

TWRA Update

The TWRA will be contacting members and lapsed members on their database with an email bulletin tomorrow clarifying how memberships can be renewed in future. If you do not receive that communication by Saturday, but you do wish to have information about joining or renewing TWRA membership please reply to this email and I will send you the details.

Health alert

The COVID statistics relating to Surrey are now published fortnightly. You can see them in full here:

<https://www.surreycc.gov.uk/people-and-community/emergency-planning-and-community-safety/coronavirus/local-outbreak-plan/figures-and-statistics/full-report>

The latest report dated 6th Sept actually included national data up to 23rd Aug showed 1.5% of people in the SE of England are estimated to have COVID this compares with 3.8% in the last report I published relating to data from July 26th.

This is a further welcome decrease. Applying the current 1.5% to Tadworth & Walton would suggest that about 150 individuals in our 2 villages would have had the disease - this would be an average of 2 in every road. Fortunately in most cases the symptoms are mild but elderly and vulnerable individuals are at greater risk and the impacts of long COVID can have a severe effect on people's lives and ability to work.

Epsom & St Helier Hospital reported 31 new admissions in the week up to 28th Aug as compared with 45 new admissions with COVID in the week up to 31st July.

Test Kits

Please remember that Lateral Flow Test Kits are no longer freely available unless you belong to particular vulnerable groups or are employed with the Health Service or similar designated professions.

Note you can purchase Lateral Flow Test Kits from reputable suppliers such as Boots for about £2 each.

Long COVID

It is estimated that over 2% of the British Population is suffering from various symptoms of Long COVID. These include breathlessness, fatigue, loss of taste, brain fog, muscle pain and many more. Epsom and St Helier are one of the leading hospitals in Surrey treating these conditions but sufferers need to be referred by their GP.

Autumn Booster COVID Jab Campaign

- The primary aim of the [COVID-19 autumn booster programme](#) is to increase immunity in those at higher risk of severe COVID over the winter months.
- People who are at highest risk, including the over 75s, frontline health and care staff and those with weakened immune systems, **are now** eligible to book a COVID booster vaccine through the [National Booking Service](#).
- The [Pfizer bivalent vaccine](#) will be used as part of the autumn COVID booster programme. This follows the latest advice from the Joint Committee on Vaccination & Immunisation (JCVI).
- The nearest vaccination centre for us is Walton Pharmacy.

REMEMBER:

The COVID-19 vaccine is an evergreen offer. If you haven't already taken it up, you can still do so. Book a vaccine appointment [online](#) or find the nearest [walk in](#) vaccination site.

- 1st and 2nd doses if you're aged 5 years old and over
- additional primary doses for people with a severely weakened immune system aged 5 years old and over
- 1st booster for people aged 16 years old and over, plus at-risk children aged 12 to 15 years old
- a seasonal booster (autumn booster) for some people, including those aged 75 years or over, those who are at higher risk or who are pregnant, and frontline health and social care workers

COVID-19 vaccination for pregnant and breastfeeding women

- Incorrect information about the COVID vaccine and pregnancy is spreading online. Extensive data shows the COVID-19 vaccine is safe and highly effective for pregnant and breastfeeding women.
- [MHRA](#) advice remains that the COVID-19 vaccines are safe and effective during pregnancy and breastfeeding. Pregnant women will also be eligible for an autumn booster.
- For more information visit The [Royal College of Obstetricians and Gynaecologists \(RCOG\)](#) and [Royal College of Midwives \(RCM\)](#) and [NHS.UK](#)

Free Blood Pressure Checks

- More than 1 in 4 UK adults have [high blood pressure](#) (hypertension), although many do not realise as there are often no symptoms. Having high blood pressure, if not treated, can put you at risk of heart attacks and strokes, so it's important to get it checked.
- To find out if you have high blood pressure, you can have it measured for free at a [NHS Health check](#). You may also be able to have your blood pressure check at your GP practice - just contact your GP to find out how.
- Also you can contact one of the pharmacies across Surrey providing BP+ (Blood Pressure and pulse checks) that is most convenient for you and book an appointment. The check only takes 10 mins, and it could save your life.
- Find a [pharmacy providing BP+ in Surrey](#).

Influenza Vaccine

Doctors' surgeries have started to offer the 'Flu Jab to eligible patients it is strongly recommended that these offers are taken up.

Road Closure & Disruption Reports

Please note that the One.Network web site which used to allow residents of Surrey to view planned future roadworks will be only allowing that data to be accessible to commercial licence holders although it can still be used to see roadworks over next two weeks.

<https://www.surreycc.gov.uk/roads-and-transport/roadworks-and-maintenance/roadworks#planned>

New roadworks and delays are expected in **Tadworth Street** by its junction with Epsom Lane South from 14th to 16th Sept. On the southbound **Brighton Road (A217)** carriageway from the Tadworth Roundabout between 16th and 22nd Sept and on **Watts Lane** from 17th Sept.

Work on the telephone mast by the Good Shepherd Hall may cause disruption to traffic along **Station Approach** on 26th September as this is currently the expected installation date for a new taller mast.

Police & Crime Reports

Police Burglary reports up to 8th Sept

07/09/2022 Between 08:00 to 13:00. Wilmot Way, Banstead. Residential Burglary. Method of Entry- Access gained through the kitchen window, located at the rear of the property. Stolen: Jewellery and Cash.

25/08/2022 21:00. Sandy Lane, Tadworth. Residential Burglary. Method of Entry- Not confirmed at this time. Stolen: Not confirmed at this time, including a Watch and Foreign Currency.

17/08/2022 06:15. Waterer Gardens, Burgh Heath. Residential Burglary. Method of Entry- Forced entry into the property, which is currently being renovated. Stolen: Boiler Unit.

17/08/2022 Between 13:30 to 15:30. Southshaw High Road, Chipstead. Residential Burglary. Method of Entry- Entry through a first-floor bedroom window, which is located at the rear of the property. Stolen: Not confirmed but believed to include various items of jewellery.

There have been 4 Catalytic converter thefts reported in the past two weeks. 1 in London Road, Reigate and 1 in Church Road, Redhill. They have both been taken from a Toyota Auris. 2 in Station Approach Car Park, Redhill. Taken from a Lexus and Honda Jazz.

Surrey Police open day is back!

On 11th September 2022, Surrey Police HQ is hosting our open day, with lots of activities going its will be a fun day out for the whole family.

SCAM Reports from Surrey & Sussex Police (Long Read)

"Each month we see many incidents of fraudsters targeting our residents in an attempt to defraud them. We're working hard to prevent this and support vulnerable victims of fraud or scams. By following our tips and encouraging family, friends and colleagues to do so too, you can reduce the risk of becoming a victim."

T/Detective Chief Inspector Simon Doyle, Surrey Police & Sussex Police Economic Crime Unit

Energy Rebate Scams

With the cost-of-living rising Sussex & Surrey Police have seen a number of reports relating to Energy rebate scams. Fraudsters are claiming to be from local governments or Ofgem offering rebate amounts due to the energy bills increase.

In one case, an 86-year-old Female from East Surrey received a call from someone claiming they were entitled to an energy help rebate as part of a government scheme. The caller claimed they could get the victim a £500 rebate. The caller then asked for her banking information to be able to claim this money. Thankfully the victim identified this as a scam call and hung up the phone call without passing any information.

How to protect yourself:

Ofgem will not ask for your banking information or personal details over the phone

Those that pay for their energy by direct debit will receive their rebate directly, those who pay another way will be contacted by letter on how to claim

Be wary of clicking links in emails or text messages claiming to need your details in order to make your rebate claim

Report any suspicious emails to report@phishing.gov.uk and forward any suspicious text messages to 7726

Keeping yourself safe online with strong passwords

Creating a unique password is recommended to keep your online accounts safe from fraudsters. It is suggested that to create a safe password 3 random words not associated to you should be chosen so that the password is not easy for fraudsters to guess. However, remembering such a unique password can be difficult!

A great way to think of a safe password that can be remembered is by picking 3 random objects from a room in your home, 3 objects which you will see daily and only you will know you picked out. By doing this, each time you see these objects it will remind you of your password and encourage you to remember the password you chose. It is also recommended you add special characters or numbers within the password to make it stronger.

Remember to NEVER share your private passwords with anyone.

Ensure you use different passwords for different accounts.

Always change and refresh your passwords regularly.

Remember to also use 2 factor authentication for your accounts and devices to add an extra layer of protection.

Family and friends impersonators

Sussex and Surrey Police ask you remain vigilant to fraudsters impersonating family and friends to obtain personal details and financial gain.

Sussex & Surrey Police have seen a high number of reports of fraudsters impersonating family members on WhatsApp, claiming to be a child in urgent need of money asking for the victim to transfer money to a bank account on their

behalf. We have also seen several reports of friends Facebook profiles being used to persuade victims to part with personal and financial details with the promise they will be receiving funds as part of a government grant or competition.

How to protect yourself:

Always contact the friend or family member on a genuine contact number you have recorded for them to check the message received is genuine

Be wary of transferring funds into a bank account named as someone you do not know

If an offer of a competition or government grant sounds too good to be true, it probably is

If you or someone you know is vulnerable and has been a victim of fraud call:

Surrey Police on 101 or visit www.surrey.police.uk

Sussex Police on 101 or visit www.sussex.police.uk

Report fraud or attempted fraud, by contacting Action Fraud at http://www.actionfraud.police.uk/report_fraud or call 0300 123 2040.

Upcoming Events

Saturday Sept 10th Coffee Shop, from 10.30 am–12 noon in the Good Shepherd Church and every subsequent Saturday.

Saturday Sept 10th KWTS Horticultural Show – Good Shepherd Hall 2 – 5 pm non-members £1 admission.

Saturday Sept 10th The Village Kitchen light lunch events will continue on the second Saturday of each month.

Sept 10th Good Shepherd Hall 7pm Quiz Night with Bingo.

Sept 15th Tadworth Flood Action Group Meeting Good Shepherd Hall 7 pm

Sept 17th Open Garden in aid of Dyscover The Firs, The Hoppety 10.30 – 4 pm admission £5. See link to a poster by my signature below.

Sept 21st 2.30pm – 4pm u3a Open House in Banstead Community Hall – see what activities are available in u3a Groups with respect to learning and social activities aimed at those over 50 who have retired.

For details of the many Group Activities and Events organised by Banstead u3a visit here <https://u3asites.org.uk/banstead/home>

The Curzon Cinema has restarted and will have screenings in the Riddell Hall on **Sept 23rd and October 28th,**

Saturday Oct 1st the Coffee Shop from 10.30 am to 12 noon in the Church of the Good Shepherd will be in aid of **MACMILLAN Cancer Support**

Sunday Oct 2nd Good Shepherd Parish Lunch – note you must pre-book on the list in the Church

Sat Oct 8th 10am – 3 pm Tadworth Craft Fair at the Good Shepherd Hall adm £1

Sat Oct 8th TWOAT Annual Meeting & Dinner St John's Hall doors open 7.15 pm

Tues 11th Oct 8 pm Walton Forum Meeting Breech Lane Community Hall.

Please let me know if you have an event taking place in the next 2 months.

Keep well

Mike Fox

For Community Support & Neighbourhood Watch

01737 350452