



Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

Welcome to the JULY edition of our newsletter.

Included in this edition is a quick overview of the Annual General Meeting and Members meeting that took place at the end of last month, a reminder of our campaign to encourage all scheme coordinators to register their scheme on the national database, and awareness of the Police and Crime Commissioner and Constabulary “Street Meet” programme across Suffolk.

As always, please remember to check our “news” page on our website for updated news in between newsletter editions, and if you use social media, why not visit our [Facebook page](#), follow us and give us a “like”.

Our next newsletter will be in September, due to the holiday season, but please check our news page of our website where you will find other stories and useful information updates.

The Executive Committee



Neighbourhood Watch today is still a grassroots charitable movement, with local schemes run by volunteers throughout England and Wales.

[Join the movement here](#)



Have you got a story you would like to share?

Sharing your stories help give other schemes ideas that can help communities engage more. It's not always about crime and policing - but it's always about togetherness.

Send us your story via email to the Suffolk Neighbourhood Watch Association Comms team: comms@suffolknwa.co.uk



Thank you to all the schemes that send us their newsletters. You can send yours to comms@suffolknwa.co.uk

If you would like them uploaded to our website, just let us know!



Suffolk Neighbourhood Watch: Members and Annual General meeting 2024



The Suffolk Neighbourhood Watch Association held its annual members meeting and AGM on 2nd July in Coddendam.

The important event was supported by the newly re-elected Police & Crime Commissioner Tim Passmore and senior Police leaders: Inspectors Naomi Lofthouse and Ben Richards, with the support of Sgt Steve Wright and PC Guy Ainsworth.

“This event is a big deal for us!”, says Tony Spall, the Communications Officer for the Association. “We all know that in December last year Suffolk Police launched its new Policing model which includes a key strategic shift to strengthen Community Policing right across the county. We see this as a big opportunity for us to re-set the relationship between our 550 or so Neighbourhood Watch schemes and the sharpened focus on Community Policing Teams (CPTs)”.

The message and discussions at the meeting were clear: the new CPTs need to know Neighbourhood Watch, and Neighbourhood Watch needs to know the CPTs.

With the Police drive to strengthen community engagement and intelligence-gathering, the ears and eyes of our many thousands of members becomes a significant and vital partner. The Association is committed to make this work.

Neighbourhood Watch Network: Recognising and reporting ASB

Say NO to ASB

[The NWN guide to recognising, recording & reporting antisocial behaviour is available here.](#)



Recognising what ASB is and what ASB isn't can be difficult. What constitutes ASB is extremely subjective and whilst we have examples of behaviour, what you may consider to be antisocial behaviour another person may not. NWN have produced a useful guide to help you identify ASB. Antisocial behaviour is a range of behaviours that can cause nuisance and annoyance or harm and distress to a person in their home, neighbourhood or community.



PCC Public Meetings and Street Meets

Meet the PCC and your local policing team

A series of informal Street Meets will take place throughout July and August so that Suffolk's Police and Crime Commissioner Tim Passmore can listen to the concerns of the community as well as answer any questions about how he and the Constabulary are working together to ensure that Suffolk is a safe place in which to live, work, travel and invest.



Tim will be accompanied by each area's community policing team who will be on hand to address any location specific concerns and queries. Tim said, "Public engagement is hugely important in my role as Police and Crime Commissioner, and I try to make myself available to anyone who needs to contact me but it is equally important for me to get out across the county to meet people in their own communities to discuss any policing issues they may have. I look forward to meeting as many people as I can and I can assure you all, your comments really do help me understand what is important to you".

Detail of the Street Meet events are on the website, and will continue to be updated as details are confirmed

[Public Meetings and Street Meets 2024 - Suffolk PCC \(suffolk-pcc.gov.uk\)](https://www.suffolk-pcc.gov.uk)

Crimestoppers National Campaign: Neighbourhood Crime

Speaking up about neighbourhood crime



Robbery, theft, and burglary harm communities and have a long-lasting impact on their victims. People not only suffer from the loss of their possessions, the invasion of privacy and violation of personal space, but some may experience emotional distress or be left with physical injuries.

[Read more here](#)

If you have witnessed an incident of robbery, theft, or burglary, or have information about a crime, tell Crimestoppers and remain 100% anonymous.

CrimeStoppers.

0800 555 111

100% anonymous. Always.



Action Fraud: Protect your personal details

Everyday life

Never take things for granted. Always be alert when outside the comfort of your “safety zone” and take simple steps to always protect yourself and your personal details. Some examples are:

Never connect to public wifi if you're doing anything confidential. You can't be sure it's genuine and you never know who else is 'listening in'.

Always protect your card when entering your PIN number, and never pass your card over to make a payment.



Get Safe Online: Vehicle Fraud

When you're buying online, how confident are you that you're dealing with a genuine seller and not a criminal? Or do you even think about it?

Many people believe that online shopping scams are easy to spot, with poor spelling or grammar, dodgy logos or unusual website or email addresses or phone numbers. However, this is now rarely the case, with scammers going to great lengths to earn your trust before cheating you out of your money. It's upsetting at the best of times, but even worse when money's tight.

A vehicle represents a big sale or purchase, so make sure you follow our top tips so that you don't lose your money or your vehicle.



www.getsafeonline.org/vehiclefraud

#VehicleFraud



East Anglian Air Ambulance: Community CPR Sessions



Free 1hr CPR Basic Training Sessions



Every year approximately 12,000 people suffer a cardiac arrest in the East of England. Only about 66% of those who suffer an out-of-hospital cardiac arrest receive any form of bystander cardiopulmonary resuscitation (CPR) before the arrival of the ambulance service, and less than 20% have a defibrillator (AED) deployed before emergency services arrive.

The out-of-hospital cardiac arrest survival rate in the UK is only around 8%; however, if a defibrillator is used alongside effective CPR within the first 3-5 minutes, the chances of survival can increase to between 40% - 70%.

The EAAA Community CPR Volunteer and Trainer-led sessions provides attendees with Basic Life Saving skills through an established one-hour course, which will equip people with the skills to recognise a cardiac arrest, effectively deliver CPR, and confidently use a community defibrillator (AED).

Each session is aimed to cater for a group size of around 15 people and can be delivered at suitable venues, such as in the workplace, club, sports centre, school or village hall. Larger groups can be accommodated if required.

These sessions are free of charge but the EAAA would always welcome a donation in support of the charity.

NW schemes are welcome to register an interest direct via the EAAA [website](#)

Suffolk Trading Standards



REPORT IT, HELP OTHERS! #RogueFreeSuffolk

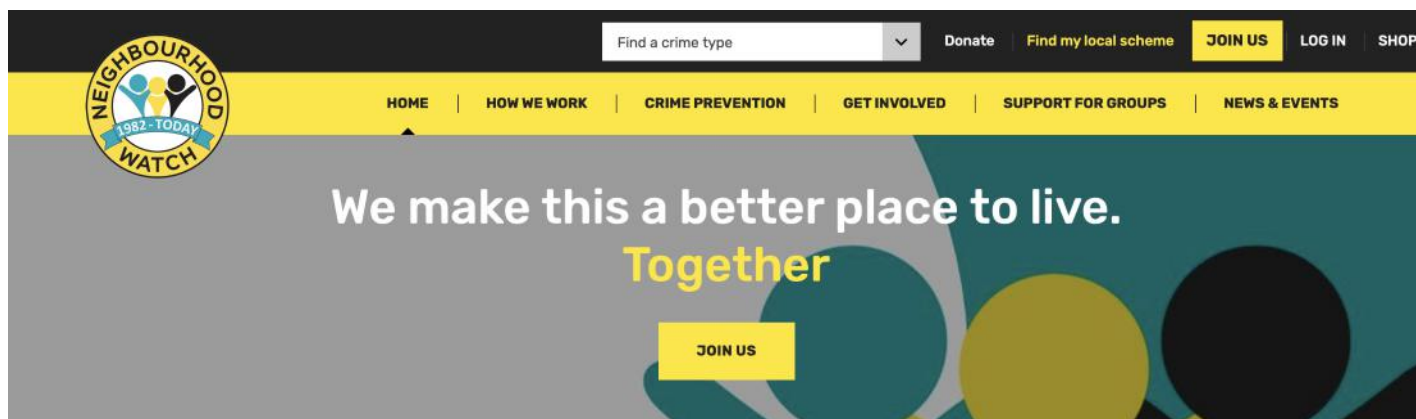
If you see a scam, an unsafe product, OR a Rogue Trader, report it via **0808 223 1133**. To find out about scams across Suffolk, [you can sign up to the Trading Standards email alert](#) on their website. Trading Standards can investigate and take court action against scammers.

By becoming a Consumer Champion you can help protect and build resilience within your local community against rogue traders and scams; and make Suffolk a safer place to live

You can also find out about [common financial scams](#) on the Financial Conduct Authority's website.



Scheme Coordinators: Registering your scheme on the national database



if you haven't already done so, we highly recommend all our scheme coordinators and their members to register individually on the national Neighbourhood Watch Network website.

We will continue to process the mapping of all schemes registered with the Suffolk Neighbourhood Watch Association (SNWA) onto the National NW database. This enables the public to search for Neighbourhood Watch schemes on the national website as well as our own website.

Whilst not mandatory, we do encourage Scheme Coordinators registered with us to also register on the national database, which will enable them to "claim" their scheme on the national system.

Scheme Coordinators registered on the national database are approved and validated by the Suffolk Neighbourhood Watch Association.

Once registered, scheme coordinators can invite existing and future neighbours to join their scheme online, and use the built in ALERT message system as a method of engaging with their scheme members.

[Sign up to the national database here.](#)

Benefits of registering

Scheme coordinators and members can expect to receive a monthly newsletters from both the national organisation, as well as the Suffolk Association. Members can also access a range of training workshops, seminar sessions, and varying forums offered by the national organisation.

When signing up, members can also opt in to receive a range of alert messages from services such as Action Fraud, Get Safe Online, Trading Standards etc.



Our neighbours

ENCOURAGE THEM TO JOIN ONLINE AT

<https://www.ourwatch.org.uk/joinNW>



Just Take Five to STOP FRAUD

- Don't be tricked into giving a fraudster access to your personal or financial details. Never automatically click on a link in an unexpected email or text.
- Always question uninvited approaches in case it's a scam. Instead, contact the company directly using a known email or phone number.
- A genuine bank or organisation will never contact you out of the blue to ask for your PIN, full password or to move money to another account. Only give out your personal or financial details to use a service that you have given your consent to, that you trust and that you are expecting to be contacted by.



<https://takefive-stopfraud.org.uk>

Avast: Are you clued up?



In the digital age, cybercrime now feels more of a threat than community-based crime for a significant number of households across England and Wales.

An increasing number of people personally know a victim of online theft, and almost one in five people in the UK have been a victim of cybercrime.



Get Clued Up

Take the Avast online course to test your knowledge of cybersecurity and privacy.

TEST YOURSELF



Action Fraud: #YouAreNotPowerless



What is phishing and how does it work?

You wouldn't let a thief enter your home, but what if the thief was masquerading as someone familiar, such as a postman, and tricked you into opening the door?

Phishing works in a similar way - criminals use legitimate-looking messages and websites to trick people into opening the doors to their personal data, giving up logins, passwords or even payment details. That information can then be used to commit fraud and cyber crime.

How big is the problem?

Phishing attacks are a common security challenge that both individuals and businesses across the UK face on a regular basis.

How can you protect yourself from phishing scams?

Many phishing scams started with a message out of the blue. Whether it's an email asking you to "verify" account information, or a text message claiming to be from your bank, the goal of a phishing attack is usually the same - to trick you into revealing personal and financial information.

Criminals are experts at impersonation and they're constantly getting better at creating fake emails and texts that look like the real thing. Here's some simple advice you can follow when it comes to dealing with phishing scams:

1. Your bank, or any other official organisation, won't ask you to share personal information over email or text. If you need to check that it's a genuine message, call them directly. Don't use the contact details in the email, but visit the official website instead.
2. If you have received an email which you're not quite sure about, forward it to the Suspicious Email Reporting Service (SERS): report@phishing.gov.uk.
3. Received a text message you're not quite sure about? Maybe it's asking you to "verify" personal or financial details, such as a banking password? You can report suspicious text messages by forwarding them to 7726.
4. If you've lost money or provided personal information as a result of a phishing email, notify your bank immediately and report it to Action Fraud: www.actionfraud.police.uk
5. For more simple tips on how to protect yourself online, visit: www.actionfraud.police.uk/cybercrime

