



Community Safety Partner Updates



January 2024

Community Safety Update and Events

Hythe Community Safety event

On 23 January, Tara Liam from Community Safety was joined by Kent Police at the Hythe community engagement event held at Hythe Town Hall.

It was a very successful networking meeting engaging with around 20 residents who shared their concerns about fly-tipping, street lighting and requested more police patrols in the Hythe area.

The importance of safety in the community was highlighted by the team.



Harbour Church coffee morning



Tara Liam attended the Harbour Church coffee morning on 25 January engaging with the local community alongside Kent Community Warden, Carol Coveney. This is a well-attended facility for the community and residents can access a range of service providers from The Pantry food services, [RainbowCentreHythePantry](#) . Other partners outlining their services were [CitizensAdvice](#) and the [RSPCA](#)

Come along to the [HarbourChurch](#) for their weekly coffee morning.

Open most Thursdays from 10am until noon, , pop in for a good

conversation and enjoy tea, coffee, hot chocolate squash with a selection of homemade cakes.

You'll be sure of a warm welcome and someone to chat to if you would like some company.



Nicola's Wish Upon a Star update

145 vulnerable children and young people received a gift at Christmas thanks to Folkestone & Hythe District Council staff and councillors, with additional contributions from the Channel Rotary Club who took part in 'Nicola's Wish Upon a Star' scheme.

Those who benefit from the scheme range from new-born babies to 18-year-old young adults with hundreds of presents being distributed as part of the 'Wish Upon a Star' appeal.



A big thank you to all those who were involved in this year's appeal.

Partner Updates

Rainbow Centre

Folkestone Rainbow Centre is a charity that delivers a range of services across the district to provide support to individuals and families during difficult times.

One of its services is the mobile foodbank and pantry service for areas of Folkestone, Hythe and Romney Marsh, for people struggling to meet the increased cost of food.

It helps residents facing an emergency who have been referred by agencies to the foodbank for free food vouchers. The van also delivers a mobile version of the Hythe Pantry service which has been supporting its members by offering a weekly food shop for just £5 per week.



• Rainbow Centre •

Get more for your **£££'s**
at **Your Local Pantry**



Big names at small prices!

www.yourlocalpantry.co.uk

[@RainbowCentre01](https://www.facebook.com/RainbowCentre01) [@rainbowcentre01](https://www.instagram.com/rainbowcentre01) [@RainbowCentre01](https://www.twitter.com/RainbowCentre01)

You can also call us on 07913 573 403



• Rainbow Centre •

Our Lady of Good Counsel,
2 Lower Blackhouse Hill, Hythe CT21 5LS

For a **small weekly fee** local residents can join up as members and access a whole range of benefits.

Entrance to a weekly shop at the Pantry	Meet new people or volunteer	Free welcome gifts	Pay by cash or standing order
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A limited number of memberships available

Opening times:
Monday's 9.15am - 1.30pm

www.yourlocalpantry.co.uk

[@RainbowCentre01](https://www.facebook.com/RainbowCentre01) [@rainbowcentre01](https://www.instagram.com/rainbowcentre01) [@RainbowCentre01](https://www.twitter.com/RainbowCentre01)

You can also call us on 07913 573 403

LOCAL SERVICES PROVIDING FOOD

Monday 2.30pm to 4.30pm	Cornerstone Drop-in The Cornerstone Centre, Castle Hill Avenue
Tuesday 12.00pm – 1.30pm	Action on Homelessness 45 Foord Road (Sunflower House) CT19 4AE
5.00pm	Rainbow FoodStop Magistrates Court, Palting Way
5.20pm	Rainbow FoodStop Marine Crescent
Wednesday 2.30pm to 4.30pm	Cornerstone Drop-in The Cornerstone Centre, Castle Hill
Thursday 12.00pm – 1.30pm	Action on Homelessness 45 Foord Road (Sunflower House) CT19 4AE
5.00pm	Rainbow FoodStop Magistrates Court, Palting Way
5.20pm	Rainbow FoodStop Marine Crescent
Saturday 5.00pm	Rainbow FoodStop Magistrates Court, Palting Way
5.20pm	Rainbow FoodStop Marine Crescent

If you are experiencing a crisis you can call **'Help Through Hardship'** **08082 082138** to be assessed for a Shepway Foodbank voucher.

COMMUNITY FRIDGE

Wood Avenue Library, 17 Wood Avenue, CT19 6HS

Monday 10:00am – 1:00pm 2:00pm – 4:30pm
Wednesday 9:30am – 1:00pm
Thursday 10:00am – 1:00pm 2:00pm – 4:30pm
Friday 10:00am – 1:00pm 2:00pm – 4:30pm
Saturday 10.00am-1:0pam
Tuesday & Sunday CLOSED

Community Fridge is available during Library opening hours.

Building community and allowing everyone to access healthy food while reducing waste.

The fridge is for anybody to use. No evidence required- please bring your own bags, and take what you need

More help and support with the cost of living can be found on our website <https://www.folkestone-hythe.gov.uk/help-support-cost-living>

Porchlight

Porchlight run PODs [PorchlightOpenDoor](#) community hubs open to everyone in the community 18-years and over, not just Porchlight clients.



They run activities such as craft, fitness, music, with an aim to reduce isolation and build confidence and self-esteem.

Porchlight work in partnership with many external organisations who attend PODs and deliver sessions. For example, [ForwardTrust](#) have been delivering their Multiply programme engaging clients with maths, budgeting etc. and [KentFire&RescueService](#) has delivered sessions on fire safety in the home.

Porchlight work with [ShawTrust](#) for employment support. and Samphire have attended to educate clients on Refugees and Migrants. The NHS One You Lifestyle advisers are also in each POD and support clients with anything from healthy eating, weight loss, stopping smoking and welfare and benefits. PODs are places where people can access advice and the services, they need to support them to thrive.

Areas covered are Dover, Folkestone, Thanet and one is opening in Ashford next month. There is a women's only POD in Folkestone and a new one in Thanet.

Folkestone

General meet-up

Every Thursday, midday - 2.30pm

St John's Church, St John's Church Road, CT19 5BQ

Women only meet-up

Every Friday, 11am - 1pm

Email pod@porchlight.org.uk for more information

Danny Gallivan Trust

Mick and Kerry Gallivan founded the Danny Gallivan Trust in 2013 <https://dgtrust.org.uk/> providing homeless veterans of all generations with hot food and drinks, sleeping bags, warm clothing, footwear, washing and shaving kits. The welfare team helps the veterans to find accommodation, work and introduce them to agencies to assist in getting their lives back on track.



They provide the food on Mondays, Fridays, and Sundays from 5.30pm by the Folkestone Magistrates Court.

News Awareness

British Gas Energy Trust Accepting Applications for Individuals and Families Funding

British Gas Energy Trust is an independent charitable body set up to support those who are struggling to pay their bills, regardless of energy provider.

The Individuals and Families Fund is intended to tackle fuel poverty by clearing the energy debts of struggling households and respond to the ongoing cost-of-living crisis.

Grants to cover arrears of up to £1,500 will be credited to the energy account of eligible households.

Applicants must:

- Live in England, Scotland or Wales.
- Not have received a grant from the British Gas Energy Trust within the last two years.
- Be seeking a grant to clear an outstanding debt on a current or open gas, electricity or dual fuel energy account in their name or be a member of that household. The energy account must relate to a main residence.
- Be facing fuel poverty.
- Have received help from a money advice agency.

The fund is available to British Gas and Non-British Gas customers with debt on a credit energy account or those on a pre-payment meter. Please note that suppliers with their own support fund are excluded from this fund: Boost, Eon, Eon Next, EDF, Scottish Power, Ovo, Octopus, SSE and Utilita.

The Fund is expected to close at the end of March 2024 (unless all the funding is allocated sooner).

[Grants Available - British Gas Energy Trust](#)

Contacts

For further information on how to obtain this fund, please contact the following:

Enquiries

British Gas Energy Trust

Email: admin@britishgasenergytrust.org.uk



Little Steps to Becoming Cyber Resilient

We understand that cyber resilience can appear to be a mountain to climb, so take little steps with us each week to consider and implement your cyber resilience. As they say... each journey starts with a step.

Knowing your current compromise.

The most common form of account take over is via passwords - either from being exposed in a [data breach](#) or by way of [dictionary attack](#). It doesn't matter how well secured the rest of your systems are if you have a password that everyone knows.

Do you know if your password has been compromised?

Visit haveibeenpwned.com and search for your email address.

Whilst you are there, why not also look to see if any emails using your domain have been caught in any data breach? You can also sign up so you get notified of any in the future so you can change them before anyone abuses the details.



What to do if you have been compromised.

Change that password now... and in every account that you have used that password or a variation of it.

Tell your employees, friends and families to check theirs – help everyone become cyber resilient.

Help for Households - support available across the country

The UK Government is helping households with the cost of living. Find out what support you could get at: [Help for Households - Get government cost of living support](#)

We're all worried about rising prices and the pressure that puts on household budgets. The government is providing a range of extra support which will be paid to eligible individuals automatically, including the Energy Price Guarantee which limits the amount you can be charged per unit of electricity and gas, and the £300 Pensioner Cost of Living payment, which will be paid with Winter Fuel Payments to all pensioner households across the UK.

Depending on where you live in the UK, there are additional different schemes that could help support your household finances:

- **Help with your bills:** such as low-cost home internet and phone packages available from providers through social tariffs, hardship schemes from water companies, and the UK Government funded Household Support Fund available from local councils to help with essential costs.
- **Help with childcare:** £2,000 a year of tax-free childcare is available to eligible families to help with the cost of childcare.
- **Help with housing:** council tax support available from local councils and housing benefits are available from the UK Government.
- **Help with your income:** personalised job support is available through Job Help, tax relief and work-related expenses can be claimed from HMRC.
- **Help with managing finances:** MoneyHelper.org.uk offers impartial guidance and a range of tools to help make your money and pension choices clearer.

Fraud / Scams

Home security doesn't just mean locking your doors and windows - protecting your digital devices with strong passwords is also important to keeping yourself and your personal data safe. Perhaps you received a new phone or laptop this Christmas, or you want to help keep your family members digitally safe. Why not make one of your resolutions to build strong, secure passwords for your devices?

Creating a strong password doesn't need to be complicated. There's endless information available around how to best protect yourself online - these are the quickest and most important things that you can do to avoid hacking, online scams and information theft through weak passwords:

Create a separate password for your email account(s) Your personal email account contains lots of important information about you and is the gateway to all your other online accounts, including banking, social media and online shopping. If your email account is hacked, all your other passwords can be reset, so it's important to use a strong password for your email, that is different to all your others.

**PROTECT YOUR Pa\$\$WORD
IN 3 EASY STEPS**

1 CREATE A SEPARATE PASSWORD FOR YOUR EMAIL ACCOUNT

2 USE 3 RANDOM WORDS

3 TURN ON TWO-FACTOR AUTHENTICATION (2FA)

SHARE THESE 3 STEPS WITH 3 FRIENDS

ourwatch.org.uk/passwords

Neighbourhood Watch Network is a charity registered in England & Wales, CID No. 117349

Use 3 random words to build your password Using three random words is the recommended way of generating passwords, as it's easier to remember and takes trillions of years for a computer algorithm to crack. The National Cyber Security Centre (NCSC) recommend using three

random, non-associated words, such as planegiraffetable. Do not use words that are associated with you, for example names of pets or surnames, as these are easy to identify if you are someone who uses social media.

Turn on two-factor authentication (2FA)

Two-factor authentication is a free security feature that gives you an extra layer of protection online and stops cyber criminals getting into your accounts - even if they have your password. Visit our website for more guidance on creating strong passwords! 2FA reduces the risk of being hacked by asking you to provide a second factor of information, such as getting a text or code when you log in, to check you are who you say you are.

<https://bit.ly/3S0jaHk>
[Pa\\$\\$W0rD protection | Neighbourhood Watch Network \(ourwatch.org.uk\)](https://ourwatch.org.uk)

New Published Reports

Online safety

Source: NSPCC

Date: 07 February 2024

The NSPCC is holding a workshop about keeping children safe while gaming online as part of the NSPCC Game Safe Festival in February 2024. The workshop, for families and professionals working with children, takes place on 07 February 2024.

Visit the page: [Game Safe Festival](#)

Find out more: [Workshop for parents, carers and those working with families](#)

Online safety

Source: NSPCC

Date: 25 January 2024

The NSPCC has announced a new partnership with Common Sense Media to support online safety and understand the impact of artificial intelligence (AI) on children. The partnership aims to advocate for children, making sure their experiences and safety are central to decision-making by tech companies, regulators and policymakers; introduce education programmes to increase digital literacy skills in schools; and share a joint approach to research to help improve the global understanding of the impact of generative AI on children.

Read the news story: [New partnership as young people contact Childline about AI related sexual abuse, bullying and misinformation](#)

If you have any information that you would like us to include within any future updates, please email the details to community.safety@folkestone-hythe.gov.uk