

# Adur NHW Newsletter



## Lancing & Sompting Issue

April 2025

### Your Committee

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Ron Marsh	Committee Member
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### Are You Scam Savvy?

Are you concerned about all the different types of fraud and online scams? To help you stay safe, join WSCC for a free, informative webinar on how to recognise and protect yourself from the most common scams.

More than ever before, we have been relying on technology to enable us to work, learn and connect with each other. Inevitably, criminals have exploited and used our increased digital lives to their advantage. This has resulted in a rise in scams including telephone, courier and romance fraud which have all become an increased concern in West Sussex. Not only is there the financial impact on victims but the emotional impact can be even more significant.

We are offering these free sessions to anyone who wants to stop themselves falling victim to different types of scams.

The 'Are you scam savvy?' sessions can be attended online, and it is essential you book a free ticket.

The next dates available are:

Wednesday June 11th 10am - 11.30am

Tuesday August 26th 1pm – 2.30pm

Friday October 17th 10am - 11.30am

Monday December 1st 1pm – 2.30pm

<https://www.eventbrite.com/cc/digital-safety-fraud-prevention-4037633?>



## Mental Health

Mental Health issues are placing strain on Sussex Police resources, to the extent that even some 999 calls have had to be graded according to deemed urgency.

According to Priory (the leading independent provider of mental healthcare and adult social care in the UK) approximately 1 in 4 adults in England will experience a mental health problem each year and, in 2023, 6,069 suicides were registered in England and Wales, equating to 11.4 deaths per 100,000 people, the highest rate since 1999.

The cost of poor mental health is calculated at £300 billion a year in England and, in 2022, the public sector in the UK lost 18.5 million working days due to mental health-related issues, being an increase of over two million compared to 2020.

Last year, 7.8% of adults in the UK reported feeling lonely 'always or often', and women are more likely than men to experience common mental health problems, with 20.7% of women and 13.2% of men affected. Young women aged 16 to 24 are at the highest risk, with 28.2% experiencing a common mental disorder. Rates of self-harm among young women have tripled since 1993, with 25.7% of women aged 16 to 24 reporting self-harm.

In these increasingly stressful times mental health problems can affect anyone at any time. The theme for this year's Mental Health Awareness week will be "Community", because being part of a safe, positive community is vital for our mental health and wellbeing as this can provide a sense of belonging, safety, purpose and support in difficult times. We are less vulnerable when we have strong connections with others who remind us that we are not on our own.

Meanwhile, there is free and confidential help available, as follows:

- Call NHS 111 and select the mental health option (available 24/7)
- Call the Samaritans on 116 123 (available 24/7)
- Text the word SUSSEX to 25258 for Shout support (available 24/7)

This year, Mental Health Awareness Week will take place between the 12th - 18th May.

## Neighbourhood Policing Guarantee

Last week the Government announced its Neighbourhood Policing Guarantee, which will put 13,000 more officers into neighbourhood policing roles by 2029 - an increase of more than 50%. The first objective of the plan will be to establish named local officers, target town centre crime and build back neighbourhood policing, so as to make residents feel safer and more secure on a daily basis.

These changes mean that:

- each neighbourhood will have named, contactable officers to tackle the issues facing their communities, helping to restore trust in the police
- every neighbourhood in England and Wales will have dedicated teams who will spend their time on the beat with guaranteed police patrols in town centres and other hotspot areas at peak times such as Friday and Saturday nights.
- there will be a dedicated antisocial behaviour lead in every force, working with residents and businesses to develop tailored action plans to tackle record levels of antisocial behaviour.

The government's new Police Standards and Performance Improvement Unit will ensure police performance is consistently and accurately measured, so the government can narrow the gap between the best and worst performing forces. A new online tool will enable residents to check how their local force is performing and hold it to account.

John Hayward-Cripps, Chief Executive of Neighbourhood Watch said:

"The advantage of having a named officer is that it humanises the relationship between the police and the community. People report greater trust and confidence in the police when they can reach out to an officer who knows their area, and the communities who live there. Evidence suggests that patrols alone don't make a significant difference to cutting crime; what is effective is combining them with community engagement. Our members regularly work with the police, partners and the local people to adopt a problem-solving approach to crime and antisocial behaviour. And yet, nearly a third of people who responded to our community survey told us they lack a feeling of safety. It is especially important for younger people; they are the age group least likely to feel safe in their neighbourhoods."

# Recycling Centre opening hours extended for spring/summer

From 1 April 2025, Recycling Centre opening hours have switched to extended spring/summer hours. As the weather warms up, Recycling Centres tend to be busier, so these longer hours give residents more opportunities to visit.

The extended hours will remain in place until 30 September 2025 and will not be affected by bank holidays, including the Easter bank holidays at the end of April.



If you're planning a visit this weekend, don't forget to book an appointment before you arrive! Bookings can be made on the day or up to two weeks in advance, with 15 or 30 minute slots available depending on the site.

The booking system helps visitors make the most of their time by ensuring items are properly sorted and recycled rather than ending up in general waste. It also allows staff to offer more recycling advice and assist residents during their visit.

For more information and to book a slot, visit our website.

<https://www.westsussex.gov.uk/land-waste-and-housing/waste-and-recycling/recycling-and-waste-prevention/recycling-centres/book-to-recycle-booking-system/>

## Identity Fraud

Identity Theft is when your personal details are stolen and Identity Fraud occurs when someone uses another person's personal information without authorisation to commit crimes or deceive others, often for financial gain.

The steps you should take if you are a victim of Identity Fraud:

### 1. Contact Financial Institutions:

- Inform your bank, building society, and credit card company: Let them know about the potential fraud and any suspicious activity on your accounts.
- Monitor your accounts: Regularly check your statements and online accounts for any unauthorized transactions.
- Consider placing a fraud alert or credit freeze: This can help prevent further fraudulent activity.

### 2. Report to Action Fraud:

- Report the fraud to Action Fraud: This is the UK's national fraud and internet crime reporting centre.
- Report online or by phone: You can report online, or by calling 0300 123 2040.
- Obtain a reference number: This will be helpful for future queries and investigations.

### 3. Call Police:

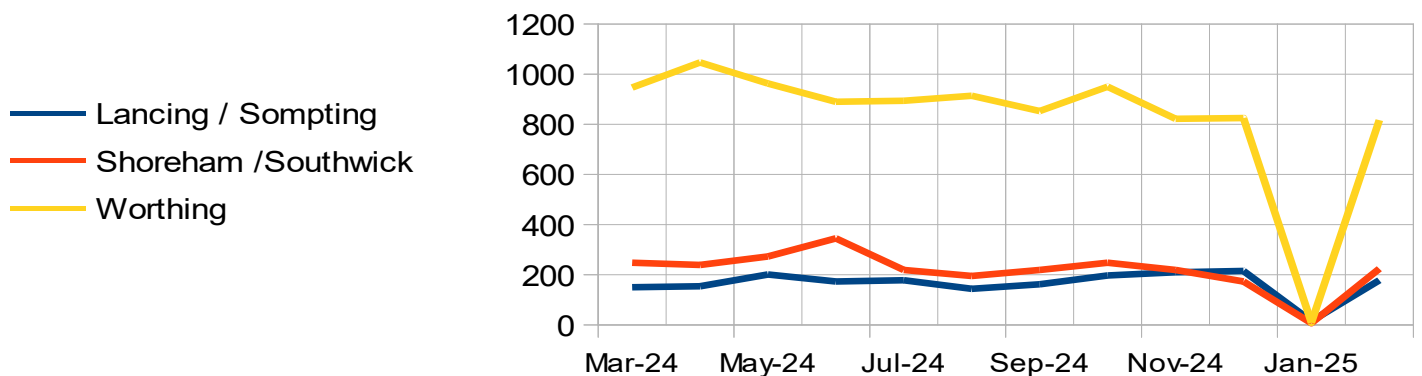
- If you or another person you are reporting on behalf of is vulnerable, in immediate danger or at risk of harm dial 999 to speak to the Police.

## Crime Statistics for February 2025

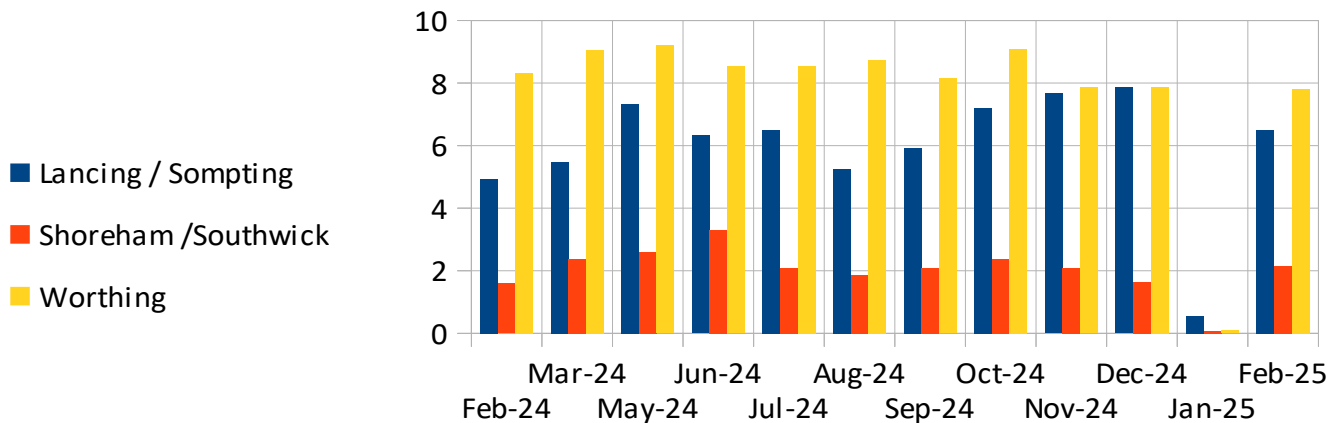
February 2025	Churchill	Cokeham	Manor	Mash Barn	Peverel	Widewater	Sub Total
Antisocial Behaviour	9	2	1	4	5	5	26
Bike Theft	0	0	0	0	0	0	0
Burglary	1	0	0	0	0	0	1
Criminal Damage	2	0	0	3	1	1	7
Drugs	1	0	1	3	0	1	6
Other Crime	3	2	2	1	1	0	9
Other Theft	2	0	3	1	0	2	8
Weapons	1	0	1	1	1	0	4
Public Order	4	1	2	20	1	2	30
Robbery	0	0	0	0	0	0	0
Theft Shop	10	0	0	34	3	0	47
Theft Person	0	0	0	0	0	0	0
Vehicle Crime	0	1	0	0	0	0	1
Violence & Sex Offences	7	5	3	9	8	7	39
Totals	40	11	13	76	20	18	178

Police UK have not produced the January 2025 results at the time of going to press

### Crimes March 2024 to February 2025



### Crimes per 1000 of Population



See the latest Alerts at : [https:// worthingnhw.ourwatch.org.uk/](https://worthingnhw.ourwatch.org.uk/)