



**Charlton Central
Neighbourhood Watch (CCNW)
Supported by Charlton Central Residents'
Association (CCRA)**

UPDATE No. 34 October 2018

Please share this 'Update' with a neighbour and encourage them to join the Watch.

**If you have something you'd like included
in UPDATE contact Brenda on 0208 853**

3354 or email brendataggart49@gmail.com

LET'S LINK TOGETHER

Loneliness can affect anyone - and can make you more vulnerable to criminals who prey on those who are socially isolated. But help is at hand from your friends and neighbours to stop the criminals in their tracks.

Up to a fifth of all UK adults feel lonely most or all of the time, with evidence showing that loneliness can be as bad for your health as obesity or smoking. Loneliness isn't new. But because of the ways in which our society is changing, it's now increasingly possible to spend a day working, shopping, travelling, interacting with business and with public services without speaking to another human being - and that's if you're lucky enough to be able to get out and about in the first place.

Criminals actively target lonely people. 'Lonely heart' scams have led to countless examples of heartbreak and financial losses - sometimes in the hundreds of thousands of pounds. Others report being befriended over a period of time by new 'mates,' who gradually fleece them of their money and property. There are especially sad reports of people whose nearest and dearest are stealing from them regularly, but who are too frightened to say anything - not only because they don't want to get loved ones in trouble, but also because they're worried that if they do say something, they'll no longer have anyone to visit them.

It's also worth mentioning that loneliness can be a consequence of crime, especially in the all too distressing context of domestic abuse, where an abuser is liable to isolate the victim as part of a pattern of

controlling or coercive behaviour. It's easy to feel there's nowhere to turn and no-one to turn to - and to end up feeling more isolated than ever.

This month the Government launched the UK's first strategy to combat loneliness. The strategy underlines the importance of communities working together to strengthen our connections with each other. It can be viewed at www.gov.uk/government/news/pm-launches-governments-first-loneliness-strategy.

We are fortunate in Charlton to have a strong, united community, where we actively look out for one another through groups such as your Neighbourhood Watch. We're also proud to have the vibrant Charlton Central Residents' Association, which has a busy programme of groups, meetings and activities, and which welcomes new and existing members. You can find more information at www.charltonresidents.net

If something is worrying or bothering you, you are also always welcome to contact your Neighbourhood Watch co-ordinators. One of us will gladly pop round for a cup of tea - so let's link up?

Winter security

As the dark nights draw in it's time to think about Winter security. Darkness is the burglar's friend, so let's keep them out. Make sure all ground floor windows are closed and locked. Close your curtains at night and make sure your shed is securely locked. If you are away from your home think about installing timer switches, unlit houses are a give-away that no one is at home. Finally given the rise in theft from motor vehicles, which has spiked recently in our area, make sure you lock your car doors and don't leave any valuable on display.

CCNW CO-ORDINATORS – see <http://ccnwatch.org>

- **Calydon** – Dhesi on 07816 548581
- **Delafield** – Annie on 0208 305 1484 / Brenda on 07939 090676
- **Inverine** – Cathy on 0208 488 2188 / Jonathan on 07875 054597
- **Nadine/Gollogly** – Lydia on 07956 207155
- **Swallowfield** – Heather on 07836 559420
- **Elliscombe** – Michelle on 07957 275739