



»» DECEMBER 2023 ««



OUR NEWS

FOR NEIGHBOURHOOD WATCH SUPPORTERS ACROSS ENGLAND & WALES



Merry Christmas to all our supporters!

This edition of Our News shares messages of social connection and **reaching out to your neighbours** and community, encouraging you to say hello! We also share **fire safety messaging from the Home Office**, and advice from **SimpliSafe** on securing your home during the festive period. You have the opportunity to raise money for our charity while shopping with **EasyFundraising**, and **help me Angela** offer Neighbourhood Watch members exclusive discounts on their safety app. There's a limited window to **nominate us for a £1,000 award**, and **Avast** provide advice on shopping those online Boxing Day deals safely!

Reach out to your neighbours this Christmas

During December, a month when people often celebrate festivities with their family, friends, loved ones, and community, we want to encourage our supporters and members to reach out to their neighbours and say hello.

For some, December's colder weather and longer nights can feel isolating - reaching out to say hello to your neighbour, especially if you know they live alone or are vulnerable, may make all the difference to them.



Why not try one or more of these ideas to help you reach out to your neighbours and community...

- Say hello when you see them outdoors.
- Offer to take out their bins for collection, or offer to take in their parcels
- Invite them to the Christmas/ winter event happening in your local community - they might want to be involved!
- Remind them to keep their homes secure over the festive period - burglars may target homes that look unattended over the Christmas holidays.

Staying connected with your community has mental health benefits too!

Research shows* that when people are socially connected and have stable and supportive relationships, they are more likely to have better mental and physical health. Social connectedness can also help create trust and resilience within communities.



*<https://www.cdc.gov/emotional-wellbeing/social-connectedness/affect-health.htm>

Protect your home this Christmas with SimpliSafe!



Christmas Home Security Tips

Protect your home this Christmas with tips from SimpliSafe and Neighbourhood Watch.



Join a local Neighbourhood Watch group to feel connected with your community during the festive season and beyond.



Keep presents out of sight of the windows and away from doors.



Install visible and audible outdoor security deterrents (e.g. outdoor camera, video doorbells and outdoor sirens).



Be careful if leaving your Christmas lights on and test them before decorating your tree.



Dispose of Christmas wrapping and boxes carefully. Try not to advertise what you've been buying to any possible onlookers and remove your address from postal labels.



Travelling for the festive period? Let your Neighbours know so they can keep an eye on your property.



Be mindful of posting your festive plans on social media, such as showing you're travelling over the Christmas period.



Using smart plugs for Christmas lights is a great way to control how long your lights are on, even letting you turn them on and off whilst you're out.



Having an outdoor camera or video doorbell is a great way to help deter any porch pirates, as well as provide crucial evidence should the worst happen.



Hosting and cooking for the family over Christmas? Test your smoke detectors to ensure they are working in case of an emergency.



If you know you're not going to be home for some deliveries, you could divert them to a 'safe place' on your property or ask a neighbour if they would be happy to receive the parcel.



For those who have a real Christmas tree which needs to be watered, it could be wise to place a water sensor near the base to alert you of any spillage.



For those who have nosy family members looking for Christmas presents, add an entry sensor to the door so you'll be alerted if anyone is snooping around.



Using an indoor camera as a Santa Cam is a great way to get the family involved in some festive fun.

Access our exclusive
Neighbourhood Watch 50% discount here!

NHS 111 stickers available in the shop!

This winter, the NHS is encouraging people to get to the help they need by using NHS 111, and we want to remind you of the window stickers that are available to order from our shop now. This is part of our partnership with the NHS to encourage people to use 111 online or call 111 when they think they need medical help fast.

We are recommending that the sticker be affixed so that both sides of the sticker remain visible. Through this message being placed within homes, it will prompt residents to use NHS 111, either for themselves or a member of their community. NHS 111 helps assess and direct people to the most appropriate service for their medical needs.

The NHS 111 service is available 24 hours a day, seven days a week. You can call, go online or use the NHS App to get:

- the right healthcare in your area; or
- a call back from a nurse, doctor or paramedic; or
- advice on self-care.

People should call 111 to speak to someone if they need to:

- discuss complex medical problems;
- discuss worries about a long-term condition; or
- get medical advice for a child under five.



order
NOW

Help us to raise free funds as you shop this Christmas

Every Christmas present you buy is a present for us!



Scan the QR code to make a difference every time you shop online



How it works

- 1 Visit www.easyfundraising.org.uk or download the easyfundraising app
- 2 Sign up and search for us
- 3 Shop online via easyfundraising and get free donations



Get free donations from thousands of brands including:



Fire Kills - let's prevent it.

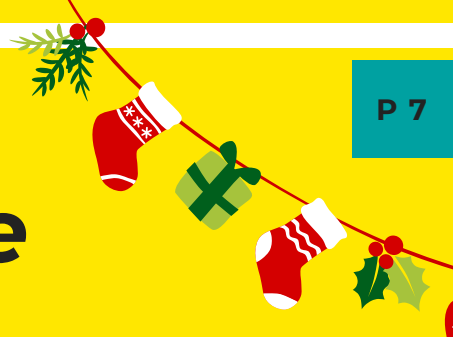
The Home Office has developed the Fire Kills campaign to raise awareness of how deadly fires can be easily prevented at home, and **the importance of checking your smoke alarms**. People are 10 times more likely to die from a fire if they don't have working smoke alarms on every floor of the home.

[Visit their website for more guidance.](#)



**CHECK YOU HAVE WORKING
SMOKE ALARMS ON EVERY
FLOOR AND TEST MONTHLY.**





Confronting antisocial behaviour with *help me Angela*

help me Angela uses technology and live Personal Safety Specialists to help people feel more confident, safer, and better supported in their everyday lives. Read on to hear how **help me Angela's Incident Recovery Programme** provided support and assistance to a local man who confronted anti-social behaviour in his community.



One evening, a local resident approached a group of young people who had caused damage to the equipment in the local playground, and had been playing loud music and intimidating other members of the community. He asked them to lower the volume of their music, however, instead of responding calmly, the man was met with a torrent of verbal abuse. As he turned to walk away, one of the group pushed him to the ground before running off.

Feeling shaken and distressed, the man immediately sought help from help me Angela, pressing the 'help' button on the app. This action connected him to a Personal Safety Specialist, who provided him with immediate support and reassurance. The specialist advised the man to contact the police and report the assault and criminal damage.

Fortunately, the man had access to **help me Angela's Incident Recovery Programme**. The following day, a Personal Safety Specialist contacted him again, informing him of the services available to him due to the incident. The programme provided access to counselling services to support the man in coping with the emotional impact of the assault. Through the Incident Recovery Programme, the man was offered assistance to repair or replace his watch which was damaged during the assault.

Visit [help me Angela's website](#) to receive an exclusive Neighbourhood Watch discount when downloading their safety app!

Five Golden Tips to protect against online shopping scams this Christmas



Avast have shared Five Golden Tips for how you can shop online safely, and protect yourself from scams and fraud this Christmas!

Check who you're buying from!

If you've found an unbelievable deal on a website you've never heard of, chances are it is too good to be true. Scammers are getting better at presenting themselves as legitimate organisations, but a good way to check to see if a business is genuine is to find the company's details. If you can't find any information about them, it's likely the deal you've found isn't genuine.

Avoid sites that only accept bank transfers

Although the money is still coming from your bank account, paying with a credit card is the safest option. Even if you use a debit card, you could get your money back if you never receive the goods you paid for, subject to your bank's terms and conditions.

Avoid giving sellers any gift card numbers

Be wary of any online seller who will only accept payments in gift cards. Fraudulent sellers on eBay for example may list an item for sale and ask you for eBay gift card numbers instead of regular payment. You should only enter gift card numbers at the checkout and never share them with anyone else.

Look out for stock images on eBay, Etsy, and Amazon Marketplace

Buying stuff online can be cheap, but be aware of when you're buying from an individual or a marketplace seller and not, say, Amazon itself. If you are buying from eBay, Etsy or Amazon Marketplace, watch out for any that use stock photos for their products as this could be a red flag. Perhaps the product doesn't really exist!

Beware of the 'photo only' and 'box only' tricks

The idea of the 'photo only' eBay scam' is to trick buyers so desperate for a deal that they fail to fully read the listing. As the listing is correct you, the buyer, were informed up front that you would receive a photo only, meaning eBay – or any online marketplace – will likely not be able to intervene and refund you.

[Read more on safe online shopping!](#)

Nominate Neighbourhood Watch for the Movement of Good awards!



Wishing our friends and supporters a Happy Christmas!

Please nominate us to win £1,000 today!



This Christmas, you can nominate Neighbourhood Watch for one of the Benefact Group's Movement for Good £1,000 charity awards, which would be added to our Community Grant Fund, for Neighbourhood Watch groups to apply to for funding local work.

The Benefact Group are an international family of specialist financial services companies that give all available profits to charity and good causes.

The **Movement for Good Awards** is their annual programme of giving. This year they'll be giving over £1 million to charities and good causes – with your help.

[Click here to nominate us before Sunday 17th December!](#)