

# CNWA Monthly Newsletter



We have Facebook and Instagram pages which we post to daily. Below is a selection of the posts from this month which you may find useful. If you would like to see these posts (and additional ones) in real time please visit

<https://www.facebook.com/cheshirenwa>

## **Students: Don't let a scam ruin your night out.**

Buying resale tickets for upcoming gigs or club nights? Be careful.

We've seen a rise in fake ticket sales on social media targeting students in Chester.

### Red Flags:

- They ask for payment via "Friends & Family" (PayPal).
- The profile was created very recently.
- They pressure you to pay "now."

Stay sharp. Save your money for the actual night out. 🍷

[#ChesterUni](#) [#StudentSafety](#) [#TicketFraud](#) [#Chester](#)

## **Think that £2.99 parcel text is harmless? Think again.**

We are sharing this urgent warning from Which? about a "nasty" new scam that lets fraudsters empty your bank account without ever stealing your physical card.

The Scam in 3 Steps:

1. You get a text about an unpaid postage fee (usually small, like £1.45 or £2.99).
2. You enter your card details and a "One Time Passcode" to pay it.
3. THE TRAP: That passcode isn't for the £2.99. It actually authorises the scammer to set up Apple Pay or Google Wallet on their phone using your card.

Once they have it on their digital wallet, there is no £100 contactless limit. They can spend hundreds before you notice.

 The Advice: Never click a link in a text to pay a fee. Always go to the official website directly.

Watch the full explanation below 

[#ScamAlert](#) [#RoyalMailScam](#) [#ApplePay](#) [#CyberCrime](#) [#CheshireNWA](#)

## **Learner Driver in the house? Read this before you pay.**

We know how frustrating the driving test backlog is right now (currently averaging 5+ months). Sadly, scammers know it too.

### The Warning:

There has been a 211% rise in driving lesson fraud since 2024.

Criminals are setting up fake social media profiles offering "Guaranteed Fast Track Tests" or block-booking lessons, taking the money (average loss £244), and then ghosting the learner.

3 Checks to keep your teen safe:

- 1 Check the Badge: A real instructor must display a Green ADI badge in their windscreen. No badge? No lesson.
- 2 Avoid "Fast Track" Social Media Ads: If it sounds too good to be true, it is.
- 3 Only book tests via [GOV.UK](https://gov.uk): Watch out for "copycat" websites that look real but just steal your data.

Tag a parent who is currently paying for lessons! 🙌

[#Cheshire](#) [#LearnerDriver](#) [#ScamAlert](#) [#Parenting](#) [#SafeDriving](#)

### ⚠️ **IMPORTANT CONSULTATION: Changes to Youth Support in Cheshire West**

Deadline: Sunday 8th February

Cheshire West and Chester Council is proposing significant changes to the Healthy Child Programme (ages 0–19).

What is at risk?

The Council is considering:

- ✗ Stopping or reducing universal parenting programmes.
- ✗ Reducing School Nurse drop-ins in secondary schools (targeting only "high need" schools).
- ✗ Reducing support for vulnerable first-time young parents (Family Nurse Partnership).

Why this matters:

We believe that School Nurses and Parenting Support are vital "eyes and ears" in our community. They provide a safe space for young people and struggling families to get help before things reach a crisis point.

If you believe these services are essential for keeping our young people safe, please make your voice heard.

🔗 Read the proposals & complete the survey in the comments.

[#CheshireWest](#) [#Safeguarding](#) [#SchoolNurses](#) [#YouthSupport](#) [#CommunitySafety](#)

### 👉 **Partnership in Action**

It was great to see our Chair, Heather, catching up with PCSO Michelle from [Northwich North Police](#) this afternoon!

They were busy planning this Friday's "Coffee & Cake" drop-in session.

If you live in Weaverham and want to discuss local issues, find out more about Neighbourhood Watch, or just enjoy a free slice of cake, please come along.

The Details:

📅 Friday 30th Jan

🕒 19:30 – 21:00

📍 The Lighthouse Church Annex, Church Lane

We look forward to seeing you there!

[#Weaverham](#) [#Northwich](#) [#CommunitySafety](#) [#CheshirePolice](#)

## Calling all responsible Dog Owners in Warrington! 🐾

We are teaming up with Warrington Borough Council Environmental Crime to support their brilliant campaign: "Leave Only Pawprints."

We know that dog walkers are the unsung heroes of our communities. You are out early in the morning and late at night, keeping an eye on our streets while everyone else is asleep. 🌙

✅ Step 1: Help keep our streets clean by signing the pledge below.

✅ Step 2: Stay tuned for our upcoming "Paws on Patrol" initiative, where we turn your daily walk into a community safety superpower! 🦹‍♂️

👉 Sign the pledge in the comments.

[#Warrington](#) [#PawsOnPatrol](#) [#CommunityPride](#) [#DogWalkers](#)  
[#CleanerStreets](#)



## 💛 This is what Community Spirit looks like!

We loved seeing this update from [Walking Mums Cheshire](#) today. What an incredible turnout at Walton Hall and Gardens!

At Neighbourhood Watch, we believe that a connected community is a safer community. Seeing so many families out together, making friends and enjoying our local parks is exactly what it's all about.

If you are a parent in Cheshire looking to meet new people and get some fresh air, definitely give them a follow.

Great work, Rachael and team! 🍌

[#Warrington](#) [#Community](#) [#Cheshire](#) [#SupportLocal](#) [#WalkingMums](#)



## 📈 WE ARE WINNING ON THE STREETS... SO CRIMINALS ARE MOVING ONLINE.

The stats are in: Vehicle crime in Cheshire has dropped by 14%.

That is massive news. It means our driveways are safer than they were a year ago. 🚗✅

But there is a catch.

As physical crime drops, digital crime is rising. In fact, 1 in 5 people will fall victim to a cybercrime or scam this year.

Criminals are trading crowbars for keyboards. So, we need to update our "Neighbourhood Watch" for the digital age.

Matt is our Cyber Crime Ambassador, he is our resident expert on all things digital safety.

We have teamed up with Matt to translate his specialist knowledge into simple, practical advice that helps you "lock" your digital doors just as securely as your front door.

Over the next few weeks, we will be sharing his top tips on:

🔒 Spotting fake texts.

🏦 Protecting your bank details.

📱 Securing your social media.

Don't let the scammers win.

Follow us to join the "Digital Watch" and get these tips straight to your feed. 📌

[#Cheshire](#) [#CyberSafety](#) [#DigitalWatch](#) [#ScamAlert](#) [#OnlineSafety](#) [#CheshirePolice](#)  
[#CommunityProtection](#)

**This powerful video illustrates what Coercive Control feels like. It doesn't always start with violence; often, it starts with control. (Video available on our Facebook page)**

It can look like:

📱 Tracking a partner's every move.

🔒 Restricting access to phones or the internet.

🏠 Isolating them from friends and family.

As the video shows, this behaviour "constricts" a person's life until they feel trapped.

As neighbours, we often notice when someone becomes withdrawn or isolated. If something doesn't feel right, it probably isn't.

If you are worried about yourself or a neighbour, you are not alone.

Support is available in Cheshire.

👉 Get Help: visit [cheshire-pcc.gov.uk](https://cheshire-pcc.gov.uk) or call the National Domestic Abuse Helpline on 0808 2000 247.

[#Cheshire](#) [#CoerciveControl](#) [#LookOutForEachOther](#) [#DomesticAbuseAwareness](#) [#CommunitySupport](#)

☕ **Going round to your parents' house today?**

While you're there having a cuppa, ask to see their phone for 2 minutes.

Scammers target landlines and mobiles with high-pressure calls, and for older relatives, these can be terrifying.

🌐 The 2-Minute Fix:

You can enable "Silence Unknown Callers" (iPhone) or "Spam Protection" (Android) in their settings right now. It acts as a shield, blocking the vast majority of robocalls and potential fraudsters before the phone even rings.

Help them set it up. It gives them peace of mind, and you too. 🧡

[#FamilySafety](#) [#Cheshire](#) [#ScamPrevention](#) [#DigitalCaring](#)





## We often talk about community spirit, but what does it actually look like?

In Pickmere, it looks like Jen Hughes and her team at Pickmere Residents Association Neighbourhood Watch.



The village attracts huge crowds to the lake, which often leads to blocked roads, making it difficult for emergency vehicles to get through.

Rather than just worrying about it, the Neighbourhood Watch took action.

Using SWAP funding from the Police & Crime Commissioner, they organised accredited training for 10 volunteer residents.

These volunteers, who range from young adults to retirees, are now certified for the next 3 years in:

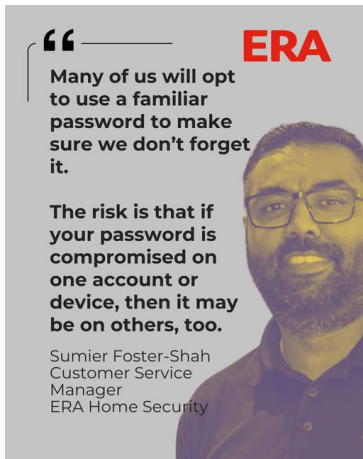
- ✓ CPR
- ✓ Defibrillator use
- ✓ Emergency First Aid

They act as a critical bridge, providing help to neighbours and visitors alike until the professionals arrive.

This is the power of a modern Neighbourhood Watch. It helps build a sense of community as well as saving lives.

Inspired by Jen's team? You can start a scheme in your area today.

[#Cheshire](#) [#Pickmere](#) [#CommunityHeroes](#) [#FirstAid](#) [#SaferStreets](#) [#NeighbourhoodWatch](#) [#SuccessStory](#) [#AccreditedTraining](#)



## Neighbourhood Watch Network with ERA Home Security.

Our latest Crime and Community survey found that 45% of members are concerned about their cyber security – here's some easily applicable top tips from our partner @ERAHomeSecure to help protect yourself and your loved ones from cybercrime.

- ✅ Choose smart home devices from a reputable brand, and make sure you check the support period.
- ✅ Don't duplicate passwords – and try a password manager if you struggle to remember yours.
- ✅ Try two-step verification to add another layer of security.

## Neighbourhood Watch isn't about logos or lanyards. It's about people.

So, we wanted to re-introduce the team working behind the scenes to keep Cheshire the safest county in the North West.

We are a mix of retirees, students, mums and professionals, but we all share one goal: looking out for our neighbours.

### 🌟 The Leadership

Heather (Chair): The organiser-in-chief! Heather runs her own scheme in Sandiway, having taken over the reins from a neighbour in his 90s.

Mike (Secretary): Our voice of experience. Mike served 43 years with Cheshire Police and now dedicates his time to supporting victims of road collisions.

### 🌟 The Specialists

Matt (Cyber Ambassador): The guy who keeps you safe online. He turns complex cyber threats into simple advice for our "Digital Watch."

Tim (Coordinator): A champion for Lostock Gralam, a Parish Councillor and, importantly, Chair of the local Wine & Food Society! 🍷

### 🌟 The Social Team

Elyssa & Leanne: That's us! Elyssa is our storytelling lead and Leanne is a Digital Marketing student bringing you our updates.

### 🌿 WE ARE MISSING ONE PIECE...

We are looking for a Treasurer to join this friendly bunch.

Are you good with numbers? Want to help protect your community from the comfort of your own home?

👍 Drop us a DM or check the link in our bio to find out more.

[#Cheshire](#) [#MeetTheTeam](#) [#CommunityHeroes](#) [#CheshireLife](#) [#NeighbourhoodWatch](#) [#Volunteering](#) [#SaferStreets](#)



## 🚨 SCAM WARNING: The Tax Deadline is approaching.

With the Jan 31st HMRC deadline looming, we are seeing a spike in fake texts offering "Tax Refunds."

⚠️ The Golden Rule: HMRC will NEVER text you a link to claim a refund.

❌ Don't click the link.

❌ Don't input your bank details.

✅ Forward suspicious texts to 7726 (it's free).

Tag a self-employed friend who needs to see this. 📌

[#Cheshire](#) [#ScamAlert](#) [#HMRC](#) [#CyberSafety](#)

**It is freezing out there! ❄️ While we all try to stay warm, our local ambulance crews are seeing an increase in serious burns and scalds from hot water bottles.**

Please watch this quick guide from the NHS on how to use them safely.

⚠️ The Golden Rules:

- Fill it to 3/4 full (don't overfill it!).
- Don't use boiling water.
- Check for the 'daisy wheel' date mark to make sure it isn't expired.

And a vital reminder from the team: 999 is for life-threatening emergencies. For everything else (including minor burns), please use 111 online.

Stay safe and cosy, Cheshire! 🧡

[#Cheshire](#) [#NHS](#) [#Ambulance](#) [#SafetyTips](#) [#WinterWellness](#) [#CommunityCare](#)



#### Weaver Vale Housing Trust

Be cautious and question who is calling and texting you.

If you have received any messages that don't look right, delete them.

Remember that if something seems too good to be true, it probably is.

For more tips visit <https://orlo.uk/kMbN3>

To speak to a member of our team

📞 Call us on 0300 303 9848 or visit <https://orlo.uk/ptAo1>

**We are borrowing this important message from our colleagues over the border in Merseyside because the warning applies to every park and pond in Cheshire right now. ❄️**

With schools going back and the frost setting in, frozen lakes look tempting to children. But as this video shows, the ice is treacherous.

Please have a chat with your kids tonight:

1. Never go onto the ice.
2. Never go in to rescue a friend (call 999 immediately).
3. Never throw stones to 'test' it.

A 2-minute conversation could save a life.

👮 Credit: Merseyside Fire & Rescue Service

[#Cheshire](#) [#WaterSafety](#) [#IceDanger](#) [#ParentingTips](#) [#WinterSafety](#)

## Reporting for duty! 🧑‍💻

To all the dog walkers of Cheshire: you are the unsung heroes of our streets. You see everything, you know everyone and you are out there in all weathers.

If you spot something unusual on your walk today, trust your instincts. You are the eyes and ears of our community.

(Payment accepted in treats 🍌).

**#Cheshire #PawsOnPatrol #DogWalkers #NeighbourhoodWatch #MorningWalk #CheshireDogs**

## A massive salute to Laurence Medlock, retiring as a Coordinator at 100 years old! What an achievement.

It gets us thinking... Who are the heroes of Cheshire? 🧐💬

Do you have a neighbour who has been looking out for your street for decades? Or a new resident who has brought fresh energy to the area?

We want to grow our team in Cheshire and find the people who care about where they live.

Join the movement. Whether you are 18 or 100, there is a place for you here.

🔗 [https://cheshirenw.org/?utm\\_source=ig&utm\\_medium=social...](https://cheshirenw.org/?utm_source=ig&utm_medium=social...)

Drop a '👉' below if you are interested in starting a scheme on your road!

**#Cheshire #CommunitySpirit #Neighbourhood Watch #Volunteer #LoveWhereYouLive**



## We know that January bills are landing and the cost of heating is high. But please, never be tempted by "energy hacks" or offers to tamper with your meter to save money.

As this video from Crimestoppers and Stay Energy Safe explains, messing with your meter isn't a clever money-saving trick. It is a major fire risk. ⚡

If you are struggling to keep warm, there is SAFE, legitimate support available in Cheshire right now.

Please call these numbers instead of taking a risk:

📍 FOR EVERYONE (All Cheshire):

LEAP (Local Energy Advice Partnership)

They offer free home visits, free LED bulbs/draught-proofing, and debt advice.

☎ Call: 0800 060 7567

💻 Visit: [applyforleap.org.uk](https://applyforleap.org.uk)

📍 FOR CHESHIRE WEST RESIDENTS:



Citizens Advice Heating Bank  
Support for those at risk of fuel poverty.

📞 Call: 0808 2787 806

📌 FOR CHESHIRE EAST RESIDENTS:

Green Doctor

Free advice on switching suppliers, damp/mould, and energy measures.

📞 Call: 0330 1740 863

Emergency Heating (Council)

If your boiler breaks and you have no heat.

📞 Call: 0300 123 5017

📌 Please Save This Post.

You might not need it, but a friend or neighbour might be suffering in silence. Having these numbers to hand is the best way to help them.

[#Cheshire](#) [#StayEnergySafe](#) [#CostOfLiving](#) [#EnergySupport](#) [#CommunitySafety](#)

**New Year, New Neighbourhood Habits.** 🏡

In 2026, let's swap the panic for preparation and the isolation for connection. Who's with us?

[#Cheshire](#) [#CommunityGoals](#) [#NewYear2026](#) [#GoodNeighbours](#)



**If you see us waddling down the High Street today... mind your own business. We are just following medical advice!** 🐧

The NHS officially recommends 'Walking Like a Penguin' to handle these icy pavements.

The Rules:

- ✅ Feet out.
- ✅ Knees loose.
- ✅ Arms out (wings ready!).
- ✅ Short, flat steps.

❌ The Big No-No: Hands in pockets! You need your arms for balance if you slip.

Tag a mate who needs to master the waddle this weekend! 🙌

[#Cheshire](#) [#PenguinWalk](#) [#WinterVibes](#) [#StaySafe](#) [#CommunityHumour](#)

## PUT THE KETTLE DOWN! ☕

With temperatures set to plummet again this weekend, we know the temptation to grab the kettle is strong...

But please, don't do it. Boiling water + frozen glass = a cracked windscreen (and a very expensive bill!). 🚗💧

Here is the proper way to de-ice, courtesy of whichuk

1. Air First: Turn on the blower and rear heater. Let the car do the work.
2. Scrape Don't Pour: Use a proper scraper or de-icer spray.
3. No Portholes: Clear the whole screen (and the roof!). Driving with a tiny gap is dangerous and illegal.

Save your windscreen and stay safe on the roads this week, Cheshire! ❄️

📺 Video Credit: Which? ([Which?](#))

[#Cheshire](#) [#WinterDriving](#) [#CarHacks](#) [#Which](#) [#RoadSafety](#)



## **SAVE THIS POST.** 📌

You might not need these numbers today. But one day, a friend, a neighbour, or a family member might. Having them to hand could change everything.

### 📍 LOCAL SUPPORT (Winsford):

Mid Cheshire Mind is fully open again (9am-5pm, Mon-Fri).

☎️ 01606 863 305

🏠 21 Dingle Walk, Winsford

✉️ office@midcheshiremind.org.uk

### 🇬🇧 NATIONAL HELPLINES (Free & Confidential):

🗣️ Need to talk?

- Samaritans: 116 123 (24/7)

- SHOUT: Text 'SHOUT' to 85258

💡 Mental Health & Suicide Prevention:

- Papyrus (Under 35s): 0800 068 4141 (or text 88247)

- CALM: 0800 58 58 58

💜 Safety & Support:

- Domestic Abuse Helpline: 0808 2000 247

- NHS Non-Emergency: 111

- Cruse (Bereavement): 0808 808 1677

- GamCare (Gambling): 0808 8020 133

We are here for you, Cheshire. 🧡

📧 cheshirewestandchesterCouncil

[#Cheshire](#) [#MentalHealth](#) [#MidCheshireMind](#) [#SupportList](#) [#YouAreNotAlone](#)

**With the snow falling and temperatures dropping this week, keeping warm is a priority for us all.** ❄️

We loved these cost-effective tips from the British Red Cross, but we want to go one step further.

Could you share these tips with an elderly neighbour today?

When you pop round to check on them, remind them of these simple tricks to stay warm without breaking the bank:

🧑 Layer Up: Several thin layers trap heat better than one thick jumper.

☀️ Sun Power: Keep curtains OPEN during the day to let the warmth in, but shut them tight as soon as dusk falls.

🪑 Move It: Check their sofa isn't blocking the radiator, let that heat circulate!

Let's make sure no one in Cheshire is shivering in silence this week. 🧡

Credit: britishredcross

[#Cheshire](#) [#CommunityCare](#) [#WinterWarmer](#) [#GoodNeighbour](#) [#CheckIn](#)

**Good morning, Cheshire!** ☕

The uniforms are on, the bags are packed, and the first school run of 2026 is officially here. It is icy and snowy out there this morning, which means the roads (and pavements) are going to be tricky. ⚠️

❄️ Please clear all the snow off your windscreen (and the roof!) before you set off. Don't be the driver peering through a tiny gap!

🕒 Leave 10 minutes earlier than usual. Rushing on ice = accidents.

👉 Traffic will be slow. Parking will be difficult. Let's be extra patient with each other and give the kids plenty of space to walk safely on slippery pavements.

Good luck to all the parents and kids heading back today. Take it slow and arrive safe!

[#Cheshire](#) [#BackToSchool](#) [#SnowDay](#) [#SchoolRun](#) [#RoadSafety](#) [#CommunitySpirit](#) [#SafeStreets](#)  
[#WinterDriving](#)

