

Banff and King Edward Parish Churches

Banff Parish Church - Charity No. SC 015501 King Edward Parish Church - Charity No. SC 015077

Minister: Rev David I W Locke MA M.Sc., BD Tel: 01261 812107
email:davidlockerev@yahoo.co.uk

Children and Family Worker: Lillian Brown Tel 07484090127

Pastoral Assistant: Vera Lumsden Tel 07890865931

Church Office 01261 818211

DATES FOR YOUR DIARY

Tues	May 2nd	2.15pm	Service in Doocot View
Fri	May 5th	5pm	Messy Church
Sun	May 7th	6.30pm	Banff Evening Service in Hall
Tues	May 9th	3pm	Service in Airlie Gardens
Thurs	May 11th	Noon-1.30pm	Monthly Fellowship Lunch
Sun	May 14th	1pm	Elders Conference
Sun	May 14th	4pm	Family Connect
Sun	May 21st	6.30pm	Banff Evening Service in Hall
Tues	May 23rd	2.30pm	Service in Banff Care Home
Thurs	May 25th	2.30pm	Book Club in Kirk Lounge
Sat	May 27th	See P10	Coastal Fringe– Food, exhibitions & music
Sun	May 28th	See P10	Coastal Fringe– Food, exhibitions & music
Thurs	June 1st	Noon-1.30pm	Monthly Fellowship Lunch

The Bridge

May 2017
Banff Special Edition



Banff & King Edward Parish Churches

Dear Friends in Banff and King Edward,

Spring is certainly here. The fields are embellished with daffodils, the baby lambs are growing fast and evening light lengthens. For many this is a favourite time of year, and this is the time we as a Church have celebrated Easter. It has been a busy few weeks and as we move on to the rest of the year there are a few things I hope to take with me from this Easter. At our High Street Gang club we learned a bit about Lent. We tried to communicate that Lent is not only about giving up things like chocolate. Lent can also be a time to allow God to take away some of the other things about our lives that are not so good. If we think more of others God will take away our selfishness. If we give more to the poor God will take away our greed. The children took home Lent pictures with space to write their own Lent goals.

We also made Easter biscuits at High Street Gang. These were not only tasty but taught us about the story of Easter.

Biscuit: the road Jesus travelled

Sweets: the last supper

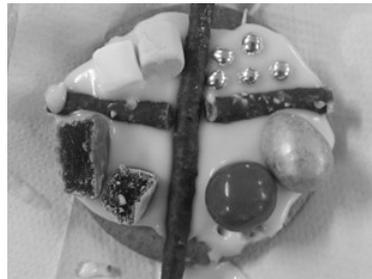
Silver: the cost of betrayal

Cross: the place where Jesus died

Marshmallows: the linen burial cloths

Malteser: the stone that rolled away

Easter Egg: new life in the resurrection



On Easter Saturday we showed the film 'The Lion of Judah'. It was a lovely story about how Jesus' death brought us salvation and his resurrection brought us freedom. This story was told from the viewpoint of animals (some of whom were present in the stable at Jesus birth) and a lamb called Judah who was rescued from sacrifice by Jesus death on the cross. It was a great way to tell the story of how Jesus' death for us was a personal and real experience.

Easter Sunday gave us a great opportunity to meet in the church and the kids (and adults) had a fun time decorating our Easter eggs and then rolling them down the hill beside the church which was great fun. They also enjoyed their Easter egg hunt through the building during the service.

All these Easter activities help us to see that the Church can and should be a fun place for children and it is a joy to experience them enjoying church and learning about God at this special time in our year.

Session Clerk	Mrs Elinor Smith	815782
Worship & Discipleship	Ministry Team	(Contact details above)
Fellowship & Service Co-ordinator	Mrs Rosie Blanchard	861029
Outreach Co-ordinator	Mrs Moira Gess	815147
Resource Group	Mr Jim Buchan	
Pastoral Care Group	Mrs Mary Cameron	812716
Communion Elder	Mr Charlie Smith	815782
Safeguarding Co-ordinator	Mr Charlie Smith	815782
Roll Keeper	Mr Donald Galloway	
Sunday Club Contact	Mrs Lillian Brown	07484090127
Church Officer	Mr Gordon Mustard	861545
Property Conveners	Ron Smith & Ian Cameron	815440 812716
Hall Keeping Team	Contact Church Office	818211
Magazine Editor	Mrs Janet Simpson	843221
Organist	Mr Stephen Pratt	833113
Church Secretary	Mrs Janet Simpson	843221
Life and Work Convener	Mrs Moira Ingram	812393
Flower Convener	Mrs Pat McLennan	815737
Resource Group Clerk	Mrs Irene Tewnion	
Treasurer/Gift Aid Convener	Mr Trevor Leuty	821282
FWO Treasurer	Mrs Moira Gess	815147
Church Office	janetsimpson@banffparishchurchofscotland.co.uk	818211

KING EDWARD CHURCH - Charity No SC015077

Session Clerk	Mrs Margaret Brown	821316
Roll Keeper	Mrs Nancy Simpson	01888 568602
Treasurers	Mr Albert Hay & Mrs Sandra French	
Fabric Convener	Mr Eric Wilson	832951
Church Officer/Hall Keeper	Mr Frank Schapitz	821123
Organist	Mrs Eleanor Wilson	818240
Flower Convener	Mrs Isobel Smith	821348
Guild President	Mrs Eleanor Wilson	818240
Hall Committee President	Mrs Jayne Pirie	821680

Need travel advice for attending health and social care appointments?

Talk to THInC

Helping you get to health and social care.

Contact us:

01467 536111

travel@thinc-hub.org

Ministry of Flowers

We are grateful to the following who have and will donate flowers to beautify Banff Church during May.

7th May Mrs D Thomson & Mrs P Morrison

14th May Mr & Mrs I Cameron

21st May Mrs Mary Masson

28th May Mrs M Conon



The flower list for 2017 is at the back of the church. If you would like to donate flowers for a morning service please add your name to an available date. Contact person: Pat McLennan. (Tel 815737)

BRIDGE MAGAZINE

Deadline for information and articles for the **Banff edition** June Bridge should be sent to the Editor by Sunday, 14th May 2017.

Articles can be emailed to rjs.simpson@btinternet.com.

Please include 'Bridge' in the subject line.

I have been encouraged this Easter to see Christian Easter cards in shops and was also encouraged to hear one of the children tell me stories she had heard about Jesus at school as part of the Easter story. We certainly have many opportunities to share the gospel at this time of year.

Last week I read a very interesting newspaper article. This article disputed the myth some people hold on to that Jesus never really lived or died. It laid out the historical and archaeological evidence for the life and death of Jesus that far outweighs that of evidence for many historical people such as King Arthur. The article closed by suggesting that it is not really a question of whether Jesus lived and died – that is certain. The question we have before us is whether Jesus 'died and lived'! The essence of the early Christian story centred on the resurrection. It was that truth that spurred them on to witness about Jesus in a powerful and life changing way and that is a challenge to us all.

As we leave this important Christian event and move on to other activities in our lives and in the Church through the next few weeks and months, let us all live our life in the light and reality of the resurrection, in its hope, joy and a power that enables us to witness and serve in this new kingdom with a victorious King who has defeated all the powers of opposition, even death.

Throughout this Easter I have been humming a song written by Francis Bottome. The words remind me that when the Spirit of the risen Christ is within us, every morning is an Easter morning – a day we go out to worship Jesus because he is risen.

*'Precious Jesus, O to love thee! O to know that thou art mine!
Jesus, all my heart I give thee if thou will but make it thine.*

*O how precious, dear Redeemer, Is the love that fills my soul!
It is done, the word is spoken: Be thou every whit made whole.*

*Lo, a new creation dawning! Lo, I rise to life divine!
In my soul on Easter morning; I am Christ's and Christ is mine.'*

With love in Christ,

Lillian

Coffee & Company

Do you enjoy catching up with friends or meeting new folk for a chat ?

Do you enjoy a cup of tea or coffee and a biscuit....or, sometimes, a home made scone or cake?

If you answer yes to the questions above then Coffee and Company is for YOU!

EVERYONE IS WELCOME

We are open on Thursdays from 2-4pm and would be delighted if you would like to drop in. You are welcome to stay for as long as we are open or just for a short visit.



MONTHLY LUNCH

*****CHANGE OF DATE*****

The May lunch will be on **Thursday, 11th May**

The June lunch will be on Thursday, 1st June.

Noon—1.30pm

Choice of fresh home made soups and sweets.

All are welcome to join us at our lunches.

No charge for children.

EVERYONE WELCOME



'Surely the goodness and love will follow me all the days of my life'

When I speak this line in my recitation, I am emulating David making a forthright statement to God seeking to reassure Him that all the goodness and love He has for me I will hold on to and share with others now and in the days to come.

'And I will dwell in the house of the Lord for ever.'

My interpretation of this last statement is David's covenant (and hence mine) with God to remain as a disciple of God as long as he lived and as long as I live. When that life is ended I, like David, will hopefully remove to a better world (heaven) and there to remain for ever. It is my fervent prayer that this hope applies to me as much as to David felt it applied to him.



Well, that was a long toil, but I feel I now have a better grasp of the 23rd Psalm and what it means to me.

Point to Ponder



“Where does your security lie? Is God your refuge, your hiding place, your stronghold, your shepherd, your counsellor, your friend, your redeemer, your saviour, your guide? If he is, you don't need to search any further for security.”

One Man's Understanding of the 23rd Psalm (Part 3) Keith Donald

'Your rod and your staff, they comfort me'

I read that when David wrote this, he had switched from a passive reference to God to one of direct speech and, in addressing God directly, had in his mind his own shepherd's crook or staff with which he, as a good shepherd, would protect his sheep and drive away the wild beasts of prey that otherwise would scatter or worry his sheep as they crossed their valley. His presence of protection would comfort them at a time when they most needed comfort. Without losing myself in the murky world of semantics, I take it that here, at the time of one's passing, David was alluding to God taking cognizance of the obedient and faithful, and guiding us with his rod (God's love for us) and sustaining us with his staff (as a weapon to protect us from evil).

'You prepare a table before me in the presence of my enemies'

Here we have an expression of David's appreciation of God's generosity in always providing for us everything pertaining to both life and godliness, everything requisite both for body and soul. In our lives, we only need to look about us in our everyday living to see, appreciate and be thankful for all God's bounteous gifts in this wonderful world He has given us. It is no credit to us how wasteful we are (our enemy) of God's gifts and each day I pray that I may be more efficient in their use.

'You anoint my head with oil; my cup overflows'

This clause continues the use of metaphors and I interpret it as simply meaning that there is no end to God's generosity in His provision for us. Not only is there adequate provision for our individual needs but more than enough to share with others not only in material things but of a supporting, comforting and reassuring nature.

Bible Study

The Tuesday evening **PRAYER & BIBLE STUDY** meet in the Kirk Lounge in Banff Parish Church on the 2nd and 4th Tuesday of each month at 7pm. The intention is we review the previous Sunday service texts and possibly those for the following Sunday. ALL ARE WELCOME.
(Enter via the main hall door)



BLYTHSWOOD

If you are unable to take goods to the Blythswood containers in Banff or Macduff, please contact Ron Smith on 01261 815440.



**Banff Parish Church
Children & Family Worker**

Contact:

Lillian: call/text 07484 090 127

Email: lilianbanff@gmail.com

Drop in to see Lillian
(via the hall door)

for a chat and a cuppa

Thursdays 1-4pm



Thrift Shop

Yes, it's time for us to begin planning our July Thrift Shop which will be held during the week of 3rd –8th July.

If you are spring cleaning please think about donating any unwanted items - adults and children's clothing, household linens, bedding, bric-a-brac, furniture, books and DVDs. We cannot accept electrical goods. Please contact Ian & Mary Cameron or Moira Gess for further information.

How Can Our Church Help Syrian Refugees?

I recently explored on behalf of Banff Kirk Session, how our church might help with the resettlement of Syrian refugees into the Banff area, but it's not as easy as you might have thought; so here is what I found out.

1. Having been tasked with making enquiries regarding how our church may help with the resettlement of Syrian refugees into the Banff area, I established that Rev Shuna Dicks, Minister of Aberlour Parish Church, had been instrumental in settling in several Syrian refugee families into the Moray Council area. I contacted her for advice and was told that the best person to speak to is Katie Mclean at Aberdeenshire Council who has been in charge of co-ordinating Aberdeenshire's intake of Syrian families.

2. Following up the lead with Katie I established that, despite her most helpful and encouraging reply, our practical involvement directly with the relocation of Syrian families into our area is not needed at this time but we are by no means dismissed.

3. Their plan is to resettle a further 40 families over the next few years via the Syrian Vulnerable Persons' Relocation Scheme and the Vulnerable Children's Relocation Scheme. Aberdeenshire Council is in the process of securing accommodation for Phase 3 families arriving in May and hope to include homes in Ellon.

4. The reason there has been no resettlement into the Banff area is that the families rely heavily on wider community and cultural support from Arabic speaking families and a local Mosque. Also, it is necessary to ensure that the families can access essential services including legal, medical and language tuition which is why they have focussed on communities within an easy bus commute of the city. Many of the families also have serious or terminal



BOYS' BRIGADE ANNUAL DISPLAY 2017

Ian Cameron, Scott Urquhart, Rory McDermott, Lewis Walker, Alan and Jennifer McIntosh.



It was a packed hall for the Boys' Brigade annual display which took place in Banff Church Hall on Friday, 21st April.

Scott Urquhart was presented with the Presidents Badge and the Queens Badge was presented to Rory McDermott and Lewis Walker. The awards were presented by Alan McIntosh, Battalion President who was Inspecting Officer for the evening .





Friday 5th May @ 5pm
Banff Parish Church Hall

BARBECUE

Friday June 16th @ 5pm.
Duff House Grounds

ALL ARE WELCOME TO JOIN US.

MESSY CHURCH is for everyone! Come along and join the fun—singing, crafts, games, challenges, celebration and sharing supper.

There is no charge for Messy Church and no lower or upper age limit!! Children should be accompanied by an adult.

You are invited to

FAMILY CONNECT

a connect group for busy families

Banff Parish Church Hall on Sunday 14th May

An opportunity to explore real family issues and faith in an informal way

Meeting the 2nd Sunday of every month

4pm: Coffee, activities music.....

5pm: Sharing over food

(please bring some food and we will provide drinks)

*everyone's
WELCOME!*



medical conditions so close proximity to the ARI campus is important.

5. All of that aside, there is definitely a role for churches and volunteers in other communities to help and support the families. Rev Tony Stephen in Banchory has been a great help in the past pulling together donations for new families arriving. Other congregations have also held fundraising events or have provided transport and invited families to visit their community for a day. With help from Aberdeenshire Council, the Syrian families have set up their own community development group, the Amal (Hope) Project, which meets every week in Inverurie and they would be delighted if anyone wanted to go along to find out if help is needed.

6. They were in March looking for eight TVs and DVD players, all in working order, to reduce their isolation and loneliness and to boost English language learning. Donations of new or nearly new clothing and childrens toys would also be most welcome.

7. Following our enquiry, Banff Parish Church (via me at the moment) has been added to their "Refugee Faith Groups" email list and we will be kept updated with any developments that may be useful to know.

Further, Katie has since advised me that she is resident in Cullen and is willing to arrange collection of any material donations should they become available.

If someone wishes to help with something specific, please let me know.

Keith Donald

KING EDWARD ANNUAL COFFEE MORNING

Saturday, 6th May 2017

10am—Noon

We are looking for donations of : plants, home-baking, jam & preserves, knitting, hand-crafts, jigsaws, books etc.

Donations can be brought along to the hall on Friday, 5th May at 6.30pm

Idiosyncrasies of the English language

Reasons why the English language is so hard to learn:

- The bandage was wound around the wound.
- The farm was used to produce produce.
- The dump was so full that it had to refuse more refuse.
- We must polish the Polish furniture.
- He could lead if he would get the lead out.
- The soldier decided to desert his dessert in the desert.
- Since there is no time like the present, he thought it was time to present the present.
- A bass was painted on the head of the bass drum.
- When shot at, the dove dove into the bushes.
- I did not object to the object.
- The insurance was invalid for the invalid.
- There was a row among the oarsmen about how to row.
- They were too close to the door to close it.
- The buck does funny things when the does are present.
- A seamstress and a sewer fell down into a sewer line.
- To help with planting, the farmer taught his sow to sow.
- The wind was too strong to wind the sail.
- After a number of injections my jaw got number.
- Upon seeing the tear in the painting I shed a tear.
- I had to subject the subject to a series of tests.



If teachers taught, why didn't preachers praught?

If a vegetarian eats vegetables, what does a humanitarian eat?

How can a slim chance and a fat chance be the same ?

English was invented by people, not computers, and it reflects the creativity of the human race, which, of course, is not a race at all. That is why, when the stars are out, they are visible, but when the lights are out, they are invisible.

STEWARDSHIP GROUP

What we are

We are a small group of members of Banff Parish Church set up two years ago by the Kirk Session to find out and develop the talents and skills of our church members and adherents. We would then endeavour to match these skills and talents with opportunities available to further God's work in our church and the wider community.

We also try to ensure that the various groups and organisations in the church family are aware of, and make use of the talents and offers of help which are available on the Talents Database.

Who are we

Currently we are five- Vera Lumsden, Margaret Henderson, Yvonne McIntosh, Janet Simpson and Charlie Smith. We are not an exclusive group and would welcome more members. Contact Janet, our Church Secretary to find out more.

When and where

Initially we met every month to set up our Talents Database ,which is on display at the back of the church. Recently our meetings have been on an "as required " basis, primarily to match up new (or existing) volunteers with new (or existing) opportunities to participate.

What are we not

While we are keen to develop opportunities for service, we are NOT in the business of setting up projects or clubs ! We want to help individuals find an outlet for their skills, talents and interests.

If you would like to volunteer your skills and talents please contact any of the group named above or call the church office and leave a message. (818211).

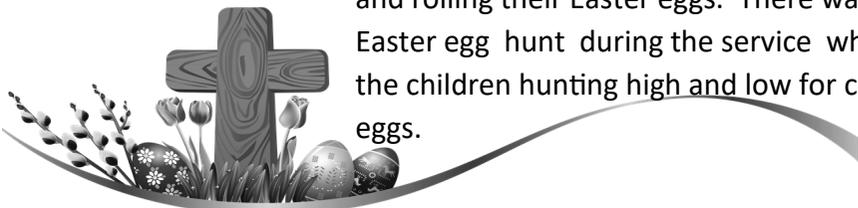
BANFF AND KING EDWARD EASTER CELEBRATIONS



Early morning Easter service at the old kirkyard which was followed by a very welcome breakfast in Banff Church Hall.



The children (and adults) enjoyed decorating and rolling their Easter eggs. There was also an Easter egg hunt during the service which had the children hunting high and low for chocolate eggs.



Kayleigh Marie Bain, daughter of Chris and Katee Bain was baptised by Rev David I W Locke on Sunday, 9th April 2017.

*Coffee and
crèche*



Tuesdays 10 - 11:30

Wednesdays 1:30 - 3:00

Enjoy a cuppa while the kids play. Lots of space and toys

EVERYONE IS WELCOME!

For all parents and carers of Pre-School children

Banff Parish Church Hall

Coastal Fringe

Banff Parish Church and Hall is venue three of nine venues during the Coastal Fringe. There will be a wide range of activities and interests for all ages.

Life and Light at the Kirk

SATURDAY 27th IN THE HALL (10AM-4.00PM)

Kirk Café (from 10am) - morning tea/coffee and fresh pancakes

Kirk Café (from Noon) - crepes, ice-cream and sauces

All Day Photo presentation – Banff through the years.

Activities and displays, sales table & tombola

SATURDAY 27th IN THE CHURCH (10AM-4 PM)

All Day Flower Festival, Music, Wedding Display.

Art including 'Teabag Angel' by Alison Simpson

SATURDAY 27th BANFF PARISH CHURCH @ THE MARINA (1.30PM)

Open-air Harbourside Blessing of the Fleet Service

SUNDAY MORNING 28th (11am)

Outdoor service in the car park at 11am (weather permitting)

SUNDAY 28th AFTERNOON IN THE CHURCH (1-4.30PM)

Flower Festival, Art including 'Teabag Angel' by Alison Simpson*

Music, Wedding Display

SUNDAY 28th AFTERNOON IN THE HALL (1- 4.30PM)

Kirk Café: Crafternoon Tea (enjoy tea & cake and browse the craft stalls)

"[The Church] existed wherever Christ's love burned in the heart of man...It was not hidden in a corner, nor off on the periphery. It was the throbbing heart of the camp – giving life to it, and transforming it from a mass of individuals into a community."

experience something of personal resurrection.

So how is this relevant to Banff, today? Slowly, the example of Ernest and his

friends in serving others, despite their own continuing battle for health and survival, spread seeds of hope throughout the camps. Living for others instead of for themselves the prisoners found they had more to share. Men, regardless of background or denomination, came together to find out more about the source of this strength in the face of terrible adversity.

"We arrived at our understanding of God's ways not one by one, but together. In fellowship of freedom and love we found truth, and with truth a wonderful sense of unity, of harmony, of peace."

Gradually hope and grace grew within the camps until eventually, to the astonishment of their guards, a convoy of POWs stopped to give medical assistance to a train of injured Japanese soldiers.

What an amazing testimony of grace in action and the power of Christ to shine through the lives of ordinary people facing trouble and setbacks. What a wonderful challenge to us to 'put on the armour of Christ' and live out our Christian lives together with and within our community, whatever the barriers and scepticism we might face. It's an inspiring read and now available to borrow from the back of the church.



If you would like to recommend or share your thoughts on a book you have recently read please get in touch.

Speak to Janet Simpson or email rjs.simpson@btinternet.com

Book Review

Miracle on the River Kwai

Ernest Gordon, published HarperCollins (1963)



Marketed as 'The true story behind the film,' *Miracle on the River Kwai* is a book by someone who really lived in the Prisoner of War (POW) camps whose inmates were forced, in brutal conditions and in violation of international treaties, to build a railway that was to support the Japanese war effort and, in the midst of horror, found the reality of 'church' in action.

"Have you noticed how, with many of the men, it's "You first" now instead of "Me first"?"

"It means – er – not thinking so much about yourself and – er – taking time to think about what you ought to do. I've never been much of a one to pray – but that's what I'm doing. I'm praying. Prayer makes me feel stronger, see – and then I'm ready for whatever's coming next."

Ernest Gordon was an ordinary boy growing up in Scotland and, when war broke out in 1939, was running yacht races around the coast of Scotland.

He was present at the capture

of Singapore and helped manage an escape route for many Allied soldiers trapped behind Japanese lines. He almost managed to escape himself, but at the last moment was captured with his five comrades and taken to a number of POW camps where he became dangerously ill.

Reason enough, you might think, to feel that God, if he was there at all, didn't care much. Ernest and many of his fellow prisoners, faced with appalling camp conditions, had to focus so much energy on their own survival that selfishness and even robbery became the rule of the day, and concern for others or awareness of their suffering became almost non-existent.

It was a downward spiral of human depravity, until Ernest, suffering from multiple illnesses and facing certain death, was

rescued from the hospital tent by two Christian friends. What struck him was not their substantial care for his body but their ability to bring peace and hope into his sickroom. Ernest's body began to heal, but it was only through the presence of his friends that he began to find a reason to continue to live; to

"I never went – except on church parades. Now what seems to me important about a church is that we all come together as one when we open ourselves to God's will. You carry some of the harmony away with you when you leave the church."

All Saints Church, Whiterashes commissioned Alison Simpson to produce a contemporary piece of church art pointing to God's grace and beauty.

All Saints Church is an Eco-Congregation and they decided to use recycled tea bags in an imaginative way to raise awareness about recycling things we so easily discard, but also to encourage some reflection on the production process and the people involved in the supply chain.

An appeal for used tea bags resulted in donations from churches from Shetland to Ballater.

The Teabag Angel was displayed in the church during Scottish Civic Trusts Open Day 2016 and raised funds for "Embrace Middle East" a charity who work with Syrian refugees.

You have an opportunity to see this unique piece in Banff Parish Church during the Coastal Fringe weekend.



Can you help in Banff Parish Church during the Coastal Fringe? We need volunteers to help set up, to welcome and chat with visitors, to serve, to help in the kitchen, and in many other ways. If you would like to offer an hour or two...or more over the weekend please speak to Moira Gess (815147) or Janet Simpson (818211 or 843221)

ONLINE SAFETY ALERT

LAW ABIDING CITIZEN' PHISHING CAMPAIGN & BANKING TROJAN ALERT

The information contained within this alert is based on intelligence from various sources. The purpose of this alert is to increase awareness of a mass phishing campaign currently in circulation. The campaign's primary function appears to be distributing a well-known Banking Trojan through a malicious email attachment. The alert is aimed at members of the public, local police forces, businesses and governmental agencies.

ALERT CONTENT

Fraudsters are sending out a high volume of phishing emails to personal and business email addresses, pretending to come from various email addresses, which have been compromised.

The subject line contains the recipient's name, and the main body of text is as below:

"Hi, [name]!

I am disturbing you for a very serious reason. Although we are not familiar, but I have significant amount of individual info concerning you. The thing is that, most likely mistakenly, the data of your account has been emailed to me.

For instance, your address is: [real home address]

I am a law-abiding citizen, so I decided to personal data may have been hacked. I attached the file – [surname].dot that I received, that you could explore what info has become obtainable for scammers. File password is – 2811

Best Wishes,"

The emails include an attachment – a '.dot' file usually titled with the recipient's name.

This attachment is thought to contain the Banking Trojan Ursniff/Gozi, hidden within an image in the document. The Ursniff Banking Trojan attempts to obtain sensitive data from victims, such as banking credentials and passwords. The data is subsequently used by criminals for monetary gain.

PROTECTION / PREVENTION ADVICE

Having up-to-date virus protection is essential; however it will not always prevent your device(s) from becoming infected.

Please consider the following actions:

- ☒ Don't click on links or open any attachments you receive in unsolicited emails or SMS messages: Remember that fraudsters can 'spoo' an email address to make it look like one used by someone you trust. If you are unsure, check the email header to identify the true source of communication (you can find out how by searching the internet for relevant advice for your email provider).
- ☒ Do not enable macros in downloads; enabling macros will allow Trojan/malware to be installed onto your device.
- ☒ Always install software updates as soon as they become available. Whether you are updating the operating system or an application, the update will often include fixes for critical security vulnerabilities.
- ☒ Create regular backups of your important files to an external hard drive, memory stick or online storage provider. It is important that the device you back up to is not connected to your computer as any malware infection could spread to that as well.
- ☒ If you think your bank details have been compromised, you should contact your bank **immediately**.
- ☒ If you have been affected by this or any other fraud, report it to Action Fraud by calling **0300 123 2040**, or visit www.actionfraud.police.uk.

