

**NEW LOGO
COMING SOON**

**WATCH THIS
SPACE**

Neighbourhood Watch Scotland

Charity number: SC036510

Registered Office: Unit 10, Alpha Centre Stirling University Innovation Park, Stirling FK9 4NF

Tel No: 01786 450145 Fax No: 01786 447775 Website: www.aosnw.co.uk

Twitter: www.twitter.com/nwatchscotland

NEWSLETTER ISSUE 1

2012 Quarter 1 - Winter

This newsletter can also be downloaded from our website

Hello From Neighbourhood Watch Scotland!

We are now, officially, Neighbourhood Watch Scotland.

Following on from the agreement at the AoSNW AGM last September, an SGM was held on January 11th 2012 at which all of the assets transferred from the Association of Scottish Neighbourhood Watches to the new Neighbourhood Watch Scotland SCIO.

For the last three years, we have been shifting the emphasis of our efforts towards safety rather than crime. The landscape of community safety and crime prevention has changed a great deal, and very quickly, to incorporate issues and threats that didn't exist ten, or even five, years ago. It is important that we remain current and give people a realistic picture.

We have come to a realisation that we cannot be all things to all people. With limited resources and capacity, it is important that we target these at our main purpose: to support the creation and maintenance of Neighbourhood Watch groups. We can achieve this mainly through useful and timely communication. With that in mind, we have written our 2012-2015 business plan with a focus on our core purpose.

While this means a slight change in focus, it does not diminish our capability for partnership working. We are working with partners to develop a communication calendar so that members of Neighbourhood Watches are receiving up-to-date, consistent messages from our national partners and can play a part in keeping Scotland safe.

In three years' time, we aim for Neighbourhood Watch to be on its way to becoming an integral part of community life. More people will be involved in Neighbourhood Watch and they will find it a positive and rewarding experience. People in Scotland will have a higher awareness of how to keep themselves and others safe.

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Scotland

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Slips, trips and falls

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**Check us out on twitter and facebook.
You don't have to have an account to see our pages!**

www.twitter.com/nwatchscotland

www.facebook.com/pages/Neighbourhood-Watch-Scotland-SCIO/177660203680

Neighbourhood Watch Scotland SCIO

What has changed?

For most Neighbourhood Watches, not an awful lot has changed. We will continue to send out information, newsletters, updates advice and alerts.

The main change is around 'membership' of Neighbourhood Watch Scotland. Because we are now a SCIO, there are certain legal obligations placed on members as follows:

SCIO members are subject to some of the general duties of charity trustees; specifically, they must:

- **act in the interests of the SCIO, and**
- **seek, in good faith, to ensure the SCIO acts in a manner which is consistent with its charitable purposes.**

We felt, when writing our constitution, that it was unfair to place a legal obligation on every person involved in Neighbourhood Watch. Individuals within Neighbourhood Watches can choose to become a member of the charity, giving them voting rights at members' meetings and providing them with more 'management information' on how the charity is run.

What will change?

Lots! We've written our business plan for the next three years with a focus firmly on providing support and resources to new and existing watches. Along with this newsletter, we're asking you to fill out our survey to ensure that we are doing the things that you want. This is your opportunity to tell us about the kind of information, resources and events that you want. Please take the time to do so (you can request a paper copy of this by contacting us):

<http://www.surveymonkey.com/s/neighbourhoodwatchscotlandsurvey2012>

Why should I get involved?

By becoming a member of Neighbourhood Watch Scotland, you will be able to influence the direction of the charity. You will receive monthly reports on the main activities of Neighbourhood Watch Scotland and on our financial position. You will also be able to put yourself forward to become a charity trustee at a members' meeting.

How do I get involved?

If you are interested in becoming a member, contact us to request an application form. We will send you out details of the application process (don't worry, it's not complicated!). info@aosnw.co.uk or **01786 450145**.

Read more

www.aosnw.co.uk – Read our Constitution

www.oscr.org.uk – A guide to SCIOs

www.scvo.org.uk – Lots of info on SCIOs

In our last newsletter, we said goodbye to Angela. This time we're saying hello to Liz Campbell, our new Admin Assistant. No doubt many of you will be in touch with Liz, so here's a little introduction that she wrote.

A new arrival!

On 14th November I arrived to take up the Admin Assistant position which became vacant when Angela left. Being asked to take over came as a pleasant surprise to me after recently being made redundant from my previous job which was within the voluntary sector.

Before that I worked for many years in the banking sector, moving within that several times, giving me lots of experience in a wide range of roles from dealing with the public at the counter in a branch to working as a PA to one of the executives in Head Office. I now feel, however, that I have come full circle, as my very first job was as a typist with Strathclyde Police. So I have some knowledge of the crime and community safety environment.

On a personal note I am married with a family of 2 who have "flown the nest" so my husband and I now spend time doing what we enjoy which is mainly going on short breaks and cruising!

Lisa, Ian and Jim have been very welcoming and, although it is still early days, I am looking forward to getting more familiar with everyone and helping to build on the success of AoSNW.

I am encouraged and heartened by the number of people who give willingly of their time to help their communities.

I look forward to being of help and assistance to you going forward and please feel free to contact me at any time.

Liz

Admin Assistant
liz.campbell@aosnw.co.uk



Slips, Trips and Falls

By Jennifer Henderson, home safety officer at the Royal Society for the Prevention of Accidents in Scotland



Slips, trips and falls are the most common accidents in the home and lead to more than a million people going to hospital every year. Falls in the home can happen to us all however you are more at risk if you are under five or over 65 years of age.

Young children have the largest number of accidents in the living room however the most serious happen in the kitchen or stairs.

Most falls involve tripping over on the same level with the most serious consequences resulting from falls between two levels, such as falling out of a high chair or falling from a bed.

Many accidents are caused by horseplay involving pushing, shoving and wrestling but this is all part of growing up! Care should be taken around heavy objects such as furniture and televisions as they can be easily pulled or pushed over.



Fall prevention methods for children include;

- **Fit a safety gate at the top and bottom of the stairs**
- **Make sure balustrades are strong and do not have any footholds for climbing**
- **Fit child resistant window restrictors but make sure you can get out in an emergency**
- **Do not put anything under a window that can be climbed on**
- **Furniture and electrical appliances such as flat screen TVs should be secured to the wall if they are at risk of being pulled over**

Unfortunately the risk of falling in the home increases with age and the cause of falls in an older person is often multi-factorial, involving both environmental hazards and an underlying medical condition. The most serious accidents usually happen on the stairs or in the kitchen. In general, the bedroom and the living room are the most common locations for accidents and these can be as a result of falling from a chair or out of bed.

There are many things that can be done to reduce your chances of having a fall in your home and these include:

- **Remove or replace any worn rugs and fraying carpets**
- **Ideally have two hand rails on both sides of the staircase and always use them**
- **Stairs and steps should be kept well lit and night lights used when necessary**
- **Spills on the floor should be cleaned up immediately**
- **Well fitting shoes can help with balance and stability**
- **Non slip bath mats and grab rails should be considered for the bathroom**
- **Arrange furniture so there is a clear route across each room**

Having a fall can result in serious injury so trying to prevent a fall in the first place has to be everyone's priority. For more information on preventing accidents in the home please see www.rospa.com or contact RoSPA's home safety department on **0131 449 9379**.

Metal theft – update



In the last issue of this newsletter, we told you about the problem of metal theft, with particular emphasis on the railways. We asked the British Transport Police for some instances of this type of crime and it is clear that it is widespread.

- 20/11/2011 - 2 males arrested in the Wishaw area following an attempt theft where live cable was cut at a line side location.
- 22/11/2011 - Cable stolen from a line side location in the Wishaw area.
- 22/11/2011 - Cable stolen from the line near Craigneuk.
- 22/11/2011 - Cable stolen from the Cardonald Area.
- 22/11/2011 - Live cable stolen from a line side location in Mauchline.
- 24/11/2011 - 1 Male Cautioned & Charged in the Kilmarnock area for dealing in scrap metal without an Itinerant Metal Dealers Licence.
- 29/11/2011 - Live cable stolen from the Mauchline area.
- 30/11/2011 - Cable theft in the Roughcastle / Greenhill areas of Falkirk.
- 03/12/2011 - Large quantity of scrap rail stolen from the Garve area between Inverness and Ullapool.
- 08/12/2011 - Lead stolen from station buildings at Gleneagles.
- 14/12/2011 - 1 Male Cautioned & Charged in the Airdrie area for dealing in scrap metal without an Itinerant Metal Dealers Licence.
- 20/12/2011 - Live cable theft in the Kilmarnock area.
- 07/01/2012 - 2 males arrested following a theft of various metals at Woodhall in Port Glasgow.
- 16/01/2012 - 2 males arrested for an attempt theft of various metals and Threatening and Abusive Behaviour towards Rail staff in the Paisley area.
- 18/01/2012 - 2 males arrested for theft of metal railway cabinets in the Paisley area.
- 22/01/2012 - Live cable theft from the Kincardine / Longannet Branch Line between Culross and Dunfermline.
- 23/01/2012 - Cable theft between Bargeddie and the M73 road bridge.
- 24/01/2012 - 1 Male Cautioned & Charged in the Hawick area for dealing in scrap metal without an Itinerant Metal Dealers Licence.

In addition to these incidents, several reports of suspicious persons and vehicles have been received particularly in the Kincardine Branch Line and Paisley areas. Remember – you can report any suspicious behaviour, on or near the railways, to BTP by calling 0800 40 50 40

BTP are working very closely with Network Rail and its contractors on crime reduction measures on the well advertised Edinburgh Glasgow Improvement Programme (EGIP). Further details on the programme can be viewed on the following links –

<http://egip-consultation.co.uk/home> and <http://www.networkrail.co.uk/aspx/11743.aspx>

The force is also looking ahead to other projects in the Scottish Area including the Borders and the Glasgow South Suburban Renewals Projects that will involve the use of Plant machinery and metals. Further details on the Borders Project can be viewed via: - <http://www.transportscotland.gov.uk/rail/projects/borders-railway>

Following a recent metal theft ‘day of action’ in the Scottish Borders, Chief Superintendent Ellie Bird, area commander for the Scotland area of BTP and chair of the ACPOS Metal Theft group, said: ***“Our officers are showing a presence in the area long before a train runs on the Borders Railway to ensure scrap metal dealers and would be cable and metal thieves are aware that this scourge to our industry and communities will not be tolerated.”***

During 2011 the Scotland area of BTP recorded 194 cable thefts – arresting 102 people for offences.

Silence of the Scams

Perhaps you or someone you know has received letters that guarantee fantastic prizes, large sums of cash or miracle cures. Most of us know that these are empty promises and the letters go straight into the bin. However, it is estimated that UK consumers lose about £3.5 billion to scams each year, which is about £70 for every adult in Britain.

Almost half of the people living in the UK have been targeted by a scam at some point. It's difficult to know exactly how many people go on to become victims. Many people are too embarrassed to admit falling victim to a scam, and some may not even realise that they are a victim at all. It's estimated that over 3 million people per year become scam victims.

Unfortunately, it's usually the more vulnerable members of society who are targeted by scammers and, once they have responded to one scam, they are added to a 'sucker's list' and start to receive more and more scam mail, to the point where they could be receiving up to a hundred letters a day.



Scammers are very clever and use language that is designed to win trust and persuade people that parting with their money will pay dividends. Scammers prey on insecurities and often tell their victims that they mustn't tell anyone about what is going on or their 'prize' will be forfeited. This is why victims of scams often go unnoticed. The victim may not even realise that they are a victim because they genuinely believe that they will receive what has been promised to them. Even when family or friends try to convince them that the claims are unfounded, often the person does not believe this.

After her mother, Jessica, became a chronic victim of scam mail, Marilyn Baldwin founded the 'Think Jessica' campaign to help raise awareness of this problem. The campaign aims to help the families of chronic victims, and prevent people from becoming victims in the future.

Remember, if you receive a letter, an e-mail or a phone call that urges you to send money or your personal details in order to claim a prize, it is most likely a scam. If you 'win' a lottery or a competition you never entered, it's most likely a scam. If you're contacted by a clairvoyant who claims to see riches in your future, it's most likely a scam.

Don't become a victim. If it seems too good to be true, it probably is.

If you are worried about a friend or family member, please visit www.thinkjessica.com for more information.

Some Common Types of Scam

It's difficult to come up with a comprehensive list of scams, because scammers are quick to adapt and change to match trends in society. The digital switchover, increasing demand for solar energy and the annual deadline for tax returns all prompted various scams, preying on the fact that people often don't understand new technologies or ways of doing things. It's easy to think you'll never be taken in, but lots of people are. Make sure you're not one of them.

Below are some general types of scams and where to find more information. Please keep the scenarios in mind if you receive a letter, an e-mail or a phone call offering untold riches.

Advance Fee/419 Scam/Nigerian Scam

Someone needs your help to transfer money from another country, generally due to some kind of unrest or disaster. They will ask you to send a small fee, or to give them your bank details so that they can move the money. You are promised a chunk or percentage of the total. You will not receive any money. Delete these e-mails or throw away the letters.

Psychics & Miracle cures

You may be contacted by someone who claims to have psychic ability. They may tell you that they have foreseen bad luck in your future. They may claim that something terrible will happen to you if you do not respond to their letter. They will ask you to send money, and in return they will say a prayer or a spell which will remove the bad luck.

Similarly you may be contacted about cures for arthritis, obesity or diabetes. The evidence may be compelling and appear to come from reliable sources, but the 'cures' are worthless and can sometimes be harmful. Ask your doctor about anything you're not sure about.

Lotteries and Other prizes

If you receive something telling you that you have won a lottery or a prize draw that you never entered, the likelihood is that it is a scam. Generally they will ask for an 'administration' fee, or for you to call a premium rate number to claim it. You will probably not receive a prize or, if you do, it will be worth far less than you have paid out to receive it.

Phishing

If you receive an e-mail from any source, even if it is your own bank, asking you to send your bank or personal details, delete it. Or better still, report it to the organisation it claims to be from, and then delete it. Never enter your bank details after following a link in an unsolicited e-mail. Your bank may contact you by e-mail, but will never ask you to follow a link and supply details. Always visit your bank through a trusted bookmark you have saved, or by typing the address directly into your browser.

People who reply to any of the above types of scams are likely to receive more and more of them as they are seen as easy targets.

Remember to treat any unsolicited mail, e-mail or phonecall with a little scepticism. Where did it come from? How did they get your details? What do they want you to do? It's very rare that people offer something for nothing so just remember that if it sounds too good to be true, it probably is.

For more information please visit the following websites, or call us on 01786 450145:

<http://www.getsafeonline.org> and <http://www.banksafeonline.org.uk/>

<http://www.offt.gov.uk/OFTwork/consumer-protection/campaign11-12/scams/> - You can request a great little booklet which sums up the types of scam very succinctly and gives real life examples.

<http://www.direct.gov.uk/en/Governmentcitizensandrights/Consumerrights/Protectyourselffromscams/index.htm>

Keep us up-to-date

For the last couple of years, we have sent out a paper form to all of our registered watches to check that we hold the correct details. As you can imagine, this is a very expensive exercise and takes up a lot of time and uses a lot of paper. This year, we're asking you to get in touch with us, only if something has **changed**.

The form below can be downloaded from our website if you don't wish to rip off this page of the newsletter.

Please indicate if these changes relate to:					
New coordinator		Additional coordinator		Scheme details	
Scheme Details					
Name of Watch					
Number of households covered		Local Authority			
Streets/area covered					
If the watch is part of a larger group or association, give details.					
Website					
Part of a recognised No Cold Calling Zone?	Yes		No		
Main Contact/Co-ordinator Details					
Title		First Name		Last Name	
Address	Local Authority				
Town City			Postcode		
Home phone			Mobile phone		
E-mail address					
We will send you newsletters, alerts and advice on a regular basis.					
Please tick below to indicate how you prefer to be contacted. You can tick more than one.					
E-mail		Telephone/ Text message		Post	

Please remember to fill in our survey! Have your say and influence what we do.
<http://www.surveymonkey.com/s/neighbourhoodwatchscotlandsurvey2012>

Contact details

Freepost: RSAA-YAAY-EGTA
 Neighbourhood Watch Scotland
 Unit 10, Alpha Centre
 Stirling University Innovation Park
 Stirling, FK9 4NF

Telephone: 01786 450145
 Fax : 01786 447775
 Website: www.aosnw.co.uk
 E-mail: info@aosnw.co.uk
 Twitter: <http://twitter.com/nwatchscotland>