



EASTBOURNE NEIGHBOURHOOD WATCH ASSOCIATION

From our new Chair, Ken Ross elected at our AGM last January.

In view of the current conditions affecting us all due to the coronavirus Covid-19, there will be no paper copy Newsletter for the foreseeable future. However, we are sending this Special Newsletter by email to as many of our Scheme Coordinators that have an email address. We are asking them to forward it to as many of their Scheme members as they have email addresses for. If a copy of this Newsletter is handed to you and you have an email address, we suggest that you give it to your Coordinator. They will keep it safe to conform to the Data Protection Act requirements. There could be more such special Newsletters keeping you informed of relevant news during these uncertain times and doing this will ensure that you will get sent a copy. Our intention is to ensure that you get updates on the criminality issues occurring here in Eastbourne and other relevant information.

Helping with care and support throughout the community.

You are not alone!

Eastbourne Neighbourhood Watch Association is asking our members and supporters to join our 'Good Neighbour' plan where we ask everyone to connect with anyone who you think might be elderly, lonely or vulnerable in your area. In our present medical Covid19 emergency it is important that each of us help to bring our community closer together.

With the difficulties now upon us due to the proposed locked down, self-isolation and social distancing, it could feel as if we are forever alone – this must not be allowed to happen!

Pick up your phone and call a neighbour, go on the internet and check on the needs of the nearby vulnerable. And, don't forget the simplest of communication tools, simply drop a note in their letter box giving them your telephone and email details.

Never in our time has it ever been so necessary to stretch out your hand of friendship, to connect with your neighbours, to offer help where it is needed.

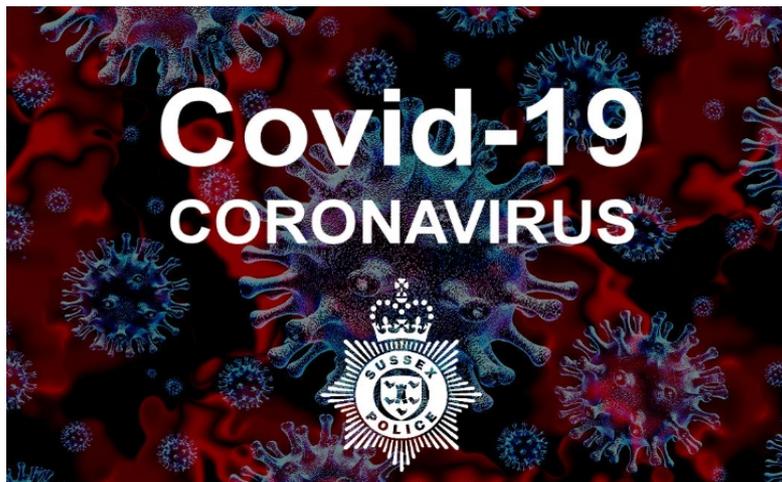
One last note – beware of the opportunists and the dishonest who will no doubt be about. We at the Neighbourhood Watch Association will never come to your home asking for money or payment. In cases of doubt call the police.

Stay safe and keep well.

Together we will win!

Ken Ross, Chair, on behalf of the 'Eastbourne NW Association'

A Message From Sussex Police Chief Constable Giles York



Covid 19 some guidelines. Together We Can Save Lives -

Please follow government advice, stay at home and don't gather in large groups. Sadly, there will always be those people who take advantage of the situation. We are seeing an increase in fraudsters and scammers. Banks will not ask for account details and the government will not send out emails or text messages giving away free money, do not respond to any of these. If you need help, phone them directly.

Please keep our 101 and 999 lines free for people with genuine policing needs.

We have sufficient police resources, policing continues and we are able to maintain services, albeit with a different approach. We need you to follow the advice to stay home, so that our officers and staff can continue come to work in sufficient numbers to maintain the service that you expect.

Community matters, now more than ever - Stay safe and keep your loved ones safe.

Together we can make a difference and save lives.

Local contacts details

Government coronavirus information: <https://www.gov.uk/coronavirus>

Call your local councillors, they have contact details for most eventualities.

Age- and care-related needs: Adult Social Care (East Sussex County Council)

Social care info. Report abuse/neglect: 0345 608 0191

Benefits and money-related needs: East Sussex Benefits Helpline (HARC)

Benefits advice 0333 344 0681

Eastbourne Borough Council: Local council Ctax + biz rates - 01323 410000

Business-related needs: Eastbourne Chamber of Commerce

Info + support for local businesses - 01323 641144

HMRC Tax-related matters: (business + personal) - 0300 200 3200

Education-related needs: Department for Education Coronavirus helpline for education matters - 0800 046 8687

Grocery-related needs: Taxi firms Shopping delivery from Supermarkets (they don't do your shopping though) - 746 746, 727 726, 720 720

Age Concern Eastbourne: Shopping and delivery service - 01323 638474

St John's Church, Meads: Shopping and delivery service - 01323 738 671

Sainsburys Vulnerable Customer Helpline: Prioritise grocery delivery for the vulnerable 0800 328 1700

NHS 111 Health helpline: (only if can't get help online) - 111

National Dementia Helpline: Tax-related matters - 0300 222 1122

Other support:

Citizens Advice Bureau: General advice - 03444 111 444

Samaritans: Talk to a trained operator about anything -116 123

Facebook Group: Helping The Elderly And Vulnerable

Claire Arendt coronac19volunteers@gmail.com

Volunteering opportunities: 3VA Volunteering hub – can provide opportunities - 01323 639373

Eastbourne Volunteers: Volunteer hub + befriending service opps - 07990751469

Lock-Down deliveries.

SAINSBURYS

Although curtailing their 'home delivery' system they still offer this service for the elderly and the vulnerable. Ring their Customer Service telephone number (0800 636262) and register with them, within 24 hours you can then go on line and you will be offered a number of days and times for your delivery.

Getting through to them on the telephone is not easy (unless your lucky) but stay with it and in the end someone will come on (after long periods of a pre-recording telling you how busy they are).

ICELAND

personal shopping ; Iceland in Eastbourne centre are currently opening for their first hour (10 - 11am) just for the elderly and vulnerable, it can get busy so make sure your safe.

TESCO

They also offer special times for the elderly and vulnerable – check local times as it is usually very early mornings.

NEWSPAPERS

Good news for those who need their daily newspaper - Pipers, Eastbourne, offer a delivery service direct to your letterbox for any/all newspapers. At the moment they will also offer you a limited trial offer special free 'delivery service' (Contact www.pipersnews.co.uk Tel: 01323 840753 info@pipersnews.co.uk)

Finally, a big thank you to all the emergency services.

How amazing was it on the 26th March when everyone came out and applauded all the staff at the NHS who are putting themselves at risk to help save lives. Some of you will know of staff who are genuinely scared when they are getting ready to go to work but they still go in and we know that it is going to get worse. Alongside the NHS we also have all the other emergency services and of course the refuse collectors and many more who are still having to go in to keep the country running and safe for us. All we have to do is stay indoors, please abide by this one rule and if you need help, just ask, our local community spirit is back and we are all pulling together.

Stay safe and well everyone.

A Cyber Crime Newsletter (courtesy Arun NW)

<https://www.surrey.police.uk/SysSiteAssets/media/downloads/sussex/advice/operations-initiatives-and-watch-schemes/operation-signature/ccu-newsletter.pdf>

Don't get caught out, be

SCAM AWARE



Follow these simple steps to protect yourself, your friends and family

Be suspicious. If it sounds too good to be true, it probably is.

Say NO to uninvited or unwanted callers, either by phone or at your door.

Do not agree to any deals immediately. Take your time and discuss it with someone you trust first.

Do some research about the company before handing over any money or signing an agreement.

Never send money to anyone you do not personally know and trust, whether here in the UK or abroad.

Do not give out personal information or banking details to anyone you do not know. Protect your information.

Always seek advice from a trusted friend or family member if the offer involves money, no matter the amount.

Be internet wise and log onto websites directly rather than through email links. Check addresses start with 'https' - s stands for secure.

Please do not be embarrassed to report a scam or suspected fraud. There is no shame as scammers are clever.



To report a scam, contact
Action Fraud
Tel. 0300 123 2040
www.actionfraud.police.uk

To get advice, contact
Citizens Advice
Consumer Helpline
Tel. 03454 040506

www.arun.gov.uk/jag



JOINT ACTION GROUP
Safer Arun Partnership

