



# OUR NEWS

the e-newsletter for Neighbourhood Watch supporters

OCTOBER 2017 EDITION

## We're doing our bit to stop elder abuse, will you help us?

Our Neighbourhood Watch network is incredible – a huge group of people united by a common goal of looking out for each other.

We know that so many of you go the extra mile to help your neighbours stay safe.

The issue of elder abuse is a delicate and often difficult issue to think about. But we've got together with the charity **Action on Elder Abuse** to share some information in this issue of **Our News**, put resources on our [website](#) and show you who to contact if you're worried about a neighbour or a friend.

Elder Abuse can take many forms, including financial, emotional, physical and sexual and some examples of abuse can be:

- stealing or pressurising someone to hand over money
- making decisions without consulting the person involved
- treating someone in a way that makes them feel threatened, belittled or embarrassed
- touching someone in a way they don't want to be touched
- physically hurting someone
- neglecting someone's needs.

Lynn Farrar, our chair of Trustees, explains why she wanted the

Neighbourhood Watch network to get involved.

"Neighbourhood Watch supporters are incredible people and if we can get even a small number thinking about this issue, we can make a difference," she said. "Elder abuse is happening in our communities right under our noses. It may not get the headlines that child abuse does but it's causing misery for hundreds of thousands of victims and we want to do our bit to help.

"That's why we've teamed up with the excellent charity Action on Elder Abuse to highlight some of their resources to our network. We



do hope you'll take a look and be on the watch as you go about your daily life for the signs that someone you know might be being abused."

Visit <https://www.elderabuse.org.uk/> to find out more.

*Continued on page 4.*

**NO THANKS**  
**Trick or treaters**

Please **DON'T** knock on this door as we do not wish to take part.



### Our popular Halloween cut-out

Judging by the amount of Halloween merchandise on sale in the shops – Halloween is more popular than ever! But if you, or someone you know, isn't too keen on night-time visitors on October 31 - here's our popular cut out to put up in your window or door.

To download more of our resources [click here!](#)

## Convicted burglars tell all

If you have been unfortunate enough to have your home or car burgled, you may be curious as to why you were targeted. In hindsight, you may be wondering whether there are any additional security measures that you could have taken.



To understand more about how criminals work, Neighbourhood Watch sponsor Co-op Insurance spoke to a panel of ex-convicts. The panellists offered their top tips on how to deter burglars from your most prized assets and help prevent you from becoming a target. To read the full report [click here](#).

### Top 10 deterrents for home thieves:

1. CCTV camera
2. Sound of a barking dog
3. Strong heavy doors
4. TV which is turned on
5. Locked Upvc windows
6. Cars parked on driveway
7. Overlooked property
8. Surrounding fences
9. Gates outside of the property
10. Motion activated security lights

### Top 10 deterrents for car thieves:

1. CCTV street camera
2. Car alarm
3. Street lighting
4. Car parked on a driveway
5. Newer car
6. Steering lock device
7. Older car
8. Neighbourhood Watch areas
9. Car parked on a dark alleyway
10. Immobiliser

\*Survey of 12 ex-convicts was conducted by Unlock on behalf of Co-op Home Insurance.

\*\* Study of 2000 UK adults conducted by Opinion Matters on behalf of Co-op Insurance

## Know your rides

To mark this year's National Personal Safety Day respected charity Suzy Lamplugh Trust issued advice on staying safe in taxis and mini-cabs.

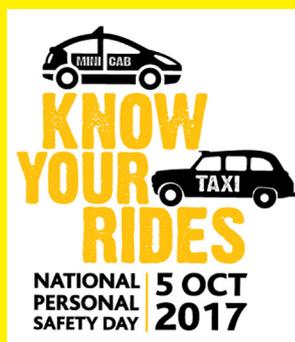
The **Know Your Rides** campaign aims to raise awareness of the difference between taxis and private hire vehicles (minicabs), and how everyone can stay safe while using them.

The charity has issued a useful poster to help people and you can download the poster [here](#).

Suzy Lamplugh Trust advises anyone using public transport to plan their journey before they go out, and to share information about their journey with someone they trust.

If you're using a taxi or minicab, check that a taxi or minicab licence is displayed on the vehicle, and ask to see the driver's badge before you start your journey.

If you're using a minicab, remember it must be booked in advance. Always trust your instincts- if you feel worried or threatened, ask the driver to stop in a busy area so you can get out.



## #NHCAW



The 6th annual National Hate Crime Awareness Week #NHCAW which ends on October 21 enjoyed continued success this year.

The week started with a special launch event at St Paul's Cathedral followed by Hate Crime awareness events right across the UK for the duration of the week.

The week is organised by the anti-Hate Crime charity 17-24-30 No Hate Crime Campaign, in partnership with Stop Hate UK, the leading national Hate Crime charity.

For more information visit [Stop Hate UK](#) or visit the National Hate Crime Awareness Week [website](#).

# Have you helped with our Domestic Abuse Survey?

Tackling Domestic Abuse is a national priority for the Home Office, Police, Neighbourhood Watch and Crimestoppers.

Neighbourhood Watch is working with Crimestoppers to raise awareness about domestic abuse and what our supporters and volunteers can do to help prevent and report it.

All Neighbourhood Alert users were sent a national survey earlier this month and it's not too late to take



the short, confidential survey if you haven't already. The results of which will help us to signpost people to the right place to report their concerns. Your responses are completely anonymous. You can take the survey by [clicking here](#) by October 31.

## Dan, Dan the sign-up against scams man!

After our successful joint campaign in National Neighbourhood Watch Week in June Neighbourhood Watch is continuing to work with the National Trading Standards Scam Team's Friends Against Scams initiative to help raise awareness and Take a Stand Against Scams.

Dan Beadell from South Derbyshire Neighbourhood Watch has been really proactive in signing up Watch members to be a Friends Against Scams Organisation and in doing so helping to raise awareness of Scams for Watch members.

Before becoming a Friends Organisation, the Watch had to take a pledge which demonstrated how they could commit to helping spread scam

awareness. Dan's organisational pledge was twofold: firstly, Dan pledged to train as many Watch Coordinators as possible to become "Friends" in order to increase their understanding of Scams. Secondly, to further help train coordinators to become Scamchampions so that they could, in turn, start to train all Watch members to become Friends. To date Dan has enabled 568 Coordinators to

become Friends Against Scams and is in the process of training these coordinators' to become Scamchampions.

If you would like to become more scam aware then you can complete the Friends Against Scam training or to begin to hold Friends Against Scams training for your local Neighbourhood Watch and become a Scamchampion at <https://www.friendsagainstscams.org.uk/>

## Latest industry data shows fall in financial fraud losses

Financial fraud losses of £366.4 million in the first half of 2017 were 8% lower year-on-year, figures from UK Finance show. The data, which covers payment cards, remote banking and cheques, also shows that the industry prevented over £750 million of fraud during the same period, or 67% of attempted fraud. This compares with £400.4 million of losses and £678.7 million of prevented fraud in the first half of 2016.

The new data comes as the banking industry and government join forces to launch the next phase of [Take Five to Stop Fraud](#) – the national campaign that offers advice to help customers protect themselves from fraud. Launched earlier this month the campaign is focused on helping customers to recognise scams and confidently challenge any requests for their personal or financial details by remembering the phrase *'My money? My info? I don't think so'*.



### Elder Abuse - continued from page 1

Stephen McCarthy from ACTION ON ELDER ABUSE writes for *Our News*:

“Both older men and women can be at risk of being abused, and this can potentially happen wherever they live or visit. We are all familiar by now with the stories of abuse in care homes, which the media rightly reports, but less well known is the uncomfortable truth that **the majority of abuse against older people happens at home.**

“The key issue is not about where someone lives or visits, but about whether or not the opportunity exists for another to abuse the relationship of trust and exploit or harm them. “Older people may be abused in many different ways, the five common types of abuse being physical, psychological, financial, sexual abuse and neglect. Often these abuses are also crimes.

“A study in 2007 indicated that 4% of older people in the UK experienced abuse in their own homes – at least 342,000 people. When this data was adjusted to include every instance of abuse the percentage figure rose to 8.6%, over 800,000 older people, every year.

“Often, the people who abuse older people are exploiting a special relationship. They are in a position of trust or have created an expectation of trust, whether through family bonds, friendship or through a paid caring role, and they exploit that trust. This is why it is important to think in advance about ways in which someone can reduce the possibility of abuse, by avoiding isolation or dependency, and by having more than one person keeping an eye on matters. Reliance on others does not mean having to be dependent on others. Thinking about self-protection is more about common sense than about being distrustful.

“But it should not be all down to the older person to protect themselves from potential abuse; it is down to all of us. We should all keep an eye out for older people in our own communities, especially those who seem to be socially isolated.

“A classic behaviour of a would-be abuser, especially in cases of financial abuse, is to identify someone who has limited contact with other people and to then gradually ingratiate themselves, while isolating them even further, before going on to take advantage over time.

“We humans are of course social animals, to such an extent that older people are often even prepared to put up with abuse just so they have some social interaction with their abuser. This may sound extreme but it is a situation that **Action on Elder Abuse** reports coming across quite regularly. Similarly, an abusive family member is often, quite wrongly, tolerated rather than challenged merely to maintain the status quo in the family or again, just to maintain social contact with loved ones.

“It is useful to learn potential indicators that abuse might be to allow yourself to recognise the signs and consequently act upon any concerns. Often, where possible, the best starting point is to [talk to the older person](#) to try and better understand what might be going on. If it seems that abuse is indeed happening then there are ways to report it to social services, the police and others without personal risk. If we all do our bit we can reduce the horrific number of instances of elder abuse we are seeing day after day in this country.”

For more information ring the Action for Elder Abuse freephone Helpline: 080 8808 8141

## A new era for ERA



Neighbourhood Watch sponsor ERA is moving to a brand-new home on the i54 technology business park in Wolverhampton that will bring together the company's existing sites at Coventry, Willenhall and Wolverhampton into a central head office and distribution centre.

The new site will also be home to ERA's state-of-the-art manufacturing, R&D, product development, test and training facilities, plus a fantastic customer suite which will showcase the entire ERA Total Security portfolio. **Our News** wishes all the ERA staff good luck in their new home!

# ERA

## Total Security

There will always be the opportunist burglar, when they spot an opportunity and try their luck, but often, a burglar will check out homes in advance to try and find the easiest targets. Avoid being a target by following some of the advice below:

# JUST A HOUSE NOT A TARGET

1. If you do open the door to a stranger, keep the door pulled close to stop them from looking inside - often a tactic used to assess initial contents of your property.
2. If you have a dog, don't tell door callers or visitors to your home that your dog is friendly.
3. If you have PVC/Composite doors, install an ERA 3 star Cylinder lock and do the same on any patio doors at the rear of your property. These are anti-snap locks and resistant to all forms of attack. Intruders know 3 stars are anti-snap and therefore they act as a visual deterrent.
4. If you have a timber door, fit an ERA British Standard Nightlatch, or if you have a standard Nightlatch already, add a 5 lever mortice deadlock to increase security and again, visually demonstrate your house will not be an easy target.
5. Lock any gates to the rear of your property with visibly strong padlocks – a new padlock will look harder to break and intruders will be hesitant at having to climb over fences – it is slow, noticeable and limits the amount and size of items they can steal.
6. Don't leave boxes of new products just purchased outside your home in visible location – it can show intruders what new items you have just got for your home.
7. If you have an Alarm Siren outside which looks old and worn, change it for a new one. An old Alarm Siren gives a perception the alarm is old and possibly no longer in use. The ERA solar siren is visibly noticeable.
8. Change out any old letterboxes for new. It is often the last thing we think to change but one without brushes and intruder protection can allow someone to take a good look in through your letterbox and possibly reach in for keys or access your lock.
9. If you follow a set routine and leave and return at the same time every day, change this up a bit with timed lights or music. (using Lightwave products which also integrates with the new ERA Alarm HomeGuard)
10. If you are out for the evening, why not use a FAKE TV, which will allow you to create the appearance of someone home watching TV through a small, low cost unit which projects random patterns to simulate a TV affect.

Available for NW members at a discounted price from:

<http://www.responseelectronics.com/neighbourhood-watch-offer-c60>



# Can you go 15 minutes tech free? CYBER AWARE



## Think technology is taking over your life? You're not alone!

New research by Ipsos Mori shows over half (52%) of people surveyed who use a smartphone agree that they'd benefit from taking a break. Nearly half (46%) have checked their smartphones during dinner with family and friends or snuck to the toilet with their smartphones (45%), and 1 in 5 who are in a relationship (20%) sneak a peak at their mobiles under the duvet<sup>1</sup>.

A new campaign by our partner Cyber Aware to encourage people to take a #techfree15 minutes to install their software and app updates launched this week.

Cyber Aware is the Government's campaign which encourages individuals and small businesses to adopt a set of simple, secure online behaviours which are informed by the latest expertise from the National Cyber Security Centre and will help protect them from cyber criminals.

With software and app updates usually taking no more than 15 minutes and providing vital security updates which protect your devices from hackers and viruses, the Cyber Aware campaign and Neighbourhood Watch are encouraging supporters to use that time to take a break from their technology while ensuring you are protected from the latest cyber threats.

1. Research was carried out on i:omnibus, Ipsos MORI's online omnibus survey, with 2,324 adults 16-75 in the UK interviewed online between Friday 29th September and Tuesday 3rd October 2017.

The two most important things you can do are:

### 1. Install the latest software and app updates.

They contain vital security updates which help protect your device from viruses and hackers.

### 2. Use a strong, separate password for your email account

Having strong and separate passwords for your most important accounts – including your email - means that if hackers steal your password for one of your less important accounts, they can't use it to access your most crucial accounts. A good way to create a strong and memorable password is to use three random words, which are memorable to you, but not easy for others to guess.

Other top tips include:

- Secure your tablet or smartphone with a screen lock
- Always back-up your most important data
- Don't use public Wi-Fi to transfer sensitive information such as card details
- Beware of fake websites
- Use two-factor authentication for your most important accounts
- Go to [cyberaware.gov.uk](https://www.cyberaware.gov.uk) to find out more or join the conversation @cyberawaregov

## Psychologist, lecturer and life career coach Honey Lancaster-James works with people to improve their wellbeing. She's sharing her top tips on making the most out of a Tech Free 15:

"It only takes around 15 minutes to install software updates on your tech devices which contain vital security updates to lower the risk of you becoming a victim of cyber-crime. So step away from your smartphone and laptop and spend time being outside, in your garden or local park. This can really

improve your mood and give you a chance to look at the bigger picture if things are worrying you. Another easy tip is turning your devices off before bed. Studies have shown that if you're looking at your technology before bed it can really disrupt your sleep. So take the time to instead have a tech free 15 and read a book as this will really help to improve your quality of sleep and wellbeing day-to-day".



# An electric deal on Co-op home insurance



## Plus an exclusive discount for Neighbourhood Watch members

Offer may be withdrawn at any time. It is available to new customers who purchase home insurance over the phone and quote NHW10. Ts+Cs apply^

# £50

Co-op Electrical  
online voucher  
with a new home  
combined policy  
Ts & Cs apply\*

Home relates to combined buildings and contents only. When new customers buy directly from Co-op Insurance. Offer ends 20/11/17.

## Co-op Insurance are offering 10% off home policies for Neighbourhood Watch members.

And until 20th November 2017, new customers who take out a new home combined buildings and contents policy directly from us will get a £50 online voucher code for Co-op Electrical.\* Perfect to put towards the latest gadget in time for Christmas. Call us for a quote on **0800 781 1390**.

- **\*£50 online voucher code from Co-op Electrical** available to new customers who buy a home combined buildings and contents insurance policy directly from Co-op Insurance between the 21/09/2017 and 20/11/2017. Policies must start on or before the 19/12/2017. One voucher code per policy. Policies bought via price comparison sites and cashback sites are excluded. Customers who have had another policy of the same type from Co-op Insurance within the last 12 months are not eligible to receive this offer. Your policy must be in force for a minimum of 30 days in order to qualify for the offer; you should expect to receive your voucher code up to 75 days after your policy start date. For full Ts and Cs visit [coop.co.uk/electricdeal](http://coop.co.uk/electricdeal).
- **^Neighbourhood Watch 10% discount offer - General Terms.** All new Co-op Insurance customers who are active members of a Neighbourhood Watch Scheme and purchase a home insurance policy directly from Co-op Insurance over the phone will receive a 10% discount for the first year of their policy. In order to claim this offer you will need to telephone our customer contact centre for a quote, and give the advisor the unique code. An active member of a valid Neighbourhood Watch Scheme is someone who is designated as such by Neighbourhood Watch. The terms and conditions of this promotion do not alter or vary the terms and conditions of any Co-op Insurance home policy which may be purchased. We reserve the right to decline any application for any insurance policy in our absolute discretion and we are not obliged to disclose any reason for rejection. The Promoter reserves the right to withdraw, modify or terminate this offer in whole or in part in the event that it is necessary to do so. Please visit [www.ourwatch.org.uk/exclusions-and-limitations/](http://www.ourwatch.org.uk/exclusions-and-limitations/) for Exclusions and Limitations for this offer.
- A new customer is someone who has not had an Insurance policy of the same type with Co-op Insurance in the last 12 months.
- Calls may be monitored or recorded for security and training purposes. Home insurance lines are open from 8am- 8pm weekdays, 8am-5pm Saturdays and 9am-4pm Sundays. Applicants for insurance are subject to normal underwriting criteria. Promoter: Co-op Insurance. Co-op Insurance is a trading name of CIS General Insurance Limited; registered in England and Wales under company number 29999R. Registered Office: CIS Building, Miller Street, Manchester M60 0AL.

### CARDIFF

## Bill's a treasure!

Busy Bill Farnham from Cardiff Neighbourhood Watch Association joined officers from Cardiff Central NPT at a recent filming of the BBC's *Antiques Roadshow* at Cardiff Castle.

His Neighbourhood Watch gazebo was busy all day with antique owners eager to learn how to protect their valuable items.

Bill said: "It was manic as hundreds of people came to see what we had on offer. The BBC fed and watered us during the day and I was lucky enough to see Fiona Bruce at lunchtime! It was a busy and tiring day but I really enjoyed it and we talked to lots of people about personal safety, home security, car security, scams, setting up new Neighbourhood Watches and a lot more which was what it was all about so it was very worthwhile." The show will be broadcast towards the end of the year.



*Bill also attended a busy PACT meeting at Llandaff North Library Hub where a range of issues were raised. Pictured with Bill are Cllr Dilwar Ali, PCSO Jen Alcock and PCSO Darren Conquer.*

### BUCKINGHAMSHIRE

## Working together in Milton Keynes

Neighbourhood Watch members in Bletchley have praised the swift actions of their local Neighbourhood Policing Team Officers in working with NHW to tackle suspected drug dealing.

Following concerns from residents, NHW Co-ordinator for Tweed Drive, Mr Roger Whatmore (*pictured*) contacted Thames Valley Police by calling the non-emergency number 101 to report the issue. He was visited by PCSO Sarah Williams from the Milton Keynes South Neighbourhood policing team who met members of the watch group to discuss the issue. Although not tasked with intelligence gathering, members of the scheme have been able to provide details around the suspicious activity to PCSO Williams. She then submitted this intelligence using police systems, allowing its development.

The close working between the scheme and the officer enabled police resources to be deployed to the area resulting in the identification of suspects involved in the supply of control substances. These people have been subject to robust intervention. As a result all suspicious activity at the location has ceased.

In a letter to the LPA Commander Superintendent Yvette Hitch, Mr Whatmore praised the "care and friendly efficiency" with which PCSO Williams dealt with the case. PCSO Williams has said "This issue clearly shows the benefits of a strong working relationship between the Neighbourhood Watch co-ordinators and the local Neighbourhood Policing Team. The information provided by the schemes members is invaluable in identifying and tackling hidden harm within our communities".



**WEST MIDLANDS**

## Advice for Divali

West Midlands Police has issued some timely advice for Divali - the 5 day Hindu festival of lights - which starts on 19 October this year.



Diwali is the time of year that families often remove jewellery from safe keeping to wear at the numerous celebrations.

Statistics have shown that during this time it is common practice for Asian families' homes to be targeted by criminal networks involved in lucrative 'family gold' thefts.

Trading Standards and the Police advise:

- Do not leave valuables out on display so they can be seen from outside
- Invest in a good quality safe which complies with official insurance rating standards. A Home Office website [www.securedbydesign.com](http://www.securedbydesign.com) lists approved security products.
- Ensure that you have good window and door security – and remember to use it!
- Be aware of strangers or strange vehicles in your area.
- Do not be tricked into letting strangers in. Always check callers ID: if you are not sure, don't open the door.
- When wearing your jewellery in public, be cautious as to who is around you. Stick to well-lit streets and consider wearing a scarf to cover your neckline.

**WARWICKSHIRE**

## New PCC award for excellence

Warwickshire Police and Crime Commissioner Philip Secombe has launched a new award to recognise people in Warwickshire who make an outstanding contribution to policing or community safety. The new **PCC Award for Excellence in Policing and Community Safety** will be presented for the first time at Warwickshire Police's 160th anniversary celebrations and awards evening in November.

Nominations are now being sought, either for individuals or teams working within Warwickshire who have demonstrated sustained outstanding achievement over and above what is expected of them in their normal day-to-day role. The deadline for nominations is Friday 27 October 2017. Nomination forms can be found on the PCC website at: [www.warwickshire-pcc.gov.uk/pccaward](http://www.warwickshire-pcc.gov.uk/pccaward) or by contacting the Commissioner's office on 01926 412322 or by email at [opcc@warwickshire.gov.uk](mailto:opcc@warwickshire.gov.uk)

**CAMDEN**

### Staying Safe and Rogue Traders Talk

12.15pm for 12.30pm

Saturday 11th November

St Stephens Church

Rosslyn Hill, Pond Street

Hampstead, NW3 2PP

Email [Camdennhw@gmail.com](mailto:Camdennhw@gmail.com) today to book your free place

**CUMBRIA**

## Conference success

Cumbria Neighbourhood Watch Association (CNWA) hosted its annual conference and AGM earlier this month in Workington.

CNWA Chair Joe Murray QPM said: "This year's theme was 'Community Safety and Partnership Workshop – Building Confidence in Communities'.

It was an excellent opportunity for members and members of the public who attended to hear from our guest speakers and ask questions about current issues and problems. We are very grateful to our speakers who give up their time to be there."



# Thank you Jim!

**Jim Maddan OBE – our much-respected vice-chair of trustees of the Neighbourhood and Home Watch Network – sadly passed away in September after a brave battle with ill health.**

Jim had been involved with the Neighbourhood Watch movement since 1992 and had served as our chair of trustees from 2011 – 2016.

In January 2015 he was awarded an OBE in the Queen’s New Year’s Honours List in recognition of his services to policing and the community.

Lynn Farrar, chair of NHWN, paid tribute to Jim’s service. She said: “Jim was a wonderful character who stood for all that is right about people fighting for safer and more secure communities. As Chair of NHWN he brought NHWN into the 21st century by developing relationships with police and partners and grew our movement in incredible ways.

“It is impossible to pay full tribute to his incredible contribution to Neighbourhood Watch. He was so committed to our movement. Although recently he has been very poorly he was determined to come along to a NHWN event in London for our members where we were announcing our change to CIO status and introducing the newly appointed Chair. He was only able to stay for a few hours, but made his presence felt and everyone was so pleased to see him.

“On a personal level I knew him well as I was his Vice Chair during these years and he always impressed me

with his balanced view of matters and his ability to see both sides in any situation. We will all miss him very much.”

Jim was the current Mayor of Wandsworth Council in London (*pictured here in his mayoral robes left*) where he had served as a respected local councillor since 2002.

Prior to entering local politics Jim served as a police officer for 30 years, rising to the rank of Inspector until his retirement in 1999.



He was the officer in charge of day-to-day policing in Putney and Roehampton from 1992 until his retirement seven years later.

His funeral at St Mary’s Church, Putney was packed with mourners including Cllr Maddan’s colleagues from the council and the Neighbourhood Watch movement, family, friends and constituents from Putney and many more.

Wandsworth Council Leader Ravi Govindia told the mourners: “In the last couple of weeks I have read many tributes and remembrances of Jim – these say so much about Jim the person. He was someone who was able to put people at ease whatever their background or status. He could chat about anything and everything. He always had ideas - some obvious, some just simple and obvious common sense and some whacky.

“A true and genuine servant of the people, who made a positive difference to the many lives that he touched. We will all miss him greatly. Thank-you Jim for your unstinting and dedicated service to our community.”

