



OUR NEWS

OCTOBER 2016 EDITION



Message from our chair *Lynn Farrar*

"Autumn is supposed to be the "season of mists and mellow fruitfulness", but it's turning out to be the season of "Killer Clowns" and stupid thoughtlessness. What is in the minds of the idiots who are dressing up like this and then jumping out at people in an effort to surprise (or perhaps hurt) them?

Maybe it's about Halloween and will all be over in a couple of weeks, but it seems that it has been happening in America for some time. Let's not let it get a foothold here. Halloween can be upsetting enough for some people anyway without this added

nuisance. Please report anyone who behaves in this way to your local police on 999 – don't be afraid of making that call – forces across the country are taking this Clown craze very seriously!

As the nights are drawing in, opportunistic burglars will be looking for dark, empty homes to burgle so please make sure you follow our most important piece of crime prevention advice - make your home look like there is someone there whenever you go out. Leave some lights on a timer!

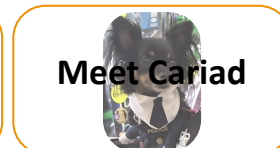
We're often asked what it means to be a good neighbour in modern Britain. This time of year with fireworks going off everywhere gives us a chance to show what being neighbourly is all about.

If you are having a bonfire party and live near elderly people, please let them know so that they are warned of loud bangs etc. It is also nice to finish setting off fireworks before it gets too late as we all like to have a good night's sleep! Be clear about the firework code too, as we don't want accidents or injuries to your family and friends. Please remember your pets and make sure they are safely inside with the tv or radio turned up!

The clocks go back on 30th October too, so make sure you remember to reset your clocks the night before. I hope everyone enjoys the spirit of Halloween and Guy Fawkes night, but please be careful and think about your neighbours."

Lynn

Take a peek inside this issue





Protect your home with the miGuard Wireless Alarm



Save £130 on the recommended retail price

As the dark nights set in, now is the perfect time to ensure your home is secure ahead of the winter months. If you're looking for a house alarm which allows you to monitor your property from anywhere in the world, the ERA miGuard Wireless Alarm is the perfect choice. See and hear what's happening at home on your iOS or Android phone with the free app. The 720p HD video camera offers a 110° field of view, night vision and video recording function.

Quick and easy to install, with its 'plug & play' functionality, you can be set up and ready to protect your home in minutes. You have the option to operate the alarm using either the remote control key fobs or via the free app, which supports simultaneous viewing by multiple users. The camera, PIR motion sensors, door & window sensors and Replica Siren with flashing comfort lights all work together alongside a smoke detector to give you a visual deterrent and ultimate peace of mind.

Kit Content

- Control Panel
- Two Door/Window Magnetic Sensors
- Two Pet Friendly Motion Sensors
- Two Remote Controls
- Smoke Detector
- Replica Siren
- IP HD Camera
- All Batteries and Fixings



Make sure your home is protected this winter. Our home security partner, ERA, is offering the miGuard Wireless Alarm at a discounted price of £199.95 (RRP: £329.95) while stocks last. [Click here to get your miGuard Alarm System.](#)

Get ready for winter with a free home security survey

Our home security partner ERA has teamed up with the Master Locksmiths Association to offer free home security surveys nationwide

Securing Britain's homes since 1838, ERA is working with the Master Locksmiths Association to give homeowners across the UK access to security experts who can make an assessment of individual properties and give advice tailored to each and every home. Members of the Master Locksmiths Association work within the very latest home security guidelines and every member is vetted, inspected and qualified to come into your home.



To find your nearest ERA Approved MLA Partner that can complete your free home security survey, please click to visit the ERA website.



Be Happy and safe this Halloween



We're no party poopers here at Neighbourhood Watch – we appreciate that the Halloween tradition has become very popular and trick or treating is now a firm favourite on many families' calendar!

But for many elderly or vulnerable people the idea of having their door knocked on a dark evening by people they don't know is very unsettling and for some, upsetting. That's why we're giving you our popular No Trick or Treaters Please sticker here for you to print and cut out. You can also download the picture here from our website.

The sticker can also be found in our *Members' Guide* – copies of which were sent to your local Force Area. To find your Force Area contact [click here](#).

Our advice to Trick or Treaters for a happy, and neighbourly, Halloween

- ✓ Children should always be accompanied by an adult – never let children go trick or treating without an adult, however big the group of children is.
- ✓ Only knock doors where people are clearly celebrating Halloween - look out for a lit pumpkin or obvious decorations. Some people now use a Trick or Treaters Welcome sign!
- ✓ Never accept an invitation to go inside a stranger's home.
- ✓ Tell children not to stroke pet dogs that come to the door.
- ✓ Respect the No Trick or Treaters signs that people use.
- ✓ Houses in darkness clearly don't want visitors!
- ✓ Make sure you've got good torches and can be well seen from the road – dark costumes might be spooky but make you difficult to be seen.
- ✓ Be careful with lit candles and costumes.
- ✓ Say thank you for the treats you're offered, whatever they are – one lady we know gives out mini toothbrushes!!

And for those who want a quiet October 31 without unwanted visitors!

- ✓ Make it obvious you don't want Trick or Treaters – use the sticker and put it on your door!
- ✓ Turn off your outside lights and draw your curtains.



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

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





Keeping our four-legged friends healthy and well



Home is where the heart is, for us as much as our pets.

And keeping our four-legged friends in tip top health is crucial, but while London's pets are the healthiest in the country, those in East Anglia have the worst health, according to new data from our partners Co-op Insurance*.

The study revealed gastrointestinal and digestive disorders are the most common illness for this region, which can often be caused by scoffing something other than pet food. Respiratory issues, tumours, warts, growths, abscesses and other problems with joints, hearts, eyes and ears feature high on the list of ailments for our furry Fido and feline friends. The need for owners to protect their animals from illnesses has never been greater with the average insurance claim** for the top three ailments for dogs amounting to £425 for joint problems, £416 for digestive system disorders and £243 for skin disorders. For their feline friends, the average insurance claim sees problems with the digestive system at £379, for skin masses like tumours, warts, cysts, growths and abscesses £212, and £327 for bladder problems.

Co-op Pet Insurance's 'go-to' vet, Matt Brash, star of long-running series 'Zoo Vet at Large', discusses the findings: "It's so important to keep your pets healthy and, unsurprisingly, a big part of this is diet.

The Co-op's findings show that digestive tract problems are prevalent across the UK for both dogs and cats with stomach upsets and resulting gastrointestinal inflammation commonplace.



"Much of this is probably to do with the food that owners are feeding their pets. While 'human food' may be seen as an innocent treat, this

can be dangerous, especially for pets with sensitive stomachs, or pets with dietary allergies and intolerances. It causes them a great deal of discomfort and pain and of course the owners a big emotional and financial cost should the problem be severe.

"Likewise not feeding your pet the foods which are suitable for both their age and exercise levels can also cause issues. For example older pets do not need as much protein, as they are no longer building muscles and growing, and of course less carbohydrate as they are often less active. Overfeeding them leads to obesity and all the problems that comes with that. Overfeeding protein in older cats is particularly bad, as it can predispose to kidney failure. All pets, as they get older should be fed on a senior pet food. Interestingly on a national level, it does look as if pets in the north may be out exercising more on rugged terrain than their southern counterparts based on the number of joint-related problems in that part of the country. Although there may be other factors involved, such as breed variations and obesity. Of course it could also be related to the colder damper weather we seem to get up north."

David Hampson, Head of Pet Insurance at the Co-op, said: "Unfortunately owning a pet should sometimes come with a health warning, with illnesses, as with humans, often coming out of the blue. There will always be circumstances which are unforeseen, but with vet fees on the rise and as they are the most common unplanned cost, pet owners should consider taking out pet insurance for peace of mind so that they have cover in place should the unexpected happen."

* Based on January - December 2015 Co-op Insurance claims data. The Co-op Insurance offers cover to cats and dogs. ** Based on January - December 2015 Co-op Insurance claims data.

Top 10 unhealthiest pet regions in UK

1. East Anglia
2. North East England
3. South East England
4. The Midlands
5. North West England
6. South Central England
7. South West England
8. Scotland
9. Wales
10. London



Clown craze – a not so funny joke!

As the so called “Killer Clown” craze spreads across Britain we thought we would try to offer our advice on the unsettling trend.

The craze – where people dress as sinister looking clowns - began in the United States before spreading to other countries, including Britain. It has led to a spike in clown-related calls to police forces in the UK.

In response, police have warned that pranksters or criminals using the costumes to scare innocent members of the public could face arrest. It is important to note that the craze is called “killer clowns” but no-one has been killed, or seriously hurt, in the UK by anyone dressing in these costumes.

However the trend is causing concern and police officers in some forces are visiting schools to offer advice and to reassure communities.



Neighbourhood Watch hopes that this will be a short-lived craze that ebbs away after Halloween. But we urge anyone who is confronted by threatening behaviour to ring the police on 999 if you are fearful for your safety, if the offender is still at the scene and, by attending, police could apprehend the suspect.

If it is a more general issue of clowning nuisance in your community or no immediate threat is present then ring the police's non-emergency number on 101. Please do not ring our Neighbourhood Watch enquiry line as your local police can help you much more quickly and effectively.

Now that's what we call a Guide Dog!



Thanks to Denise Edwards from Flintshire & Wrexham Online Watch Link Association for this adorable picture!

Denise and her long-coated Chihuahua Cariad handed out the new *Members' Guides* at a dog show in Wales recently.

Cute little Cariad – which means “my love” in Welsh - was encouraging visitors, who came from all over England and Wales, to register with Neighbourhood Watch.

Droitwich Spa joins Facebook!

Residents across Droitwich can now get up-to-date information on crime and other issues affecting the town by visiting and ‘Liking’ the new Droitwich Spa Neighbourhood Watch Facebook page.

The page was launched last month following the success of a similar page introduced in Stourport. Local people can search for ‘Droitwich Spa Neighbourhood Watch’ on Facebook and click ‘Like’ to have the information appear on their newsfeed. Search to see if your local Neighbourhood Watch group has a Facebook page

Don't forget to tell us about your social media accounts. Here at NW we want to follow you too! Email NHWN Communications & PR Manager Lisa Parker lisa.parker@ourwatch.org.uk



Fraud and Cybercrime cost the UK nearly £11 billion in the past year

Neighbourhood Watch partner Get Safe Online has revealed that fraud and cybercrime costs the UK a staggering £11 billion in 2015/16.



Get Safe Online
Free expert advice

that this number is likely to be much greater, with respondents who had been a victim of online crime alone losing an average of £523 each – this being more than the average weekly earnings figure for the UK which currently stands at £505.

Now the public and small businesses are being urged to start “making every day safer” as the latest online crime figures from Get Safe Online and the National Fraud Intelligence Bureau (NFIB) reveal that a staggering £10.9 billion was lost to the UK economy as a result of fraud, including cybercrime, in 2015/16. That equates to approximately £210 per person over the age of 16 living in the UK, but still only represents reported fraud and cybercrime to Action Fraud.

However, a specially commissioned survey to mark **Get Safe Online Day**, held earlier this month, reveals

In addition, 39% of people who said they’d been victims of online crime said they hadn’t reported the incident – so the overall amount of money lost by the UK could in fact be even more.

Worryingly, a quarter of (25%) the UK public said that they had a limited understanding of the risks they face when going online, but nine in 10 (89%) said they were somewhat or very concerned about their online safety and security. 89% also felt online crime was as damaging or more damaging than physical crime.

- ✓ **53% received fraudulent emails or messages which have attempted to direct them to websites where their personal information could have been stolen, including bank details, user names and passwords**
- ✓ **Over a quarter (28%) reported being contacted by someone who was trying to trick them into giving away personal information**
- ✓ **10% had their email or social media accounts hacked**
- ✓ **3% had been victims of ransomware, a fast-growing means of online extortion**

The research found a disturbing gap in people’s understanding of what constitutes an online crime – 86% said they had not been targeted by cyber criminals in the past 12 months. But, 68% of Brits have been targeted in a variety of ways.

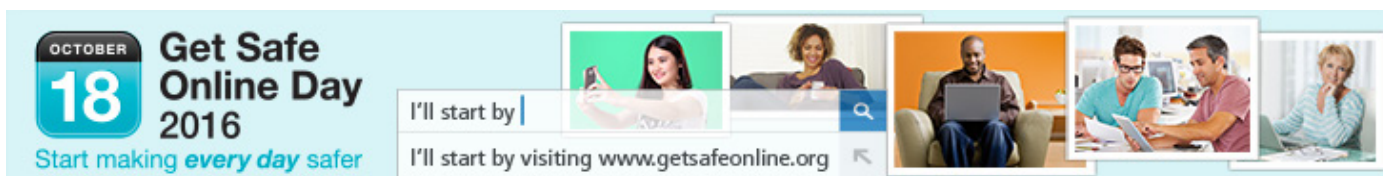
Of those who said they had been a victim of cybercrime, over a third (38%) said they felt that the matter was too trivial to report. Worryingly, over a third of people (37%) also said that they felt there was nothing that could be done.

But, many people are still not taking the basic steps to keep themselves safe online with as many as 43% saying that they use the same password for multiple online accounts. In fact, even when a company warns people to change their password after a breach – three in 10 have been contacted to do so – 12% said they did not follow the advice. The survey found that people use an average 9 passwords across devices and accounts.



The research also showed that respondents only update their security software every 8½ months and two in 10 (19%) do not update their device operating systems at all. When it comes to taking care of personal information, nearly a quarter (23%) said they never update their privacy settings on social media, with 58% saying they did not know how to. Additionally, nearly a third (29%) don't back up their documents and photographs at all.

Tony Neate, Chief Executive of Get Safe Online, comments: "The fact that the UK is losing nearly £11 billion to cyber criminals is frightening and highlights the need for each and every one of us to make sure we are taking our online safety seriously. It is clear from our survey that people are very concerned, and rightly so."



Making online safety part of your everyday routine

Get Safe Online is encouraging everyone to start making every day safer by following a few simple steps:

Review the passwords you use on your online accounts: Make sure they're strong enough and that you're not using the same ones for more than one account. Consider how you're going to remember them all – such as using an online password safe.

Check your social media privacy settings. Make sure your information and updates are seen only by those you trust.

Update your operating system and software programs/apps on your computer, mobile phone and tablet if you've been prompted to do so. It takes only a few minutes and with your mobile devices, you can even do it while you're asleep.

Back up your information – using the cloud is a great way to save all your documents, photos, music, emails and other irreplaceable files.

Check that your internet security software and apps are up to date and switched on.

If you have children, think about whether you're doing enough to help ensure they're staying safe online.

If you've lost money report it to Action Fraud, the UK's national fraud reporting centre by calling 0300 123 20 40 or by visiting www.actionfraud.police.uk If you are a victim of online abuse or harassment, you should report it to your local police force.

Take a few minutes to read the expert, easy-to-follow, free advice on all of these and considerably more subjects at www.getsafeonline.org



Dorset team honoured with an award

A team of NW volunteers has been honoured at a prestigious awards ceremony in Dorset

The Ferndown Police Community Office team from Ferndown near Bournemouth were recognised for their work at the South West Region Special Constabulary and Police Support Volunteer Awards 2016, held in Bournemouth recently.

The team, who have been volunteering since 2005, were highly commended for providing invaluable support and advice to victims of crime.

Last year more than 2300 people benefited from the drop-in facilities they offer. Volunteers were recognised for supporting local policing with invaluable intelligence, and for raising the confidence in the police by providing a direct link between the police and local residents, six days a week.

Chief Constable Debbie Simpson said: "These awards are a wonderful opportunity to recognise the hard work, professionalism and selflessness of volunteers across the region. This really is about celebrating ordinary people from communities doing something extraordinary."

Deputy Dorset Police and Crime Commissioner, Colin



The Ferndown Police community office team, with from the left, Sergeant Tim Travers, volunteer Peter Ebers, Deputy Police and Crime Commissioner Colin Pipe, volunteer Brian Frecknall, volunteer Geoff Hughes, Deputy Chief Constable James Vaughan and volunteer Roger Long.

Pipe, said: "I am very proud of the people who work within the police service, especially those who give their service in a voluntary capacity. It is an honour to be able to thank them in person for their contributions, which help to make local communities better and safer places to live and work."

John Shave MBE, Chairman of the Association of Dorset Watches, said: "The recognition of this group is thoroughly deserved for the huge contribution they have made over the years. Not only do they provide drop-in crime prevention advice but also offer for sale inexpensive security products such as shed alarms, driveway alarms, motion detector cameras etc."

Brian Frecknall is currently Chairman of an area Watch Association and runs the Sheduction programme, Peter Ebers and Roger Long are former chairmen of area watch associations.



**Like NHWN on
Facebook:
@ourwatch**



**Follow NHWN on
Twitter:
@N_Watch**





PROTECTING THE THINGS AND PEOPLE YOU LOVE

Buy the Neighbourhood Watch Patlock at our exclusive discounted rate of £42.50* (including VAT and delivery) at: www.ourwatch.org.uk

*£64.00 at www.patlock.co.uk

