

Adur NHW Newsletter



Lancing & Sompting Issue

June 2025

Your Committee

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Steve Male	Secretary
Steve Martin	Treasurer
Ron Marsh	Committee Member
Robin Monk	Committee Member
John Nutt	Committee Member

Email: adurnhw@gmail.com



Family Fun Day in Shadwell Open Space – 30th August

With my wife & two friends we have incorporated the Local Alliance Partnership CIC - a "not for profit" company in order to hopefully secure the lease for the new Community Hub that is to be built in the New Monks Park estate.

We have secured some funding to generate some interest, so we plan to host a FREE Family Fun Day on Saturday 30th August - 10am-4pm to bring the wonderful community of Lancing together. Hopefully it will provide some much needed fun just before the kids go back to school. The council have given us permission to hold the event at Shadwell's Open Space and Recreation Park.

We have some big ideas but need you, our local community residents to get involved. The activities will have a 'retro feel' with good old fashioned games: Bean bag toss & relay race, 3 legged race, egg and spoon race, dads' tug of war and lashings of ginger beer! There will be picnic food including sandwiches and cakes. We would love kids to come in fancy dress and hope to have some face painters and something special for all the mums.

If you can help out, or simply would like to be kept informed of progress, please follow this link:

<https://forms.gle/ZPXJmZGT66UbajSL8>

Shadwell's Open Space and Recreation Park



Chris McCanna Tel : 07932-162457

Keep Lancing Lovely



Beach Clean - Sunday 29th June from 10 am
- Sunday 27th July from 10 am



Ketamine

– also known as special K, vitamin K, or kit kat - has become fashionable in recent years as a recreational drug among young people, the latest government statistics showing that its usage among 16-24 year olds in England has tripled since 2016. But in fact its effects are insidious and highly dangerous, not least because many people, younger ones in particular, wrongly see it as a lower-risk drug. An estimated 269,000 people aged 16-59 reported ketamine use in the year ending March 2024.

Ketamine, which is a powerful horse tranquiliser and anaesthetic, is a licensed drug and can be prescribed medically but, on the illicit market, is cheaper than cocaine or MDMA (ecstasy), costing about £20 a gram. However, prolonged use can lead to serious mental and physical health issues, including dissociation resulting in amnesia, bladder problems (such as incontinence) and, tragically, risks of suicide, overdose, and death. Around half of young patients whose bladders have been damaged by ketamine use end up needing surgery.

When taken in small doses, the drug typically takes about 15 minutes to work and induces euphoria, relaxation and a slight sense of detachment. The effects can wear off from about 40 minutes to just over an hour after taking it, and repeat dosing is required to maintain a “high”.

The UK government is seeking expert advice on whether to reclassify ketamine as a Class A drug. This would mean anyone found guilty of supplying it could be sentenced to imprisonment for life.

Meanwhile, if you know of or suspect ketamine dealing in your community, contact the Police or speak anonymously to Crimestoppers on: <https://crimestoppers-uk.org/>.

Tim Drew

Scams

As of April 2025, the total number of phishing scams (which is where criminals use fake emails, text messages, QR codes, or phone calls to trick victims) reported to the Suspicious Email Reporting Service (SERS) reached over 41 million since its launch in April 2020. This has resulted in 217,000 scams being removed from across 393,395 websites pages by the National Cyber Security Centre.

Insight revealed by Action Fraud, the national fraud and cyber crime reporting service, shows that the top industries impersonated in reported phishing emails included streaming services, tech and telecommunication companies, with some posing as a variety of UK government schemes. Action Fraud has therefore launched a phishing awareness campaign to urge the public to beware of phishing scams, and report all emails and messages if they look suspicious.

Spam calls and suspicious text messages can be reported, too. By using 7726, a free service offered by mobile network providers, customers can forward suspicious text messages, which helps the removal of scam websites and allows networks to block users from sending scam text messages. Between April 2020 and April 2025, more than 27,000 scams were removed as a result of being reported using 7726.

So, if you’ve received an email, text message or call that doesn’t seem quite right, make sure that it’s genuine: if the organisation is known to you, contact it directly using an email address or phone number that you know to be correct or by calling 159 for banks. Emails should be forwarded to report@phishing.gov.uk and texts and phone calls can be forwarded by text to 7726 – in the case of phone calls, report it by sending a text to 7726 with the word ‘call’ followed by the scam caller’s number. Remember that the Caller ID display on your phone is not proof of ID, so do not trust it.

In cases where the caller is not known to you, simply break the contact – don’t reply, click on any links, call any phone numbers and certainly don’t make any payments.

West Sussex bikers offered a chance to refresh their skills this spring

West Sussex Fire & Rescue Service is encouraging people to sign up for a free life-saving Biker Down workshop to help them stay safe on the road.

The workshop will include training on scene management following a collision involving a motorbike, first aid, including helmet removal, and how to best be seen on the road – vital skills which could save a life.

Biker Down instructor, Richard Poole, said: “Biker Down training is useful for all road users, not just bikers.

“As the weather gets warmer and we start to see more bikers on the road, there’s always a chance that you could be the first one on the scene at a road traffic collision involving a motorbike. The actions taken in the early moments are essential to minimise injuries.

Councillor Duncan Crow, Cabinet Member for Community Support, Fire and Rescue, said: “Biker Down is a very worthwhile course, helping to keep everyone safe on our roads. This free workshop is a valuable opportunity to learn skills that could save someone’s life. If you haven’t had the chance to attend a session yet, I would encourage you to book a place at our next workshop.”

Further Biker Down workshops have also been scheduled on the following dates:

- Shoreham: Thursday 24 July

For more information on Biker Down workshops, please email FRSFirebike@westsussex.gov.uk.

Beware of the lottery letter scam



Postal scams are getting more sophisticated, and it can be difficult to spot the difference between scam mail, junk mail and offers from legitimate companies.

Recently, the team at Age UK West Sussex, Brighton & Hove spotted a postal scam attempt whilst they were with one of their elderly Home Help customers.

The customer had rung a number from a fake People’s Postcode Lottery letter, which stated she had won £395,000. On the call, the scammer was asking her to pay a £1,800 fee so she could get the money and was asking her to keep the news private.

Luckily, Home Help heard this conversation and stepped in to stop the scam going any further.

To make sure you don’t become a postal scam victim, follow the link below for advice and guidance.

<https://www.ageuk.org.uk/information-advice/money-legal/scams-fraud/postal-scams>

POCA hearing

A POCA hearing (also known as a confiscation hearing) is a legal proceeding that takes place after a criminal conviction, typically in the crown court, to determine and recover assets gained from criminal activity. The goal is to identify and seize any ill-gotten gains, and any defendants are required to pay the confiscated amount by a set date.

The funds recovered will be primarily directed towards the Crown Prosecution Service (CPS) and law enforcement agencies, while Sussex Police will also secure a portion which will help to support tackling organised criminality.

Detective Chief Inspector Antony Leadbeatter, from the Sussex Police Economic Crime Unit, said: “Our colleagues worked hard to ensure the successful conviction of all of these defendants for being concerned in the supply of Class A and Class B drugs, and associated money laundering offences.

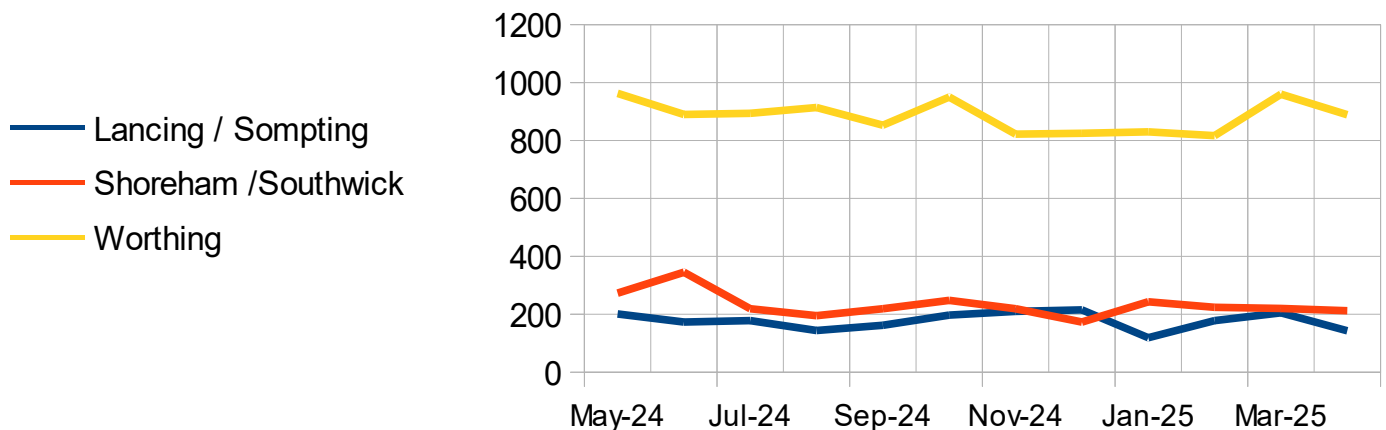
“We remain determined to disrupt the supply of illegal drugs which cause so much harm in our communities. However, our investigation did not stop at the point of conviction.

“We demonstrated how we will continue to pursue every avenue available to us to not only catch criminals involved in drugs and money laundering offences, but to also deny them the benefits of their criminality. We frequently revisit outstanding confiscation orders when offenders obtain further assets, legitimate or otherwise.”

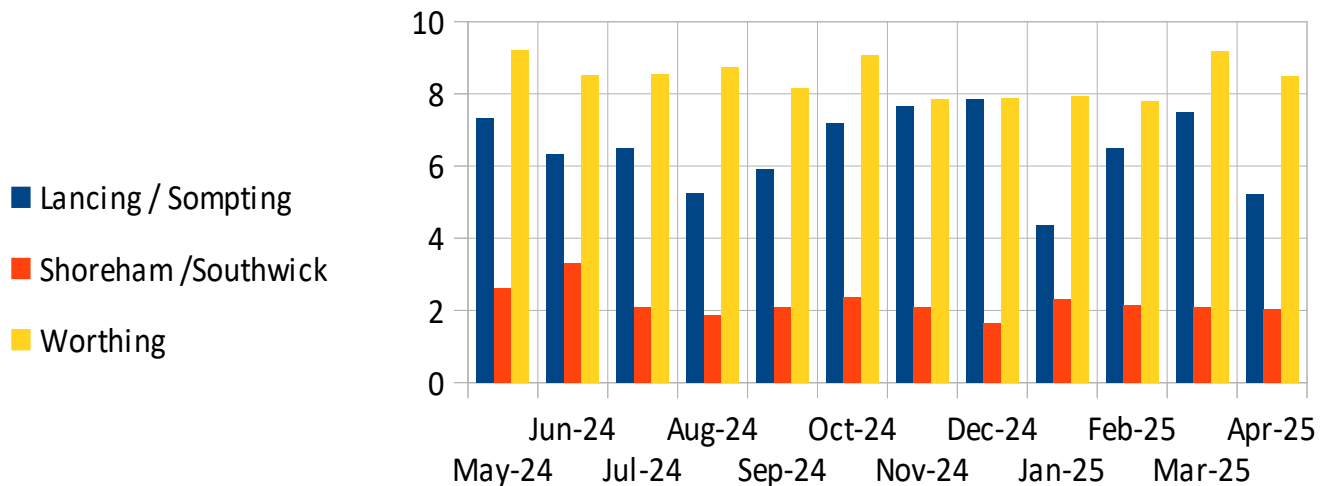
Crime Statistics for April 2025

April 2025	Churchill	Cokeham	Manor	Mash Barn	Peverel	Widewater	Sub Total
Antisocial Behaviour	4	1	1	9	3	9	27
Bike Theft	0	0	0	0	2	0	2
Burglary	0	0	0	3	0	0	3
Criminal Damage	2	1	1	4	1	5	14
Drugs	0	0	0	0	1	0	1
Other Crime	0	0	2	1	0	1	4
Other Theft	2	0	2	2	1	1	8
Weapons	0	0	0	0	0	1	1
Public Order	4	0	0	6	2	3	15
Robbery	0	0	0	0	0	0	0
Theft Shop	8	0	0	4	3	0	15
Theft Person	1	0	0	0	1	0	2
Vehicle Crime	0	0	3	0	0	0	3
Violence & Sex Offences	4	3	3	17	11	10	48
Totals	25	5	12	46	25	30	143

Crimes May 2024 to April 2025



Crimes per 1000 of Population



See the latest Alerts at : [https:// worthingnhw.ourwatch.org.uk/](https://worthingnhw.ourwatch.org.uk/)