



March/April 2020

## PEARCE NEIGHBOURHOOD WATCH NEWSLETTER

*"If you see something, say something"*

Area Coordinator: Rudi Schneider ph:6286 9999 email: pearce@nhwact.com.au



### Next Meeting

For the foreseeable future, Neighbourhood watch meetings have been cancelled. If you have any issue you would like to raise please email our Area Coordinator, Rudi Schneider, at [pearce@nhwact.com.au](mailto:pearce@nhwact.com.au).

#### Let's have a laugh!

They said that a mask and gloves were enough to go to the supermarket. They lied, everyone else has clothes on.

### But seriously

We are all too aware of the pandemic sweeping the nation right now and that we all have a responsibility to help control the spread by socially isolating ourselves. It is important that we are all being cautious when it comes to our interacting with others and maintain a safe distance.

Emergency services remain active and available during this period and can be contact on 000 if required.

While schools are currently 'pupil free,' it is important to remember that small numbers of students and staff remain at the school and all school zone speed limits are still in place. Please ensure you slow down to 40km/h in these areas.

### Washing your hands

There is a lot of information about how to wash your hands. The simple and most effective answer is almost any soap will do the job as long as you wash your hands for at least 20-30 seconds in any temperature water, followed by drying with paper towel or a dry cotton towel.

Ensure you do this before and after eating, and after visiting a public space, blowing your nose, coughing or sneezing to name a few.

### Practicing Mindfulness

You don't need to buy anything, simply find somewhere quiet (garden, favourite chair, spare room, empty office).

The goal is to create a space for ourselves—space to think, space to breathe, space between ourselves and our reactions.

There is no way to quieten your mind, however that is not the goal, your aim is to pay attention to the present moment without judgement.

Your mind will wander, however research suggests that when you recognise this and can consciously bring it back, can lead to healthier and more agile brains.

Without judgement is the second challenge; our aim here is to diffuse them so that we can choose how we look at things and react to them.

It's all about returning your attention again and again to the present moment. Most importantly, trying to take time each day to practice it.

### ACT Policing

ACT policing is targeting driver behaviour that risks the safety of vulnerable road users as part of their traffic focus for March. Children, pedestrians, motorcyclists and cyclists are all considered vulnerable.

ACT Policing is also targeting safe passing of cyclists, with vehicles required to remain a minimum of 1 meter away from cyclists if speed zones are 60km/h or below, and 1.5 meters away if speed limits exceed 60km/h.

### February Crime Statistics

Assault causing ABH – Besant st.

Assault other – Marr st.

Other Theft – Marr st.

### March Crime Statistics

Data for March was not available at the time of printing

## COVID-19 – Being a good neighbour

Stay calm, avoid myths and resist panic. We have seen how panic buying groceries and toilet paper unnecessarily can lead to shortages and make life difficult for many people. Particularly those most in need. Buy additional items but be sensible.



Check in on others. Look after those most at risk – your neighbour living alone, elderly friends, people with a disability and people with existing medical conditions, someone new to the area, someone from another country identified as high risk.

<https://www.redcross.org.au/coronavirus>

## The Road Toll

The A.C.T. Policing website reports that at the beginning of April the road toll for deaths in the ACT remains at 0.

Let us hope we can keep it this way for the rest of the year.

## USEFUL NUMBERS

Emergencies (life threatening)	000
Attendance (minor crimes)	131444
Crime Stoppers	1800 333 000
Graffiti Hotline	13 22 81
Canberra Connect	13 22 81
State Emergency Service	132500
Area Coordinator	6286 9999
ACT Policing website	<a href="http://www.police.act.gov.au">www.police.act.gov.au</a>

Firms and businesses in these spaces support Neighbourhood Watch in Pearce

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