



Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

Welcome to the latest edition of our newsletter.

We hope this newsletter finds you well, and you are adjusting now to the “new normal”.

It seems a long time ago since we completed our first ever “virtual” Annual General Meeting, and we would like to thank everyone that voted and contributed comments to the meeting.

Despite the various restrictions imposed upon all of us, we are able to report that the executive committee are still very active, and holding executive meetings via video conferencing. Our next meeting is on the 28th September.

We are currently reviewing our funding strategy, and looking to develop a new partnership project which we hope will enable us to work closer with town and parish councils across Suffolk. We will keep you updated along the way, so please remember to look out for minutes of our meetings, which are published to our website.

As always, we would welcome any of your neighbourhood watch stories that we can share across the network. One such good news story is in this month’s edition.

The Executive Committee



INSIDE THIS EDITION:

Neighbour of the Year Awards 2020 **PG 2**

Watch Scheme Postcode search facility **PG 3**

#MulletOver anti-phishing campaign **PG 5**

Communities in Action – Success story **PG 2**

Suffolk Trading Standards alerts **PG 4**

Cyberhood Watch protecting our community **PG 7**

Communities can help each other maintain “Rule of six” COVID-19 guidelines

Neighbourhood Watch asks neighbours to talk first in response to new restrictions

Most if not all active Neighbourhood Watch groups will engage with their community at some point to offer support and advice – and this has never been more evident than in the current Covid-19 crisis.

Whether people are supporters of Neighbourhood Watch or not, addressing the covid-19 crisis is not about reporting neighbours, but is about all of us taking responsibility to reduce and stop the spread of the virus.

The recent “Rule of six” will no doubt bring a number of issues and concerns for our communities, but Neighbourhood Watch can help these communities work together, and encourage neighbours to first speak to each other, should there be any concerns regarding the adherence of the guidelines.

By us all working with each other, only then can we all get through this together and safely.



Neighbour of the year awards 2020

For the third year running, The Co-op and Neighbourhood Watch are launching 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.



Given that the restrictions to try and reduce the impact of Covid-19 have now been tightened, it is all the more important that we support the Home Office to understand the local picture in relation to crime and ASB and any changes that may be happening

With this in mind, we continue to ask for your support by and again completing a short questionnaire, ideally on a monthly basis.

Typically, the survey is trying to establish any significant increase (or decrease) in particular crimes, or whether there are any crime concerns that you have become aware of recently. Even if you think that things have stayed the same, we welcome your response as this adds to the trends that we are starting to see.

The survey is available [here](#)

Communities in action – success story

Rural South Watch is an information sharing group in the Haverhill area that comprises a number NW coordinators, parish councillors, farmers, horse-watchers and other interested parties whom share information to each party via email alerts.

Earlier this month, a transit van was intercepted by police near the Whepstead area. This followed reports amongst the group of the van seen "scouting" in the area, which was then linked to an incident, including thefts from two houses.

The successful arrest of the offenders of the vehicle underlines how important and worthwhile it is for a community to work together to fight crime. Without doubt, thanks must go to all the farmers, victims, police officers and the members of Rural South Watch, who have kept the info flowing and the police updated.

Of particular note was the excellent CCTV footage from three of the locations, that will assist in connecting home crimes to individuals filmed at scenes, together with vehicle registrations. Such material is needed to complete the evidence chain that secures convictions.

Well done to all.

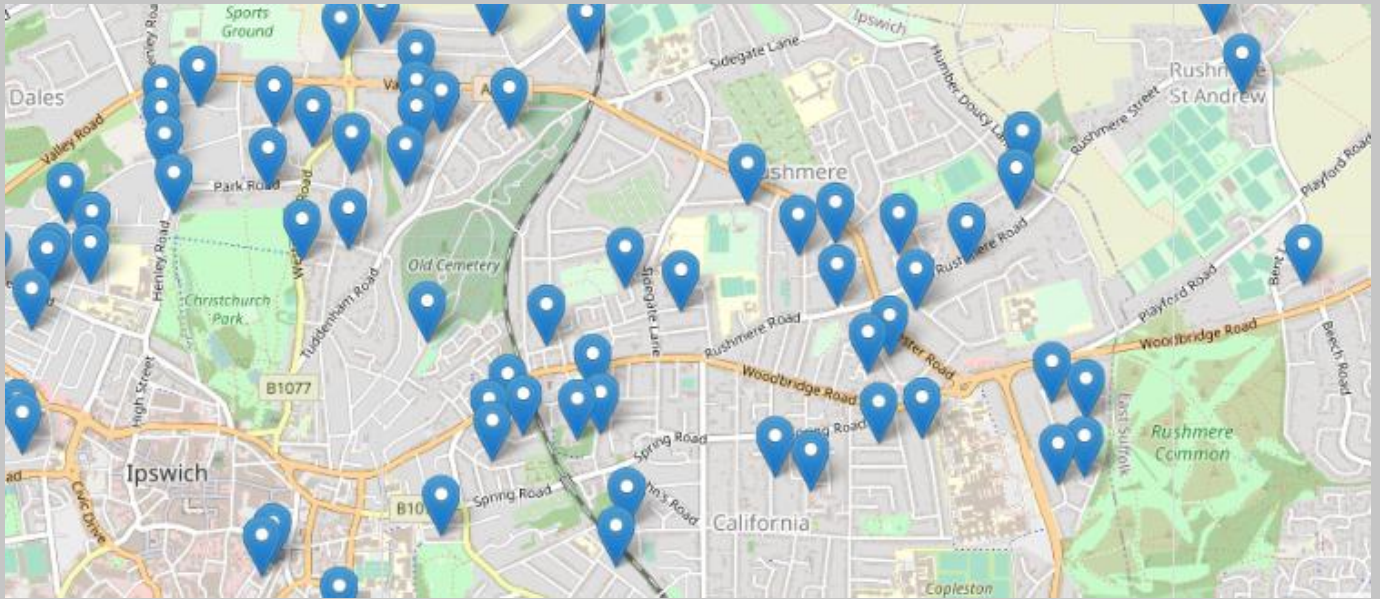


Improvements to our website

We tend to receive a number of enquiries from members of the public asking whether there is a NW scheme in their area.

So we are pleased to announce that the [homepage](#) of our website now offers a postcode search, which links to a map. By entering a postcode, the resulting map will show the closest registered schemes. There is also an opportunity to make contact with schemes via an online form.

Given we have only recently launched this function, there may be a few teething problems with users of different internet browsers. You can help us improve and develop this further by [reporting any issues](#) or problems you may encounter along the way.



Info snippets...



HAVE YOUR SAY

The Association of Police and Crime Commissioners have launched a national survey to gauge public opinion on road safety and roads policing enforcement. The survey will run through to the end of this month. [Read more](#)



Suffolk's CoronaWatch is the online home of data and information produced under the Suffolk Joint Strategic Needs Assessment about COVID-19.

[Read more](#)



SUFFOLK TRADING STANDARDS



SHORT STORY COMPETITION LAUNCHED TO RAISE AWARENESS OF LOAN SHARKS

The England Illegal Money Lending Team (IMLT) have launched a short story competition to encourage people to exercise their creative writing skills while learning about the dangers of loan sharks.

A panel will assess the stories and pick their favourite from each category. These will be turned into audio stories and played during National Stop Loan Sharks week 2020. They will then stay on the Stop Loan Sharks podcast platform for people to download and enjoy.

[Read more](#)

REMINDER

If you're contacted by the NHS Test and Trace service, you will not be asked to provide any passwords, bank account details or PINs.



Do you keep poultry?

More and more people have decided to have poultry in their back garden, and there has been an increase of new poultry owners over the last 6 months, since lockdown.

If you keep 50 or more birds there is a requirement to register. However, you can choose to register fewer than 50 birds, or birds you keep as pets. This is something you are encouraged to do, so that the Animal and Plant Health Agency (APHA) can contact you if there's a disease outbreak (such as bird flu) in your area.

Access the government information [here](#)



#MulletOver anti-phishing campaign

Did you know that two women are killed each week by a current or former partner and it is estimated that a typical victim of domestic abuse endures up to 35 assaults before speaking up?

You have the power to help stop domestic abuse.

Domestic abuse is the misuse of power and control over one person by another. It can take many different forms, including:

- Emotional
- Psychological
- Sexual
- Financial
- Physical
- Verbal
- Controlling or coercive behaviour

We want to let everyone know that you have the power to help stop domestic abuse. If you suspect domestic abuse and don't want to reveal your identity, you can tell the charity Crimestoppers what you know on the phone 0800 555 111 or online, 24/7, 365 days a year.

#YouAreNotPowerless is a 6 week long social media campaign directed at those who suspect someone is a victim or perpetrator of domestic abuse. [Read more](#)



Impersonation scams almost double in first half of 2020



UK Finance, as the collective voice for the banking and finance industry, is urging people to be aware of criminals exploiting Covid-19 to target their victims, after figures revealed a sharp rise in impersonation scams in the first half of this year. [Read more](#)



#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. The National Cyber Security Centre's Suspicious Email Reporting Service (SERS) received over 1.7M reports from the public between April and August 2020, with the most commonly faked brands being TV Licensing, HMRC and GOV.UK.

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

Job-seekers are being targeted by scammers.



You can report a recruitment scam to Safer Jobs here: https://www.safer-jobs.com/contact/report_incident

10% of job-seekers have fallen victim to a scam, losing up to £500 for non-existent checks or being tricked into calling premium rate phone lines for interviews.

Job scams are on the rise and in the last two years there has been a 300% rise in recruitment related fraud and misconduct.

Tips for jobseekers:

- Never pay money up front
- Never call the company for an interview
- Do not give out personal details that are not relevant to an application process – such as bank account details, a National Insurance number, date of birth, driving licence or utility bill information
- Do not do everything online – at some point a job discussion should lead to a phone or face-to-face interview
- Do research about the company the job is with – check landline telephone numbers to confirm the job is real, and use social media and other sources to find out more about the firm.



Cyberhood Watch protecting our community



It's been a busy month for the Cyberhood Watch partnership. Over the summer, two online accreditation sessions were held for Cyberhood Watch Ambassadors. The training covered the latest technology threats, to ensure these local leaders are fully equipped to help their local community. If you are interested in becoming an Ambassador then please contact enquiries@ourwatch.org.uk

Brad Poole from Avast also attended the online NWN Summer Seminars in August to share some advice and best practice on managing children's online behaviour. A summary of the best advice can be found below.

Safety starts at home: A comprehensive checklist for privacy-savvy parents

We often teach our children the lessons that we learned ourselves when we were little...

- Look both ways before crossing the street.
- Don't talk to strangers.
- Wash your hands before eating (true these days now more than ever).

Most of these lessons are about protecting our kids. But today as parents, we have a vast new world to explain and protect our kids from — one that our parents never had to worry about: the internet.

So how exactly do we protect our kid's online privacy? Here's a selection of best practice advice to get you started.

Be informed

We should always be educating ourselves. We can't teach our kids about online privacy if we don't know about it! Here's a list of basic online privacy terms we should all be familiar with: Phishing, App permissions, Location tracking, VPN, Public Wi-Fi, Metadata, Anti-virus, Sexting, Social media privacy settings, Cybersecurity and Malware.

Lead by example

As with anything else with parenting, our actions speak louder than our words. Take a parental timeout to really assess your own online habits. Where can you be better about privacy? Maybe it's time to update your passwords or review your privacy settings on social media sites like Facebook and Instagram.

Install anti-virus programs on all devices

A lot of the items on this list focus on talking with our kids about the actions they can take, but there are actions we can take behind the scenes as well. Install an anti-virus program on all of your devices, from phones to tablets to computers, and make sure they're up to date!

Give your kids their own accounts

If you regularly hand over your phone or tablet to your child, create an account specifically for them. This allows you to make sure all of the privacy settings are correct, without having to deal with them yourself. It also protects your personal stuff — from texts to photos to emails — from any curious eyes.

Utilise screen pinning

Did you know that you can lock in an app so that your kid can't move away from it? So, for example, if there's a game that your 7-year-old really loves, you can "screen pin" it on Android or activate "Guided Access" on iOS. Once you have that feature activated, they won't be able to move away from the game — it will be pinned to their screen.

On Android, go to Settings > Security > Screen pinning. You also need to make sure that "Ask for PIN before unpinning" is enabled, or else your kid will be able to navigate away. On iOS, go to Settings > General > Accessibility > Guided Access.

Let your kids know they can always come to you

Finally, make it really clear that they can come to you with anything related to online privacy and won't get in trouble — even if they broke the rules. You are your child's first line of defense and in order for them to stay safe they have to know they can come to you, always.

To find out more about the NWN relationship and the Cyberhood Watch initiative with Avast, visit avast.com/uk-cyberhood.



Neighbourhood Watch Benefits



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We all value our possessions, so it's important to keep the safe and secure. But for added security measures, don't forget to use the free property registration service provided by immobilise.com.

It's the only registration service that supports all property types and is directly linked to police systems. It is genuinely free and has been for over 15 years.

Even if your members are using marking systems with their own databases, they can still benefit from increased police visibility by also registering on Immobilise.

Immobilise is also the only registration system connected to [CheckMEND](#), the trader due diligence service, which ensures responsible traders will not trade property marked as stolen on Immobilise.

