

## Take Five Stop Muscle Campaign



When was the last time you trained your Stop Muscle? In a digital world so fast-paced that stopping feels unnatural and scrolling is easier than ever, our Stop Muscle needs a little help getting back into shape. Luckily this workout doesn't require a gym membership. Next time you're online:

**STOP** Is this a real profile? Are there any signs they aren't who they say they are?

**CHALLENGE** It's ok to reject, refuse or ignore any requests.

**PROTECT** Contact your bank and report any suspicious activity immediately.

Repeat as needed for a thriving Stop Muscle. Find out more at [Why training your Stop Muscle is a vital step in protecting yourself from fraud | Take Five \(takefive-stopfraud.org.uk\)](https://takefive-stopfraud.org.uk)

## Let's Talk Community Survey Initiative

Let's Talk is Hampshire & IOW Constabulary's community survey initiative that aims to understand the needs of our local communities and enables you to share any concerns with our officers.



We want to know what it's like to live in your area - what the issues you face are and how we can work with others to make our communities safer and stronger. As part of our commitment to make Hampshire and the Isle of Wight safe for everyone we want to be sure that we're tackling the things that matter most to those we're keeping safe. You know your local area better than anyone.

Have your say online by visiting <https://survey.hampshirealert.co.uk/>

Find out more by visiting: [Let's Talk Community Survey | Hampshire and Isle of Wight Constabulary](https://survey.hampshirealert.co.uk/)

## Neighbourhood Watch: Crime & Community Webinar recordings

NHW run regular webinars focusing on some of the most commonly occurring crimes in the country. Recordings can be viewed on their website: [Webinars | Neighbourhood Watch Network](https://www.neighbourhoodwatch.org.uk/webinars)

ASB Help –  
Understanding how to  
report ASB

[Click here to watch](#)

Preventing Burglary  
with WIDEN

[Click here to watch](#)

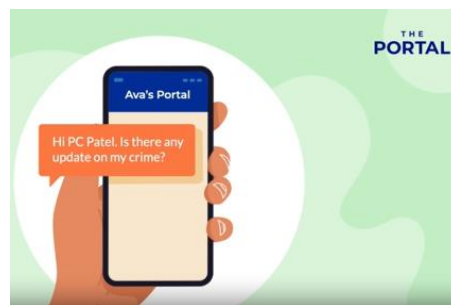
Understanding the  
psychology behind  
scams

[Click here to watch](#)



## Launch of two-way messaging service between victims and officers

A ground-breaking new way for victims of crime to speak directly to the police officer handling their case has been successfully launched across Hampshire and the Isle of Wight.



The Victim's Portal will enable people who have reported a crime to check the status of the investigation, get updated as their case progresses, and message the officer in charge of their case (OIC), all through a link on their phone or computer.

Click here to read more on our website: [Launch of two-way messaging service between victims and officers | Hampshire and Isle of Wight Constabulary](#)



## Shed Security Advice

Below are 3 top tips to help residents make their sheds and outbuildings more secure this spring.

1. Always lock your shed, preferably with two 'hasp and staple' locks (one near the top and one near the bottom of the door) and use an alarmed padlock.
2. Tools and gardening equipment should always be locked away when not in use. Visibly mark them with your postcode and house number as this can deter thieves and help police identify the rightful owner. Register equipment [www.immobilise.com](http://www.immobilise.com)
3. Ensure bicycles are kept in secure sheds, outbuildings and garages. Consider installing [ground anchors](#) if you have a concrete floor. If not, look for [Sold Secure](#) security rated products specifically for wooden and metal sheds.

For more detailed security advice, visit the Hampshire & IOW Constabulary website [here](#).

## Hacked Account

Whether it's your email, online banking or a social media account, losing access to a digital account can be stressful. Visit the [National Cyber Security Centre](#) to view their useful step-by-step guide on how to recover a hacked account.



## Victim Care Hubs

[Four Victim Crime Hubs](#) will provide emotional support and guide victims through the criminal justice process in the Hampshire & Isle of Wight Constabulary area.

The service, funded by the Police & Crime Commissioner, is being delivered by national charity Victim Support. Victims do not have to report to the police to use it. Find out more [here](#).



YOUR  
UPDATE

Visit [www.hampshire.police.uk](http://www.hampshire.police.uk)



HAMPSHIRE & ISLE OF WIGHT  
CONSTABULARY