

# KOPS

Newsletter December 2022

Project sponsored by **Big Local North Cleethorpes** and managed by **Voluntary Action North East Lincolnshire**



## KEEPING OLDER PEOPLE SAFE in CLEETHORPES

Welcome to the second edition of our KOPS newsletter. We're still sharing ideas about how we can all keep safe and secure, but this time there's a focus on Winter with its dark and cold nights as well as keeping safe over Christmas.

### Weather Ready

**10 things you should do now to prepare for winter - some useful tips from the Met Office.**

- Take the worry out of winter storms. Prepare for power cuts or more. Remember 105 is the powercut number.
- Check your heating. Get the temperature right.
- Weatherproof your home and garden.
- Check your plumbing.
- Make alternative plans in advance.
- Have basic supplies to hand
- Ensure your vehicle is winter ready.
- Get your flu jab.
- Think about vulnerable neighbours.
- Prepare yourself and your community for bad weather.

Lots and lots of useful tips and advice on the Met Office website here: <http://bit.ly/3VMdfos>

### Warmhubs

If you're feeling too cold this winter, community spaces are offering up their spaces as "warmhubs" to welcome people in at different times to stay warm and safe. The list of local spaces is limited now, but growing. A local agency is keeping an up to date list (here: <https://bit.ly/warmspaceslist>) so check it out for yourself or someone you know might be vulnerable. Friendship at Home is currently listed as providing a space on a Monday (check with them for details). Or why not join all the social clubs in the area!

### Christmas Scams

Fraudsters are looking forward to Christmas too. It's a great time for them to find you busy and off guard. All the better for falling for their tricks and giving away your bank details or important information. **Remember to TAKE 5.** If something seems suspicious, take 5 minutes to pause; think it through; investigate; or speak to someone you trust before you respond.

Delivery Scams are common before Christmas. After all, we're all sending and receiving things. You might get emails or texts from Post Office, DPD, Evri or others asking for details and a small fee. It's almost always a scam. Which? Has a useful article (and a great short video) about how to spot dodgy delivery emails and texts here <http://bit.ly/3VDvV9W>.

If you receive a dodgy text or email then don't click on any links. These will take you to insecure websites where you will be promoted to share personal information. Instead you can forward texts to 7726 (to report it) and then block the number. Remember to always verify anything you think is suspect away from the message itself. Look up contact information elsewhere and contact the company direct. In the example of the Post Office scam it's useful to realise that it's Royal Mail that delivers parcels - not the Post Office, so that should raise alarm bells straight away.

### Home Fire Safety Checks

Hopefully your home doesn't have too many fire risks. But isn't it worth checking? Humberside Fire and Rescue Service (HFRS) now have a detailed online home safety website that allows you to answer questions about every room in your house and you'll then get an immediate report on whether there is anything you need to be changing to make your home safer. Visit <https://www.safelincs.co.uk/hfsc/> or have someone help you to do the check to make sure you're living safely. If the report identifies issues and determines you are eligible, then you might get referred on for a home safety visit. If you can't do the check online or are worried about your safety then please call HFRS on 0300 3038242 and leave your details so that they can contact you to determine your eligibility and arrange a home visit if appropriate.



### Winter home safety advice

**Some top do's and don'ts from Humberside Fire and Rescue Service ([www.humbersidefire.gov.uk](http://www.humbersidefire.gov.uk)).**

#### Prevent...

- Keep portable heaters away from anything that could catch fire Sit away from your heater or fire
- Keep candles away from anything that could catch fire
- Stay with burning candles and put them out completely before you go to bed
- Make sure you turn off your electric blanket before you go to sleep unless it has thermostat control
- DON'T: Never use a hot water bottle in the same bed as an electric blanket

#### Protect...

- Fit smoke alarms in the house
- Test your smoke alarm once a week
- Check on your relatives and friends to make sure they are warm and safe this winter

## Xmas Burglary Advice

### Winter messages from Humberside Police on protecting your home from burglary.

Humberside Police work hard to prevent burglary and bring offenders to justice.

However there are things that residents can do to reduce the risk of becoming a victim of burglary.

We find that many homes are left unsecured with doors and windows left open or unlocked. This is sadly easy access for an opportunist thief.

#### Top tips

- Make sure your doors and windows are closed and locked when you're not in the room. Nearly half of all burglaries are down to a door or window being open
- Make sure nothing of value (including your car key) is left on show to tempt thieves into your property.
- Think about fitting a burglar alarm and security lighting – both to your home and outbuildings. It may be expensive, but they are very effective deterrents and can bring down your insurance costs.

#### Sheds, garages and gardens

Making a few modifications sheds and garages, along with the equipment stored in them can be made more secure.

- Make sure sheds and garages have good quality lock and hinges. Consider fitting deterrents in the garden like movement sensitive floodlights as these will leave thieves feeling exposed. Likewise alarms on sheds and garages will deter thieves as they would not want to be spotted in out buildings taking property.
- Garden tools, DIY equipment and leisure items such as fishing and golf equipment should be locked away in storage cupboards within outbuildings to form a second line of defence to thieves.
- Motorbike and pedal cycles

should also be locked even when they are in a shed or garage.

- To assist the police in recovering and returning stolen property, people should register valuables onto [www.immobilise.com](http://www.immobilise.com). Cycles, golf and fishing equipment and tools can be easily added onto the property register and then this assists the force in identifying property as stolen/lost, bring offenders to justice and stop the items being sold via second hand stores. The system can also allow owners to upload pictures of unique items.
- As well as protecting property in sheds and garages people can also stop thieves stealing plants by using heavy plant pots which will be less desirable to walk off with and ensure that unused garden furniture and tools are stored securely out of sight.

#### Protect your home while you are on holiday.

- Don't leave your house looking unoccupied. Mow the lawn before you leave so that it doesn't look like a meadow by the time you get back.
- Leave curtains and blinds open – nothing reveals that a house is unoccupied so much as curtains drawn during the day.
- Cancel milk and newspapers and any other regular deliveries.
- Ask a neighbour to remove free newspapers and post from your doormat if they can be seen through a glass panel or through the letterbox.
- Install a light on a timer switch that comes on in the evening. If you are using a light on a timer, don't use it with a table lamp that can be viewed through a window – it's a dead giveaway.

#### Keep your valuables safe

- Keep valuables out of sight and don't leave them where they can be seen through a window.
- If you conceal valuables in your home, avoid obvious hiding places such as your sock drawer or in a fake food can in the kitchen –

burglars are wise to this trick.

- Try not to leave anything you would hate to lose in the house while you are away
- Given that most burglars are opportunists and their motive is generally to get in, get something of value and then get out as fast as possible, your intruder might be encouraged to leave after finding a fake hoard rather than turning your house upside down to find anything of real value.
- Don't tell everyone you're on holiday
- Don't tell people outside immediate friends and family that you are going away or for how long.
- Don't talk about your planned holiday on social media - you don't know who can read your comments, or who they will tell.

There's lots more advice on the Police website at <https://www.humberside.police.uk/protect-your-home>



### Free personal and household security items for North Cleethorpes residents

Residents in Sidney Sussex or Croft Baker wards (with postcodes DN35 7 or DN35 8) are entitled to free household or personal safety items thanks to funding from Big Local North Cleethorpes.

Items include personal alarms; over-the-handle battery powered door alarms; stick on window pane alarms; motion activated night lights; plug-in timers and more.

If you are interested all the info is on [www.biglocalnorthcleethorpes.org.uk](http://www.biglocalnorthcleethorpes.org.uk) including the list of items and an order form. To order, contact Karl Elliott via [karl@vanel.org.uk](mailto:karl@vanel.org.uk) or 01472 897337.

## Keeping Older People Safe (KOPS)

Voluntary Action North East Lincolnshire (VANEL) leads the KOPS programme across North East Lincolnshire. In Cleethorpes, Big Local North Cleethorpes helps fund this initiative to help provide support to local older people. KOPS is also supported by other funding from FraudWatch and from the Community Safety Partnership and we work closely with Humberside Police Neighbourhood Policing Teams.

Contact Karl Elliott at VANEL for further information on KOPS or about anything in this newsletter.

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