



Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

Welcome to the November edition of our newsletter.

The committee continues to reach out for volunteers to join the executive team, currently engaging with a number of people who have shown interest in being involved. Early days yet, but the committee is working hard to bring new people on board, that will hopefully include filling the roles of Chair and Secretary.

From the national organisation perspective, we will be attending and voting at the forthcoming Annual General Meeting (via zoom) on the 6th December, so we will let you know how that goes!

Articles in the newsletter this month looks at a variety of topics, without the need to focus so much on just scams. But as you know, always be mindful of all the different types of scams, and just **take five** to step back and look at the details before you commit. Remember, there is always support through impartial advice that can help prevent email, phone based and online fraud.

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.

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



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!



Cost of Living: Community Support

Household budgets for many people are severely under strain due to the increasing cost of living. The financial strain may also impact people’s social connections at a time when many people are already feeling more isolated and lonely, as we do fewer things than we did before that connect us with others.

The financial strain could also make us more fearful of becoming a victim of a crime as the emotional and financial impact of this will be felt greater than before by many of us. These are extremely challenging times for many people.

You may be facing some or all of these challenges yourselves, or you may feel like you would like to offer your support to others - but don’t know where to start .

The Neighbourhood Watch Network have collated six ideas on things you could do here - ourwatch.org.uk/cost-of-living.



There is also guidance for you to share with others on:

- Steps to take to avoid becoming a victim of crime
- Where to go for financial support, money-saving tips, and help with energy and food costs
- Support to help reduce loneliness and isolation

The advice is not intended to be exhaustive, but it may offer you and your community some support at this difficult time.

Crimestoppers: Safe Street Campaign

CrimeStoppers.
0800 555 111
100% anonymous. Always.



Want to get the lowdown on how you and your neighbours can create a safe street?

Crimestoppers partners Neighbourhood Watch provide an abundance of helpful guides on the various issues that affect our local areas. Focused on crime prevention, they cover a range of traditional and modern crimes and include expert guidance on spotting the signs, prevention techniques and where to turn should you be a victim of crime. [Read more here](#)

Reducing risk to certain groups can help to reduce crime. By tackling the vulnerabilities that could lead to someone becoming either a victim of crime or a victim of coercion leading into crime, we ultimately reduce the opportunities for crime to happen. By reducing loneliness and isolation, we enable potential victims to be stronger and more resilient and signpost them to access support in the community.



Friends Against Scams: Reimbursement Toolkit



Friends Against Scams have created a Reimbursement Toolkit to help scam victims apply to their bank or building society to ask for their money back.

You can download a copy of the toolkit here: www.friendsagainstscams.org.uk/where-to-get-help

Ofcom: Tackling Fake Phone Numbers

Phone users will be better protected against scammers using fake phone numbers, under new rules announced by Ofcom.

A common tactic used by criminals to defraud victims is to imitate – or ‘spoof’ – the phone numbers of legitimate organisations, like banks and Government departments. If a call to a mobile or landline phone appears trustworthy, people are more likely to answer it and follow the scammers’ instructions.

To help combat this problem, Ofcom is strengthening its rules and guidance to require all telephone networks involved in transmitting calls – either to mobiles or landlines – to identify and block spoofed calls, where technically feasible. This will make it harder for scammers to use spoofed numbers.

Ofcom have also issued new guidance to phone companies on how they can prevent scammers from accessing valid phone numbers.

Ofcom allocates telephone numbers, usually in large blocks, to telecoms firms. They can then transfer the numbers to individuals or other businesses. All phone companies are expected to take reasonable steps to stop their numbers being misused, but these efforts can vary.

The new guide sets out clear expectations for providers to make sure they run ‘know your customer’ checks on business customers. These could involve checking the Companies House register, fraud risk databases and the Financial Conduct Authority’s Warning List to uncover information that may indicate a high risk of misuse by the customer seeking to use phone numbers.

Phone companies should also act to prevent any further potential misuse – this may include suspending the number and reporting evidence of fraudulent activity to law enforcement. Read more [here](#)



White Ribbon Day Campaign: 25th November 2022

This year, White Ribbon Day, 25th November, falls on the same week as the start of the FIFA men's World Cup. There has never been a better time for us to come together and start playing as a team to end violence against women and girls.



UNITE FOR WHITE RIBBON DAY 2022

All men can join the team to end violence against women and girls – that's #TheGoal
Whether you're a football fan or not, make the White Ribbon Promise today.



White Ribbon UK is the working name of White Ribbon Campaign Ltd., a registered charity in England and Wales (No. 1123874) and a company limited by guarantee (No. 05617302).

The campaign encourages all men to join the team to end violence against women and girls - that's #TheGoal. Whether you're a football fan or not, let's work together to achieve gender equality.

White Ribbon Day 2022 highlights 11 traits men and boys can nurture to help create a world of equality and safety for women.

The White Ribbon UK charity is asking people to come together to say 'no' to violence against women by raising awareness and encouraging people to make the **White Ribbon Promise to never commit, excuse or remain silent about male violence against women.**

You can join in and [Make the promise now](#) to show your support for this important issue

Proud to be supporting



White Ribbon Day - 25 November 2022



The Jo Cox Foundation: Great Winter Get Together

Each January the [Great Winter Get Together](#) brings together communities to alleviate loneliness, inspired by the late Jo Cox MP and her advocacy on this issue.

Starting on so-called 'Blue Monday' - 16 January 2023 - the Jo Cox Foundation is encouraging people to create and advertise local places for events where those who may be feeling lonely can go to form meaningful connections with others.



Loneliness is a hidden epidemic across the UK. 5% of adults feel chronically (always or often) lonely and 45% of people sometimes feel lonely. Despite common assumptions, young people are actually the worst affected, with 15% of 10 - 25 year olds being chronically lonely.

The cost of living crisis may exacerbate this by making it difficult for many of us to go along to our usual social activities. With people being unable to afford the costs of social activities, whether that be membership fees, transport costs or simply the price of a drink, there is a real danger that many become more isolated.

That's why this year, more than ever, the Great Winter Get Together will be vital. The Jo Cox Foundation want to both raise the issues of loneliness and ensure that there is a place for connection available in every community in the UK.

This could be anything; an existing, regular event or one which is being specifically held for the Great Winter Get Together; it may be a walk, a zoom call or a coffee morning... anywhere people can connect!

If your community would love to be involved, please register your event, and get access to the support resources available.

You can find out more at greatgettogether.org/winter.



Neighbourhood Watch Network: Burglary Prevention



Taking simple measures, such as locking your windows, leaving indoor lights on a timer, double or deadlocking your doors, and having exterior lights on sensors, can significantly reduce your chances of being burgled.

A combination of **WIDEN** actions is the most effective and recommended by police throughout the country. Additionally, at Neighbourhood Watch we believe neighbours keeping an eye out for each other is also key to preventing burglary.

Click on each area to find out more:

- [WINDOWS](#): Lock your windows
- [INTERIOR](#): Put your interior lights on a timer
- [DOORS](#): Double or deadlock your doors
- [EXTERIOR](#): Put your exterior lights on a sensor
- [NEIGHBOURS](#): Keep an eye out for neighbours



Suffolk Fire and Rescue Service: Public Consultation

Suffolk Fire and Rescue Service have prepared a draft Community Risk Management Plan, detailing how Suffolk Fire and Rescue will reduce and respond to risks in Suffolk.

The draft plan is open for public consultation, and is looking for feedback on levels of response, prevention & protection work, and their people.

The public are invited to comment using the online survey response form at <https://smartsurvey.co.uk/s/T5L5A8/>. The survey closes on 19th December 2022.

Community risk planning is a requirement under the Fire and Rescue Service National Framework 2018, produced by the Home Office and supported by the National Fire Chiefs Council (NFCC).



Appliance Safety in the Home: Register your appliances



Don't take a risk by leaving your appliances unregistered. Be the first to know of any safety repairs or recalls, as well as Keeping in touch with upgrade news. Registration is free and ensures you're on the radar for manufacturers' product recalls and safety updates.



Register up to 60 brands, up to 12 years old. Simply register new & older models at: <https://www.registermyappliance.org.uk>

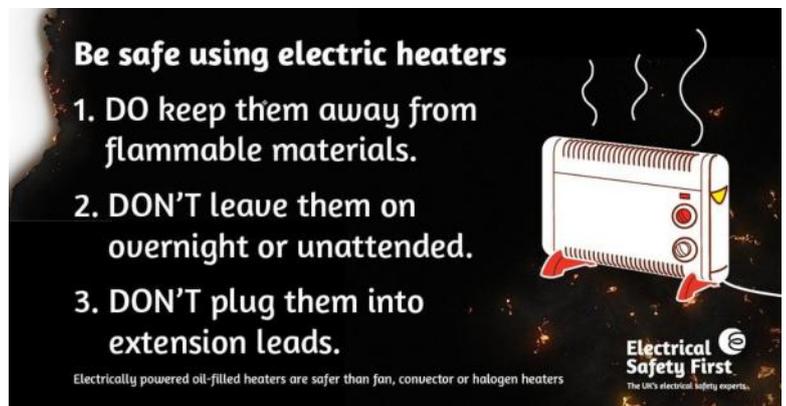
Electrical Safety First: Register your appliances

Each year, Electrical Safety First works with the Home Office to promote electrical fire safety in the home.

Over half of all accidental house fires are caused by electricity, and nine out of ten electrical fires are caused by electrical products.

This winter, more people will be turning to electric heaters, particularly those living alone who are avoiding high energy bills. But using them incorrectly can pose massive risks in the home and can cause devastating fires.

If a member of your family has an electric heater, don't forget to check up on them and keep in mind the safety tips from Electrical Safety First at: www.electricalsafetyfirst.org.uk/guidance/product-safety/portable-heaters/



Suffolk PCC: Chief Constable position

Suffolk's Police and Crime Commissioner, Tim Passmore has announced his proposed candidate for Suffolk's next Chief Constable subject to the appointment being confirmed by the Police and Crime Panel next month.

Read more [here](#)



Suffolk Constabulary: New Live Chat Feature

Suffolk Constabulary has introduced a 9.am-5pm online service to allow members of the public to contact police via its website regarding non-emergency matters.

Read more [here](#)



Action Fraud: Be Cyber Aware

During the last festive season, new data shows that online shopping fraudsters stole £1,000 on average from each victim last year.

Bargain hunters are urged to bolster their cyber security in the run up to Christmas this year to avoid becoming another victim of online shopping scams.

[Read more here.](#)

If you know someone shopping online this festive season, please share these top tips with them so they can buy online securely: <https://ncsc.gov.uk/guidance/shopping-online-securely>



Whitepaper: Creating Safer Spaces



DID YOU KNOW.. 77% of people think about their safety when out in public and four times more likely to be concerned at night?

So is enough currently being done to make sure people are safe when in public spaces? Designing better spaces can improve both physical and psychological safety. Neighbourhood Watch is supporting Marshalls to launch their seven essential design pillars that should be used when creating safer spaces.

Find out more [here](#).



ENOUGH

If you saw a man harassing a woman, what would you do?

“I’ll interrupt and ask what the next stop is”

“I’ll ask the driver to help”

“We’ll ask if she’s ok”

Find out different ways to safely tackle violence against women and girls at gov.uk/enough

If you think it’s wrong, act on it



HM Government



ERA: Top tips on keeping your home safe during Winter

With the winter nights drawing in, and people out much more than we have been in the last two years, home security is now at the forefront of most homeowners' minds.

Whilst we all know the importance of keeping doors locked and windows closed, there are other ways to keep your home safe over winter.

ERA provide some top tips on how to improve home security during the winter months.

Put a lock on windows

We all know the importance of making sure windows are closed before leaving a property, but it's also important to understand the mechanisms on your windows and make sure they are locked.

Aside from the traditional lock and key approach, another option for homeowners is to add technology to confirm their windows are locked. A smart window sensor will add an additional layer of discreet monitoring and security to any window. The ERA Protect WindowSense uses innovative technology to alert the property owner via a smartphone notification if they detect an attempted break in.

Push notifications can also provide a reminder if the window is left open or if the sensor has itself been tampered with.

Remove places people can hide

Rather than enhancing security, big hedges and tall fences can actually offer burglars an easy place to hide. We recommend keeping fences at the front of the property low to allow clear visibility and use taller fences at the side or rear to make access more difficult.

When it comes to hedges, try to keep those at the front to a height where you can still have a clear view over the top. You can also use prickly or barbed shrubbery along boundary lines to act as an effective natural barrier.

Protect your garden

Whilst we all pay attention to the home itself it is also important to protect the surrounding areas of the home.

Keeping an eye on side gates, rear boundaries and any public footpaths around the house can seem like a big task, but investing in cameras to monitor sheds or side entrances will instantly offer peace of mind.

A floodlight camera, such as the ERA Protect Floodlight Camera, will allow you to see and hear what's happening outside your home. With smart functionality, you can monitor the property day or night and access live stream footage, all via the app.

ERA

Check your door security

Updating your door lock can seem like an expensive or complex job but it is actually relatively easy and can be carried out as a DIY task.

Rather than adding a new lock, you can easily update the door cylinder, the locking mechanism, to offer added security and peace of mind.

Create a checklist

It is increasingly common to have an 'escape plan' for fire alerts but we would also recommend homeowners create 'exit routines' to ensure that they don't forget to carry out any important items before leaving the property in the event of an emergency. A list that covers not leaving valuables near windows or settling your burglar alarm will ensure that your property is always left as safe as possible.

As a valued partner of Neighbourhood Watch, ERA Home Security are offering all Neighbourhood Watch supporters 25% off their range of security cameras until the 21st of November, to help secure your homes during these dark nights.

SPECIAL OFFER

Each camera will provide a live feed, straight to your smartphone through the free ERA Protect app. You can view your property and perimeter from anywhere in the world. Included is ninety days protect cover plan, which records all activity triggered by motion and stores it in a secure cloud for up to thirty days.

After your ninety day trial of the plan, recording and storage plans are available for as little as £2 per month, or expand your security layers with 4G sim activation and professional monitoring. Alternatively, the cameras live feed is free, with no ongoing charges so the choice is yours.

To take advantage of this exclusive offer, simply visit eraprotect.com and use the code **NHWCAM25.**



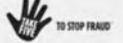
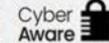


#TurnOn2SV

Email and social media hacking is **the most common** form of cyber-dependent crime

Email and social media account passwords should be **strong and different from all your other passwords.** Enabling 2-step verification (2SV) will keep criminals out of your account, even if your password is stolen.

Working in partnership to protect the UK public and businesses from fraud and cyber crime.



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