

TUESDAY 14TH APRIL 2020 - UPDATE

Spar Presteigne Job Alert → Calling all Self Employed Drivers 🚚 . We need some help getting our food deliveries out to customers in the local area, so we're recruiting for Self Employed drivers with a full driving licence, their own vehicle and Business Car Insurance, who would be able to deliver food deliveries within our community. Hit this link →: <https://fal.cn/37yD1> to find out more. Please follow the instructions in the link if you're interested in the role. The deadline for applications is Friday 17th April.

Dyfed Powys Police: With us all now spending more time at home, and more time online, cyber criminals have seen this as an opportunity. We've recently become aware of an increase in a type of scam called 'sextortion'. So what is sextortion?

Sextortion is a type of blackmail scam where a person receives an email which often will be along the lines of "you have been recorded viewing pornography and we will release details to everyone unless you pay us money". These emails often have a lot of similarities, and those that we've seen have included where:

- The email is often made to look like it's come from you, to you. This is a trick by the scammer to make you believe your email account has been compromised. It normally hasn't.
- The email often quotes a password you have used in the past or currently use – scammers have normally found this from other sources, including passwords stolen from companies and sold online.
- The email will often say that the scammer has control of your computer and your web cam – they do not.
- The email will quite often include a number of spelling mistakes or poor grammar. This is usually a tell-tale sign of a scam email.

What should I do if I receive one of these emails?

- Do not pay, do not reply, and do not get into a conversation with the sender.
- Report it to us, you can do this online at bit.ly/DPPReportOnline, by email to contactcentre@dyfed-powys.pnn.police.uk or by calling 101.
- Make sure you have a strong and unique password for your email account – change it now just to make sure!
- Check any email rules on your account to make sure nothing has been changed that you were unaware of which would send emails to a third party. For info on how to do this check the help section of your email provider.
- The National Cyber Security Centre (NCSC) has excellent advice on it's website on how to stay safe online – visit www.ncsc.gov.uk

Powys County Council: It's important to stay active and healthy during lockdown, and you can do this whilst following the Government's guidance. Need some inspiration? Follow 'Sport Powys' on social media for regular updates and activities you can try at home. There's also lots of challenges and competitions to take part in! There's something for everyone... Stay safe and keep moving!

Arrowfield Vet Practice: Our statement on vaccines during COVID-19 crisis.

Many of you will have seen some vets talking about starting to vaccinate pets again. This comes from updated BVA guidance published late last week but since then the BVA have apologised for the language they used in this update and accepted that it is misleading. We wanted to update you with our present practice position on vaccinations.

We are still here providing emergency and urgent care to all our clients and patients. We ask our staff to come into work (putting themselves at risk) so that we can provide this vital service. Equally, the government is imploring the public to stay at home, protect the NHS and save lives. Our feeling is that it is too early in this crisis to put our team and our clients at risk by asking them to leave home and risk breaking social distancing rules to attend the surgery for a vaccine. It is vital to say that we would love to be vaccinating your pets, it is still an important part of their healthcare and we will restart doing so just as soon as the greater risk of COVID infection reduces. We strongly believe that by delaying their vaccine for just a few short weeks the majority of pets in our area are at far less risk of ill health than our family and loved ones whilst we let the government and the NHS get on top of the crisis caused by the COVID epidemic in the UK that is yet to reach its peak.

We will now update you all weekly on a Monday morning after our team meeting; taking updated government guidance into account on what service level we are able to provide each week moving forward. In the meantime, stay safe and please contact us with any concerns.

Many Thanks Team AVP 