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NW Chilterns Community Board: <https://bit.ly/3h1LFSk>



@HughendenStreet



<https://bit.ly/2PNqQf6>



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## Hughenden Newsletter

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### The Hughenden Street Association vision

For community life in Hughenden Parish to become better connected, supportive/supported, stronger and friendlier so that all residents are involved in it to the level they desire. This means working to create safer and connected communities encouraging residents to identify the needs of their neighbours to help them engage in the community. The Association has a key role to play in helping develop links to existing facilities whilst also working to support community groups to reach out to as many residents as possible.

So much has been achieved by the Street Association with more still to do together. Take a look: <http://bit.ly/2Skst40> PLEASE SHARE THIS NEWSLETTER

### Reducing Loneliness And Vulnerability

Hughenden Street Association (HSA) seeks to better connect residents so that they can access activities and support to help them enjoy their lives. Loneliness is an emotional response to isolation or lack of meaningful companionship. It is widespread and it affects people of all ages but is often triggered by certain life events such as bereavement, divorce, retirement or declining health; young people can also feel isolated and in need of connection.

Loneliness can also increase older people's risk to falling victim to scams, as the prospect of making conversation with another person can make them more willing to open the door to a stranger or engage in a phone conversation with an unknown caller or respond to emails or letters.

Professional scammers are skilled at developing relationships with their targets, and before long the lonely householder begins to feel that a genuine relationship is building. This can make it very hard to convince the person that they are being scammed. Lonely people also have fewer opportunities to meet with others and discuss finances and to explore with someone they trust whether an offer or relationship is genuine.

People who are socially isolated are, by definition, hard to reach and identify. Another problem is that loneliness is largely stigmatised, so people are less willing to self-identify as being lonely.

**What can we do?** By visiting our neighbours or stopping for a chat when we are out and about can really make a difference. HSA Pub Lunches and social events are a great way to stay connected. If you attend why not invite a neighbour along?

### Don't Forget .....

The Parish Council is sponsoring a **Community Ragwort Pulling** event in Little Burnham Meadow, next to the Hughenden Valley allotments between 10am and 1.00pm on 11<sup>th</sup> July. Led by Chiltern Rangers this is a great way to help the environment and meet friends, old and new.

The **Great Kingshill Summer Picnic**, 14<sup>th</sup> July on The Common from noon. It is shaping up to be a fabulous community event!

### Bogus And Nuisance Phone Calls



The advice to Neighbourhood Watch from the police is to report bogus phone calls to your telecom supplier. You may need to dial 1471 on landlines to get the caller's number and its time. An example of where to report bogus calls is: <http://bt.com/consumer/edw/scams/> Doubtless, other telecom suppliers will have similar pages on their websites. You can also report bogus phone calls to the police body, Action Fraud: Email : <https://www.actionfraud.police.uk> Tel : 0300 123 2040  
Do check with your landline and mobile phone provider too.

### 159 Phone Number



It is almost three years since the main banks introduced a single easy to remember phone number – **159** – for direct contact with your bank if you experience scams that could affect your bank account.

However, despite previous Alert messages from **Neighbourhood Watch**, this number still doesn't seem to be widely recognised, hence this repeat. So, if you think someone is trying to trick you into handing over money or personal details...

...**Stop, hang up and call 159** to speak directly to your bank.

**159** is the memorable, secure number that connects you directly to your bank if you think you're being scammed.

**159** will never call you. When should I call **159**?

Call **159** if you think your account has been compromised. Essentially, it is an easy to remember number that saves you the time of trying to find the normal number for your bank.

Remember, **159** will never call you. But you can rely on **159** to get you through to your bank.

### 32 Million Suspicious Emails

It is hard to believe that over 32 million suspicious emails have been reported to the **Suspicious Emails Reporting Service (SERS)**. At the same time, over 329,000 website addresses being removed along with more than 60,000 malicious websites have been removed as a result of using 7726 to report suspicious text messages.

**Happy 4<sup>th</sup> of July to all our American neighbours and friends!**

### Contact the Editor

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