



Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

Welcome to the January/February edition of our newsletter.

We thought we would let the dust settle, in the hope that everyone has eased safely and securely into the new year. Unfortunately, scams and fraud continue to be with us, and in this edition we highlight how we can all take steps to help protect ourselves from these type of crimes. A big focus is on the recognition of 40 years of NW in England and Wales, and how you can start planning events to celebrate this during the national NW week which takes place in June.

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 enjoy the newsletter.

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.

Send us your story via email to the Suffolk Neighbourhood Watch Association Comms team:



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!



'40 YEARS – 40 ACTIONS': NEIGHBOURHOOD WATCH WEEK 2022

**NEIGHBOURHOOD
WATCH WEEK 2022**

30th MAY - 5th JUNE



**CELEBRATING
40 YEARS
WITH
40 ACTIONS**

ourwatch.org.uk/nweek

Neighbourhood Watch Network is a charity registered in England & Wales. CIO No. 1173349

#LetsStayConnected

This year, the Neighbourhood Watch Network is celebrating 40 years of supporting neighbours and building communities' resilience, and are marking the NEIGHBOURHOOD WATCH WEEK with the theme of 40 YEAR-40 ACTIONS.

The NWN will be sharing 40 actions that you can do with your neighbours - try one, two or all 40! The actions range from small things that make a big difference, to large actions that need planning soon, such as a street party. For now, we encourage you to save the date for Neighbourhood Watch Week, **30th May - 5th June!**

Last year the NWN teamed up with good causes across the UK to celebrate summer with a MONTH OF COMMUNITY in June. This year, the NWN will be continuing that partnership - so look out for more details in the coming months. Join in when it works for you and your community, whether that's to say cheers to volunteers, connect with your neighbours, or to support a cause you care about.

Diversity, Equality and Inclusion: NWN Statement Announced

The Neighbourhood Watch Network have announced their **Diversity, Equality and Inclusion Statement**.

This statement sets out the NWN intention to become a more inclusive, diverse network and their commitment to remove barriers to inclusion for people from all backgrounds regardless of race, religion and belief, disability, sex, sexual orientation, age, pregnancy, Marriage and civil partnership, or gender reassignment.

[Click here](#) to read the full statement.



Celebrating 40th Anniversary: Special-edition logo launched

Neighbourhood Watch groups have supported and enabled individuals and communities to be connected, active and safe for the past 40 years.

NW has grown in strength since the first UK scheme was established in Mollington, Cheshire in 1982, to become the largest UK crime prevention charity that we know today.

In recognition of this milestone and to celebrate our rich history, the NWN have launched a special-edition logo to be used throughout 2022.

With a tested **brand recognition of 95%**, the 40th anniversary logo reflects our widely recognisable traditional logo whilst introducing a softer teal colour. The new central image celebrates and reflects our communities' uniqueness and togetherness.

The teal colour will be formally adopted as an additional Neighbourhood Watch core colour later in the year, but Neighbourhood Watch representatives can start using the colour from now. [Click here](#) for further details of the teal colour.

Neighbourhood Watch groups can use this special-edition logo throughout 2022, alongside, or in place of the Suffolk NW association logo and the original NW logo.

All of the logos can be downloaded by login to the [scheme coordinator page of our website](#).



Worried about burglary?: Look out for the NWN March campaign

The findings of the national NW Crime and Community Survey 2021 revealed that most respondents (67%) worry about burglary happening to them more than any other crime.

But did you know there are simple, tried and tested ways to reduce your risk of being burgled?

To help people be and feel safer the NWN joined forces with sponsors ERA Home Security, to develop a joint burglary prevention campaign highlighting the most effective measures we can all take to protect our homes.

The campaign will be shared with members from March providing you with clear actions you can take that don't break the bank.



There will also be helpful downloads you can display in your community or share with your neighbours.



Community Activities: Some ideas for you

Bringing neighbours together is what Neighbourhood Watch does best. One way to connect, celebrate and share with your community is by holding a street party!

Always putting health and safety first and following any Government Covid rules, if you are considering planning a street party to celebrate Neighbourhood Watch Week 2022, the Queens Platinum Jubilee, or any other special occasion - then you can always refer to the helpful NWN guide "[HOW TO ORGANISE A STREET PARTY](#)" which will walk you through each step of the process.



Organising a litter pick is one way of bringing your community together for a common goal. A community that looks good and feels cared about, can create a sense of pride, where residents are happier in their immediate environment. Find out more on "[HOW TO ORGANISE A LITTER PICK](#)".



An Environmental Visual Audit (EVA) is when community members, police and representatives of other relevant agencies conduct a walk-through together of their neighbourhood to identify issues of concern. Find out more on "[HOW TO CONDUCT AN ENVIRONMENTAL VISUAL AUDIT](#)".

The Big Jubilee Lunch

Since 2009, The Big Lunch has been bringing millions of people together to share food and fun in a nationwide act of community friendship on the first weekend in June every year.

As you know this year, [The Big Jubilee Lunch](#) will be part of the official celebrations for HM The Queen's Platinum Jubilee, 2nd -5th June. Communities across the UK are invited to save the date for The Big Jubilee Lunch in their diaries, [order your free Big Jubilee Lunch pack](#), and start chatting with neighbours to help get this party started.



Volunteer Recognition: Awards 2022

During our 40th Anniversary year NWN wish to celebrate and thank all Neighbourhood Watch volunteers!

NWN will also be holding a special Awards to recognise those volunteers who have dedicated more than 5 years working in their communities with us.

TO DO THIS WE NEED YOUR HELP!

We want to know whether you or someone else has volunteered with Neighbourhood Watch for 5 years or more.

Simply visit ourwatch.org.uk/volunteerawards to submit a form by 13th March 2022.

What happens next?

The NWN team will work with Associations to verify the nominations. All verified nominees will receive a special award certificate and can opt-into be listed on the special recognition website page to be launched by NWN during Neighbourhood Watch Week, 30th May – 5th June 2022.



VOLUNTEER RECOGNITION AWARDS 2022

To nominate yourself or someone else, please visit:
ourwatch.org.uk/volunteerawards

Neighbourhood Watch Network is a charity registered in England & Wales, CIO no: 1173349

The banner features the Neighbourhood Watch logo (a yellow circle with 'NEIGHBOURHOOD WATCH' and '1982 - 2022') and two circular images: one showing a person's arm with 'VOLUNTEER' written on it, and another showing a group of diverse people smiling.

DID YOU KNOW?



[Click here](#) to learn more

Rules for all types of road users have been updated in [The Highway Code](#) to improve the safety of people walking, cycling and riding horses.

There are 8 changes that you need to know about.

1. Hierarchy of road users
2. People crossing the road at junctions
3. Walking, cycling or riding in shared spaces
4. Positioning in the road when cycling
5. Overtaking when driving or cycling
6. People cycling at junctions
7. People cycling, riding a horse and driving horse-drawn vehicles on roundabouts
8. Parking, charging and leaving vehicles





FREE tickets to the National Homebuilding Show

For expert advice, impactful masterclasses and innovative home products book two free tickets to the National Homebuilding & Renovating Show.



Book two free one-day tickets and visit the National Homebuilding & Renovating Show at the NEC Birmingham between Thursday 24 and Sunday 27 March. Try out thousands of products for the home from over 400 exhibitors or get all the building and renovation advice you need from the experts.

Find out about smart home systems and renewable energy at the Masterclass Theatre. Advice on interior design, kitchens, bathrooms, renovations and extensions is at the Home Improvement Theatre. The Self-Build Theatre addresses in-depth topics from a beginner's guide to renovation to how to manage tradespeople. And drop by for free DIY advice from hanging doors to skimming walls from the tradesmen at DIY Doctor.

Get free one-on-one advice from property experts Michael Holmes and Jason Orme; eco expert David Hilton; design expert Allan Corfield, builder Andy Stevens and planning expert Sally Tagg at the Advice Centre.

Or book two free one-day tickets to Homebuilding & Renovating Shows in

- Surrey (25-26 June)
- London (30 September -2 October)
- Harrogate (4-6 November)
- Somerset (19-20 November)

using this link: <https://national.homebuildingshow.co.uk/neighbourhood-watch>

*For Neighbourhood Watch members or those living in a Neighbourhood Watch area

Homebuilding & Renovating Show



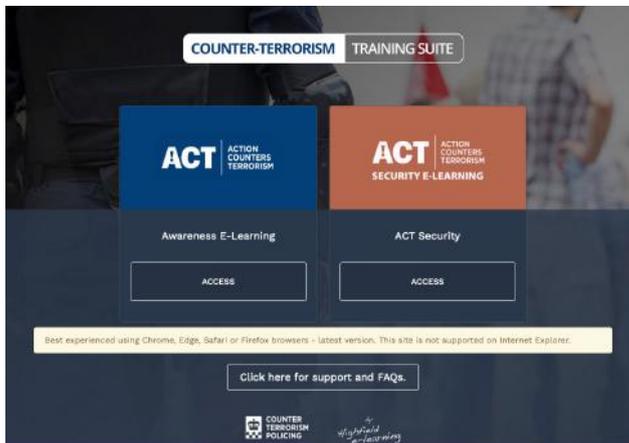
Free eLearning and Apps: Tackle terrorism

With the enduring terrorist threat, it is now more important than ever that everyone plays their part in tackling terrorism.

Action Counters Terrorism (ACT) is encouraging communities across the country to help the police tackle terrorism and save lives by reporting suspicious behaviour and activity.

ACT Awareness E-learning

The ACT Awareness E-learning is a free resource to help you understand the role we can all play to prevent terrorism by protecting and preparing ourselves and others. It contains advice and interactive activities across six modules, including: responding to suspicious items or activity and what to do in the event of an attack.

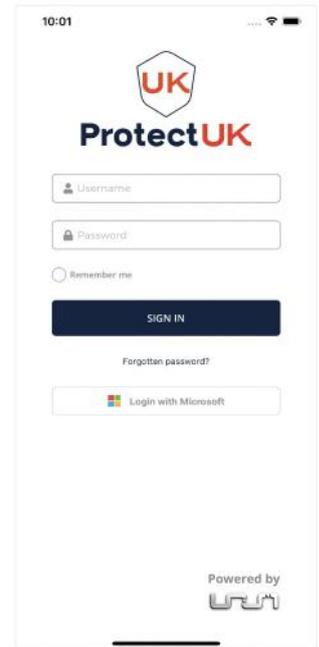


ProtectUK App

The ProtectUK App is an easily accessible information platform, containing the potentially life-saving information needed to ensure that individuals and businesses are prepared should a terrorist attack ever happen. Search ProtectUK in the App Store to download the App. Once downloaded, use the following details to access the App:

Neighbourhood Watch Username: nwatch@urim.app
Password: Urim123\$

If you feel that these resources would be useful in any community groups or businesses, please email EngagementUnit@met.police.uk.



To find out more about how to help someone close to you who might be at risk of radicalisation, visit actearly.uk

If you have any information about suspicious activity or behaviour please report it. Use their secure online form at gov.uk/ACT. Alternatively, call on 0800 789 321

The E-Learning can be accessed at [https:// ct.highfieldlearning.com/](https://ct.highfieldlearning.com/) using the Neighbourhood Watch pin: 495635



The Neighbourhood Watch Network have a dedicated section on the "Ourwatch" website for **young people** who are concerned about crime, isolation, loneliness, or for those who just want to make their communities a better place. [Find out more here.](#)



SUFFOLK TRADING STANDARDS



Scams: Bogus Telephone Callers

Beware of bogus calls from an individual claiming to be a Conservation Officer from the local council, asking to come and inspect your loft insulation.

The individual claims that there is a "problem with old glass fibre and mineral wool insulation".

The caller then goes on to offer a free survey of the loft, and attempts to make an appointment.

This information is false.

Always be wary of any approach made in a telephone cold call.

Always check the credentials of any company that contacts you out of the blue.

Always check any claims made, especially when the company are claiming to work with other agencies.

Never provide any personal information to a caller that is not required.

Never agree to any work done until you have received a second opinion.



Cold Callers: People at your door

Police and Suffolk Trading Standards are urging people to be alert for cold callers after a recent report of doorstep callers operating in Dowes Hill Close in Beccles.

The men said they were working for a home improvement company and saying the householder could get grants.

They had paperwork on them, but not ID, giving the excuse it had been left at home.

The householder phoned the legitimate business First Choice Home Improvements, who confirmed the males were not working for them and it was a **SCAM**.



The men were wearing black sweatshirts with a logo of a little red house.

A description of the males - white male with slight tan, approximately 27 years of age, well spoken, black jumper and beige trousers with holes in. The second male was in a vehicle.

Officers searched the area, but there was no trace of these males.

If you have any concerns about a company that has contacted you, call Trading Standards via Citizens Advice Consumer Service on 0808 223 1133.



Cybercrime: How safe are your passwords?

Make sure your passwords are secure.

23 million users used 123456 as a password!

Whether it's your Facebook, Amazon, or Netflix account, the explosion in popularity of online apps and services means more and more of us have to remember an increasingly long list of passwords.

Unfortunately, some of us cope with this challenge by resorting to practices that leave our data, devices and money at risk - by using the same password across multiple accounts, or by creating simple passwords that could easily be guessed by hackers. Bad password practice is more prevalent than you might think - the UK's National Cyber Security Centre carried out analysis of passwords leaked in data breaches and found that more than 23 million users worldwide used 123456 as a password.



You can read more about it [here](#)

Top tips

1: Creating memorable passwords

A good way to create strong, memorable passwords is by using 3 random words. But remember, don't use words that can be guessed (like your pet's name). You can include numbers and symbols if you need to. For example, "RedPantsTree4!"

2: Saving 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.

3: Email account passwords

If a hacker gets into your email account, they could:

- reset your other online account passwords
- access personal 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.

Online Scams

Online scams are getting ever more sophisticated. As part of the @CitizensAdvice #ScamsAction service, there's online advice to help you spot scans and stay protected. Find out more citizensadvice.org.uk/ScamsAction/



Cybercrime: Emails, Text, and Software Updates



For more of the government's latest advice on how to stay secure online, visit the Cyber Aware website: ncsc.gov.uk/cyberaware

Fake emails and text messages are a common tactic used by cyber criminals, their goal is often to convince you to click a link. Once clicked, you may be sent to a dodgy website which could download viruses onto your computer, or steal your passwords and personal information.

In order to try and convince you that their messages are legitimate, criminals will pretend to be someone you trust, or from some organisation you trust. This could be your Internet Service Provider (ISP), local council, even a friend in need. And they may contact you by phone call, email or text message.

Reporting suspicious emails:

If you have received an email which you're not quite sure about, you can report it by forwarding the email to the Suspicious Email Reporting Service at: report@phishing.gov.uk

From November 2021, the number of reported suspicious emails stands at more than 8,100,000, with the removal of more than 67,000 scams and 124,000 URLs.

Reporting suspicious text messages:

You can report suspicious text messages to your mobile network provider, for free, by forwarding the text to 7726.

If you forward a text, your provider can investigate the origin of the text and take action, if found to be malicious. If 7726 doesn't work, you can find out how to report a text message by contacting your provider.

(On many Android devices and iPhones, pressing and holding on the message bubble should present the option to forward the message)

Why are software updates important?

Software updates are an important part of staying secure online. But why? You'll often hear about the new features or performance improvements in a software update, but what isn't talked about as often are the bug fixes and security improvements. Out-of-date software and apps 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.

Why would cyber criminals target me?

Your device contains a lot of personal data that is highly valuable if it fell into the hands of a fraudster. The likelihood is your device will contain your full name, date of birth, address, bank details, passwords, as well as many other forms of personal data such as private photos or videos.

Improve your online security by using automatic software updates

We understand it can sometimes be annoying to remember to update your devices every time a new update is released, that's why we encourage you to enable automatic updates wherever it's available. That means you don't have to manually install updates every time they're released.

Action Fraud have provided some useful links below where you can find step by step instructions on how to enable automatic updates for your devices and apps.

Apple - Mac [link](#)

Apple - iPhone and iPad [link](#)

Android smartphones and tablets [link](#)

Android apps [link](#)

Microsoft Windows 10 [link](#) (Windows 7 is no longer supported. You should upgrade to Windows 10)



PCC: PCC confirms 4.2% policing precept



Suffolk's Police and Crime Commissioner, Tim Passmore has today confirmed the policing element of the council tax will increase by 19p* a week (*based on a Band D property) for the next financial year.

At its meeting on Friday 28 January, Suffolk's Police and Crime Panel, the scrutiny body which holds the PCC to account, supported the PCC's proposal to increase the precept by 4.2%, which equates to £10 a year for a Band D property.

[Read more](#)

Healthwatch Suffolk: Elective Care in Suffolk

TENS OF THOUSANDS OF PEOPLE ARE WAITING FOR HOSPITAL CARE IN SUFFOLK - ARE YOU?

Share views about hospital waits

Healthwatch Suffolk, your local health and care champion, is asking people who are waiting for hospital treatment to feedback about their experiences. You can also share an experience if you had waited but have now had a treatment or procedure.

Your views will be used to make sure everyone can access the information, help and support they need whilst they are waiting. Please feedback if you can and share the survey with anyone you know who is waiting too.

Full details on www.healthwatchesuffolk.co.uk/electivecaresurvey or you can call freephone **0800 448 82 34** for help to complete the survey.

Sharing your views is easy. Click the relevant survey link below. You will be anonymous.

- If you are currently waiting [Please use this survey link](#)
- If you were waiting, but have now received your treatment [Please use this survey link](#)

Complete the survey before 11th March 2022 to make sure your views are included.

Are you one of the thousands waiting for hospital treatment?

We need to hear from you. Your views can help to improve people's lives and make a difference to local support.





Government
Counter Fraud
Function



Beware of Financial Requests for COVID-19 Booster Vaccines

Criminals are sending text messages, emails and making phone calls, pretending to be from the NHS, to steal money, financial details and personal information relating to the COVID-19 booster vaccine.

- ✔ The COVID-19 Booster Vaccine is **FREE**
- ✘ The NHS will **NEVER** ask for payment or any financial details relating to the COVID-19 Booster Vaccine
- ✘ The NHS will **NEVER** arrive unannounced at your home to administer the COVID-19 Booster Vaccine



Do not respond to requests for money or important personal information such as bank details or passwords.



Be alert to links and attachments in unexpected text messages or emails.

For information on how to book or manage a booster dose of the coronavirus vaccine visit

nhs.uk/CovidVaccination

Further guidance and support



National Cyber Security Centre

If you receive a call and suspect it to be fraudulent, hang up. If you are suspicious about an email, forward it to report@phishing.gov.uk. If you are suspicious about a text message, forward it to the number 7726, which is free-of-charge.

Action Fraud

National Fraud & Cyber Crime Reporting Centre
actionfraud.police.uk

If you believe you are the victim of a fraud, please report this to Action Fraud as soon as possible by visiting actionfraud.police.uk or calling 03001232040.

CrimeStoppers.

If you have any information relating to NHS COVID Pass or vaccine certificate fraud you can stay 100% anonymous by contacting Crimestoppers online at covidfraudhotline.org or phone on 08005875030.

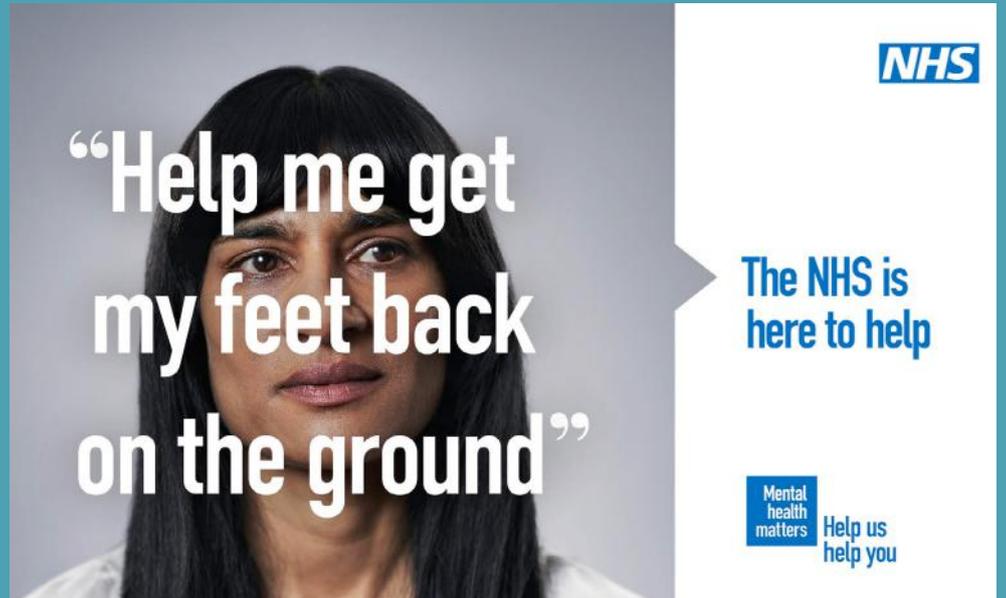


Struggling with mental health?: You are not alone

Feelings of anxiety and depression can affect us all. The NHS can help you get your feet back on the ground.

NHS mental health services are free, effective and confidential. Support can be offered in a number of ways including self-help work books with therapist support, over the phone, one-to-one or in a group. You can refer yourself or your GP can refer you.

Go to [nhs.uk/help](https://www.nhs.uk/help).



New Government resource: help keep children safe from sexual abuse

It's estimated that one in ten children in England and Wales will experience sexual abuse before they turn sixteen. That's equivalent to three in every classroom.

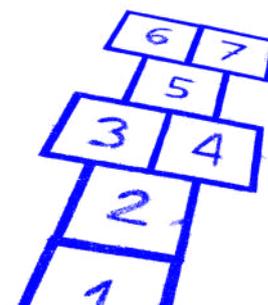
Most children won't tell anyone at the time of their abuse. That's why it's important for everyone to know how to spot the potential signs of child sexual abuse and where to go for support if concerned. The Government's [Stop Abuse Together](#) campaign website can help you learn to spot the signs, and have regular conversations with your child which can help keep them safe, and know when it's right to reach out for more support.



If you feel something's not right, you can call the NSPCC helpline on 0808 5800 5000. No matter what's happened, there's always someone who will listen to you and take what you say seriously.

All children have a right to be safe from sexual abuse, and we all have a role to play in keeping them safe. Let's stop abuse together.

Stop Abuse Together



“I know who’s
responsible but I
can’t go
to the police



Contact Crimestoppers
anonymously with
information
on crime

CrimeStoppers.

0800 555 111

100% anonymous. Always.

or go online at

crimestoppers-uk.org

Crimestoppers Trust is
a registered charity

