

Take removable parts with you. Take parts that are easy to remove with you such as wheels, lights, baskets or the saddle or use locking skewers or nuts which can increase security by securing the bike's components to the frame permanently.

Mark it. Get your bike securely marked. It's a highly effective visible deterrent to bike thieves. They know that if they are caught with a registered bike, the owner can be traced and they will be arrested. BikeRegister provides a list of police bike marking events.

- **Register it** Register your frame number for free on a cycle database such as BikeRegister or immobilise.com. The frame number is usually found underneath the bike between the pedals or where the back wheel slots in. If your bike is ever stolen and recovered by the police, it can be traced back to you.

- **Remember safety begins at home** Take the same care to lock your bike securely at home as you would on the street.

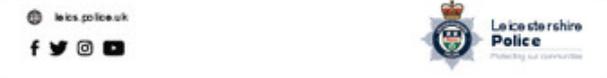
It's that time of year. Cover up the bling

Punjab

ਆਪਣੇ ਆਪ ਨੂੰ ਲੁੱਟ-ਖੋਹ ਤੋਂ ਬਚਾਉ

- ਪਬਲਿਕ ਥਾਂ ਵਿੱਚ ਆਪਣੇ ਗਹਿਣੇ ਢੱਕ ਕੇ ਰਖੋ ਤਾਂ ਕਿ ਲੋਕ ਦੇਖ ਨਾ ਸਕਣ
- ਡੁਹਾਰੇ ਅਸ-ਪਾਸ ਜੋ ਕੁਝ ਕੀ ਹੋ ਰਿਹਾ ਹੈ ਉਸ ਤੋਂ ਸਾਵਧਾਨ ਰਹੋ
- ਜੇਕਰ ਕੁਸੀ ਸੁਰੱਖਿਅਤ ਡਾ ਮਹਿ ਸੁਸ ਨਾ ਕਰ ਰਹੇ ਹੋਵੇ ਤਾਂ ਰਸਤਾ ਬਦਲ ਲਵੋ
- ਉਹਨਾਂ ਗਲੀਆਂ ਅਤੇ ਰਸਤੇ ਦੀ ਵਰਤੋਂ ਕਰੋ ਜਿਹਨਾਂ ਵਿੱਚ ਚੰਗੀ ਰੋਲਨੀ ਹੋਵੇ ਤੇ ਕੁਸੀ ਉਹਨਾਂ ਤੋਂ ਵਾਕਿਫ਼ ਡ ਹੋਵੇ
- ਸਾਰੇ ਗਹਿਣਿਆਂ ਦੀ ਫੋਟੋ ਲਾਭ ਕੇ www.immobilise.com ਤੇ ਆਪਣੀ ਸੰਪਤੀ ਦੀ ਮੁਫ਼ਤ ਓਜਿ ਸਟੇਲਨ ਬਰਵਾ ਲਵੋ

ਜੇਕਰ ਕੁਸੀ ਲੁੱਟ-ਖੋਹ ਦੇ ਸਿਰਕਾਰ ਚੋ ਜਾਵੇ ਤਾਂ ਤੁਰੰਤ 999 ਤੇ ਪੁਲਿਸ ਨੂੰ ਫ਼ੌਨ ਕਰੋ।
ਸੰਧੀ ਵਿੱਚ ਚਾਰ ਕਾਰੋ 101 ਤੇ ਜਾ ਕਾਰਿਕਾਰਾਪਰਕ ਨੂੰ ਕੁਲਾਨਾ ਕਰੋ ਤੇ 0800 555 111 ਤੇ ਲਿਫ਼ਾਫ਼ਾ ਦਿਓ।



Gujarat

ਤੁਮਾਰੀ ਜਾਤਨੇ ਲੁੱਟਖੀ ਕਯਾਵੋ

- ਅਫ਼ੇਰੇ ਦਬਾਨਸਾਂ ਤੁਮਾਰਾਂ ਥਰੇਲੁੰ ਯੇਠ ਨ ਬਕਾਯ ਨੇਸ ਰਾਯੋ.
- ਤੁਮਾਰੀ ਆਜੁਯਾਜੁ ਬੁੰ ਥਰੇ ਰਫ਼ੁੰ ਓ ਨੇਨੀ ਓਪਰ ਘਾਨ ਰਾਯੋ.
- ਯੋ ਤੁਮਨੇ ਯੇਸ ਥਾਯੋ ਤੇ ਤੁਮੇ ਤਥਾਮਨ ਨਖੀ ਨੋ ਯਾਰੋ ਕਫ਼ਥੋ.
- ਯੇ ਡੁੱਟਖੀ ਥਲੁੰ ਥੀਓ ਯੋਯ ਅਨੇ ਦਲਾ ਓਪਰ ਸਾਰਾ ਪੁਸ਼ਾਕੁਸਾਂ ਪੁਕਾਯ ਯੋਯ, ਅਨੇ ਯੇ ਦਲਾਨੀ ਤੁਮਨੇ ਅਲੁਕਾਰੀ ਯੋਯ ਨੇਨੋ ਓਪਯੋਕ ਡਰੋ.
- ਤੁਮਾਰਾਂ ਅਥਾਂ ਥਰੇਲੁੰਨੋ ਡੁੱਟੋ ਯਾਡੋ ਅਨੇ ਤੁਮਾਰੀ ਅਥੀ ਯਾਥਮਨਾਨੋ www.immobilise.com ਓਪਰ ਮੁਫ਼ਤ ਨੋਯ ਡਰਾਵੋ.

ਯੋ ਨਖੇ ਯੇਨਾ ਯੋਕ ਅਥਾ ਯੋਕ ਨੋ ਨਾ-ਤਾਕਿਕ ਖੁਬਿਦਨੇ 999 ਓਪਰ ਡੁੱਕ ਡਰੋ ਥੰਡਾਰਾਫ਼ ਵਮੰਨੋ.
101 ਓਪਰ ਅਥਯਾ ਅਨਾਸ ਦਲੀਨੋ ਡਾਠੰਯਰਥੋਪਰੋਨੋ 0800 555 111 ਓਪਰ ਲਿਯੋਨੋ ਡਰੋ.



Festivals in May 2022

1st May – END OF RAMADAN Muslim

Ramadan is the 9th month of the Islamic Calendar, when the Prophet received the first revelation of verses of the Qur'an. It is the holiest month for Muslims, and they dedicate themselves to spiritual renewal, prayer and intensive devotional reading of the Qur'an. During the month of Ramadan Muslims are required to fast from daybreak until after sunset. No food or drink may be consumed during the hours of fasting, and those fasting may also abstain from smoking and from sexual relations. After the custom of the Prophet, the fast is traditionally broken each evening by taking dates and water.

2nd May – EID-UL-FITR/FEAST OF FAST BREAKING (1ST Shawwal) Muslim

This is a time - once the fast of Ramadan has been completed - for making gifts for the poor. It is especially a time for new clothes, good food, and presents for children. Families get together and contact friends, especially those who live far away. The community assembles for Eid prayer and a sermon at its mosques. The traditional greeting is 'Eid Mubarak' - 'a happy and blessed Eid'.

5th May – YOM HA'ATZMA'UT Jewish

Israeli Independence Day, commemorating the declaration of independence of Israel in 1948.

15th May - 21st May – CHRISTIAN AID WEEK Christian

Initiated in 1945, this fundraising week raises money for work with the needy throughout the world; mainly done by house to house collections and sales of goods of various kinds.

16th May – VESAKHA PUJA/WESAK/BUDDHA DAY Buddhist

Wesak is the biggest of Buddhist festivals. Theravadins celebrate the birth, enlightenment and final passing away of Gautama Buddha. Mahayanists have separate days for each of them, and on Bodhi Day celebrate the enlightenment of the Buddha. Houses are decorated with lanterns and garlands, and temples are ringed with little oil lamps. People often send Wesak cards to their friends, and lay people come together at monasteries at this time.

19th May – LAG B'OMER Jewish

The Omer lasts 49 days from Pesach to Shavuot. A time of sadness, it is relieved on the 33rd day. It recalls the end of a plague in Roman times. Weddings often take place on this day, since they are not usually permitted during the rest of the Omer period.

26th May – ASCENSION DAY (40th day after Easter) Christian

The day commemorates the last earthly appearance of the Risen Christ, who, according to Christian belief, ascended into heaven in the presence of many witnesses.