



# NHW - Useful Cyber Scams Self Help Web Sites 2018

## Information Exchange

(Keep by the computer)

- 1. Identity Theft** *(check one time/repeat for your email addresses being sold on the dark web)*  
<https://haveibeenpwned.com/>
- 2. Check Your Router** / Wireless Router / Modem (**'Shields Up'**) (+ Password Checker)  
[www.grc.com](http://www.grc.com)
- 3. Stop Online Advertisers Tracking You** *{without your prior or express permission}*  
Firefox browser – add **'Lightbeam'** *{monitors who is tracking you on a graphic map}*  
[www.snipca.com/22368](http://www.snipca.com/22368) *{add to Firefox / install / click on 'Lightbeam' top left}*  
  
+ Firefox browser – add **'Privacy Badger'** *{checks for your prior permission}*  
or Chrome browser - add **'Privacy Badger'**  
[www.eff.org/privacybadger](http://www.eff.org/privacybadger) *{click here /install or add extension / click on badger icon / Settings / Filter settings to see a personal list / traffic light colours indicate 'allowed' / 'allowed without cookies' / blocked}{move sliders if web sites then do not display correctly}{also acts as an Ad Blocker ✓}*  
  
Internet Explorer / Firefox / Chrome – add **'Ghostery'**  
[www.snipca.com/22413](http://www.snipca.com/22413) *{click add to Internet Explorer / Run / Install / Donation – your choice / block advertising trackers} {will auto update}*
- 4. Auto Updating - Manager Software**  
**'Patch my PC' 4.0.0.8** (Windows) *("It's ability to update all these silently is impressive")*  
<https://www.techadvisor.co.uk/download/system-desktop-tools/patch-my-pc-4008-3249632/>  
  
**'Ninite'** (Windows) *("Ninite.com frees up your day")*  
<https://ninite.com/>  
  
**'Qualys Browser'** – security check  
<https://browsercheck.qualys.com/>
- 5. Find out if your Apps been Hacked** *{by a 'fake' 3<sup>rd</sup> Party App}*  
<https://gooligan.checkpoint.com/>
- 6. Telephone Number Checker** (*'dangerous marked'*)  
<http://who-called.co.uk/Number/xxxxxyyyyyy>
- 7. Report Fraud to Action Fraud – UK**  
[www.actionfraud.police.uk](http://www.actionfraud.police.uk) or **Tel: 0300 123 2040**

## 8. Stay Safe Online

[www.getsafeonline.org](http://www.getsafeonline.org) {+links to FREE malware scanning & removal tools}

## 9. Cyber Awareness

[www.cyberaware.gov.uk](http://www.cyberaware.gov.uk)

TRAP			
TELL	RESEARCH	ASK	PROTECT
Spread the word	Not under pressure	Seek advice from all sources	Keep computers / phones up to date with Anti-virus
Tell family & friends	Consider again	Families, friends, experts, internet.	Keep computers / phones Apps up to date.
Discuss with others	Take your time	Ask questions	Do not reveal personal information.
Report to Action Fraud UK help build the UK picture	Use only reputable companies	Contact Action Fraud for advice	Hang up on cold callers

The Sussex Neighbourhood Watch Federation, a Registered Charity, is the democratically elected umbrella organisation for Neighbourhood Watch (NHW) across Sussex. We are affiliated to the Neighbourhood & Home Watch Network (NHWN), the largest voluntary movement within the UK which has been established over 35 years. We are the only national charity where communities protect themselves and others through sharing crime prevention advice and delivery of community messaging through its own secure system ALERT™.

Neighbourhood Watch is no longer just about local crime prevention, preventing burglary, but about preventing serious and organised crime, cyber scam awareness, promoting safety and community resilience, to name but a few. Neighbourhood Watch is **free** to join, may not be rich in money, but Neighbourhood Watch is rich in talent, effort, energy, ideas, partnerships and connections, which is worth a lot more than money!

We are a not-for-profit organisation, non-party in politics, and operate an equal opportunities and non-discriminatory policy. Anybody can join, regardless of their background.

To join Neighbourhood Watch (**free**) receive all the benefits + latest ALERT™ community messages at no cost:-

- [www.sussexnwfed.org.uk](http://www.sussexnwfed.org.uk) Enter your postcode to find your nearest schemes / select nearest scheme within 1 – 2 miles / send blind email to scheme coordinator / street contact.
- [www.ourwatch.org.uk](http://www.ourwatch.org.uk) Enter your postcode to find your nearest scheme / send blind email to scheme coordinator.
- [enquiries@sussexnwfed.org.uk](mailto:enquiries@sussexnwfed.org.uk) This is our Sussex-wide Help Desk for membership queries and first point of contact for cyber-scams queries or assistance.