



Colin's Blog Monday 5th February 2018

Welcome to my latest blog, a little later than usual, due to my second bout of man flu, despite having a flu injection earlier this year. I must admit that although, I normally struggle on regardless, my get up and go seems to have disappeared over the past couple of weeks, and I have felt about 90 rather

than my 70 young years of age!

However, rather than let my youngest granddaughter down, I accompanied members of my family to the o2 arena on Friday evening to watch her and her school friends, represent Latton Green Primary Academy as part of the 7,705 schoolchildren, from primary schools performing at the 'Young Voices choir event. Although personally, I was not 'firing on all cylinders, I was overcome with a mixture of pride and sheer joy, at the marvellous event, which showcased the combined talents, energy and outflowing enthusiasm, being transmitted from so many wonderful participants. Well done to the teachers and children for making this prestigious event, such a wonderful showcase, of what they can collectively achieve!

During my many years as a Schools Liaison Officer, Cub & Scout Leader, and Youth Leader, I have had considerable experience of understanding and tackling Obsessive Compulsive Behaviour in children and young people, and, still witness OCD as it effects people of all ages today.

15-19 February 2018 OCD week of action

Obsessive-compulsive disorder (OCD) is a clinically recognised disorder which affects around one-two per cent of the population. People with OCD experience intensely negative, repetitive and intrusive thoughts, combined with a chronic feeling of doubt or danger (obsessions). OCD Week of Action is a campaigning week run by OCD Action, to encourage as many people as possible to take action and fight OCD.

1st – 31st March 2018 Cancer Awareness Month

Coming up in March, is an important awareness campaign, and one which has been much in the news in recent weeks. During the seven years that I spent as the County Fundraising Manager for Marie Curie Cancer Care, this was one of the many cancers that I became aware about, and, it is one which is currently killing more men, than women who die from Breast Cancer. Early signs of Prostate Cancer, have often gone unnoticed or ignored, and there is a need to bring awareness to the forefront. Just over a year ago, I had a prostate scare, and following tests, luckily, I received the all clear, and the symptoms that I had, are now controlled by tablets.

In the UK, about one in eight men will get prostate cancer at some point in their lives. Prostate Cancer UK is the largest men's health charity and they aim to help

more men survive prostate cancer and enjoy a better quality of life, so the aim in March is to raise awareness and invite the public to join the fight against prostate cancer by fundraising, campaigning and donating.

Fraudsters pose as Financial Ombudsman Service staff with fake compensation 1st February 2018

We're warning people to watch out for fraudsters claiming to be from the Financial Ombudsman Service.

Fraudsters claiming to be from the Ombudsman are cold-calling victims and telling them they have a cheque for a large amount of money from a compensation claim. The victim is then told to buy an iTunes (or similar voucher) roughly to the value of £300 to 'release' the compensation. They then claim that a courier will collect it from their home address and that a cheque will be sent to them in the post.

The service, which deals with complaints from consumers about the financial services industry, is a free service for the public and it would never cold call households to ask for a fee in order to claim reimbursement.

If you think a call claiming to be from the Ombudsman is suspicious you can call them directly on 0300 123 9123.

Protect yourself from fake Ombudsman calls

- never buy iTunes or gift vouchers if instructed to by someone claiming to be from a government body or official.
- never provide personal details – such as your address, phone number etc - unless you're absolutely sure a request is genuine;
- never hand over any payment to anyone claiming to work at the ombudsman – their service is free to all consumers and they would never ask you for money over the phone;
- never provide any of your banking or credit card details unless you know for certain that the request is genuine; and
- never give anyone your security information, such as your internet/telephone banking password or log-on details (no genuine banking firm ever asks you to provide this information).

If you think you have been a victim of fraud you should report it to Action Fraud by calling 0300 123 20 40 or by using the online reporting tool: - https://www.actionfraud.police.uk/report_fraud

ActionFraud
Report Fraud & Internet Crime
0300 123 2040





In the news recently, was the opinion of a senior police officer, who apparently voices a view in of road policing issues on behalf of Chief Officers across the country, in respect of wanting to remove the ten percent margin in respect of speeding. Currently, most police forces do not prosecute an offender if they are driving within the margin, plus two miles ie: at 30 mph this would equate to an allowance up to a total of 35mph, before prosecution. This has always deemed to be fair and allows for discrepancies in speedometers and cameras. If this guideline is removed, then offenders will be prosecuted for going a fraction over the speed limit, causing an even bigger workload for the prosecutors, and considerably more stress for your average motorist.

Although, I have always said that a speed limit is there for safety, and, like most of us, I always try to keep within 30 mph or other appropriate limit, however, a small error margin is both fair and sensible, and removes the threat of the cameras being considered as 'cashcows,' for the enforcement officers, and yet another dig at the average road user who tries to abide by the law.

That said, I get very annoyed at the 'moronic idiots, who,' take offence at those of us, who drive within the prescribed limits, and endeavour to try to make us drive faster, and break the law, so that **they**, can get on their way, regardless at putting others at risk through their irresponsible behaviour.

There are always two sides to an argument, and it is up to the legislators to come up with a compromise that is fair to all!

Well, that's enough said this week, so take care, Keep Alert, keep Secure and, above all, Keep Safe.

As always, you can also read my blog at: <http://www.eppingforestnhw.org.uk/>

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