Secure your boundaries. Having well-kept gates and tall fences at the rear of your house will deter burglars.

2. Spiky plants will make your boundaries more secure. For more advice on security planting, visit the Royal Horticultural Society website: www.rhs.org.uk/advice

3. Don’t make it easy for a burglar, make sure you put your tools and gardening equipment away after every use in a secure shed or outbuilding.

4. Burglars have been known to use wheelie bins and other items to get over fences into your back and side garden. Don’t let them use this as a ladder, store them away.

5. Good outdoor lighting can deter a burglar. Use a daylight sensor at the front of your home that will come on automatically when it’s dark. At the rear, use a PIR (infrared) movement sensor.

For more information about how to keep your garden boundaries secure, visit: essex.police.uk/letstalk