



Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

Welcome to the December edition of our newsletter.

With the end of the second lockdown in England and higher levels of restrictions across England and Wales we are all in a new situation in the run up to Christmas.

The roll out of vaccinations means that there is the hope of a return to some sort of normality on the horizon. However, for many people, even with the more relaxed Christmas restrictions, this Christmas and winter will be a very challenging period.

The work of Neighbourhood Watch in communities will be even more important over the next few months as we continue to link up with, and support, our neighbours and the isolated and vulnerable. It remains vital that our Coordinators and volunteers follow the government guidance and ensure they continue to keep themselves safe while supporting their communities.

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".

We hope you have a really good christmas, and that we can all look forward to enjoying a much safer, secure and positive new year.

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



Neighbourhood Watch Network: National news

Neighbourhood Watch Network AGM 2020

The AGM successfully took place online on the 24th November. The meeting received a great deal of positive feedback about the event and its content. All the co-opted trustees were formally voted back onto the Board as were the two Board members required to step down. The following Charity Officer positions were voted in: Ian Bretman – Chair, Sue Pillar-Lea – Deputy Chair, and Kardaya Roprai – Treasurer. Trustees were formally voted onto the Board and the newly elected team are looking forward to delivering the new 5-Year Strategy with the Board and Associations.

An online voting system was used for the formal process of the meeting, and was also used to poll the audience with a couple of questions about the new 5-Year Strategy - with 100% agreeing or strongly agreeing that it was a positive and ambitious plan, and 89% agreeing or strongly agreeing that it was relevant to the work of their local Association and had the potential to support their work.

National Lottery Funding

A National Lottery Community Fund Covid-19 Grant of £40,000 has been awarded to NWN to develop a structured and engaging Neighbourhood Watch Volunteer Programme. The funding is for six months and will be used to employ an experienced Volunteer Development Manager to work with Associations and members to develop roles, training and support to enable local groups and Associations to become more active. This is in response to requests from Associations and members for more support with recruitment and training of volunteers and coordinators, as well as feedback from new members about ways to become increasingly active in their communities.

COVID-19 and crime survey NWN

The Neighbourhood Watch Network are working with **University College London** to understand how COVID-19 has impacted upon people's routine and online activities, crime and their perceptions of it.

To help with this work, NWN are encouraging supporters to participate in a short survey (surveymonkey.co.uk/r/9LGPHDL) which closes on **23rd December**.

As well as understanding how the pandemic has affected things to date, the aim of the survey is to understand how it might do so in the future. Your participation will be really valuable and will help them understand things that other data cannot.

The survey is estimated to take about 15-20 minutes to complete. Your responses will be stored securely and you will not be asked for any information that would identify you as an individual.

If you are willing to take part, you can complete the survey here: surveymonkey.co.uk/r/9LGPHDL

Your help and support will help gain real insight into the effects of COVID-19 on crime.

Neighbour of the Year Awards

The Neighbour of the Year award celebrates neighbours who look out for others, are sociable and friendly, offer practical help and are kind, caring and respectful. In its third year, the number of entries increased by a staggering 100 percent from 2019.

The 2020 winner has been announced as Shaun Blagdon from Hull, and for the first time winner of the new Young Neighbour of the year award is 9-year-old Taylor O'Connor, from Edinburgh.

You can read more about the awards from the NWN website [here](#).

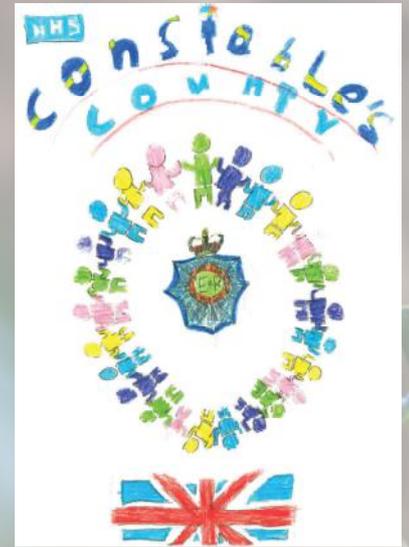
Neighbour of the Year Award 2020

by Co-op Insurance and Neighbourhood Watch



Suffolk Police & Crime Commissioner and Suffolk Constabulary: Latest Newsletter

The DECEMBER 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](#)



Free NHS Health Checks: Onelife Suffolk

OneLife Suffolk, commissioned by Suffolk County Council, offer a variety of FREE services for Suffolk residents to help create healthier, happier futures.

During this difficult time of Covid-19, it is **more important than ever to get in control of your general health.**

OneLife Suffolk supports residents across the county by offering **FREE, safely delivered NHS Health Checks**, screening them for their risk of developing heart disease, stroke, kidney disease, diabetes and other cardiovascular disease. The FREE check can **immediately uncover undiagnosed high blood pressure, high cholesterol or diabetes.**

To be entitled to a free NHS Health check, people must:

- **Aged between 40 - 74 years old, a resident in Suffolk, Cambridgeshire or Essex and not had an NHS Health Check in the last 5 years from GP or OneLife Suffolk staff.**
- **Have no current diagnosis of or medication for heart disease, high blood pressure, atrial fibrillation, high cholesterol, diabetes, stroke or mini stroke, kidney disease or dementia**

For more information, or to book an appointment, visit the OneLife Suffolk website [here](#)



Suffolk CoronaWatch: Bulletins

Suffolk's CoronaWatch is the home of data and information produced under the Suffolk Joint Strategic Needs Assessment (JSNA).

Regular bulletins provide an update on the current Covid-19 situation in Suffolk along with updates on the work being carried out as part of Suffolk's Local Outbreak Control Plan.

Click [here](#) for all the latest information, and the local data dashboard for Suffolk



Suffolk Fire & Rescue Service: Smoke Alarm testing



Working smoke alarms save lives, but only if they are in the right place and working!
One alarm on every floor is a minimum and remember to test them weekly!
#TestItTuesday
#PressToTest



Simple steps you can take to help combat crime at Christmas



Lights on Timers

Chances are that you are not venturing out much due to the COVID-19 restrictions. But on those occasions when you do plan to return home after dark, please remember to have some lights turn on, just to make your house look occupied.

Other creative ways of creating a “someones at home” look is by setting up and using technology and virtual assistants, such as Alexa, Siri or Google. With these, in addition to switching lights on and off, you

Identity Fraud

A lot of us are shopping online more this year. So this will mean far more packaging ending up in the recycling bin no doubt. So apart from taking action to compress all the cardboard to fit it in the bin more easily, it is also a good idea to remove any labels, and shred any visible personal details containing your name address and telephone numbers (to help reduce exposure to ID fraud).



Hollie Guard

is a smartphone app that can help to keep you safe. With just a simple tap or shake the app automatically sends your location or audio/video to your designated contacts.

The app can allow an alert to be activated to draw attention through light and sound, or an alert can be raised silently letting your identified contacts know that you require assistance. Your emergency contacts can follow your movements with real-time updates, allowing them to keep track of your location. This function is useful for ensuring safe and confident travel or when working alone.

Other features allow emergency contacts to see when injury or personal immobilisation has resulted in non-movement. Go to: www.hollieguard.com to find out more.

The app offers both free and paid services and is accredited by ‘Secured by Design’ - the police recognised standard for security products that can deter and reduce crime.

By raising awareness of this third party app, this does not constitute a recommendation from the Suffolk Neighbourhood Watch Association for use of the software.

Hollie Guard
Safety & Security

Hollie Guard transforms smartphones into personal safety devices. Hollie Guard works on all major operating systems, so no new devices are required.

- 3 Alarm Profiles**
Users can pick the alarm profile appropriate for their situation: theft, personal, and dangerous.
- Journey**
Journey allows safe travel by providing real-time updates as users move between two places.
- Meeting**
Meeting alert uses to identify when they are going to a dangerous meeting. An alert is automatically created.
- Danger Zones**
Create zones to automatically warn users when they've entered a potentially dangerous area.

About Us
Hollie Guard was developed by the Hollie Crossed Trust to help people stay safe. The app was created in honour of Hollie. It is the definitive personal safety app fully endorsed by Gloucestershire Police and the Office of the Police and Crime Commissioner Gloucestershire.

Secured by Design
PanicGuard

www.hollieguard.com | info@hollieguard.com



Improve the security of online shopping this festive period: cyber security



Due to coronavirus, more people will be doing their festive shopping online this year.

This means more opportunities for hackers to carry out cyber attacks.

They often do this by targeting people and businesses using:

- * email and website scams
- * malware - software that can damage your device or let a hacker in
- * If hackers get into your device or accounts, they could access your money, your personal information, or other information

You can improve your cyber security by taking six actions:

1 - Use a strong and separate password for your email

If a hacker gets into your email, they could:

- * reset your other account passwords
- * access information you have saved about yourself or your business
- * Your email password should be strong and different to all your other passwords. This will make it harder to crack or guess.

2 - Create strong passwords using 3 random words

When you use different passwords for your important accounts, it can be hard to remember them all.

A good way to create strong, memorable passwords is by using 3 random words.

Do not use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"

3 - Save your passwords in your browser

Saving your password in your browser means letting your web browser (such as Chrome, Safari or Edge) remember your password for you.

This can help:

- * make sure you do not lose or forget your passwords
- * protect you against some cyber crime, such as fake websites

It is safer than using weak passwords, or using the same password in more than one place.

4 - Turn on two-factor authentication (2FA)

Two-factor authentication (2FA) helps to stop hackers from getting into your accounts, even if they have your password.

5 - Update your devices

Out-of-date software, apps, and operating systems contain weaknesses. This makes them easier to hack. Companies fix the weaknesses by releasing updates. When you update your devices and software, this helps to keep hackers out.

6 - Back up your data

Backing up means creating a copy of your information and saving it to another device or to cloud storage (online).

Backing up regularly means you will always have a recent version of your information saved. This will help you recover quicker if your data is lost or stolen.

For more information, and step-by-step instructions, please visit [cyberaware.gov.uk](https://www.cyberaware.gov.uk)



SUFFOLK TRADING STANDARDS



www.friendsagainstscams.org.uk

Scam: Call Blocking Services

Call blocking services can be a useful tool in helping consumers screen out nuisance or unwanted calls.

But we are seeing an increase in the bogus selling of these services.

Consumers are being cold-called by rogue companies using aggressive sales tactics and often offering substandard cold call blockers. Or worst still taking their money for no product or service in return.

Some fraudsters have claimed to be from the Telephone Preference Service, or to be working with the Government.

If you want information on call blocking devices you may wish to look at advice by Which? [available here](#)

Ofcom also has a comprehensive guide which explains the different types of nuisance call and message and includes advice on what action you can take to protect yourself and who you can complain to. [Available here](#)



Don't get conned out of Christmas



Loan Sharks: Don't be a victim

The England Illegal Money Lending Team (IMLT) have launched a new campaign aimed at tackling illegal money lending on the internet and warning of the dangers of online loan sharks.

The campaign comes amid concerns more people are falling prey to unscrupulous lenders online as statistics show one in five victims met their lender on social media in the first half of 2020.

Loan sharks are increasingly using social media platforms, such as Facebook, Instagram and Snapchat, to advertise their illegal loans and target potential victims.



These criminals will lure people in with seemingly attractive loan offers but will quickly resort to intimidation, threats and violence to enforce repayment and trap borrowers in a spiral of debt.

The campaign is titled #SharkFreeSurfing and will run across social media platforms. It is hoped that the campaign will help encourage not just victims but the wider community to report online illegal money lending activity.

How to protect yourself from loan sharks online

Know who you're dealing with. If you've only ever met someone online or are unsure of the legitimacy of a lender, take some time to do a bit more research.

Check the lender is authorised by the Financial Conduct Authority (FCA). If not, don't borrow from them - report to the Stop Loan Sharks team.

Beware of loan adverts with no credit checks. Loan sharks have been known to advertise in community groups and on local selling pages. They may seem friendly and accommodating, but their behaviour can quickly change, and you might be harassed or threatened if you get behind with your repayments. Lenders must carry out credit checks to make sure borrowers can afford to pay back their loans. You should never hand over your bank details to strangers, even if they lure you with attractive offers. Remember, if it looks too good to be true, it probably is.

Beware of any requests for your details or money. Loan sharks may ask for copies of your passport or pictures of your house, the street and your house number. Never send money or give card details, online account details or copies of personal documents to anyone you don't know or trust.

If you suspect someone may be a loan shark or they are acting inappropriately, you can report them anonymously to www.stoploansharks.co.uk or by calling the Stop Loan Sharks Helpline on **0300 555 2222**.

Alternatively, you can email the team reportaloanshark@stoploansharks.gov.uk or access support via live chat on the website Monday to Friday between 9am-5pm.

The Stop Loan Sharks App is free to download on both iOS and Android devices from the Apple App Store and Google Play Store.

If you are the victim of a loan shark, help and support is available – please don't suffer in silence. Call our 24 hour helpline 0300 555 2222 or use live chat in the bottom right hand corner to speak with a member of the Stop Loan Sharks Team. Live Chat service available 9am-5pm, Mon-Fri. We're here to help and keep you safe.



citizens
advice

Scams can be difficult to recognise, but there are things you can look out for. If you need advice, or are unsure about whether something is a scam, you can use the Citizen's Advice online scams helper to get advice that's specific to your situation.

[Read more here.](#)



ATTENTION ALL POULTRY AND CAPTIVE BIRD KEEPERS!

Whether you keep just a few birds or keep thousands, due to the heightened risk of avian influenza, new housing measures for poultry and captive birds will be introduced from 14 December 2020 in England, Scotland and Wales.

Click [here](#) for more information

LATEST UPDATE
Poultry and captive bird housing measures to be introduced across Great Britain

Animal & Plant Health Agency

BIRD FLU ALERT

By the way you won't get very far with all those they're registered on Immobilise!

MAKE IT A MISERABLE CHRISTMAS FOR THIEVES!
IMMOBILISE.COM

Suffolk Crimestoppers

In the midst of a pandemic, there has never been a greater need to protect communities and our National Health Service from harm.

Now is the time to reset the status quo on violent crime.

CrimeStoppers.
0800 555 111
100% Anonymous. Always
crimestoppers-uk.org

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.

REPORT COVID-19 FRAUD



Stop wildlife crime

Wildlife crime includes offences such as deliberately killing or abusing animals, disturbing protected species or damaging breeding and resting places, and illegally trading in endangered species.

Some wildlife crimes, such as badger-baiting, hare coursing and the illegal use of poisons and traps can cause unnecessary pain and suffering. Additionally, attacks on farm livestock, including by dogs, and theft of livestock, are increasing. This includes sheep rustling and butchery in fields, which is a devastating crime for farmers and their businesses. It's also distressing for other livestock.

It could also have an impact on the food chain through illegal meat trading which increases the risk of contamination.



A once magnificent Red Kite hunted and killed.

Links to major crime

Often those involved in wildlife or livestock offences are known for their links to other types of crime including anti-social behaviour, serious violence, firearms offences and organised crime. You can help to bring offenders to justice.

Just tell us what you know

If you hear of or suspect anyone is involved in wildlife or livestock crime but do not wish to talk to police, then tell Crimestoppers what you know **100% anonymously**. If you are not sure but you have a hunch that something is not right, just give us a call.

In countryside communities, people often know who's who and they may have information about crime but don't want to tell police because they fear reprisals. Crimestoppers charity can reassure them that their anonymity is guaranteed.

We won't ask for your name or any personal details, we'll just listen to what you know and pass that information on to the police. Your calls or online information can't be tracked or traced.

Contact Crimestoppers on 0800 555 111 or online at crimestoppers-uk.org. **It's 100% anonymous. Always.**

The only person who will know you contacted the independent charity Crimestoppers is you.

When you see a crime...

- Don't disturb the scene.
- Don't touch or remove dead animals or birds – you could be committing an offence.
- Record as many details as you can– date, time, location, details of anyone involved.
- If possible, take photos or record video.
- Note any vehicle registration numbers.
- Don't put yourself at risk and don't approach anyone.

CrimeStoppers.

0800 555 111

100% anonymous. Always.



Action Fraud

National Fraud & Cyber Crime Reporting Centre

0300 123 2040

Reports of online shopping fraud have surged by 30% over the pandemic as many of us continue to shop online in light of current restrictions.

Figures from Action Fraud show that criminals conned 17,407 shoppers out of almost £13.5 million over the Christmas period last year, an increase of over 20% when compared to the same period in 2018.

Action Fraud is warning the public to take extra care when shopping online, ahead of Black Friday and Cyber Monday, as shoppers search for bargains and gifts for loved ones in the run up to Christmas.

Top tips to shop online securely this festive season:

Where to shop:

Making a purchase from an online store you haven't used before? Carry out some research first, or ask a friend or family member if they've used the site and about their experiences before completing the purchase.

Your information:

Only create an account if necessary or to save you effort if you're going to use that site a lot in the future. Be cautious if the website asks you for details that are not required for your purchase, such as your mother's maiden name or the name of your primary school.

Payments:

If you decide to go ahead with the purchase, ensure that the webpage where you enter your payment details is secure (website address starts with "https"). Using a credit card to pay online also means that should the worst happen and your payment details are compromised, your main bank account won't be directly affected.

Phishing:

Some of the messages you receive about amazing offers may contain links to fake websites. Not all links are bad, but if you're unsure, don't use the link – go separately to the website. Report any suspicious emails you receive by forwarding them to: report@phishing.gov.uk You can also report suspicious text messages by forwarding them to 7726.

For more information about how to shop online securely, please visit: actionfraud.police.uk/shoponlinesafely



Online shopping fraud

FACTSHEET

How does online shopping fraud happen?

Online shopping fraud happens when you discover a problem with something you're buying or acting in an online auction or marketplace, such as eBay, Gumtree or Etsy.

Online auctions and marketplaces have become a very popular way of trading online, but fraudsters are using them to take advantage of your trust to sell poor-quality or non-existent items. You may find that something you've bought online arrives late or never at all. In some cases the products you've paid for are less valuable than shown in the advert, different from the original description, or you weren't told crucial information about the product or terms of the sale.

What can be done if you are a victim?

- If you paid via bank transfer, debit card or PayPal this guide from consumer rights organisation Which? explains how you might be able to get your money back after you have been scammed. www.which.co.uk/consumer-rights/advice/how-to-get-your-money-back-after-a-scam. Action Fraud cannot help you recover any money lost to fraud.
- Reporting to Action Fraud enables intelligence to be gathered, the police to catch criminals and preventative action to be taken. For example, suspending fake websites used to commit online shopping fraud.

How to shop online safely

- We can provide you with a copy of your National Fraud Reporting Centre (NFRC) number but we cannot liaise with other companies or tell you if a seller is real or not.
- It is difficult for police to investigate every instance of fraud – prevention and protection is a far better method of dealing with it. By taking some simple steps, you can avoid falling victim in the future.
- In some cases the police and other law enforcement agencies may want to contact you for further details so it is important that you keep any relevant information about the crime.

Before you enter your payment details into a webpage, ensure that it's using a secure connection. Look for a small padlock symbol in the address bar usually next to the web address. The web address of the payment page should begin with https. The 'S' stands for secure. Avoid carrying out any financial transactions over unsecure connections, such as public wi-fi.




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
T&C's apply

[See T&Cs here.](#)

Offer ends 18th December 2020

