



LYONS Neighbourhood Watch Group

October
2009



AFP
AUSTRALIAN FEDERAL POLICE

Sponsorship and distribution of this newsletter to residents in Chifley, Curtin, Farrer, Hughes, Isaacs, Lyons and Mawson/Swinger Hill is authorised by ACT NHW Inc. A modified version without monthly crime statistics is available at: <http://www.nhwact.com.au>

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Safety House program

The Safety House program is a community based network of safe places in a local area. Safety Houses can be a house, shop or a business and they can provide assistance to children should they feel unsafe, threatened or unsure, primarily when travelling to and from school. The program also aims to play a preventative role in community safety, providing safer neighbourhoods for children.

The Safety House logo, a smiling house on a yellow background was chosen to represent a warm, friendly place that is easily identified. A Safety House can be a house, shop or business where assistance will be provided to anyone 24 hours a day, 7 days a week. Information on the history of the Safety House program can be found at Safety House Association of Victoria Website <http://www.safetyhousevic.org.au/>.

Using a Safety House

Anyone can seek help from a Safety House. The three most common reasons for help being sought are:

- bullying
- being lost, and
- being approached or followed.

To use a Safety House, simply knock on the door for assistance. Police checks are undertaken on the occupants of the premises before they are accepted as Safety House.

How to become a Safety House

Any member of the community can offer their house or business premises as a Safety House. A Safety Householder is not expected to solve the problem, only to assess the situation and contact the appropriate person/s who could be a parent, babysitter, friend, and relative, Ambulance or Police.

If you are interested in becoming a Safety House, please use the email form or mobile phone number below. For additional information visit the ACT Safety House Association website <http://www.safetyhouseact.org.au>.

Source:

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

The Australian Federal Police Celebrating 30 Years of Service to the Australian Community

You are cordially invited to help celebrate the 30th anniversary of the Australian Federal Police on **Sunday 18 October 2009**.

The AFP will be proudly celebrating this important milestone with an Open Day featuring displays, demonstrations and information sessions that will share the AFP story.

Where: The AFP International Training Complex, Majura Road, ACT

When: 10 a.m. to 4.00 p.m. on Sunday 18 October 2009

Parking available on site

For more information about the Open Day, see the AFP website at

http://www.afp.gov.au/about/the_afp_open_day

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Crime Statistics:

Crime statistics are deleted from the website at the request of the AFP - they are available on hard copies distributed to all residents of the suburb.

Suburban Snapshot - Lyons

Lyons is a suburb in the Canberra, Australia district of Woden. The postcode is 2606.

The suburb is bounded by Melrose Drive, Tuggeranong Parkway and Hindmarsh Drive. Oakey Hill Nature Reserve, part of Canberra Nature Park, is located within the suburb. The reserve has a number of walking trails and views across Woden and Weston Creek and into Civic. The suburb has a local shopping centre and neighbourhood oval. A former petrol station has since been demolished. Lyons Primary School has a unique bilingual curriculum.

Streets in Lyons are named after locations in Tasmania.

Population: 2,444 (2006 census)
Established: 1965
Assembly Electorate: Molonglo
Federal Division: Canberra

Source: www.wikipedia.org

Bust of Joseph Lyons by sculptor Wallace Anderson located in the Prime Minister's Avenue in the Ballarat Botanical Gardens



HEART FOUNDATION WALKING

Have you made a resolution to be more physically active?

Do you enjoy walking in your local area?

Would you like to get out more and meet new people in the Woden Valley while doing something positive for your health?

With the warmer temperatures, longer days and balmy evenings, summer is an ideal time to get moving and get outside. It's also a great time to start working towards achieving some of those healthy lifestyle goals that you set for yourself for the New Year.

Joining a Heart Foundation Walking group in your area can help you stay motivated to exercise regularly whilst providing you with social support, health information and newsletters. Groups cater for a wide range of ages and fitness levels. The Heart Foundation encourages people to 'walk and talk', so it's very much a social outlet as well as an activity program and everyone is welcome."

Why not join or start a Heart Foundation Walking group in your neighbourhood?

Current Heart Foundation Walking groups in this area are

- Farrer Goodwin Goers Thurs Sat Start 10:00 AM
45min
- Deeks Café Pearce Weds Start 9:30 AM
1 hour (medium pace)
- Curtin Walking Group Tues 3.15 PM
45 min, slow-med paced leisure walk

For further information and details of a walking group near you call Heart Foundation Walking on 1300 36 27 87 or visit

<http://www.heartfoundation.org.au/walking>

Are you ready for bushfire season?

With spring upon us, now is the time to prepare for the upcoming bushfire season. The ACT Emergency Services Agency advises residents to prepare their homes for the season by cutting back trees and shrubs overhanging homes and buildings; keeping garden mulch away from the house, and grass short; having a non-combustible doormat; cleaning rooves and gutters; and ensuring that your garden hose is long enough to reach every part of the home. You can find more information on the bushfire season and preparing for it at

http://www.esa.act.gov.au/ESAWebsite/content_esa/bushfires/bushfires_home_page.html

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"