

Colin's Blog

Friday 23rd February 2018



During my time as a Fundraising Consultant and Trainer, and especially following my time as the Essex Fundraising Manager for Marie Curie Cancer Care, I often used 'Golden Daffodils,' to emphasise the need to be upright, clear and colourful, as you

'Trumpet your cause!'

In my view, it is always best to follow this lead, and to create a good clear and honest approach to everything we do.

When I say colourful, I mean that we should '*paint a good picture,*' when talking to others about our chosen cause, at the same time, we need to remain transparent, after all, not everything is black and white, and we know that there are many 'grey areas,' along life's uneven path.

So, that's why it is important for those of us who are involved in Neighbourhood Watch or Community Watch schemes, to '**TRUMPET OUR CAUSE,**' as we seek to recruit new members, and welcome them into the fold.

There has never been a greater need for all of us, as ambassadors, striving to make communities safer, to promote the wonderful work that our respective organisations undertake.

With diminished numbers of Police and Community Support Officers, and the resultant lack of visible policing in our neighbourhoods, we need to rally round and support our local police in every way that we can. With increasing use of social media, we need to make sure that the good work of local Watch Schemes, is recognised, and hopefully discourage the local and national press, to stop using the police as an easy target for criticism and remind them that any reduction in policing is primarily down to inadequate government funding, and not the fault of our hard-pressed and often over-stretched officers.

I was fortunate in serving before the onset of austerity, and although times were often hard, the situations that our Emergency services now face, are unprecedented.

I was disturbed to hear of the recent case where, somewhere in England, a resident was annoyed about an ambulance that was parked outside her house, whilst the crew were dealing with a lifesaving emergency involving another resident. This prompted her to put a very rude and inconsiderate note on the ambulance. It was reassuring to hear that the woman was subsequently prosecuted and fined.

Personally, I think that a better punishment would have been for her to be sentenced to clean a hospital or ambulances under supervision, whilst wearing clothing advertising her anti-social behaviour, and being photographed and filmed by national media companies, as an example to all!!!!



Real Bread Week is *the* annual, international celebration of supporting your local, independent Real Bread bakery and baking your own.

In its 10th anniversary year, #RealBreadWeek runs from 24 February to 4 March 2018

What is Real Bread Week?

Launched by the Real Bread Campaign in 2009, this is *the* annual, international celebration of Real Bread and people who make it. Its three aims are to encourage and help people to:

- Buy Real Bread from local, independent bakeries
- Bake their own Real Bread at home
- Join the Real Bread Campaign

Each year, bakeries and baking schools around the world organise hold classes, feasts and other events and activities.

Bigging up little bakeries

It's time to kick the additive-laden industrial loaf habit and support YOUR local Real Bread baker!

Small, independent, locally-owned bakeries help to:

- support more jobs per loaf for people in your local community - skilled jobs at that
- keep more money circulating in your local economy, helping to keep your high street alive

They may also offer social benefits, from being a place where older people at risk of isolation can see a friendly face and stop for a chat, to those that are set up to offer training and employment opportunities for people facing one of a range of challenges.

Don't be fooled by so-called 'artisan' loaves turning up on supermarket shelves: insist on the real deal.

- Look for The Real Bread Loaf Mark

- Discover a local Real Bread bakery
- Why support a local Real Bread bakery

Doughy digits

We're particularly keen to see more children learning to bake Real Bread, whether at home, in a bakery, baking school, nursery or in the classroom.

Not only is this great fun, but it's a way helping them to avoid all of the artificial additives that turn up in industrial loaves. It can also be a way of steering them towards healthier food - you'd be amazed at the number of children who 'don't like wholemeal' but love it when it was lovingly made by their own mitts.

More details at: realbreadcampaign.org

New pilot programme to combat scams targeting older Londoners with Age UK Posted 22nd February 2018

Nearly 4,500 reported cases of fraud among the over 65s in London last year.

- Age UK warning the actual figure is likely to be much higher with people reluctant to report.
- The new programme will initially be piloted in London with the aim of creating a prevention model that can be rolled out nationally.

To combat the rise of fraud and online crime affecting older people, Age UK has launched a brand new fraud prevention and victim support pilot programme in partnership with Action Fraud and funded by City Bridge Trust, the City of London Corporation's charitable funder.

The programme aims to support older victims and raise awareness of scams more widely to help empower older people to feel more confident at spotting and avoiding scams. Running over a 12-month period across six London boroughs, the programme includes three core elements:

1. Awareness raising sessions for an audience of older people, friends and family
2. One to one sessions for older people who are vulnerable and at risk of scams
3. Specialist one to one support sessions for older victims

Embarrassed to report fraud

Although anyone can become a victim of fraud, Age UK and Action Fraud are warning that older people – particularly those who live alone or with cognitive impairment – are at greater risk of falling victim. Financial losses are common but being a victim of fraud can also seriously affect people's quality of life and wellbeing. Many older people experience a deep sense of shame, embarrassment, depression, social isolation and a decline in physical health, with some even losing their independence.

Research for Age UK found that around two-fifths of older people across the UK – around five million in total – who believe they have been targeted by fraudsters didn't report it to an official channel. Over a third (36%) only confided in friends and family, and more than a fifth (22%) admitted they didn't tell anyone at all because they felt too embarrassed. Of those who did officially report it, however, the vast majority reported having a positive experience.

Rogue trader video

To help raise awareness of scams among older people and how to avoid them, Age UK and Action Fraud have produced a new video with broadcast journalist and presenter, Sir Martyn Lewis. The video, which is being released online to coincide with the launch of the new programme, focuses on identifying and stopping doorstep scams such as rogue traders. It also outlines five simple steps which can be applied to a range of common fraud affecting older people, including postal fraud (e.g. lotteries and prize draws), pensions and investment fraud, cold calls, and email and online dating fraud.

Pauline Smith, Head of Action Fraud, said: "Action Fraud reports show that those over the age of 65 are often targeted by fraudsters and that the consequences of being defrauded for older people are often harsh and long-lasting.

"Fraudsters use cruel tactics to defraud their victims with no regard to their age or circumstance and they will often seek out those most vulnerable in society. These criminals do not think about their victim's financial and social wellbeing and they will often leave them with nothing.

"The video released by Action Fraud and Age UK helps to highlight the problem of doorstep fraudsters and how to protect yourself."

John Edwards, Head of Service Delivery at Age UK, said: "Scams can have a devastating emotional and financial impact on older people. Everyone has the right to feel comfortable, safe and secure at home, yet there are an increasing number of sophisticated scams designed to cheat people of their money, empty their bank account or steal their identity.

"We are very excited about this new pilot programme which we hope will not only raise awareness of scams but empower older Londoners to feel safer, more secure and confident, and ultimately reduce the numbers of older people becoming victims of fraud.

"We would urge people to be vigilant and remember, if there is any doubt about the authenticity of an offer or piece of correspondence, do not respond and report it to the authorities immediately."

Alison Gowman, Chairman of the City of London Corporation's City Bridge Trust committee, said: "Fraud, especially cyber fraud, is an escalating problem and older people are often the victims.

"We must do all we can to stop some of the most vulnerable members of society being targeted by scammers and losing hard earned savings. We hope this new project will also allow us to really clamp down on the amount of cyber scams older people are falling victim to.

"City Bridge Trust is committed to tackling disadvantage across the capital and making London a fairer and better place to live."

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

Let's hope that the pilot scheme is successful, and then put out to the rest of the UK!



DRIVERS COULD BE FINED IF THEY VAPE AT THE WHEEL

Police have warned e-cigarette users that they risk prosecution if they vape at the wheel. The police say that the clouds of vapour produced by the devices could be just as distracting as using a mobile phone. Users could be guilty of driving without due care and

attention, which, ultimately, can result in disqualification, with three to nine points on your driving licence, plus a fine of up to £2,500.

Personally speaking, I for one, do not like walking anywhere near someone who is vapouring, as I have no wish whatsoever, to breathe in the vapour cloud that they create.

Now, still on inhaling vapour, a warning has been issued to people with asthma and other condition, who use inhalers for medical reasons, about faulty asthma inhalers that are being recalled.



URGENT MEDICAL RECALL: More than 6,000 faulty devices made by GlaxoSmithKline are being recalled. The affected products are VENTOLIN ACCUHALERAND lot numbers786G and 754P and SERETIDE ACCUHALER lot number 5K8W. If you have an inhaler which is listed above, you need to return it to your doctor and ask for a replacement.

Don't forget that you can also read my blog at: <http://www.eppingforestnhw.org.uk/>



Have a good weekend!

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