

Identity Fraud

TIPS TO HELP KEEP YOUR ID SAFE

Always keep important personal documents, plastic cards and cheque books in a safe and secure place. Keep cheque books and cards separately. Valuable documents include your passport, birth certificate, driving licence, plastic cards, card receipts, financial statements and even utility bills. Without access to this information a criminal will find it very difficult to pretend to be you.

Don't share personal information unless you are entirely confident you know who you are dealing with. Be particularly cautious if you are cold-called by someone claiming to be from a bank or the police. Your bank would only ever ask for specific characters within your password, not the whole password. Ask them for their number, check it and call them back. Also, be wary of responding to e-mails requesting information about you. If in doubt, ask for proof of identity or undertake your own checks.

Never disclose your card PIN (Personal Identification Number) to anyone.

Dispose of financial statements, card receipts and other personal documents with care. Rip up or preferably shred any

such documents before binning them.

Always check bank statements, and check receipts against your statements carefully. If you find an unfamiliar transaction, contact your card issuer or bank immediately.

Be aware that your post is valuable information in the wrong hands. If you fail to receive a bank statement, card statement, utility bill or other financial information contact the supplier. How easy would it be for somebody to intercept your post? If you receive a credit card application and you don't use it rip it up before binning it. Guard your cards. Don't let them out of your sight when making a transaction. Report lost and stolen cards, or suspected fraudulent use of your card account, to your bank or building society immediately. Keep a note of your card issuers' telephone numbers so that you can report lost or stolen cards.

If you move house make sure you contact your bank and all other organisations to give them your change of address (the Post Office can redirect post on request).

Check out: www.identitytheft.org.uk

Home Composting Bins

Allerdale is going home composting mad following Allerdale Borough Council's promotion encouraging residents to purchase home composting bins.

Allerdale Borough Council, in partnership with other Cumbrian councils, secured funding from DEFRA to help towards the cost of purchasing home compost bins. This meant that Allerdale residents could purchase home compost bins from as little as £6. In March alone, there were 926 enquiries for home compost bins, more than any of the other districts in Cumbria!

Home composting is an excellent way of reducing some of the kitchen waste that would normally go into the household bin to be sent for disposal at landfill and generating compost for the garden at the same time. Organic waste, such as vegetable peelings, fruit, salad, grass, egg shells and tea bags, can all go in a home composting bin.

To encourage further take-up of the home composting bins a member of Allerdale Borough Council's

recycling department will be teaming up with a colleague from the Environment Agency to promote the home compost scheme and other recycling initiatives at the Market Place, Keswick, from 9am to 4pm on Sunday 4 June. The roadshow will be promoting World Environment Day (Monday 5 June) and the start of the Big Recycle Week (from 5 June).

Barbara Jones, Allerdale Borough Council's Waste Minimisation Officer, said: "World Environment Day and Big Recycle Week is a good opportunity to promote waste minimisation and recycling and to demonstrate how well residents of Allerdale have done in recycling."

Thanks to the efforts of residents Allerdale Borough Council recycled 6862 tonnes of garden waste from April 2005 to April 2006.

For more information about home compost bins and recycling, contact Allerdale Borough Council's recycling team on 01900 702800 or visit www.allerdale.gov.uk/recycling.

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Food & Drink Festival

At a time when the health of our nations children is on everyone's lips Silloth will be championing the cause to support local food producers and encourage healthy eating.

Silloth Tourism Action Group and the Solway Coast Area of Outstanding Natural Beauty invite YOU to the first Food and Drink Festival to be held in Silloth in August.

Annette Gibbons, local broadcaster and chef, will be supporting her local event and demonstrating how to use local produce in healthy summer dishes to make your mouth water. Annette has enjoyed the success of her cookery book 'Cumbria on a Plate' show-casing the produce of Cumbria and recipes. She will be using some of the produce from her book on the day of

the festival and I can't wait to taste it!

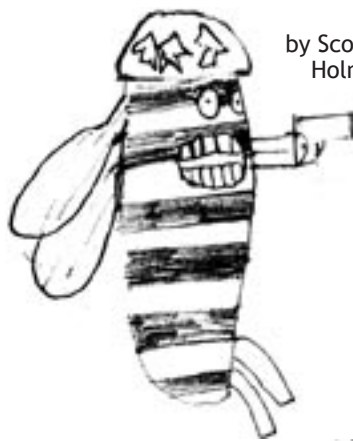
Ever made your own bread? Then why not learn how, expert local chef, Jay Anson from Café 14-16 in Silloth will be demonstrating his skills of kneading and baking different types of bread – you may even get a taste.

So you think you can make a quality butty?

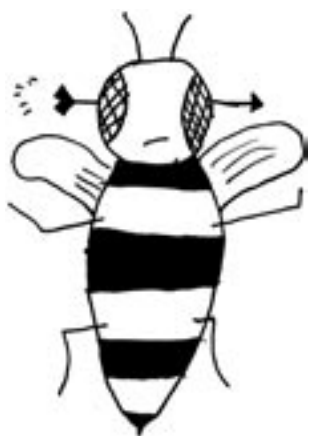
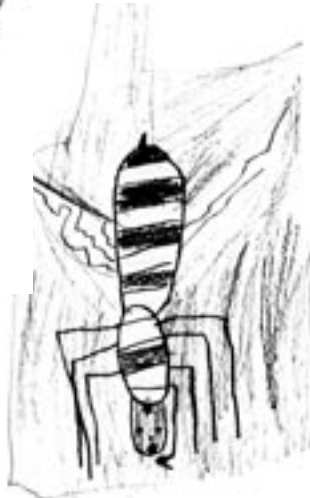
Why not enter our sandwich competition to win a hamper of locally produced goodies. Sandwiches have to contain at least one ingredient sourced locally and be healthy snack. Contact the AONB office if you would like to enter and bring your sandwich along on the day.

The event will be held at the Solway Coast Discovery Centre on Sunday 6th August from 10:30am – 3.30pm.

Sgt. Buzz
by Scott Mattinson aged 11 from
Holm Cultram Abbey School



Beeni Spears
by Kieran Dean aged 10 from
Holme St. Cuthberts School



Bee Careful
by Izabella Kerr aged 11 from
Silloth Primary School

Do you need cash for a Community Project?

Apply for a Neighbourhood Forum Grant from Cumbria County Council. Grants can be made to voluntary, non-profit making groups for community based projects and to individuals who represent the area. You will need to complete an application form available from Area Support 2nd Floor Workington Library, Workington CA14 2ND, or call 01900 325011, or we can email it to you.

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Ring Jim on 016973 32423 or 07850 593749 or call after 6pm at: 30 Esk Street, Silloth