



# Newsletter

> THE E-NEWSLETTER FOR NEIGHBOURHOOD WATCH SUPPORTERS IN SUFFOLK

Welcome to the late October edition of our newsletter.

The team continue to work hard to try and recruit some volunteers to the Executive Committee. Currently the Association has vacancies for the important roles of chair/leadership and secretarial support. We are asking people to consider if they can help in either of these roles, or alternatively within a more general role, which will help strengthen the committee, which meets about 3 or 4 times a year plus an AGM.

We are following up with some people who have expressed an interest, but that is no guarantee that these important roles will be filled. As we have previously communicated, filling these roles is paramount, in order to sustain the operation of the Association.

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](mailto:comms@suffolknwa.co.uk)



Thank you to all the schemes that send us their newsletters. You can send yours to [comms@suffolknwa.co.uk](mailto:comms@suffolknwa.co.uk)

If you would like them uploaded to our website, just let us know!



## Neighbourhood Watch Network: Impact Report 2021/2022

### Neighbourhood Watch 2021/22 Impact Report demonstrates 'more than you think'

The national organisation are delighted to share their [2021/22 Impact Report](#), which highlights how, in the 40<sup>th</sup> anniversary year, Neighbourhood Watch are helping more people feel safe and connected. The report demonstrates how Neighbourhood Watch is beating crime together and building a more diverse set of partnerships in communities.

Their work on antisocial behaviour, burglary, theft and car crime remains vitally important, but they also continue to work hard to address other crimes such as violence against women and girls, rural crime, scams, fraud, cybercrime and many more.

Through uniting communities on what matters to them,

Neighbourhood Watch is also bringing new people together, and, in so doing, helps increase pride in our neighbourhoods and reduces loneliness and isolation.

This couldn't have been achieved without the hard work and dedication of funders, partners, trustees, staff, communities, and most importantly, the incredible Neighbourhood Watch volunteers.

Read the impact report [here](#).

**We are making this a better place to live. Together.**



## Neighbourhood Watch Campaign: Are You OK?

Street harassment is on the rise and is often not an isolated incident. The long-term impact can harm mental health and change people's behaviour. Victims often feel guilty, ashamed, and blame themselves.

Witnessing street harassment and not safely intervening sends a message to those experiencing it that it's okay and society normalises it.

Ongoing acceptance of street harassment contributes to a toxic culture. **This campaign aims to change this by targeting bystanders** (those who witness street harassment), be those Neighbourhood Watch members or not.

The campaign encourages those who see someone being harassed in public to ask the victim if they are okay when they themselves feel safe doing so.

**Those three little words let them know that they stand by them and that street harassment is never okay.**

Find out more [here](#).



## Halloween is coming: Did you know?

Pumpkins can only be fed to livestock if they have **NEVER** entered a kitchen and the carving utensils have never been in contact with products of animal origin such as meat and dairy. This is to help prevent diseases like African Swine Fever.

The term 'livestock' includes livestock species kept as pets such as pigs, sheep and cattle.

The ban on feeding kitchen waste to livestock was introduced after the devastation of foot and mouth disease - the most likely cause of the 2001 outbreak was catering waste being fed to pigs.

### You **CAN** feed:

Fruit and vegetables that have never entered a kitchen and which have not come into

contact with products of animal origin. The utensils used for cutting up the fruit and vegetables must also never have come into contact with products of animal origin.

Fruit and vegetables from a 100% vegan domestic kitchen. Everyone in the household must be vegan and no animal protein can be brought into the house - this includes dog and cat food.

Specially formulated animal feed, which is a safe and easy way to give your animals a balanced diet.

### It is **ILLEGAL** to feed:

Food scraps and catering waste from any restaurant or commercial kitchen (this includes commercial vegan kitchens).

Domestic kitchen waste, including food from a vegetarian kitchen.

Following these practices is vital to prevent the spread of notifiable animal diseases such as African swine fever, which you can read more about here: [www.gov.uk/government/news/african-swine-fever-risk-reminder](http://www.gov.uk/government/news/african-swine-fever-risk-reminder)



## Halloween not for you?: Posters

Not everyone wishes to join in with the Halloween celebrations, pranks and other spooky goings on.

To help, we provide a poster for people to download, print off and then display in their window.

Links to [Colour poster](#), or to [Black & White version](#)





**A date for your diary: NW Week 2023**



**NEIGHBOURHOOD WATCH WEEK 2023**

The date for Neighbourhood Watch Week has been set to Saturday 3rd – Friday 9th June 2023. This ties in well again with the Big Lunch and the Month of Community – which last year saw fantastic recognition and engagement.

**Clocks Go Back: Check your home security**



**Stay vigilant to home security as clocks go back**

As the clocks go back this weekend and the nights get darker, it's a good time for the public to increase their vigilance around home and vehicle security.

To prevent the seasonal increase in burglaries and theft from motor vehicles, householders and motorists are encouraged to follow some simple crime prevention advice to keep their property safe:

Residents are advised to perform the following four simple checks:

- check vehicles,
- shut windows,
- lock doors and
- check outbuildings.



**SUFFOLK**  
**TRADING**  
**STANDARDS**



**Don't get tricked this Halloween: Solar Panel scams**

Beware of solar panel scammers at your door, claiming to be working on behalf of the National Grid UK.

A Stowmarket resident received a knock on their door on Thursday 13th October from a man claiming to be from the National Grid, stating that he required access to the resident's property to service the solar panels. The resident asked the trader if the local Council were aware of him calling. The trader then advised that he was visiting on their behalf. The resident went on to asked for ID, with the trader claiming he'd left it in his van and he would go and get it so that the resident could inspect it. The trader never returned.



**Please share with friends and family who have had solar panels installed.**

Were you or a family member approached? Do you have any information on the traders calling, or a description of them or the vehicle(s) that were travelling in?

Trading Standards always advise residents to refrain from buying at the doorstep and not to buckle to pressure from salespeople offering supposedly one-off 'buy it now' low prices, or giving warning about your property.

**Fake emails: Supermarket giveaway scams**

Watch out for FAKE emails about the chance to win supermarket vouchers.

Action Fraud has received 277 reports in one week relating to supermarket giveaways. The emails state that the recipient is "one of 3 people in the final draw" for a £1000 supermarket voucher, and encourages people to use the provided links in order to confirm their details. The links provided in the emails lead to phishing websites that are designed to steal your personal information.

If you receive one, forward it to: [report@phishing.gov.uk](mailto:report@phishing.gov.uk)





## £400 energy bills discount: Avoid the scams

Households across Great Britain will receive a £400 non-repayable discount off their electricity bills, via the government's Energy Bills Support Scheme. The discount will be paid in six monthly instalments starting in October.

**There is no need to apply for the scheme.** You will not be contacted by the Government or Ofgem asking you to share your bank details in order to benefit.

Your electricity supplier will apply the £400 discount automatically if you pay your electricity bills by direct debit, standard credit, payment card or smart prepayment meter. **You do not need to do anything.**

If you are on a traditional prepayment meter, it is important to ensure your electricity supplier has your contact details so you can receive the discount via vouchers issued from the first week of every month from October to March. Vouchers will be issued by your electricity supplier via SMS text, email or post along with information on where to redeem them. This will usually be a PayPoint or Post Office branch.

Do not give out private information (such as bank details or passwords), reply to text messages, download attachments, or click on any links in emails if you're not sure they're genuine.

For more information on the Energy Bills Support Scheme, see the Explainer on Gov.UK: [www.gov.uk/government/news/energy-bills-support-scheme-explainer](https://www.gov.uk/government/news/energy-bills-support-scheme-explainer)

Beware of scams



You don't need to apply for the Energy Bills Support Scheme, and you won't be asked for your bank details at any point

Help for Households

## Crimestoppers: Hate Crime



Tell us what you know.  
You'll stay 100% anonymous.  
Always.

Give information anonymously about hate crime in Suffolk

**CrimeStoppers.**

**0800 555 111**

100% anonymous. Always.  
[crimestoppers-uk.org](https://www.crimestoppers-uk.org)

Hate crime is an act of violent behaviour or hostility that is usually motivated by hatred of a person's disability, race, religion, transgender identity or sexual orientation.



## Neighbourhood Watch Community Grants secured by Patlock



Recommended by  
Neighbourhood Watch

Since being introduced to the security market in 2014, Patlock has come a long way.

They have gained the accolade as the only specific French Door security lock to achieve the Police preferred Secured by Design accreditation and the recommendation of police forces throughout the country.

With Patlock being the French Door security 'go-to product', their work with Neighbourhood Watch is more important than ever as more people leave their homes unattended to return to the office.

Patlock and Neighbourhood Watch have worked together since 2015. Patlock is keen to continue this partnership to support the great work that Neighbourhood Watch provides to local communities.

Not only has Patlock retained the original discounted rate of £42.50 for Neighbourhood Watch supporters, but they have also contributed £7.00 from each purchase back to Neighbourhood Watch Network. This contribution has totalled an amazing £34,846.00, increasing the funds in our popular Neighbourhood Watch Community Grants scheme.

To order a Patlock at the Neighbourhood Watch discounted rate of £42.50, visit <https://www.patlock.co.uk/neighbourhood-watch>

