

OUR NEWS



FOR NEIGHBOURHOOD WATCH SUPPORTERS ACROSS ENGLAND & WALES



Hello and welcome to the April issue. Whilst crime prevention is a key driver for Neighbourhood Watch, we have been uniquely embedded in communities for 40 strong years, perfectly positioning us to be a gateway between individuals and the support they need to enable them and their communities to thrive.

As a Neighbourhood Watch Coordinator recently said *'Neighbourhood Watch is the bridge between the community and the police, and the gateway is us the Coordinators connecting, sharing information, communicating and making people feel confident.'*

As we draw nearer to Neighbourhood Watch Week (30th May - 5th June), the Month of Community, and the Queen's Platinum Jubilee also in June, this edition focuses on ways we can improve our community health and wellbeing.

Best wishes and stay safe,

**John Hayward-Cripps, CEO,
NEIGHBOURHOOD WATCH NETWORK**

Nine ways to improve community health and wellbeing

Would you like to help improve your community's wellbeing? Here are some ideas. We've graded each activity to show:

- the level of difficulty (easy/medium/hard)
- the potential cost (£0 - £££)
- whether it is face-to-face, online, or either

Supporting our neighbours and the wider community who are not on social media can be a challenge. Why not set up a phone tree in your area? It's a lovely way to stay connected, particularly with those who are not online.

Here's how it works. You call three people. Those three people call three people each, making nine more. Those nine each call three people, reaching 27 more people. Those 27 each call three, reaching 81 more people. The phone tree builds. Call three people today to ask how they are doing. Reduce isolation and stay connected.

To build your network you could drop this postcard ([colour](#) or [black and white](#)) through their letterbox.

1 SET UP A CALLING TREE (medium / £0 / phone)



"No one can do everything, but everyone can do something!"

2 HAVE A CUPPA WITH A NEIGHBOUR (easy / £0 / in-person)



The [Campaign To End Loneliness](#) shares some stark figures on how loneliness affects our mental and physical health. Loneliness affects all people, of all ages,

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genders, races, and social class – not just those who are vulnerable and isolated. The good news is there are things we can all do to help reduce loneliness. And it starts at home, with small gestures.

Face-to-face contact can increase our sense of belonging and purpose. It can also increase feelings of happiness and confidence. Having a cuppa with your neighbour does not mean you need to become best friends. But it'll make you both feel more connected.

3 GO GREENER IN YOUR COMMUNITY (medium / £ - £££ / in-person)

Living in a green community can give you:

- increased morale
- improved health and wellbeing
- fresher air to breathe
- pride in your community



Going green helps us to live a more environmentally friendly lifestyle. It opens us up to considering more ways of reducing our carbon footprint and minimising waste.

There are many ways to go green:

- give out seeds to neighbours, schools and local community members to grow plants
- decorate a community garden
- plant a new tree in your community

Did you know...? Read about the people who turned a disused lay-by, which had attracted drug dealing, fly-tipping and mugging, into a beautiful [pocket park](#). Find out how to introduce [hanging baskets](#) into your community to spark conversation and bring a sense of joy and pride into the area.

4 SHARE FLY-TIPPING POSTCARDS (easy / £ / in person)

Fly-tipping is when someone dumps rubbish somewhere without permission. It is a local nuisance and makes an area look ugly and run down. Fly-tipping is a serious criminal offence. In 2016/17 councils in England dealt with more than one million fly-tipping cases. But we need to make it easier for people to report it to

their local council. Follow these steps to pop a friendly postcard through your neighbour's door with the local details for reporting fly-tipping.

- Download and print [this postcard](#)
- Visit gov.uk/report-flytipping to find the email address and phone number to report incidents in your area
- Write those details on the postcard
- Deliver the postcards through your neighbours' doors

Did you know...? If antisocial behaviour (ASB) is impacting your area, visit ourwatch.org.uk/asb to learn more about recognising, recording, and reporting ASB.

5 ARRANGE A COMMUNITY WALK-THROUGH (medium/ £ / in-person)



Walking around your area with your neighbours can help identify areas of concern. The concerns may be anything that affects your community, including:

- safety issues
- access for disabled people
- lighting
- parking
- road use concerns
- poor traffic lights

We recommend gathering 5–7 people from different backgrounds, who can offer unique perspectives about issues of safety and inclusion.

Walk around the neighbourhood together, once during the day and once after dark. Make notes of the concerns raised by the group, for example poorly lit paths, roads and parks. Ask the group how safe they would feel if they were

Nine ways to improve community health and wellbeing

alone on the walk or waiting alone for a bus. If they say they don't feel safe, ask them why and record that on your notes.

Did you know...? Our guide, [How to conduct an environmental visual audit](#) and our [record taking template](#) can get you started. After your walk, use our [tasking sheet template](#) to allocate the concerns as tasks for the police, councils and partners to address.

6 ORGANISE A LITTER PICK (medium / £ / in-person)

Arranging or joining a litter pick is a great way of bringing the community together. Whether it's a quick 30 minutes or a couple of hours, neighbours young and old can take part. It helps keep your neighbourhood looking nice and well-cared for, and gives people pride in their community.



Well-maintained areas attract less antisocial behaviour. This is something we call the [broken window effect](#).

Did you know...? You can download our short guide [How to organise a litter pick](#) for advice and tips.

7 MAKE A POSITIVITY TREE IN YOUR STREET (easy / £0 / in-person)

Does your street need some uplifting good messages? One simple way of doing that is to make a positivity tree or pole. It's easy to do and everyone can get involved. Simply select a tree, decorate it with positive messages, and invite your neighbours to add to it. All ages can join in and it's a great way of bringing people together.

Remember to laminate your messages and tie them tightly to help them hold up through wet or windy weather.



8 ORGANISE A FOOD BANK COLLECTION

(medium / £0 / in-person)

Sometimes people, families and communities need to use food banks to help them through difficult times. Rally your neighbours to donate items to take to your local food bank and help those in need in your local community.



You can find out where your local food bank is by visiting the [Trussell Trust](#) website.

9 GET YOUR COMMUNITY TALKING WITH 'TIME TO TALK' DAY (easy / £ / in-person)

Time to Talk Day is to encourage people to talk about about mental health, creating supportive communities by having conversations with family, friends, or neighbours about sadness and depression, anxiety and other serious problems. By talking about it we can support ourselves and others.

The day is run annually in February. But you can arrange a day to talk about mental health at any time. Visit [Time to Talk Day](#) for tips.



For ideas on raising crime prevention awareness, developing community cohesion, or building more inclusive networks, download our [40 YEARS, 40 ACTIONS PACK](#) or visit our website [here](#).

Free training for Neighbourhood Watch volunteers

Do you know what being an active bystander really means? Do you know that hate crime affects all of us and how you can tackle it? Do you want to learn more about unconscious bias, or how to actively listen to your community?

COORDINATOR SKILLS TRAINING

This is a free bespoke course provided through our new NEIGHBOURHOOD WATCH LEARNING PLATFORM - a training platform tailored to our volunteers.

The COORDINATOR SKILLS TRAINING certified course comprises the following modules:

- An Introduction to General Data Protection Regulation
- Unconscious Bias
- Equality, Diversity and Inclusivity
- Collaborative Working
- Effective Meetings
- Asking the Right Questions
- Expressing Yourself
- Active Listening



After completing the course and downloading your personalised certificate, you can explore over 3,000 additional courses on the LEARNING PLATFORM.

BYSTANDER TRAINING

What does being an Active Bystander mean? Why is it important to know what to do when confronted by difficult situations at work, in the street, on public transport or anywhere?

Often being that person who either deflects attention away from the victim of harassment or reports what is happening, can make a huge difference to the victim and their community.

What is our responsibility as a bystander? Is it to just ignore what is going on or is it to speak out? How do we do this safely? In this course, provided by L'Oreal and partners, you can explore the main reasons why we don't take action when we witness street harassment.

TACKLING HATE TOGETHER

Hate crime divides communities, creates a culture of fear and makes people's lives a misery. This course provides an understanding of the problem and offers some simple steps to tackle it.

The online course is made up of the bite-sized modules:

- Understanding Hate Incidents
- Tackling Hate Incidents
- Reporting Hate Incidents

On successfully passing the modules you can download a personal course completion certificate.

Hurry though as our Tackling Hate Together modules are only available for a limited time.

If you would like to complete the training, details on how to apply can be found under the [Personal Development section of our KNOWLEDGE HUB](#) - a bespoke platform for Neighbourhood Watch volunteers

developed with funding from the National Lottery Community



The era of the swindler?



Netflix shows such as *The Tinder Swindler* and *Inventing Anna* are highlighting how sophisticated scammers can be.

As part of the Cyberhood Watch programme, Avast is encouraging local communities to be on the look-out for fraudsters pretending to be friends or family, or from services such as Amazon and Netflix.

Earlier this month, research carried out by Avast found that 62% of British adults have been targeted by fraud at least once in their lifetime, and 57% are worried about being scammed online. While nearly half of those we surveyed said they had been targeted by fraudsters pretending to be services such as Netflix and Amazon, 40% experienced impersonations by people posing as friends, while over a third were led to believe it was their partner.

For example, the findings showed that one in five people have been targeted by 'romance fraud', the act of someone you are interested in pretending to be someone else or trying to gain your affection for their own benefit.

Around a quarter (25%) of the respondents in the survey said they had been asked for money by someone they had only met online, and of those almost a half (44%) had coughed up the cash. Similarly, over a fifth (22%) said they had been asked to transfer money to someone they thought they knew, only to discover the request was a fraudulent one.

Jaya Baloo, Chief Information Security Officer at Avast, comments: "Sadly, we were not surprised to see that over half of Brits are worried about

being scammed online. The reality is that online scammers have no scruples and are always seeking to exploit peoples' emotions, circumstances or events in their lives, in order to make money.

The fraudsters are increasingly getting more sophisticated, so we urge people to think twice before sharing personal information online or clicking on links which could be clever impersonations from fraudsters. We want to give people the tools and knowledge they need to stay safe and enjoy their digital freedom online."

Here are the telltale signs of a typical scam:

- You're being approached by someone you've never actually spoken to or met in person
- They open with a request: "I need your help"
- They emphasise the urgency of the situation or apply time pressure
- Poor grammar, spelling and spacing
- They ask you to click on a link, or send money directly
- For more information on how to stay safe online and to spot the signs of online fraud visit: <https://blog.avast.com/avoid-scams-while-helping-loved-ones-avast>

If you think you'd be a good fit for the Cyberhood Watch Ambassador volunteer role, email enquiries@ourwatch.org.uk for more information.



Be part of Refugee Week 2022

Refugee Week 2022 is coming, and you can take part by holding your own event or activity, big or small, 20th -26th June.

The [Refugee Week 2022 Event Organiser Pack](#), has all the info, tips and resources you need to get started.

Refugee Week is an annual festival celebrating the contributions of refugees, and the theme for 2022 is 'Healing'.

Every year, hundreds of people and organisations across the UK and the world

hold all kinds of activities that bring people together and encourage understanding of refugee experiences – from craft workshops to community walks, and everything in between!

Whether you take part in your neighbourhood, with a group or organisation or simply with friends, you'll be part of a growing global movement proudly celebrating sanctuary and the possibility of new beginnings.

Neighbourhood Watch is about making a community

Last month one of our members, Bally Singh Sohal formally stood down as Secretary of Park Hall Area Neighbourhood Watch (PHANW) in Walsall, West Midlands. The achievements made over his four years as part of the Executive Committee embody our aims as an organisation and are testament to what communities can achieve with inspirational leadership.

Park Hall Area Neighbourhood Watch (PHANW) is a close-knit community of households and volunteers which has been running for over 25 years. Their main aim is to tackle the ever-changing face of crime by using modern techniques.

Bally joined the Executive Committee in 2017, with a key goal of making their processes simpler. He wanted the next generation to come in and feel that even in their busy lives they can be part of doing something for their community.

In early 2018 they introduced the use of WhatsApp, using the social platform so members of the community could report crimes and suspicious activity in real-time. There are now over 1,000 residents communicating across seven messaging groups, one for each zone of the neighbourhood.

“I remember going to be trained for Street Watch at Bloxwich Police Station to begin our first patrol and coming back with a mission to make 50 patrols.” Bally SinghSohal

This was followed by the creation of Street Watch, with Bally and his team on the first ever patrol for PHANW soon after training at the local police station. Their efforts not only strengthened ties with the police, but provided a highly visible example of crime prevention for others. Motivated by their fellow members, their numbers increased to more than 60 dedicated and committed Street Watch patrols in the area.

The momentum gained from these early efforts also enabled them to tackle other issues affecting the local community. Litter Picking and Speed Watch groups were set up to ensure local roads were safe and free

from unsightly rubbish, and Community Open days and drop-in sessions were introduced to maintain vital open links with members.

“Neighbourhood Watch is about more than just tackling crime; it is about making a community.” Bally Singh Sohal

With each new group or activity, Bally saw the community grow closer and, crucially, more resilient. PHANW became the central hub for the community during the covid pandemic, helping hundreds of residents with anything from grocery shopping to supporting wellbeing during the crisis.

With his time on the Executive Committee of PHANW now at an end, Bally can look back with great pride on the group’s achievements as he makes way for the next generation of leaders to take things forward in their community.

Could you play a similar role in your community? Find out more about what you can do to support your community [here](#).



Above: Bally Singh Sohal

Engaging young people and youth organisations

We are embarking on an exciting 12-month plan to engage with young people and youth organisations in local communities.

The aim is to ensure the voices of young people are fully represented in community and safety issues on both a local and national scale.

Simeon Earnshaw, the Young People's Engagement & Development Manager, is leading on a series of pilots, which will take place in three locations: Birmingham, London and Wales.

He will directly engage with young people who want to be more involved in community safety, activism and leadership, and help develop their skills, confidence and experience.

Simeon will build new relationships with schools and youth organisations, work with Neighbourhood Watch volunteers to deliver focus groups, and support young people to deliver community-focused projects.

To find out more, contact simeon.earnshaw@ourwatch.org.uk.

Spring Community Grants Fund update

Our Spring 2022 Community Grants Fund funding round has now closed for submissions. 100% of available funds will go towards activities or one-off development projects that help groups or associations promote and support our 40th Anniversary.

We received 38 inspiring applications, with projects ranging from litter picking efforts to 40th anniversary Jubilee community street parties. Overall, £8,600 was applied for – more than double the total funds available.

Our panel now has the difficult task of choosing which applications will receive funding. Those who are successful will be contacted directly and we will aim to transfer all grants within the next four weeks.

Our Autumn funding round opens 1st September 2022. Find out how you can apply here: ourwatch.org.uk/communitygrants.

VOLUNTEER RECOGNITION AWARDS

Thank you to everyone who made a nomination for our Volunteer Recognition Awards. Following a fantastic response of more than 3,000 entries, nominations are now closed.

We will present awards to the winning volunteers during Neighbourhood Watch Week (30th May – 5th June).

BABYWATCH COMING SOON

We are thrilled to announce that our talented Head of Fundraising, Amy Mawby, will be going on maternity leave from 15th April 2022.

We have appointed Steve Allen in a part-time position for a year's contract as Amy's maternity cover, and some elements of Amy's role will be covered by existing members of the Central Support Team. Please contact enquiries@ourwatch.org.uk in the first instance in Amy's absence.

We wish Amy and her partner all our love as they step into the journey of parenthood, and we can't wait to meet the newest member of our Central Support Team!



Share your Neighbourhood Watch Week activities

40
YEARS,
40 ACTIONS
PACK

Have you made plans for Neighbourhood Watch Week, 30th May – 5th June 2022?

If so, we want to hear from you. We have upcoming opportunities to feature Neighbourhood Watch in media interviews and promotional videos.

If you would like to celebrate your local group, please email deborah.waller@ourwatch.org.uk with your name, Neighbourhood Watch group name, town and region, and activity details.

If you want to arrange an activity and are unsure what to do, see our [40 YEARS, 40 ACTIONS PACK](#) for inspiration.

And don't forget if you are organising a street party for the Queen's Jubilee weekend, you can get free Public Liability Insurance by arranging it in Neighbourhood Watch's name - just one of the many benefits of Neighbourhood Watch!

Sun? Ski? Staycation?

Read our safety advice before you book.



The internet is by far the most popular place to research and book holidays and travel, but it's also a favourite for fraudsters, constantly trying to scam us with holidays, accommodation and travel that don't actually exist.

With fake listings, emails, social media posts, texts and other ads which can look very authentic, it can be difficult to tell if you're going to get that hard-earned break or end up sitting at home.

To avoid becoming a victim of holiday and travel scams, start by reading our top tips. Visit www.getsafeonline.org

#holidaybooking



www.getsafeonline.org



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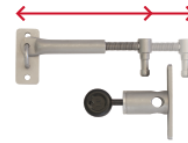


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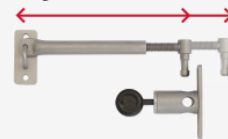
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Be scam alert

- Ofcom recently announced new proposals to help prevent call and text scams that use the UK's telecoms networks.

These proposals are out for consultation. Find out more [here](#).

- Action Fraud has received 196 reports about FAKE emails purporting to raise money for those affected by the crisis in Ukraine.

Check out [these top tips](#) on how to ensure your donations reach their intended cause.

Knowledge Hub volunteer support platform

The Knowledge Hub provides Coordinators, Associations and other Neighbourhood Watch volunteers with:

- specific volunteer role support
- opportunity to connect with other volunteers on forums
- a range of resources, including crime prevention campaign materials
- access to training to support your role
- early access to events such as webinars
- unique volunteer offers

[Click here to join the Knowledge Hub](#)

Follow us... ourwatch.org.uk

