely)
- Protect your devices from the latest threats  
Always install the latest software and app updates to protect your devices from the latest threats.  
For information on how to update your devices, please visit the National Cyber Security Centre's website [www.ncsc.gov.uk](http://www.ncsc.gov.uk)

A rolling chain of the latest advice and scams to be aware of can be found at [www.actionfraud.police.uk/covid19](http://www.actionfraud.police.uk/covid19)

While the government restrictions can lead to feelings of loneliness, please bear in mind the importance of reaching out to someone if you are struggling, whether this is a family, friend, one of the organisations above or anyone you feel comfortable talking to. It has been heartening to see the true community spirit of Milton Keynes in action over the last few weeks.

Thank you again for your continued support.

Superintendent Marc Tarbit  
Commander for Milton Keynes LPA (Local Policing Area)

## APRIL

### DOWN

- |    |   |    |                         |
|----|---|----|-------------------------|
| 1  | Tempo   | 33 | Resist forcefully       |
| 2  | Greek god of war                                    | 34 | Having wings            |
| 3  | Structure used by a bird to lay eggs and rear young | 36 | Movie star Taylor       |
| 4  | Ornament for military uniform                       | 38 | Loose gown worn at mass |
| 5  | Swoping sound                                       | 42 | Obtained                |
| 6  | Epoch   | 43 | Warble                  |
| 7  | Plant buds that begin to grow underground           | 46 | Wanderer                |
| 8  | Pruned  | 49 | Posy                    |
| 9  | Engage  | 51 | Cause of sickness       |
| 10 | Basic's opposite                                    | 53 | Warning signal          |
| 11 | Had been  | 56 | Small particle          |
| 13 | Leave undone  | 58 | Careen                  |
| 14 | Merry   | 59 | As previously cited     |
| 20 | Capital of Senegala                                 | 60 | Roman emperor           |
| 22 | Cutting tool  | 61 | Cried                   |
| 24 | Pleasant combination of sounds                      | 63 | After-bath wear         |
| 26 | Water faucet  | 64 | Speak loudly            |
| 27 | Aphid   | 65 | Hoopla                  |
| 28 | Fragrant oOrganic compound                          | 67 | To be                   |
| 30 | Acquire   | 69 | Representative          |
| 32 | Easter animal                                       |    |                         |