Barking & Dagenham Cyber Crime Summary October 2025

Executive Summary

Number of offences	157
Total loss	£832,493.32
Average per victim	£5,302.51

Top 5

The top 5 by **volume** (number of reports) type of fraud is as follows:

Fraud Type	Amount of Offences	Amount Lost
NFIB3A - Online Shopping and Auctions	26	£9,713.62
NFIB1H - Other Advance Fee Frauds	24	£12,034.00
NFIB3D - Other Consumer Non Investment Fraud	17	£261,635.00
NFIB5A - Cheque, Plastic Card and Online Bank Accounts (not PSP)	12	£11,605.65
NFIB52C - Hacking - Social Media and Email	10	£0.00

The top 5 by **amount** reported lost:

Fraud Type	Amount Lost	Amount of Offences
NFIB3D - Other Consumer Non Investment Fraud	£261,635.00	17
NFIB1G - Rental Fraud	£136,700.00	7
NFIB3C - Door to Door Sales and Bogus Tradesmen	£110,298.00	8
NFIB2E - Other Financial Investment	£94,863.61	4
NFIB19 - Fraud by Abuse of Position of Trust	£85,643.03	3

Fraud Advice

Social Media & Email Hacking

If hackers get into your device or accounts, they could access your money, your personal information, or information about your business.

You can improve your cyber security by taking six actions:

1. Use a strong and separate password for your email
2. Create strong passwords using 3 random words
3. Save your passwords in your browser
4. Turn on two-factor authentication (2FA)
5. Update your devices
6. Back up your data

More information and cyber advice can be found here;
https://www.ncsc.gov.uk/cyberaware/home

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Rental Fraud

Sometimes, criminals advertise properties to rent when these properties don't belong to them, or even don't exist! Victims are then tricked into paying an upfront fee to rent the property.

In reality, the property does not exist, has already been rented out, or has been rented to multiple victims at the same time. The victim loses the upfront fee they have paid and is not able to rent the property they thought they had secured with the payment. Rental fraudsters often target students looking for university accommodation.

How to Protect Yourself

- Do not send money to anyone advertising rental properties online until you are certain the advertiser is genuine.
- If you need to secure accommodation in the UK from overseas, seek the help of the employer or university you are coming to, or get a friend, contact or relative to check the property exists and is available.
- Do not pay any money until you or a reliable contact has visited the property with an agent or the landlord.
- Ask for copies of tenancy agreements and any safety certificates such as Gas Electricity or HMO Licence.
- Do not be pressurised into transferring large sums of money. Transfer funds to a bank account having obtained the details by contacting the landlord or agent directly after the above steps have been followed. Be sceptical if you're asked to transfer any money via a money transfer service like Western Union.

Door-to-Door Fraud

Door-to-door scams involve criminals knocking on your door and unexpectedly offering products or services. Fraudsters convince you to pay for goods or work which is often overpriced, of poor quality or is not even carried out. In many cases, this work is not necessary. They may use intimidation and pressure you to make quick decisions so that you agree to their demands.

Criminals may try to convince you that work is urgently required and the price they are charging is fair. They will put pressure on you to have the work done immediately and may ask for payment upfront. Often the work is not completed, or if it is, the work is to a poor standard. You may also be overcharged for any work done.

They can use deception to convince you:

- Claiming they were working on a neighbours' address and noticed you need work completed and they have left over materials.
- They may inspect areas you can't access, for example the loft or roof and show you photos or videos claiming they are evidence that you need the urgent repairs. Beware of these tactics as these images may not even be your property.
- They may throw water down when you are not looking to indicate you have 'damp'.
- They may be insistent you pay in cash immediately or put down a deposit, even offering to take you to the bank to get the money. If you do this, they may continue to find reasons for you to pay more money.
- Some callers will be legitimate. Gas, electricity and water companies may visit to read your meters. Charities may visit to ask for donations and council officials may contact you regarding local issues. Always ask for identification and tell them to wait outside whilst you check this by calling the company or speaking to a relative or friend. If you are calling the company, don't use the phone number on the person's ID card).

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How to protect yourself

- Always check their identity. If you are not happy about a person's identity, do not let them into your house under any circumstances.
- Never leave your front door open/unlocked and unattended, so a second individual can't enter without your knowledge.
- Take time to consider your options and research costs from other providers. If in doubt contact your local Trading Standards.
- If you feel pressured by any cold caller, have the confidence to be firm and say no.
- Call the citizens advice consumer helpline following a doorstep caller on 03454 04 05 06.

REMEMBER - Take time to consider your options. Don't be pressured into making a quick decision.

CAUTION - Never pay upfront for goods or services you have not received.

THINK - Are they a legitimate company? Why haven't they given you a written quote?

Remember:

Your bank, the police, or tax office will **never** ask you to attend your bank, withdraw, transfer or pay money over the phone or send couriers to collect your card or cash. Nor would they ask you to buy goods or vouchers.

This is a scam.

1. **Hang up** (Never give details or money following a cold call)
2. **Take 5** (Seek a second opinion, tell someone what has happened)
3. **Verify** (if concerned, contact the company via a pre-confirmed method)

All of our videos and electronic leaflets can be found on the following link;
www.met.police.uk/littlemedia

Free cyber advice can be found https://www.ncsc.gov.uk/cyberaware/home

- **STOP**
  Taking a moment to stop and think before parting with your money or information could keep you safe.
- **CHALLENGE**
  Could it be fake? It's ok to reject, refuse or ignore any requests. Only criminals will try to rush or panic you.
- **PROTECT**
  Contact your bank immediately if you think you've fallen for a scam and report it to Action Fraud.

Where to Report a Scam:

If you think you have been scammed, contact your bank first by calling 159

How it Works; 159 works in the same way as 101 for the police or 111 for the NHS. It's the number you can trust to get you through to your bank safely and securely every time. So if you think someone is trying to scam you into handing over money or personal details – stop, hang up and call 159 to speak directly to your bank.

Always report; scams, fraud and cyber-crime to Action Fraud, either online at **www.actionfraud.police.uk** **or by telephone on 0300 123 2040.**

Subscribe to the "**Which**" Scam Alert Service where you can receive free updates on current scams being used. Copy this link into your search engine **https://act.which.co.uk/** and locate "Scam Alerts newsletter" to register your details. **Which** will then provide practical advice to keep you one step ahead of fraudsters.

Get advice and report it to Trading Standards through the Citizens Advice consumer service on 0808 223 1133 or online advice at **www.adviceguide.org.uk**

The Citizens Advice consumer service provides free, confidential and impartial advice on consumer issues. It is important that all complaints are referred to the Citizens Advice consumer service as they maintain a national database of complaints that provides an invaluable source of information and intelligence to the trading standards community

Details of all consumer enquiries, dealt with by the Citizens Advice consumer helpline, are made available to Trading Standards

Report a text message you think is a scam - most phone providers are part of a scheme that allows customers to report suspicious text messages for free by forwarding it to **7726**. If you forward a text to **7726**, your provider can investigate the origin of the text and arrange to block or ban the sender, if it's found to be malicious.

Report an email you think is a scam - If you have received an email which you're not quite sure about, forward it to **report@phishing.gov.uk**

If you've been scammed through the post - Royal Mail investigates postal scams. If you've received something in the post you think is a scam, send it to **'Freepost Scam Mail'.** Include the envelope it came in and a completed scam mail report. You can download a scam mail report from Royal Mail or call them and ask for a form and pre-paid envelope

If the scam involves financial services - If the scam involves cryptocurrency, investments, insurance or pensions, report it to the **Financial Conduct Authority - 0800 111 6768**

Friends Against Scams is a National Trading Standards Scams Team initiative, which aims to protect and prevent people from becoming victims of scams by empowering people to take a stand against scams.

Online learning available
https://www.friendsagainstscams.org.uk/training/friends-elearning