



Your Child's Security

ACT Policing understands parents and guardians can not keep an eye on their children 24-hours a day. That is why it is important to discuss security with children and encourage them to adopt a number of personal safety strategies.

Parents and guardians should encourage their children to:

- Establish a network of trust consisting of people they feel safe to approach for help. This could include family members, teachers, friends and those living in Safety Houses near their home.
- Seek assistance from agencies such as the local fire brigade, ambulance service and the police if they ever feel unsafe.
- Be aware of inappropriate behaviour patterns such as touching, language, gifts and accepting lifts.
- Confide in their network of trust if they are subjected to any form of inappropriate behaviour.
- Be aware of the importance of privacy and encourage them to keep their personal particulars such as their name, age and address confidential from people outside of their network of trust. (Where possible children should ensure name badges are not displayed on clothing or school bags when out in public.)

When away from a parent or guardian children should:

- Be encouraged to stay in a group;
- Pay attention to their surroundings in public areas;
- Ensure they let parents or guardians know if their plans change;
- If they see anyone acting suspiciously seek assistance from a member of their network of trust;
- Ensure they understand not to approach cars if someone stops and asks them questions;
- Know how to seek refuge in a house displaying the Safety House symbol if they feel threatened;
- Know to shout loudly and tell the person to stay away if approached by a suspicious person and feel scared; and
- Try to remember details of suspicious people they may encounter, such as what they looked like and what they were wearing.

For more information on the Safety House program in the ACT go to the ACT Safety House Association website at <http://www.safetyhouseact.org.au/>

Source:

http://afp.gov.au/act/crime_prevention/your_childs_security.html

Death cap mushrooms

30 April 2009

The National Capital Authority has today advised the public to avoid eating wild mushrooms following sightings of the poisonous death cap mushroom.

The recent rain and mild autumn temperatures have created ideal growing conditions for the death cap mushroom.

NCA Executive Director, Alison Walker-Kaye said death cap mushrooms are difficult to identify.

'While the death cap is a large mushroom, with a cap ranging from light olive green to greenish yellow, the immature button can be difficult to distinguish from an edible mushroom.'

The death cap is one of the world's deadliest fungi. All parts of this mushroom are poisonous, and eating just one mushroom can be fatal.

'If you suspect you may have eaten death cap mushrooms, you should seek urgent medical attention,' Ms Walker-Kaye said.

The death cap mushroom is commonly found near established oak tree plantings of which there are many in central Canberra and the older inner suburbs. Known locations of the death cap mushroom include Acton, Ainslie, Commonwealth Park, Deakin, Dickson, O'Connor, Parkes, Red Hill, Reid, and Yarralumla. Warning signs have been posted on trees in the central areas of Canberra where death cap mushrooms may grow.

In a poisoning emergency phone 13 11 26, 24 hours a day, 7 days a week.

Further information on death cap mushrooms is available from the ACT Health website <http://health.act.gov.au>.

Source:

<http://health.act.gov.au/c/health?a=da&did=10009573&pid=1051744615>

Food Allergy Awareness Week 17-23 May 2009

Bluebell Pharmacy Mawson is supporting Food Allergy Awareness Week by providing the following:

Tuesday 19 May – 10 a.m. Naturopath from the Allergy Centre, providing information on products that prevent food allergies

Wednesday 20 May – 1-2.30 Tina from Health World

Thursday 21 May – All day - morning tea to raise funds for Anaphylaxis Australia

Please assist our police by reporting all suspicious activity to: **CRIME STOPPERS** use: **1800 333 000**.

For police attendance use: **131 444**.
But, for all life-threatening emergencies use: **“0 0 0”**



Workplace security

Opportunistic thieves consider office buildings as easy targets. Even a workmate could be a potential thief. Here are 10 ways you can increase workplace security:

1. **Lock it up or lose it.** Thieves usually look for items of value such as laptop computers, mobile phones and electronic equipment they can easily sell. Staff property, such as wallets and valuables, will also be stolen if not locked up.
2. **Make sure you have up-to-date security.** Office security needs constant attention. Thieves will always be looking for opportunities. If your building has up-to-date security measures in place and alert staff, it may deter or prevent a theft.
3. **Check security procedures for all building entry and exit points.** Check for any faults and weaknesses in the security procedures you use. Thieves will take advantage of any opportunities to gain undetected access, such as through faulty fire doors and elevators; unattended loading docks and unattended reception areas.
4. **Encourage staff to approach unknown visitors.** Thieves often gain entry to buildings by 'tailgating' a legitimate staff member. Security and other relevant staff should question people who are not wearing identification and establish if they have authority for being on the premises. A security process should be in place to deal with this sort of situation.
5. **Establish an assets register.** Make sure your assets register contains the make, model and serial numbers of all your office equipment and is kept in a secure area.
6. **Nominate a security coordinator.** It is recommended that one person in each office be nominated to be responsible for security issues. Their role should include: Regularly conducting a security audit of the office; raising security concerns at staff meetings; liaising with other tenants or offices in the building; making recommendations to improve security, and liaising with building security.
7. **Install security system warning signs to deter thieves.** Warning signs at entry points to the building can inform a potential thief of your security systems and deter them from entering the building. (For example, if you use 24 hour video surveillance, put up a sign advertising the fact.)
8. **Network with other tenants about security issues.** To have a broader understanding of the security issues that affect your office it is important that you liaise with building management and other tenants. This can be mutually advantageous.
9. **Report all suspicious or criminal activity to police.** *If you hear something or see something, say something.* It is important that all thefts are reported to police, even if there is no apparent

Neighbourhood Watch 25th Anniversary

A dinner to celebrate the 25th anniversary of Neighbourhood Watch in the ACT is to be held in the Olympus Room, Hellenic Club, Phillip on Wednesday **23 September 2009 7pm for 7.30pm start.**

There will be a 2 course dinner with VIP guests attending. Drinks will be available from the bar.

Dress is strictly lounge suit for men and after 5 for women.

The community and all members and past members of ACT Neighbourhood Watch Inc (Association) are invited to celebrate the occasion of the 25th anniversary of Neighbourhood Watch in Canberra.

The cost is \$30 per person and is to be paid upon booking. Bookings and payment by cheque or money order payable to ACT Neighbourhood Watch Inc (Association) can be made to Brian Schiller 62861138 or Ursula Macdermott 62810673.

evidence left at the scene and further investigation may not be required. Suspicious activity outside or within the building should also be reported to police. For general reporting, call **131 444**. However, if staff believe that they are in danger of being injured or a crime is in progress they should call **000** for emergency assistance.

10. **Ensure all staff take personal security precautions in the workplace,** including:
 - never leave your purse or wallet in plain view or in the pocket of a jacket hanging on a door
 - don't leave cash or valuables at the office
 - if you work alone or before/after normal business hours, keep the office door locked
 - if you work late, try to find another worker or a security guard to walk out with you
 - if you are in the elevator with another person, stand near the control panel. If someone gets on that makes you feel uncomfortable, get off immediately and wait for another elevator
 - report all suspicious persons/circumstances to the proper authorities: office manager, building security and/or the police
 - be aware of all escape routes for emergencies and have police, business and emergency numbers displayed prominently.

Source:

http://afp.gov.au/act/crime_prevention/workplace_security.html