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## January 2025 Community Ward Newsletter

### Introduction

Welcome to January's Cupar Ward Community Council Newsletter from your local officers, PC Lee Smith, PC Duncan Shand and Sgt Nicola Gillespie.

### Local News, Priorities and Useful Information

#### Road Safety



The community team would like to remind members of the public about the parking restrictions that are placed outside the many schools in the ward area. Parents and carers are respectfully advised to remember that the parking restrictions such as double yellow lines and zig zag markings outside schools are there for the safety of the children attending their local schools. The community team have also been in conversation with the local community as well as our partner agencies regarding improper and dangerous use of E-Scooters. Current legislation on E-Scooters state that such scooters should only be used on **private** land with the landowner's permission. Officers will continue to address these concerns and act where appropriate as the scooters are often used on public roads where children are not wearing helmets or any other protective equipment.

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### **Advice for drivers during winter:**

- Make sure your car is ready for winter
- Check that your tyres, brakes, windscreens, wiper blades and windows are free from defects and clean
- Drive to the road conditions. Road conditions can change without warning, stopping distances will be affected by the weather
- Make sure your windows are clean and aren't misted up
- Make sure there is no snow and ice on your windows before you drive
- When the roads are icy, drive at a slow speed in a high gear
- Accelerate and brake very gently
- Driving distracted (for example, using a Sat Nav) can cause additional stress. It is dangerous to yourself, passengers and other road users.

### **Cyber Crime**

With most of us spending more and more time online, the community team would like to give some advice on how to keep safe online and avoid any online scams.

### **Social media**

Social networking websites and apps are an important part of many people's lives. However, social networking can be used for harmful and/or criminal purposes. Fraudsters can use them to steal people's money so please take some sensible precautions.

Social media is a great way to stay in touch with family, friends and keep up to date on the latest news. However, it's important to know how to manage the security and privacy settings on your accounts. Your personal information shouldn't be seen to anyone but you.

Two-factor authentication (often shortened to 2FA) gives a way of double checking that you really are the person you are claiming to be online. This can be used on social media, banking or email.

Even if someone knows your password, they won't be able to get into any of your accounts that are protected using 2FA.

### **Understanding your digital footprint**

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You should be cautious when using social media. Not everyone using social media is who they say they are.

Take a moment to check if you know the person and if the friend/link/follow is genuine.

You should think about your digital footprint. This is a term used to describe all of the information you post online. This includes photos and status updates.

Criminals can use this information to steal your identity. They can use it to make phishing messages more convincing. You should:

- Think about what you're posting and who has access to it - have you changed the privacy options so that it can only be seen to the people you want to see it?
- Consider what your followers and friends need to know
- Consider what detail doesn't need to be there (but could be useful to criminals)
- Have an idea what your friends, colleagues or other contacts say about you online.



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# SEXTORTION

A SELF-HELP GUIDE

**Sextortion refers to a specific type of cyber-enabled crime in which victims are lured into performing sexual acts in front of their webcam.**

Unbeknown to victims, their actions are recorded by criminals who then use the video footage in an attempt to blackmail them. Generally criminals request money and if demands are not met, these offenders threaten to upload the recording(s) to the internet and send to the victims' friends and family.

**VICTIM REASSURANCE**

- Don't panic
- Police Scotland will take your case seriously
- We will not make judgements on your behaviour
- The matter will be dealt with in absolute confidence

**VICTIM ADVICE**

- Do NOT delete any correspondence
- Do NOT pay
- Do NOT communicate further with the offenders
- DEACTIVATE your accounts
- REPORT online indecent images to the host website

**OBTAIN THE FOLLOWING INFORMATION AND PASS ON TO THE POLICE**

1. The Skype name, and more importantly;
2. The Skype I.D.: Be aware that the scammer's Skype name is different to their Skype ID, and it's the ID details we need. To get that, right click on their profile, select "View Profile" and then look for the name shown in blue rather than the one above it in black. It will be next to the word "Skype:" and will have no spaces in it.
3. The Facebook URL;
4. The Western Union or MoneyGram Money Transfer Control Number (MTCN);
5. Any photos that were sent

HOW TO REMOVE INDECENT IMAGES

G GOOGLE

You can ask Google to remove a nude or sexually explicit image or video of you that's been shared without your consent. To do this:

1. Click on **Settings** in bottom right-hand corner
2. Select **Search Help**
3. Expand **Troubleshoot & Request Removals** from menu
4. Finally click on **Remove information from Google** and follow the step by step instructions

T TWITTER

You do not need an account to remove information about yourself. Fill out a form at the following address:

[https://support.twitter.com/forms/private\\_information](https://support.twitter.com/forms/private_information)

f FACEBOOK

To report a photo or video:

1. Click on the photo or video to expand it
2. Click on the ellipsis (⋮) or the drop down in the top right
3. Click 'I don't like this photo' or 'report this post'
4. Choose relevant option for example 'I think it shouldn't be on Facebook'

▶ YOUTUBE

How to flag a video:

1. Below the YouTube video player click the **More** button
2. Highlight and click the **Report** button in the drop-down menu
3. Click the reason for flagging that best fits the violation within the video
4. Provide any additional details that may help the review team make their final decision

Produced with kind permission of Hampshire constabulary

### What is Sextortion?

Sextortion can refer to a variety of offences committed online. It is most often used to describe online blackmail, where criminals threaten to release sexual/indecent images of you, unless you pay money or carry out their demands.

Sextortion may be:

- Financial blackmail using sexual / indecent images that have been sent to somebody you've had contact with online
- Financial blackmail using images that have been stolen from you, taken through hacking, or have been faked using AI generators or other image altering technology
- Blackmail using sexual/indecent images that have been sent to somebody but with a demand for something other than money. This might be a demand for you to do something you don't want to, like give them use of your bank account or provide more images.
- What to do if you're a victim of Sextortion**

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- If this has happened to you, it is not your fault and there is help and support available.
- **Do not panic** The police will take your case seriously. We will deal with it in confidence. You will not be judged.
- **Do not pay** Some victims who have paid hear no more about it, others pay and are pressured for more money. In some cases, even when money is paid the criminals share the videos or images anyway. If you've paid the person, consider getting in touch with your bank. They may not be able to recover payments you have authorised, but will be able to help UK Law Enforcement better understand the current threat.
- **Do not talk any further to the criminals** Take screen shots of any communication and offender's profile information. Keep it as evidence.
- **Report the incident** Report the matter to us by calling 101 and your social media platform website.
- **If you are over 18** you can go to [Stop NCII](#) (Non-Consensual Intimate Image Abuse) and report it using a free tool which helps to detect and remove intimate images from being shared online.
- **If you are under 18** you can go to [Report Remove | Childline](#) and confidentially report sexual images and videos of yourself and remove them from the internet.
- Remember that you're the victim of a crime. You're not alone and confidential support is available. You can get through this.
- However, we understand you may find it difficult to report this type of crime to us, so it may help you to talk to someone first. Some partner organisations listed below can offer you support.

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Police Scotland support those who wish to become police officers, special constables or police staff by hosting various online and in-person recruitment events throughout the year. At our events you will have the opportunity to ask questions of our experienced recruitment team and learn more about the recruitment processes, what to expect from the job, the training you will receive and the wide range of benefits available

Police Scotland is committed to increasing the number of officers and staff from under-represented groups and run a range of bespoke events to ensure everyone has fair access to our recruitment opportunities.

### IN THE COMMUNITY

After a busy Christmas and New Year period for the community team, officers have been out patrolling the ward area, present at Community Council meetings, visiting local schools, speaking with local businesses as well as continuing with Anti Social patrols, both mobile and on foot. The community team continue to form strong relationships with our partner agencies such as local council, safer communities, housing and social work. The community team will be looking to attend more local events in the coming year and keeping up to date with the local concerns.



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### Useful numbers and sources of information

NHS 24: Call free on 111  
Fife Women's Aid: 0808 802 5555

Universal Credit helpline: 0800 328 5644

Fife Council Out of hours helpline: 03451 55 00 99

Fife Housing Register Emergency Accommodation: 03451 55 00 33 (Mon-Fri 8am-6pm) or out of hours 0800 028 6231

Scottish Water: 0800 077 8778  
SEPA Floodline: 0345 988 1188  
SEPA Pollution: 0800 807060

Citizens Advice and Rights Fife: call 0345 1400 095 or visit [www.cabfife.org.uk](http://www.cabfife.org.uk)

Contact your local councillor: call 03451 555555 ext 442320 (24 hour surgery helpline) or visit [www.fife.gov.uk](http://www.fife.gov.uk)

Cosy Kingdom: Telephone advice service for any energy billing or supplier issues. Also provide emergency top-ups for people who have run out of gas or electric and are struggling financially. Call 01592 807930 or email [info@cosykingdom.org.uk](mailto:info@cosykingdom.org.uk).

Fife Gingerbread – Lone Parent Helpline: Support workers are available to give over the phone advice Monday to Thursday 9.00am—5.00pm and Friday 9.00am—3.30pm. Call 01592 725 210.

Age Scotland helpline: A free, confidential phone service for older people, their carers and families in Scotland. The team provide information, friendship and advice. Available Monday - Friday 9-5pm, call free on 0800 12 44 222.

Free school meals: If your child is entitled to a free school meal then you should be registered to receive a payment of £11.50 per week. Apply through Fife Council here: [www.fife.gov.uk/kb/docs/articles/education2/schools-in-fife/free-school-meals-and-school-clothing-grants](http://www.fife.gov.uk/kb/docs/articles/education2/schools-in-fife/free-school-meals-and-school-clothing-grants)

Young Scot: Young people can access lots of information and advice at: [www.young.scot/campaigns/national/coronavirus](http://www.young.scot/campaigns/national/coronavirus)

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### Support for mental health:

The NHS 24 Mental Health Hub is available 24 hours a day, 7 days a week, on 111.

You can call the Samaritans 24 hours a day, 7 days a week, on 116 123.

Breathing Space is available for advice and support on 0800 83 85 87 Monday to Thursday 6pm-2am and Friday 6pm to Monday 6am. You can also [visit the Breathing Space website](#).

The Relationship Helpline (0808 802 2088) is a free support line providing a safe and confidential space for anyone struggling with their relationship. The Helpline is open from 9.00am to 9.00pm, Monday to Thursday, and 9.00am to 4.00pm on Friday.

Calls received.

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## **January 2025 Community Ward Newsletter**

**During January 2025, Police Scotland received:**

North East Fife Area – **1155** calls

Cupar Ward area **141**– incidents, with **44** crime reports recorded.

### **Ceres & Craigrothie**

**9 calls received by police**, covering concerns for persons, dishonesty, and road traffic matters

**0 crime reports recorded.**

### **Kemback, Pitscottie & Blebo Craigs**

**8 calls to the police**, covering road traffic matters, drugs and concern for persons and weather.

**0 crime reports recorded.**

### **Dairsie**

**5 calls to the police**, covering concern-for-person and road traffic matters

**1 crime recorded:**

### **Cupar**

**90 calls to the police**, covering concern for person/missing person calls; road traffic matters/collisions; requests for assistance to members of the public; fraud, theft and vandalism reports and disturbances, weather related and animal concerns.

**38 crimes recorded.**

### **Cults & Pitlessie**

**3 calls to the police**, regarding weather and crime against a person

**1 crimes recorded.**

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### Springfield

**26 calls to the police**, covering road traffic matters; concern for person, requests for assistance/advice and disorder and weather.

**4 crimes recorded.**

### CONTACT INFORMATION

Below is the local contact email address for your local community team.

This is not for reporting a crime but if you feel you require to contact your local community officer then our email address is the best way to do so.

If you do not have access to the internet, then you can call 101 and the call handler can send an email on your behalf.

Email us at: [CuparCPT@Scotland.police.uk](mailto:CuparCPT@Scotland.police.uk)

**Please Note, this email address is NOT for reporting a crime or ongoing incidents and due to our shift pattern, is not monitored 24/7.**

Thank you!

PC Lee Smith P0588 and PC Duncan Shand P0248

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