



# Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

Welcome to the November edition of our newsletter.

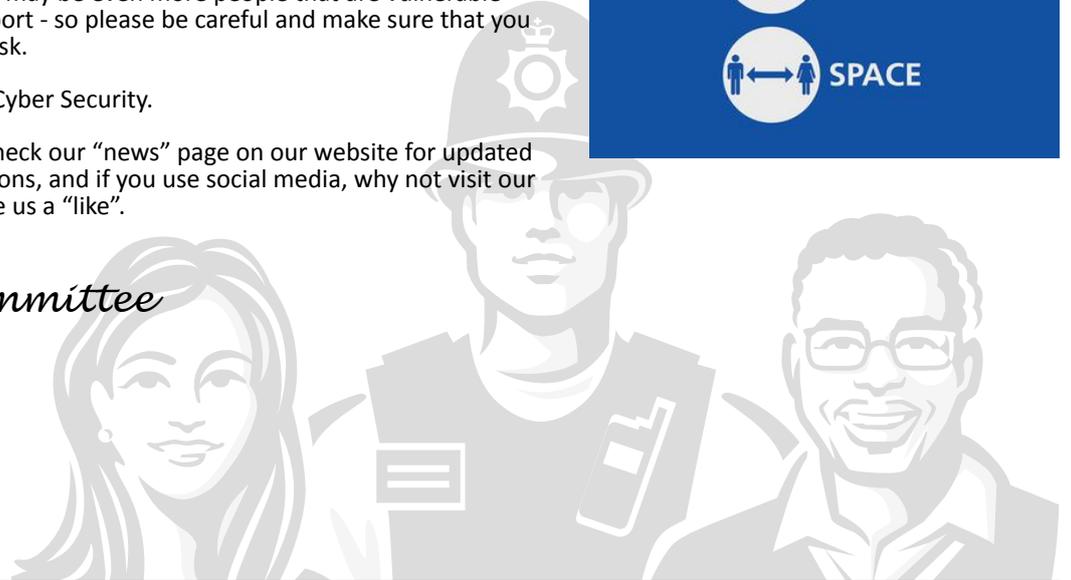
Following the announcement of a second national lockdown beginning the first week of November, and the subsequent message from Suffolk Constabulary urging for people in Suffolk to play their part, we want to make sure that all our Coordinators and volunteers follow the government guidance and ensure they continue to keep themselves safe.

We know there has been tremendous support from members helping out local communities and this will no doubt continue in this current new lockdown. As we approach the winter period there may be even more people that are vulnerable and looking for some sort of support - so please be careful and make sure that you do not put yourself or others at risk.

Particular focus this month is on Cyber Security.

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".

## The Executive Committee



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### 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. With the Remembrance and Armistice days during November, did you arrange anything for your community or scheme? Let us know!



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



## Neighbour of the year awards 2020

The response to this year's **Neighbour of the Year Award** has been brilliant with over 800 nominations! The award, which is run with Coop Insurance, is now in its third year, and as well as the usual Neighbour of the Year Award, this year there is also a Young Neighbour of the Year Award.

It may well be that the upsurge in neighbourliness being witnessed this year as part of people's response to Covid-19, along with the incredible support itself, has led to an increase in nominations received.

Whatever the reason, it is clear evidence that people are keener than ever to recognise the support neighbours have given to each other and their communities this year.

The winners will be announced in early December.

### Neighbour of the Year Award 2020

by Co-op Insurance and Neighbourhood Watch



## Reducing isolation and loneliness make a call today



Starting a 'calling tree' is an effective way of supporting those without internet access and / or those who may be isolated or lonely.

Make a call today.....

### THE CALLING TREE

Call 3 people today to ask how they are doing. If they all call 3 people, the phone tree builds, and **we can all help reduce isolation and loneliness.**



## Awareness Days during November

**UNITED AGAINST BULLYING**  
#ANTIBULLYINGWEEK

What part will you play this Anti-Bullying Week?  
**ANTI-BULLYING WEEK 2020**  
16<sup>th</sup> - 20<sup>th</sup> November  
**ODD SOCKS DAY 2020**  
Monday 16<sup>th</sup> November

The theme for Anti-Bullying Week 2020 is: United Against Bullying. Anti-Bullying Week will happen from Monday 16th - Friday 20th November and will start with Odd Socks Day to mark the first day of [Anti-Bullying Week](http://www.anti-bullyingweek.org).

Every 24 seconds someone is killed on a road. More than 1.3 million people die on the world's roads every year. Road crashes are the leading cause of death for young people aged 5-29.

<http://www.roadsafetyweek.org.uk>

# NO NEED TO SPEED

ROAD SAFETY WEEK   
16-22 November 2020



## Knife Crime: Operation Sceptre

Suffolk Constabulary is asking for the public's help this week (w/c 9 November) to support them as they take part in Operation Sceptre, the national week of action against knife crime.

Officers from across Suffolk will use intelligence-led deployments as part of ongoing work with partners to tackle knife-based criminality, and associated gang activity.

Their Schools Liaison Officers and Community Engagement Officers will be working with young people and continuing work with partners in delivering information into schools across Suffolk on knife crime, County Lines and gangs during the week of action.

Much of the support can also take place in the home by having conversations - whether it's talking to someone in their family about the dangers of carrying a knife or by telling police about anyone you believe is carrying a knife.

Superintendent Kerry Cutler said: "With us all spending more time indoors with family due to the pandemic, it's an ideal opportunity to talk about issues that normally wouldn't get raised.

Having that honest conversation about knife crime and listening and giving time to a young person can encourage them to think about their decisions and behaviour. Talking and listening is critical to finding a solution to the issue we have seen nationally around knife crime.

Whilst the majority of young people do not carry knives, it is possible that children are in contact with friends who do so without parents/carers knowing. Often children will have talked about knives with friends or heard stories about those that carry them.

There is plenty of useful information available on [Suffolk Constabulary's website](#) as well as advice for young people about gang/county lines culture and how to leave a gang. I urge parents and teenagers to take time to look at the pages."

Suffolk's Police and Crime Commissioner Tim Passmore said: "Operation Sceptre gives the Constabulary an opportunity to raise awareness of the dangers of knife crime and also give people an opportunity to deposit blades safely – I fully support this work.

Talking about the consequences of carrying a knife – both at home and at school – is so important. As a parent I know how difficult these conversations can be, but I would urge parents and carers to take advantage of this Operation Sceptre campaign to broach the subject at home.

Knife crime is a growing problem and it's got to stop. Carrying a knife doesn't make you safe and sadly, as we all know, it can lead to dreadful consequences."

For more information and advice regarding Having The Conversation see <http://www.suffolk.police.uk/advice/personal-safety/knife-crime/having-conversation>

Anyone with information on knife crime in their local community is asked to contact Suffolk Police on 101, or pass information to Crimestoppers anonymously on 0800 555 111. In an emergency, always dial 999.

Knife amnesty bins across the county give people the opportunity to dispose of knives and blades safely. If you are using the bins please ensure you are following current Government COVID guidelines. Three knife bins are located in Ipswich (outside the Fire Station, Queen's Way and Bramford Road) and at police stations in Lowestoft, Bury St Edmunds, Mildenhall, Sudbury and Haverhill and in Stowmarket at the junction of Stricklands Road and Ipswich Street.

In parallel, Crimestoppers have launched a new campaign about knife crime - Silence Won't Stop Violence. [Read more here.](#)



Speak up to  
help save  
lives.

**SILENCE**  
**WON'T STOP**  
**VIOLENCE**



## PROTECT YOUR Pa\$\$W0rD: new campaign

Neighbourhood Watch launches a new campaign in response to worrying findings about attitudes to cybersecurity.

### PROTECT YOUR Pa\$\$W0rD IN 3 EASY STEPS

1.  
CREATE A SEPARATE PASSWORD  
FOR YOUR EMAIL ACCOUNT
2.  
USE 3 RANDOM WORDS
3.  
TURN ON TWO-FACTOR  
AUTHENTICATION (2FA)

NOW SHARE THESE 3 STEPS  
WITH 3 FRIENDS

With a staggering 1 in 5 people reporting victim of cybercrime it is no surprise that (34%) of people say they're more about cybercrime than physical crime.\*

With Covid-19 national restrictions now increasing number of people are more than ever before on using online devices in their daily lives. It has never been more important to look after our security online as much as offline.

John Hayward -Cripps, CEO of Neighbourhood Watch Network says "You wouldn't leave your front door open when you leave your house for criminals to walk right in. Having weak passwords is like leaving your digital front door open for cybercriminals to steal all your personal data and images. But just as there are easy steps we can take to keep our homes secure, there are also easy steps we can take today to keep our lives online secure."

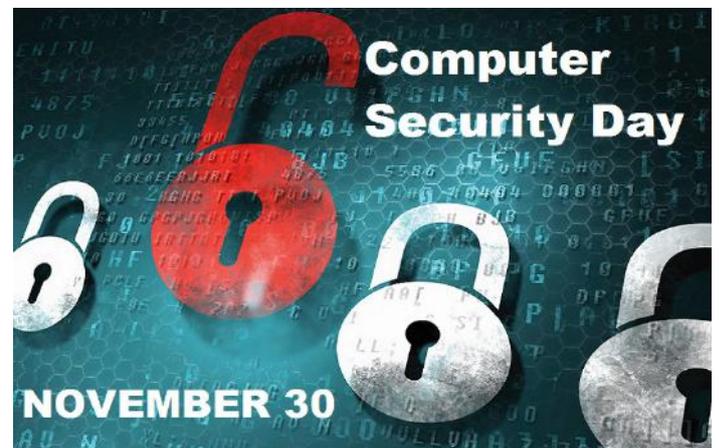
Neighbourhood Watch entered the cyber world with their Cyberhood Watch partnership with Avast in 2019. With the sea of confusing advice out there around cybersecurity, Neighbourhood Watch's new Protect your Pa\$\$W0rD campaign aims to cut through the noise and focus on 3 simple, quick steps anyone can take today to help improve their online security.



The national Computer Security day on 30<sup>th</sup> November is another reminder for us all to ensure that our computers, devices, and any data we may have stored in the cloud are all secure too.

So whilst we have advised about protecting our passwords, it is always sensible to update all spyware and malware protection software. Follow this up with thorough scans of these systems, and you should have a more secure computer or device as an end result.

While you may be aware that computers require such protection, you should also remember that your other devices such as tablets and smartphones are also just as vulnerable to malware and spyware – so take the necessary measures to keep them secure too.



# Rural crime

Rural crime is increasing and it's a serious issue for countryside communities, farmers and businesses.

## Rural Crime: Working Group

The national Neighbourhood Watch Network (NWN) have set up a Rural Crime Working Group, aimed to help advise on the development and coordination of work, highlight rural crime issues by NW, its partners and members, and to act as a 'critical friend'.

The Suffolk Neighbourhood Watch Association has accepted an invitation to take part in the role of the working group, so we hope to be able to provide updates on progress and developments over the coming year.

The role and responsibilities of the group will extend to:

- Developing a toolkit and other resources to support NW to tackle rural crime effectively
- Providing advice on issues that affect NW members and other service users in rural areas.
- Providing a forum for discussion of progress.
- To raise awareness of rural crime across the NW network.
- Ways of working



The Group, which will meet a minimum of four times a year, will be steered by NWN staff members Cheryl Spruce and Jayne Pascoe.

Through it's working relationships with the National Farmers' Union, the Countryside Alliance (CA), the National Rural Crime Network (NRCN) and the Countryside Landowners' Association (CLA), NWN has invited these organisations to participate, by sending a representative to the group meetings when appropriate. The remaining places in the group will be filled by NW Association representatives.

## Domestic Abuse: feeling isolated

Domestic abuse is a largely hidden crime, occurring mainly in people's homes. It is not just physical or sexual violence; it can include psychological, emotional or financial abuse as well – in fact this type of abuse is now accepted as a crime in its own right, called 'coercive and controlling behaviour'. Most domestic abuse is perpetrated by men, against women. Men however can also experience domestic abuse. Children are victims too, and even if they are not abused directly themselves, they will suffer emotional scars from witnessing abuse that can last a lifetime.

COVID has not helped, in that many will be feeling unsafe isolating in a house with an abusive person, and isolated from their support networks. Women's Aid have put together some advice and information about support available. See [Women's Aid COVID-19 Resource Hub](#)

Another support organisation [Safe Lives](#): have put together some resources for people living with domestic abuse, and the professionals supporting them. They have also produced guidance for friends and family.

[Refuge](#) is also available to help anyone who may be experiencing domestic abuse. Their National Domestic Abuse Helpline is 0808 2000 247. They also have a range of digital resources available.

The NWN have produced a useful toolkit leaflet offering suggestions on how you can talk and offer help to others. [Read here.](#)



## SUFFOLK TRADING STANDARDS



### Friends Against Scams: Scam marshal



**ARE YOU** or someone you know, inundated with scam mail? Tempted to respond to it? Keen to help track down the criminals behind scams and help put a stop to their activities?

**IF YES** to any of the above then why not become a Scam Marshal for National Trading Standards (NTS) Scams Team. [Read more](#)

### Selling Online: fake Paypal emails



Action Fraud is warning people selling items online to be on the lookout for criminals sending fake PayPal emails.

- Between January 2020 and September 2020, **21,349 crime reports** were made to Action Fraud about fake PayPal emails.
- Victims reported losing a total of **£7,891,077.44** during this time.
- Those targeted included people selling jewellery, furniture and electronics via online marketplaces.
- Reports of fake PayPal emails to Action Fraud made up a third of all reports of online shopping and auction fraud during this period.

#### How does it happen?

Criminals have been targeting people selling items online, by sending them emails purporting to be from PayPal. The emails trick victims into believing they have received payment for the items they're selling on the platform.

Typically, after receiving these emails, victims will ship the item to the criminal. This leaves them at a further disadvantage having not received any payment for the item and also no longer being in possession of it.

#### How can you protect yourself?

- **Sellers beware:** If you're selling items on an online marketplace, be aware of the warning signs that your buyer is a scammer. Scammers may have negative feedback history, or may have recently set up a new account to avoid getting poor feedback. Don't be persuaded into sending anything until you can verify you've received the payment.
- **Scam messages:** Don't click on the links or attachments in suspicious emails, and never respond to messages that ask for your personal or financial details.
- **How to spot the difference:** A PayPal email will address you by your first and last name, or your business name, and will never ask you for your full password, bank account, or credit card details in a message.

If you think you've been a victim of fraud, report it to Action Fraud online at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or by calling 0300 123 2040.



## Chain email: postal scam hoax

Beware of a chain email circulating warning about a postal scam that could leave you £315 out of pocket - is a hoax.

PhonepayPlus, is aware that a chain e-mail about an alleged postal scam is being circulated on the internet. The email refers to the Royal Mail, Trading Standards and ICSTIS (PhonepayPlus' former name).

PhonepayPlus appreciates that recipients of the email may want to find out more information about the alleged scam and has therefore issued the following statement:

- The chain email refers to a service (operating on 0906 6611911) that was shut down by PhonepayPlus (then ICSTIS) in December 2005.
- PhonepayPlus subsequently fined the company that was operating the service, Studio Telecom (based in Belize), £10,000.
- The service is NO LONGER running and has NOT been running since December 2005.
- You do NOT need to contact PhonepayPlus, or the Royal Mail, about this service as it was stopped almost eight years ago.
- If you receive a copy of the email warning you about the alleged scam, please do NOT forward it to others. Instead, please forward this statement from PhonepayPlus.
- If you receive a delivery card through your letterbox which you do not believe is genuine and which asks you to dial a premium rate number, you can contact PhonepayPlus on 0800 500 212 (Mon-Fri, 8am-6pm) for further guidance.



## Fire Safety: Working from home



### How safe is your work from home setup?

As many people set up temporary home offices and adjust to a new way of working, there could potentially be a rise in electrical fires.

The fire service ask that you check you have working smoke alarms and a practised escape plan in case there is a fire.

Electrical fires are often preventable and the advice will not only keep you working safely at home but reduce the pressure on the fire service."

Electrical Safety First - the UK's leading charity on electrical safety want to make sure that everyone in the UK can use electricity safely, and so regularly work with the media, government, businesses and the electrical industry in order to spread their safety messages far and wide.



Tips that will help working safely from home:

- Don't charge electrical items on beds. Always charge on a hard, flat, non-flammable surface. Avoid overloading sockets and extension leads, use their [online socket calculator to check](#)
- Keep your workstation tidy. Many may be working in a small workspace and it's important to keep your hot and cold drinks away from electrical items
- Be mindful of cables, they can present a trip hazard to you and others in your home
- Don't "daisy chain" extension leads. If your cable doesn't reach, do not plug it into another adaptor. Move your workspace closer to the socket or use a longer lead
- Be mindful at lunchtime. With many of us cooking lunch at home for the time being it's important not to get distracted by emails or work calls that may result in the hob being left on, unattended.





## National Cyber Security Centre

## Cyber Aware



The National Cyber Security Centre (NCSC) provides a single point of contact for small medium enterprises, larger organisations, government agencies, the general public and departments. They also work collaboratively with other law enforcement, defence, international partners, and the UK's intelligence and security agencies.

The organisation helps make the UK the safest place to live and work online, providing cyber security advice to help protect you and your family, and the technology that you rely on.

Cyber Aware

Cyber Aware is the UK government's advice on how to stay secure online during coronavirus.

Many of us are spending more time online.

Keep yourself and your family secure by following their top 6 tips of advice. [Read more](#)

**Stay connected. Stay Cyber Aware.**

### COVID Fraud Hotline: 0800 587 5030

**Don't let criminals profit from the COVID crisis.**

Know someone who has committed COVID Fraud? Tell us what you know.

**CrimeStoppers.**  
COVID Fraud Hotline  
**0800 587 5030**

A Crimestoppers COVID Fraud Hotline (0800 587 5030) has been set up by HM Government in partnership with Crimestoppers to enable individuals to report fraud within the public sector during COVID.

The hotline allows those with information to anonymously report their concerns in the knowledge that this information will be dealt with.

Giving information in relation to fraud means we can help protect the public purse from individuals and companies seeking to undermine the stimulus schemes brought in by Her Majesty's Government to assist people during COVID.

### Cybercrime in Communities: help keep streets safe

**Anonymous information can help keep streets safe**

crimestoppers-uk.org

**CrimeStoppers.**  
**0800 555 111**  
100% anonymous. Always

People in communities can help keep streets safe. Since the outbreak of Covid-19 there has been an increase in cybercrime and fraud. Learn how to protect yourself and your neighbours from falling victim - [here](#)

Have you seen anything crime-related on your street? Perhaps it's unsettling you, maybe you know what you've seen is crime-related - or it could just seem suspicious. Burglaries and theft don't just cost you money, they can be very upsetting too.



## Drugs and human trafficking are BIG business in Suffolk

Project Pegasus is a joint law enforcement operation tackling aviation border crime in the UK.

There are tens of thousands of light aircraft, helicopters and microlights in the UK, flying in and out of small UK airfields and airports across the country every day.

Aircraft are used by individuals and gangs to carry out smuggling of people, drugs, guns, or terrorism related at airports and airfields especially those with limited or no checks.

The independent charity Crimestoppers is using its unique experience to support Project Pegasus, and encourage people to report any unusual or suspicious activity at a UK airfield or airport.

You may work in the aviation industry or you may be a keen pilot, or live locally, or a farmer operating from your own airfield.



### Look out for these suspicious activities

- Aircraft landing in unusual places or at unusual times
- Packages being dropped from low-flying aircraft or suspicious deliveries
- Someone taking an unusual interest in airport security
- Someone in an area where they shouldn't be
- Seeing someone flying a drone close to an airfield or airport
- An aircraft that has been unusually modified
- A person being evasive about passengers, flights or routes
- A person ignoring aviation regulations or filing misleading or false aviation reports or flight plans
- Items handled suspiciously or concealing cargo
- Packages dropped from low-flying aircraft or transferred to waiting cars.

### Supporting points

If you are reporting anything suspicious, then the following information will be useful:

- What you have seen and when, why was it unusual or seemed suspicious
- Any details about the aircraft, description, any markings or modifications
- Any information about the crew, including what they look like, any identifying features
- Registration numbers and description of any vehicles - colour and make.

**If you do see something suspicious, do not take direct action yourself or reveal your suspicions. Call the police on 101 or if urgent, on 999.**

**If you want to give information but you don't want to reveal your identity, then call the independent charity Crimestoppers anonymously on 0800 555 111.**

We've been around since 1988 and our service is designed to protect your identity. We won't ask your name or any personal details - just listen to what you know - whether you call us or submit information online at [crimestoppers-uk.org/give-information](https://crimestoppers-uk.org/give-information).

## CrimeStoppers.

### 0800 555 111

100% anonymous. Always.



# Action Fraud

National Fraud & Cyber Crime Reporting Centre

0300 123 2040

Just like the COVID-19 virus, criminals are targeting the vulnerable. Since the outbreak, there has been an increase in cybercrime and fraud.

### The police will never...

-  Contact you to ask for your PIN or bank details
-  Ask to withdraw cash to hand over to them for safe-keeping
-  Ask you transfer money out of your account for fraud reasons
-  Send someone to your home to collect cash, PINs, or cards



The police or your bank will never contact you out of the blue to ask for your PIN, password, or to transfer money to another account.

The police will never send someone to your home to collect money, or ask you to transfer funds out of your account.

**Don't make life easy for criminals.**

To be kept updated on the latest Covid-19 scams visit Action Fraud [here](#).



In the complex world of cybercrime, hackers are preying on public fears around the virus. There has been an increase in **scam texts** and **emails**, where criminals send fake texts messages and emails appearing to be from trusted source.

Some fraudsters are even trying to sell a range of fake “products” - from virus tests through to ‘disinfecting’ driveways! And there have also been cases of criminals impersonating police officers, in order to charge unsuspecting members of the public fines for not following social distancing protocol!

To help prevent becoming a victim of fraud, everyone is urged to **Take Five to Stop Fraud**.

Led by UK Finance, **Take Five** is a national campaign that offers straight-forward and impartial advice to help everyone protect themselves from preventable financial fraud. This includes email deception and phone-based scams as well as online fraud – particularly where criminals impersonate trusted organisations.

So always:

**Stop** - Taking a moment to stop and think before parting with your money or information could keep you safe.

**Challenge** - Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.

**Protect** - Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Visit the Take Five website [here](#).



**Fraudsters are deliberately targeting older and vulnerable people**

NEVER ASSUME A PHONE CALL IS AUTHENTIC JUST BECAUSE SOMEONE KNOWS YOUR BASIC DETAILS SUCH AS NAME AND ADDRESS.

REPORT COVID-19 FRAUD



# Neighbourhood Watch Benefits



## Beautifully secured by Patlock

Click [here](#) to order a Patlock at the Neighbourhood Watch discounted rate of £42.50

### Exclusive member offer from ERA

# ERA PROTECT

SERIOUS ABOUT SECURITY

Exclusive members offer

Floodlight Security Camera

£99.99  
(was £159.99)



SAVE £60

Outdoor Security Camera

£69.99  
(was £129.99)



SAVE £60



Use Voucher Code **NHWFLOOD**

Use Voucher Code **NHWOUTDOOR**



Shop now: [eraprotect.com](http://eraprotect.com)  
T&C's apply

Visit [www.responseelectronics.com/shop/safety-and-security/era-protect-cameras/](http://www.responseelectronics.com/shop/safety-and-security/era-protect-cameras/) to take advantage of this offer. See T&Cs here.

