

SAFER



SCHOOLS

HAPPY NEW YEAR !

January 2021

Welcome to our January Newsletter, which we hope contains helpful information and advice for you to share with your family. We would like to reiterate that our newsletters are designed to inform Parents and Carers of **both** Primary and Secondary school children, and therefore trust your personal judgement on what you feel will be **relevant** information to share with your child.

An apology first

In our December issue we included an article promoting the Police Instagram platforms. The article may have caused confusion or concern for which we apologise.

Please be reassured that Cambridgeshire Constabulary does not actively promote or encourage young children to create their own social media accounts. Age restrictions are in place to safeguard young people online, so adult supervision should be provided. Social media platforms like **Yourpolice.uk** promotes safe and monitored interaction with the Police on which we are able to share important messages and raise issues likely to be of interest to young people. This Instagram page is more specific to **teenagers** or their parents/carers wishing to understand more to support their families.

Instagram: Do you and your family follow?

We are encouraging Parents and Carers to sign up to Instagram and follow the Police locally and nationally. The Police UK page below has been designed especially for teenagers - a safe online space with reliable info, advice & weekly quizzes!



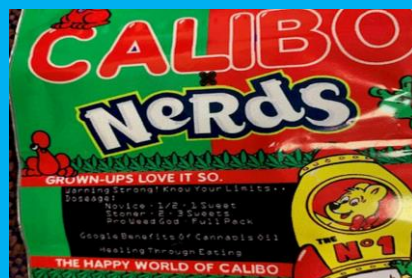
@cambscops



@yourpolice.uk

Drug Safety - Cannabis Edibles

Drug awareness is always an important subject to cover and hopefully you will recall our October newsletter when we highlighted **cannabis edibles** being packaged as **Nerd rope** confectionery. Unfortunately it is necessary to raise this concern again as it has recently come to our attention that there are a variety of THC (Tetrahydrocannabinol) infused products (**as pictured**) being distributed and seized in our communities. As you can see, they look very similar to well known branded sweets and could be mistaken for and digested by young children. We therefore urge parents and carers to be vigilant. These products can often be identified by a warning message in the small print on the packaging. THC is the principal psychoactive constituent of cannabis and there are health risks when consuming these products, which can include change in mood and body temperature, dry red eyes or dry mouth, paranoia and anxiety and increased heart rate (to name a few). If you are concerned that someone may have consumed these, please contact 111 for medical advice.



Call: 101
Telephone: 18001 101
Visit: cambs.police.uk
Follow: CambsCops
Subscribe: eCops.org.uk

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Crime Prevention

Bikes are always a popular gift at Christmas time, so anyone who has been lucky enough to have received one should take extra security precautions to prevent it from being stolen. More than **500,000** bikes are stolen in the UK each year, don't let yours be one of them. Please click on the following link for top tips to secure your bike:



www.sustrans.org.uk/our-blog/get-active/2019/everyday-walking-and-cycling/bike-security-advice/

Also, did you know that you can register your cycle with www.bikeregister.com which is a free service used by the Police to match found cycles with their rightful owners. To register, you will need to find your frame number, which is usually located near the handlebars, below the seat post, by the pedals or towards the back wheel.

In addition to registering cycles, you can also take extra precautions on other items of property or personal belongings by logging into www.immobilise.com. By using this **free of charge service** you can record crucial details of numerous items ranging from small pieces of jewellery to large TV's – basically anything portable, valuable or just something you wouldn't want to lose!

Surrender and Compensation Scheme

Cambridgeshire Police are supporting the National Surrender and Compensation scheme. The surrender scheme marks an important development in the government's commitment to tackling serious violence and making our communities safer.

The scheme is now 'Live' and will run until 9th March 2021. The surrender scheme has been launched following the introduction of the Offensive Weapons Act 2019 'prohibiting possession of specific offensive weapons and firearms'

For a full list and descriptions, please visit the [guidance on the Government website](#).

Anti Social Behaviour (ASB)



With the long winter months settling in, it can be easy for young people to become frustrated having to remain indoors more, especially with the additional COVID restrictions and the temporary closure of entertainment and sporting facilities.

Boredom amongst young people has been considered to be one of the main causes of **Anti-Social Behaviour (ASB)**.

Experimental activities which may begin as a bit of a joke to pass the time, could very quickly become out of control with devastating effects on vulnerable people within the community.

Peer pressure can be very powerful, however we urge anyone who might find themselves in a tempting situation to **stop and think** about the potential impact that their behaviour could have – not only for the victims on the receiving end of ASB but also to consider the personal consequences for themselves and the criminal offences they may be committing. With strict COVID restrictions in place, please avoid the temptation to meet in groups and remain at home.

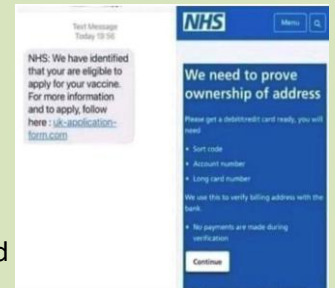
Help us and play your part to **STAMP OUT ANTI-SOCIAL BEHAVIOUR**.



NHS Scam Alert!

An NHS related scam text message has just been brought to our attention. At this time we have limited information but we feel it necessary to make parents and carers aware to give you the opportunity to exercise some element of caution should you receive something similar. These message have been received across the county.

The text message received (**see picture**) states that the recipient is entitled to a vaccine and to receive more information they should click on the link in blue. If the link is clicked, then the recipient will see 'we need to prove ownership of address' the recipient will then be asked to provide bank account details, sort code and a full bank card number. **SCAM! This is NOT genuine.**



Criminals continue to send phishing communications in their pursuit to deceive people into clicking on links and then to provide their private information such as email addresses, passwords and banking information.

For genuine COVID-19 related advice including vaccination information, visit www.gov.uk and www.nhs.uk

For more advice about protection from scams visit: <https://www.cambridgeshire.gov.uk/residents/community-protection/against-scams-partnership>

COVID – Be safe, Be kind, we're in this together!

It is vital we continue to keep our families and communities safe by reminding ourselves to adhere to **all** lockdown rules. <https://www.bbc.co.uk/news/explainers-52530518>

With a return to home-schooling these can be challenging times for parents and carers. We ask you to be mindful of your own and your family's mental wellbeing. You can actively seek advice from professionals, friends, family and the school community should you need some support. Please click on this link to see GOV.UK's guide for supporting children and young peoples mental health during COVID. <https://www.gov.uk/government/publications/covid-19-guidance-on-supporting-children-and-young-peoples-mental-health-and-wellbeing>



*Parents & Carers forum *

We mentioned in our last newsletter that we are considering live, virtual Q&A sessions for parents and carers. At this time the uptake has been low. So a gentle reminder:

- Would you be interested in participating?
- What topics would you like covered in these forums?

Please contact us to confirm your interest via our e-mail Schools&CYP@cambs.pnn.police.uk

We would love to hear your feedback & comments.
You can contact the team via our email
Schools&CYP@cambs.pnn.police.uk

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