

Community Warden –
Wouldham Parish Council Report –
June '21

There is not alot different to report from last month to this month.

- I continue to support our residents, mostly remotely at this time.
- Referrals made to the appropriate agency.
- I am aware that there has been a concern with lorries during the school start & finish times, advice was given & I referred them to the responsible agency. I have since made referrals to our local PCSO & Kent Police & our Partners during the weekly Safety Meeting via management. Wouldham P.C have given me advice & feedback too, thank you.
- For now, the majority of my days are spent doing complex case work.

I have had some annual leave and shortly I will be undertaking various trainings.

I have kept the advice lines from April's "**Mid Kent Mind, Stress Awareness Week**", here is the information:-

In April we had "**Stress Awareness Week**" and Mid Kent Mind kindly sent us some information that can be passed onto our communities to bolster wellbeing and open up conversations around stress and mental health.

Stress Awareness Month provided an important opportunity for us to raise awareness within our local communities about the support which is out there and available to our residents.

It is undoubtable that the pandemic has led to more people than ever before struggling to cope with stress – with so many variables and uncertainties contributing to the mood of the nation presently. We had an article included into the "Burham, Wouldham & Peters Village, Community Magazine", thank you to our then editor Mrs Mary Davis.

Stress Awareness Month 2021

Tips For Coping

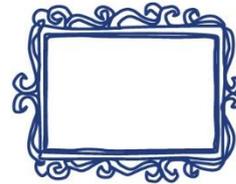


Exercise can release positive endorphins - making a huge difference to our wellbeing.

Whether you walk, run, cycle, swim or do something else entirely - get moving, and feel the benefits!



Stay connected with people. Don't be afraid to pick up the phone and have a chat - it can have a huge impact on how you feel, and on how the person you talk to is feeling, too!



Focus on yourself and the things you enjoy. Mental Health is different for all of us, so it is important to think about the things you enjoy which might be able to help you to better cope.

Helplines: -

Mental Health Matters - 24/7 Helpline

Call 0800 107 0160

Release the Pressure – 24/7 Helpline

Call 0800 107 0160

SHOUT – A 24/7 Text Support Service

Text “Shout” to 85258

Samaritans – 24/7 Helpline

Call 116 123 for free

Carers UK – Help & Support for Carers

Call 0808 808 7777

Also as before I must bring your attention to “Scams”, scams and potential scams have been on the rise since the start of the pandemic.

My advice has not changed and this is what I would advocate at all times. “Scams” are on the rise both online and offline.

Please educate yourselves and those around you.

Here is a copy of a notification my colleagues and I were sent from the “MET Police” to advise our residents: -

“Dear residents,

Kent Police have had an increase of calls lately from residents whereby they have received calls on the landline phone from someone claiming to be a Metropolitan Police officer. This officer will claim that someone has been arrested with a cloned card in your name and that they need your help, this officer will tell you their force/collar number and they will tell you to ring 191 (101 is the correct number to call) to confirm with the Metropolitan Police control room. If the person has rung on the landline then they will have an open line for around ten minutes even after you have put the phone down so please make sure you have a dialling tone before you make any further calls or use a mobile phone if you have one?

The scammers will then proceed to tell you that they need you to withdraw large amounts of cash from your bank, but you must not tell anyone or the bank due to someone in the bank giving out fraudulent notes. This is not the case and any Police Force will NOT call members of the Public asking for them to help the Police with an ongoing investigation.

If you receive any unsolicited calls claiming the above, please end the call and report it to Kent Police. The non-emergency number for any Police Force in the UK is 101.

Please think before giving out any private details, bank account/card numbers that it could be a scammer. Remember that Bank’s and Police will never ask for money or passwords and ALWAYS check if the caller is genuine.

Kind Regards”

We have also had doorstep criminals’ door knocking within the Borough telling residents that they need work done on their roofs. Do NOT accept these people on your doorstep

giving you quotes for work or even that the work is genuine as it often isn't. If in doubt call a friend round to check, or a reputable local trader and if the caller will not go away then ring Kent Police on 999.

There is a fake Census text scam being circulated where scammers are pretending to be from the UK Government Census 2021, people are being told that there are gaps in the information that they submitted.

Notifications like these can be signed up for on KCC Consumer Alerts, please see the below information for details.

For those that do not have the internet my best advice would be: -

- DO Not Answer your door to any unknown persons.
- Do Not Answer telephone calls from unknown number's, if you do accidentally answer the phone to unknown people – Do NOT engage in conversation about your utility bills, Amazon, Amazon Prime, HMRC, your Bank acc etc. etc. etc. – The official companies will not ring you to discuss your account; if they need to contact you, they will do this by official means – by writing to you.
- If you need to check the authenticity of someone that has rung, purporting to be from an official company – put the phone down – use another phone so you are not using the same phone line & ring the utility/company direct to check out the authenticity of the caller & if indeed there is any change to the service provided or whatever you were being told.
- Do Not Click on any links within emails again purporting to be from service providers – again contact the service provider direct.
- The list for Coronavirus scams is endless with people purporting to be from official Health services door knocking & trying to gain access to people's homes, getting resident's to hand over money to do food shopping for them & never to be seen again. Also along with fake phone calls, text messages & emails.
- More recently people have been purporting to be from a Health Care provider & turning up on people's doorsteps to give unannounced "Covid-19 vaccinations" – Do NOT let any unauthorised personnel into your home, unknown to yourselves – in in doubt ring your Dr's to check this is genuine or ring Kent Police if necessary.

Always take 5 minutes to re-assess the situation, phone a friend, family member or neighbour before making any decisions or proceeding with anything suspicious or out of the blue.

It is your phone & front door – just say **"No"** or even better do not answer to anyone unknown to you.

Use caller identity on your phones & use your phone provider call blocker for nuisance calls or text messages both for home phones & personal mobile phones.

For advice or to report issues, please call: -

Action Fraud Helpline: 0300 123 2040

KCC Trading Standards through Citizens Advice Consumer Helpline: 0808 223 1133

[Citizens Advice consumer helpline](#)

Kent Police on 101 for Non-urgent & 999 for emergencies only

For anyone wishing to report anything anonymously – please report to: -

CrimeStoppers 0800 555 111

For those of you online, you can get all the **“KCC Trading Standards alerts on ‘scams, doorstep criminals & doorstep sellers’ through KCC Consumer Alerts”**. Sign up for all the up-to-date scam alerts information via this link: -

<https://www.kent.gov.uk/leisure-and-community/community-safety/consumer-alerts>

“How to Spot the Signs of Financial Abuse – Doorstep Crime is Financial Abuse”

Help us prevent vulnerable people from becoming victims of doorstep crime and financial abuse. Watch the video and learn to spot the signs of doorstep crime and financial abuse. Please help to protect your family members, neighbours and friends.

Here is the link to KCC Trading Standards Public Protection You Tube channel, **How to spot the signs of Financial Abuse video: -**

<https://www.youtube.com/channel/UCtdaM7bkuOsbFpd8CzFnyhw>

“KCC have launched ‘Kent’s Plan Bee Facebook page’. The page will be used to keep Kent’s public and other interested parties informed of the county council’s action for pollinators, link them to other’s work and, importantly, provide them with the information, advice and actions they can take to make a difference for pollinators. Over the next few weeks and months, we will steadily build up content and hopefully a good following.

This week will also launch, via the Facebook page, our pollinator public perception survey. We are using this survey to help us better understand the public’s perceptions of pollinators and wildflower management and give people the chance to share their views on the future of Kent’s pollinators. This information will be used to inform the development of action we take in the delivery of Kent’s Plan Bee. The

survey will be available for the whole of May, in tandem with the national No Mow May campaign.

We will also use the Facebook page to deliver a month long public engagement campaign for June's 30 Days Wild. Whereas usually this covers anything to connect with, take action or learn about nature in general, our 30 Days Wild campaign will be for pollinators and there will be a post every day in June focussing on these important insects.

If you have the time to like, follow and share the Kent's Plan Bee Facebook page it would be appreciated – the wider the audience and the more connection we can get the better our public engagement work will be. The page can be found at: <https://www.facebook.com/Kents-Plan-Bee-100965242154004/> “

If anyone needs my assistance, please do not hesitate to call on: - 07813 694140