**Scams: what to do with dubious approaches**

Some of you may be aware that recently there was a small gathering, organised at very short notice, in the Barn Hall at which the South West Regional Crime Unit made a presentation on How to Avoid getting Scammed. About 30 Cu3a members attended, as did the Prime Minister and the Home Secretary (yes, really!).

The information given out included:

A booklet of advice on how to avoid being scammed, which is available at [www.takefive-stopfraud.org.uk](http://www.takefive-stopfraud.org.uk) The point of “take five” is that if you are not sure about an approach you have received, take at least 5 minutes to think about it before you commit yourself to anything.

If you receive any suspicious emails, collect them in a “junk” folder. Periodically copy the contents of the folder in one go into the body of a new email and send it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk) You should then get an automated acknowledgement almost immediately.

Similarly, suspicious texts should be forwarded to **7726**.

If you think you have been scammed, you should report this to Action Fraud at [www.actionfraud.police.uk](http://www.actionfraud.police.uk) or telephone **0300 123 2040** .

If you need to contact your bank about a suspected fraud, the quickest way is to dial **159**. You will then get a series of options to get you to your own bank.