

Ferring Neighbourhood Watch



*Over 40 years of building community spirit,
safety in numbers and working together
to reduce crime and the
disproportionate fear of crime*

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In This Issue: Witnessed or been a victim of crime?; Littering & Fly-tipping; Victim Support; What to do in a mental health crisis; Free Mental Health Support;

Neighbourhood Watch is the largest volunteer-led crime prevention charity in England and Wales. With over 60,000 active volunteers and over 2 million supporter households. Working across local communities and regions, to empower and educate people, as well as to bring communities together. In this newsletter I start with a plea to all, if you witness a crime please do always report it. Don't turn a blind eye to crimes such as shop lifting, anti-social behaviour, public harassment etc. Be an Active Bystander. Please watch this short 3 minute Neighbourhood Watch guide <https://ourwatch.org.uk/activebystander> as to "What is the Bystander Effect?" Don't wait for somebody else to act. However, if its not safe to intervene directly, call for help. Always be mindful of personal safety if engaging with perpetrators. Call **999** and ask for the police if you or someone else is in immediate danger, or the crime is in progress and an immediate response is needed. Call **101** if less urgent.

If you have witnessed an incident of robbery, theft, or burglary, or have information about a crime and want to remain 100% anonymous, tell **Crimestoppers** Free call **0800 555 111** or visit website – <https://crimestoppers-uk.org/news-campaigns/campaigns/speaking-up-about-neighbourhood-crime>



Littering & Fly-Tipping

The Governments new 'Waste Crime Action Plan' sets out a zero-tolerance approach. Litterers and fly-tippers when caught face stricter penalties. Councils plan for 'clean up squads' to clear up the very worst fly-tipping sites. Changes in the law have been implemented to clamp down on offenders. Fly-tippers will be ordered to complete 20 hours of community service to clean their illegal dumps and also have to cover costs. Penalty points can be added to an offenders driving licence. The new proposals aim to speed up enforcement, clamp down on fly-tippers and restore pride in our communities. Beware! If your waste is fly-tipped by you or someone else acting on your behalf, then you could face a £1000 fixed penalty notice. Local Authorities and the Environment Agency also have powers to stop, search and seize vehicles which they suspect of being used in fly-tipping. Councils are expected to go further including naming and shaming those involved on social media, sharing images and videos of vehicles being crushed. CCTV, drones and Automatic Number Plate Recognition will be used to catch criminals in the act. The worst offenders face unlimited fines or up to 5 years in prison.

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If you witness an incident of fly-tipping in progress call the police on **999/101**. Do not confront fly-tippers, as they are engaged in criminal activity and may respond unpredictably. Illegal waste activity can also be reported anonymously to **Crimestoppers** call them free of charge on **0800 555 111**

3 things you should do before hiring somebody to take away your waste

1. Ask to see their waste carriers licence.
2. If a person refuses to show you their licence number, don't hire them.
3. Check the licence number against the Environment Agency's register.

Lets all take pride in our environment when out and about don't let sweet wrappers, cigarette butts and chewing gum end up on pavements. Be especially mindful of where used vapes are discarded. All retailers that sell vapes in the UK must take back your old ones to recycle. Old used vapes is one item of rubbish that should not be put in a regular bin.



If you have been a victim of crime, you can contact Victim Support who will give you the emotional support and advice you need. It does not matter how long ago the crime took place – they are always on hand to support you. Call free (24/7) on **0808 1689 111** <https://www.victimsupport.org.uk/>

MENTAL HEALTH CRISIS What to do? Who can help? As we go into spring and the sun shines the improved weather does a lot to help lift moods and bring a smile to our faces. However, if you're worried about yourself or the mental health of a loved one, such as finding it hard to shake feelings of depression or even experiencing suicidal thoughts or are worried you may hurt yourself or someone else. Then please know there is help locally that can be accessed for **free** and supports people in mental health crisis. People are often at a loss of what to do, I hope the following information helps. The first port of call would always be to contact your doctors surgery and ask for an urgent GP appointment. Failing that get help from 111 online <https://111.nhs.uk> NHS (24 /7) Depending on your symptoms, you may be advised to call 999 or go to A&E in an emergency.

Please also be aware that '**Staying Well Worthing**' is an out-of-hours (evenings and weekends) walk-in service providing help and support to people who are experiencing a mental health crisis. Opening hours: Monday to Friday 5PM -10:30PM or Saturday & Sunday midday to 10:30PM at Methold House, North Street, Worthing, West Sussex BN11 1DU **01903 268107** or sww@westsussexmind.org

Also **Drug and Alcohol Rehab** have recently launched a new FREE 24 hour helpline for individuals suffering from addiction in the local area free call **0800 0126088** info@addictionadvocates.com or Text HELP to 83222 The line is monitored by a team of addiction recovery experts who are willing to provide urgent help and advice to individuals struggling to cope with the difficulties that come with addiction.

CHILD MENTAL HEALTH ADVICE AND SUPPORT

Same advice as for adults in crisis, the first port of call would be to ask for urgent GP appointment. If a life threatening crisis dial 999, or go to A&E in an emergency. If its not a crisis but you are worried about your child's wellbeing you can receive free support, get tips and advice on different topics and children can share their experiences with people their own age, or have free, confidential chat with a trained counsellor 24/7 whatever the worry contact **Childline 0800 1111 childline.org.uk**

Or get more help and advice from **NSPCC 0800 800500**

Also, for children and worried parents or their carers the **Young Minds** website is extremely informative and helpful source of support <https://youngminds.org.uk> **020 7089 5050**

Last but not least, whatever age you may be remember you can always speak to the **SAMARITANS** for free any time **116 123 samaritans.org**

For feedback and ideas for future newsletters contact Carolyn at editorialnhw@gmail.com