

Don't Get Hooked:

Your guide to avoiding cyber scams & fraud

In today's digital landscape technology offers us a lot of opportunities and conveniences. Those opportunities and conveniences don't come without some level of risk...

Online scams and fraudulent activity have become quite sophisticated in recent years. Scammers prey on people's trust and exploit their vulnerabilities to commit a range of cyber crimes that can significantly impact daily life.

? What is fraud?

Fraud is a misleading behaviour carried out with the aim of getting an illegal advantage or to harm someone's rights. Fraud can be planned and performed by just one individual, a group of people, or an entire organisation.

! What is a scam?

A scam is a type of method that cybercriminals use to trick people into providing sensitive information or doing something that they normally would not do. There are various types of scams and cybercriminals often evolve and create new ones to keep up with current technologies and trends.

It is important to be aware that fraudulent activity and scamming exists so that you can take the necessary precautions to stay safe and secure in our digital world.

Common Types of Online Scams & Fraudulent Activity

📧 Phishing Attacks

Phishing is a way cybercriminals trick you into giving them personal or sensitive information. They do this by sending fake emails or text messages that look like they come from a real person or organisation that you trust. Phishing scams could include a link to a fake login page or an attachment. If you provide the requested information to the cybercriminals you could lose your access to online accounts, your identity, or even your money. An example of this would be receiving an email with a link to a fake bank website asking for your username and password.

💰 Threats of Extortion

Threats of extortion try to frighten you into paying money. Threats can include acts of legal action, violence, types of suspension, or even deportation if certain 'fees' are not paid. A common example of this kind of threat is when cybercriminals pretend to be from the Australian Taxation Office and ask for payment of outstanding tax debts to avoid arrest or legal action.

💞 Dating or Romance Scams

Cybercriminals use dating websites or social platforms to target victims by pretending to be someone they are not. They create fake profiles or even steal the identities of real people to try and quickly build relationships before asking for money, gifts, or information.

This story continues >



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Continued from front cover...

Staying Safe and Secure

Although online scams and fraudulent activity are getting more sophisticated and harder to spot, there are some common indicators that signal potential danger...

Things to look out for include:



Inconsistencies in sender's email address

Scammers can use email addresses that are designed to look incredibly similar to a legitimate business. Look for incorrect spelling, extra characters, or things that may even look like typing errors.



Generic greeting and/or sign off

Scammers tend to use very generic greetings such as "Dear customer" or "Sir/Ma'am". They also tend to have limited contact information for a return response.



Suspicious hyperlinks and websites addresses

Malicious websites can be designed to look almost identical to a legitimate company's website. Look for inconsistencies in the website address such as incorrect spelling, extra characters, or unusual endings instead of .com or .au.



Spelling and presentation

Incorrect spelling, sentence structure, bad grammar, and incorrect punctuation can all be good indications of a scam. Most legitimate businesses take pride in their presentation and professionalism.



Suspicious attachments

Unsolicited requests to open or download attachments are huge red flags: **please don't do it!**

Source: www.cyber.gov.au



2024 marks a milestone that personally fills me with both pride and gratitude: the 50th anniversary of CatholicCare Central Queensland. This year is an opportunity to reflect on our journey and celebrate our achievements.

For five decades, we have been committed to providing support and care to our communities. Our work together has made a real difference in the lives of many. It's your trust in us, your invaluable feedback, and the genuine connections we've built that have helped to shape our journey.

This year, we'll be looking back at some of our pivotal moments and the stories that helped define us. These stories are not just about our organisation, they are about you too – the people we serve. After all, your experiences and achievements are at the heart of everything we do.

Looking forward, I assure you that our dedication to serving you remains our top priority. We're committed to continuously evolving, enhancing our services, and ensuring that every person we support feels valued and understood.

I invite you to join in our 50th anniversary celebrations over the coming months. This is an opportunity to reminisce, to celebrate, and to set our sights on what we can achieve together in the years to come.

Thank you for being such an important part of CatholicCare Central Queensland. Here's to celebrating the past 50 years and to shaping a future that's even brighter.



Robert Sims

CatholicCare Executive Director

Commemorating
50
Years of Care

Staff in focus... **Melinda** Support Worker

Q. Tell us about your job at CatholicCare.

I'm at Support Worker and I help to support our clients with their day-to-day living and activities. I've been working at CatholicCare for over 4 years now, having applied once I finished my Certificate III qualification in Support Work.

I find it very fulfilling to know that I provide extra support to those who need it.

Q. How do you like to spend your time outside of work?

I love travelling. I'm currently trying to convince my partner to retire so we can travel full time on the road. I'd love to do an outback lap of Australia.

I've already been on heaps of cruises up the Australian coast too. My partner and I have a plan to leave for a cruise from every Australian port - that's on my bucket list.

Q. Do you have any favourite quotes or sayings that provide you with inspiration and motivation?

I always tell everyone stop stressing; you can't fix it either way.



Support Worker Melinda,
with CatholicCare client Theresa

Q. What are some interesting facts about you?

I had a good win on the lotto recently. I don't usually win things so it was a good surprise.

I've also broken my arm and leg (*both on the same side*). I fell off a step ladder while painting the house.

I have 3 dogs, their names are Ruby, Venus and Lou and I love them to bits. I also have a red Eclectus Parrot named Scarlet.

Q. Describe a time when you witnessed the positive influence of CatholicCare services on someone's life?

I love seeing the smiles on the faces of our clients when we go out and do things in the community. We could be going for a drive to the beach or going out for a coffee, I just like getting people out of the house and doing something that they enjoy.



Melinda assisting Theresa with her medications



Helping out around the house



Melinda's parrot 'Scarlet'

Our Staff in Focus series has been so popular and we love hearing your feedback!

To share your thoughts with us, **email us at:**
communications@catholiccarecq.com



RECIPE



Rachael's Poke Bowl

Our in-house nutritionist shares her simple and delicious one bowl recipe...

Ingredients...

- 1 ½ cups of quinoa (rinsed and drained) or cooked brown rice
- 600g chicken thigh fillets or Salmon
- 1/3 cup Patak's Tikka Masala Paste
- 1/3 cup sour cream
- ½ red onion, sliced
- 1 cup edamame beans
- 1 ripe avocado, sliced
- 2 ripe nectarines, sliced (option: pears)
- ½ cup cherry tomatoes, sliced in half (optional)
- ½ cup chopped nuts
- Greek yoghurt and mint leaves to serve

Just six simple steps...

1. Cook the quinoa or rice as per the packet instructions.
2. Combine the chicken or salmon, paste and sour cream and set aside for 30 minutes while you prepare the veg.
3. Cook the chicken or salmon on the BBQ or in a frying pan until golden brown. Slice into strips.
4. Divide the quinoa or rice between bowls.
5. Arrange the chicken/salmon, onion, edamame beans, avocado, nectarines, snow peas and cucumber on top of quinoa.
6. Top with crushed nuts, Greek yoghurt and mint. **Enjoy!**

CatholicCare now offer consultations with a nutritionist to help you improve your overall health and wellbeing.

Contact us today
to get started!



WONDERWORD

Love is in the air

With Valentine's day this month feel the love with this weeks love & relationship themed wonderword...

SEDUCTIVE
SACRED
HUSBAND
HONESTY
FEEL
UNDYING

WIFE
SOUL
TRUTH
HEART
TRUE
CHERISH

LOVE
FAITHFUL
PURE
LOYAL
PASSION
PROMISE

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Need a hint or looking for the solution?

Scan the QR code or visit:

www.catholiccarecq.com/wonderword

Source: thewordsearch.com