



Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

CORONAVIRUS

PROTECT YOURSELF & OTHERS

Welcome to the October edition of our newsletter.

The varying restrictions currently being put in place across the UK in response to the spread of the Corona virus is a stark reminder that we all have our part to play to help reduce the spread here in Suffolk, and particularly to avoid local spikes in cases which may impact and increase hospital admissions.

We all know that the work of Neighbourhood Watch in the local community is so important in this respect, and it is vital to keep linking and supporting all our neighbours and communities, particularly those who are isolated and vulnerable.

If you have any questions, or need any guidance on matters, the Suffolk Neighbourhood Watch Association is here to help you where they can.

We hope you enjoy the snippets of information in this months newsletter, but always remember to check our "news" page on our website for other information and latest news.

Keep safe, keep well, and thank you for everything you do.

The Executive Committee



INSIDE THIS EDITION:

Reducing isolation and loneliness PG 2	Updates from Suffolk Constabulary PG 3
What are County Lines? PG 4	Suffolk Trading Standards alerts PG 5
Crimestoppers campaign PG 7	Get Safe Online Cyber event PG 8

We must keep on protecting each other.

HANDS FACE SPACE

Neighbour of the year awards 2020

Don't forget – The Co-op and Neighbourhood Watch have launched their nationwide search to find and celebrate some of the UK's best neighbours.

To be a great neighbour, people share some clear qualities: a willingness to look out for others; being sociable and friendly; offering practical help; and being kind, caring and respectful.

In addition to the **Neighbour of the Year Award**, this year there is a brand-new category, **Co-op's Young Neighbour of the Year**. This award will celebrate someone aged 18-24 who has gone above and beyond to help enhance their community and has brought people, young and old, together.

If you've got someone who ticks all these boxes and more in either category, tell us all about them and how they go above and beyond.

[Click here to be taken to the nomination form](#), where you can share your stories of great neighbourly activities and acts of kindness.

The deadline to nominate is 27th October.

Neighbour of the Year Award 2020
by Co-op Insurance and Neighbourhood Watch
is back for the 3rd consecutive year!

Nominations now open!

The graphic features two stylized human figures standing between two houses, with a speech bubble containing the text 'Nominations now open!'.

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.**

The logo features a circular emblem with the text 'NEIGHBOURHOOD WATCH' and an illustration of a group of people.



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



Suffolk Constabulary latest campaign



The latest (OCTOBER 2020) edition of the “Constable’s County” newsletter is out now, and provides an update from across the East, South, and West of the county in a single edition. Read it [here](#)



Suffolk Constabulary are urging residents to consider using alternative methods of contacting the force in its latest campaign – “Click before you call”.

The Contact and Control Room (CCR) continues to receive high volumes of calls particularly at weekends and during holiday periods. With the surge in calls, this can inevitably mean there is an impact on waiting times.

To possibly save time, non-urgent crime can be reported online. If you are just looking to pass on information, you can also send via email to your local safer neighbourhood team. Read more [here](#).

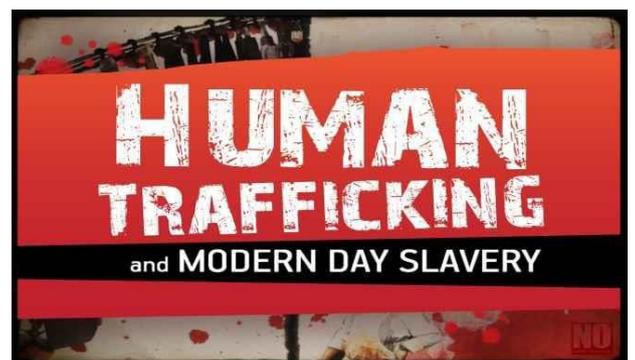
Awareness Day 18th October 2020

Anti-Slavery Day, provides an opportunity to raise awareness of human trafficking and modern slavery, and encourage government, local authorities, companies, charities and individuals to do what they can to address the problem.

It was created by the Anti-Slavery Day Act, a Private Members Bill introduced by Anthony Steen CBE, now Chair of the Human Trafficking Foundation.

Each year more and more charities, individuals, local authorities and police forces take action to mark Anti-Slavery Day.

The Human Trafficking Foundation doesn't provide direct support or advice to survivors of human trafficking. If you suspect human trafficking or modern slavery, contact the **Modern Slavery Helpline on 08000 121 700**. In an emergency call 999



What are County Lines? what can we do about them?



With recent news of police shutting down approximately 10% of County Lines operations in a UK wide strategy involving over 43 police forces leading to over 1,000 arrests, recovering £500,000 in cash and millions of pounds worth of drugs, it has never been a more opportune time to highlight the growing trend of County Lines and to explain what they are.

The National Crime Agency defines County Lines as where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children or vulnerable people who are coerced into it by gangs. The 'County Line' is the mobile phone line used to take the orders of drugs. Importing areas (areas where the drugs are taken to) are reporting increased levels of violence and weapons-related crimes as a result of this trend. Each County Line has an estimated income of £25,000 per week.

But County Lines is much more than drug dealing across the country. It involves a much darker and more sinister list of crimes, which affect mental health, wellbeing, young lives and the people who fall victim to these gangs: cuckooing, coercive behaviour, sexual manipulation and abuse, child grooming and exploitation, drug dependency, to name but a few.

Young people are manipulated and exploited by drugs gangs in cities and forced to travel to coastal and rural towns to stay in houses called trap houses to deal drugs from. Drugs within cities are easily sourced and are cheap to buy, County Lines gangs buy these drugs at a cheap price and sell them for a much higher price in rural and coastal areas. The industry has the potential to earn over £25m a year. It is this motivation that gangs manipulate and use to recruit children as young as 13 to travel across the country to sell their drugs.

The dealers will frequently target young people who are vulnerable, isolated, or affected by mental health issues to act as drug runners or move cash so they can stay

under the radar of law enforcement. The attraction of reward, money, friendship, and feeling of belonging lures them in at first. Then the threats of violence, mental and sexual abuse and drug dependency ensure their loyalty to the gangs. As we have seen in child sexual exploitation, children often don't see themselves as victims or realise they have been groomed to get involved in criminality.

As Neighbourhood Watch members, we all have a part to play in understanding County Lines and speaking out when we have concerns. The National Crime Agency suggests some signs to look out for:

- An increase in visitors and cars to a house or flat
- New faces appearing at a house or flat
- New and regularly changing residents (e.g different accents compared to local accent)
- Change in resident's mood and/or demeanour (e.g. secretive/ withdrawn/ aggressive/ emotional)
- Substance misuse and/or drug paraphernalia
- Changes in the way young people you might know dress
- Unexplained, sometimes unaffordable new things (e.g clothes, jewellery, cars etc)
- Residents or young people you know going missing, maybe for long periods of time
- Young people seen in different cars/taxis driven by unknown adults
- Young people seeming unfamiliar with your community or where they are
- Truancy, exclusion, disengagement from school
- An increase in anti-social behaviour in the community
- Unexplained injuries

If you suspect County Lines within your community report it to the police (101 or in an emergency 999) or if you wish to remain anonymous via CrimeStoppers (0800 555111).



SUFFOLK TRADING STANDARDS



Beware of Scam Energy Calls



It is getting to that time of year when we are all starting to think about turning the heating on.

Inevitably that means that Trading Standards start to receive calls from residents who have been approached by possible scammers.

They recently received a call from someone who was concerned they had been contacted by a scammer who was offering a "free boiler service".

Trading Standards and Neighbourhood Watch advice is to never agree to anything, including a home visit, when approached by a cold caller on the phone, at your door or via email.

Do your research first, and find out if it is a product or service that you want or require.

You may be entitled to a grant to help you with the cost of energy improvements on your home, but don't trust a cold caller who advises you that you are.

In Suffolk you can contact Suffolk Energy Action locally on 0345 0371234, or call Simple Action Energy on 0800 444202. Both will be able to clarify the current grants available, and what you may be eligible for. More information can be found here: <https://www.simpleenergyadvice.org.uk/>

The Government's Green Homes Grant vouchers are now available, and you can find out our more about the scheme, and if you can apply here: <https://greenhomesgrant.campaign.gov.uk/>

The scheme specifically bans uninvited callers to your property or cold calling on the phone to encourage you to join the scheme.

Traders who wish to carry out work under the Green Homes Grant scheme MUST be registered with TrustMark.

TV Licence scam

Criminals may try and contact you in number of ways attempting to defraud you out of your money.

TV Licensing is writing directly to anyone affected by the changes. No one needs to do anything until they receive this letter, and there will be plenty of time to set up a licence.

If you're unsure about any communication you've received from someone claiming to be from TV Licensing, please call them on 0800 232 1382 (Mon-Fri 08:30-18:30).



Cold Callers meat and fish sellers



There has been reports of fish/meat sellers calling at properties in Mid-Suffolk recently.

If you are approached, please do not deal with them, and report via 0808 223 1133.

These traders travel nationally, cold calling consumers' homes selling the meat and fish.

This is often misdescribed, mislabelled or unlabelled, overpriced and sometimes underweight. They usually use Transit-style vans which may not be refrigerated.

Our advice is not to purchase!

Be aware of spoof websites

Criminals are sophisticated; creating spoof websites that imitate those of trusted organisations in order to persuade you to enter your personal and financial information.

They'll include the organisation's branding with small changes to the website's URL to convince you it's genuine.

Don't automatically click on links in emails and texts. Instead login to your account directly using a secure webpage or app and if you're visiting a website for the first time, always type the address into the browser.

If you receive a scam email forward it to report@phishing.gov.uk and scam texts to 7726.



Friends Against Scams: new scam protection guide

Anyone can be the victim of a scam, however some people are more vulnerable to scams and criminals will use this to their advantage.

People living with a cognitive impairment such as dementia, may be particularly vulnerable because they may be less able to distinguish a scam from legitimate contact.

Criminals also appear to be targeting people with memory problems specifically because they know they may not remember being scammed before.

That's why a new guide has been produced. View and download it from [here](#).



This guide has been prepared by the National Trading Standards Scams Team and the National Centre for Post Qualifying Social Work and Professional Practice at Bournemouth University, working in partnership with Lloyds Bank, Halifax and Bank of Scotland.

The guide provides information to individuals and their loved ones to

help protect them from scams.

It suggests measures that can be put in place to help prevent criminals from making contact, such as the use of call blockers and the mail redirection service.

It also provides information on managing finances to reduce the risk of scams, such as implementing a Lasting Power of Attorney.



#YouAreNotPowerless



Over the last four weeks Neighbourhood Watch have been supporting the independent charity **Crimestoppers**

awareness campaign ([#YouAreNotPowerless](#)) of how to spot the signs of domestic abuse.

If you suspect domestic abuse and don't want to reveal your identity, tell Crimestoppers what you know on the phone 0800 555 111 or [online](#), 24/7, 365 days a year.

Crimestoppers have worked with the Respect Phoneline 0808 8024040 to formulate social media content to promote self-reflection.

By questioning abusive behaviour we can all prompt people to get the help they need to stop

#Hatecrimeiswrong Report it



What is hate crime?

Hate crime is an act of violent behaviour or hostility that is usually motivated by hatred of a person's:

- Race, ethnicity or nationality
- Religion or belief (or lack of)
- Disability (this may include physical, sensory, learning disability, or mental health related disability)
- Sexual orientation
- Transgender identity

Hate crime causes great distress to its victims and the wider community.

Hate crime falls into three main types:

1. Physical assault
All physical assaults are an offence. Let us know if you believe the assault was motivated by hate towards the victim.
2. Verbal Abuse
Often victims and witnesses alike are unclear whether an offence has been committed or believe that there is little they can do. Be confident there is always something you can do, and that is tell us what you know – even if your information doesn't lead to an arrest, it could help law enforcement police the area where the offence took place.
3. Incitement to hatred
This is when someone acts in a way that is threatening and intended to stir up hatred. That could be in words, pictures, videos or music, and includes information posted on websites.

Hate content may include:

- messages calling for violence against a specific person or group
- web pages that show pictures, videos or descriptions of violence against anyone due to their perceived differences
- chat forums where people ask other people to commit hate crimes against a specific person or group

YOU can be the change. Did you see something, but didn't say anything? You have a second chance to act and stand up for victims of hate crime.



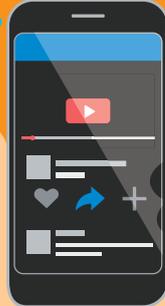


Get Safe Online Global24



October 15th 2020

Get on board with the **world's longest ever non-stop cyber event**, hosted by Get Safe Online. Find out more [here](#).



#GSOGlobal24

Back-to-basics advice

This year, most people and businesses around the world have relied on the internet far more than ever before. Unfortunately, at the same time, the level of online crime and other harms has also substantially increased.

This leaflet, produced for our Global24 worldwide cyber event, is intended to cover the most basic practices that we all need to follow in order to protect ourselves from the most common online threats. As well as safeguarding yourself, your family, your finances and your devices in your personal life, we hope you will also pick up some good practice to help protect your workplace.



#GSOGlobal24

Here's a back-to-basics list of the most important good habits you need to get into and maintain.

Your top tips for keeping safe online

- Choose, use and protect **passwords** carefully, and use a **different one** for every online account in case one or more get hacked. Try using three random words and strengthening them with numbers, symbols and combinations of upper and lower case letters.
- Ensure you always have **internet security software** (often called anti-virus/anti-spyware) loaded on computers and a similar app on your mobile devices, and that this is kept updated and switched on. Remember that **smartphones and tablets can get infected** in a similar way to computers.
- Always apply **updates to operating systems and software** on your computer and apps on your mobile devices. Many include vital security updates to avoid hacking or malware.
- Never assume that **Wi-Fi hotspots** in places like cafés, bars and hotel rooms are secure, so don't use them when you're doing anything confidential online. Instead, use your data, a mobile broadband modem (dongle) or if it's for work, a VPN (virtual private network).
- Always consider that online or on the phone, **people aren't always who they claim to be**. Fake emails, texts and phone calls are a favourite way for fraudsters to approach their victims.
- **Don't click on links** in emails, posts, tweets or texts – and **don't open attachments** – if the source isn't 100% known and trustworthy, or it seems strange that you'd be receiving them.
- **Never pay for anything by direct bank transfer** – including goods, services, tickets, travel and holidays – unless it's to someone you know personally and is reputable.



- Never reveal too much **personal or financial information** in emails, on social networking and dating sites and in person. You never know who might see it, or use it.
- **Always report** fraud or abuse to the appropriate authorities.

There are also two other golden rules you should remember: **think twice**, because everything may not be as it seems, **and if it seems too good to be true, it probably is**.



Get comprehensive online safety information and advice from your local Get Safe Online website.



Neighbourhood Watch Benefits



Beautifully secured
by Patlock

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

Limited Offer! 50% of home alarm system

NWN partners ERA are generously offering members an amazing 50% limited offer on one of their simple home alarm systems.

ERA tells us “this alarm system is great for homes that don’t want SMART necessarily and just want an alarm to go off if someone opens the door or window and works with a remote control. It includes a siren, a door/window sensor and a remote control.... All of which is upgradeable to larger systems if the customer would like to.”



The discount will reduce the ERA-VALIANT-R kit to **£64.99 (including VAT) on the Response site (RRP £129.99).**

The voucher code for offer is **NHWVALIANT (expires 1st November 2020)**

[Product link](#)

T&C's:

The exclusive Valiant NHW offer runs from **06th October 2020 and ends 1st November 2020 at 23:59pm.**

The saving is 50% off the retail price for the ERA Valiant Solar Siren kit (ERA-VALIANT-R). The correct voucher code must be entered at the checkout (**NHWVALIANT**) and checked before payment. The saving applies to the specified product on the above website, where stock is available. The 50% saving does not apply to any delivery charge. Orders can also be placed by phone by calling: 0345 257 1000 and quoting the reference code (**NHWVALIANT**).

If you have any questions please contact ERA.

