

Neighbourhood Watch Hackett Newsletter



Electronic copies of the newsletter
www.nhwact.org.au

DECEMBER 2025

AUTOMATED EXTERNAL DEFIBRILLATOR AT HACKETT

Service One Alliance Bank developed the Streetbeat program with the aim of having Automated External Defibrillators (AEDs) publicly available 24/7 across the ACT. Without an AED the chance of survival from cardiac arrest drops dramatically after 5 minutes.

The Hackett Community Association (HCA) has worked to have one installed at the Hackett shops. Their donation and those from local businesses, schools, organizations and residents raised \$3500 which funds the AED, cabinet and installation (thankyou to all our donors, whose names are on the AED stand).

The AED was installed outside the IGA store on Monday 10 November and then launched on Wednesday 12 November by Ivan Slavich, CEO of Service One. We had around 30 people at the launch including Service One staff, St John Ambulance, representatives from Hackett businesses, organisations and residents. You can see videos and pictures of the launch on the HCA Facebook page

<https://www.facebook.com/HackettCommunity/>
and the HCA website "Community Actions" page
<https://hackett.asn.au/community-actions/>.

The AED can be used anywhere in Hackett and not just at the shops - there is a tracking device

Emergency 000
Attendance 131 444
Crimestoppers 1800 333 000
Inquiries 6256 7777

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Deadline for next newsletter

Friday 25 January 2026

Here are some FAQs about the AED from the StreetBeat website streetbeat.life/about

1. Do you need to break the glass or use a key to open the cabinet?

No – although the cabinets are factory-fitted with a lock, we do not lock them. To save precious time in an emergency, you simply lift the cabinet lid to access the defibrillator.

2. When you open the cabinet lid, are the emergency services automatically notified?

No – when you open the cabinet, an audible alarm will sound. This is to alert people nearby to the emergency so they can render assistance. You still need to call 000 from a phone to call for an ambulance.

3. Can I receive training how to use an AED?

The AEDs are easy to use and have voice commands that provide step-by-step instructions on what to do. However, if you would like to become familiar with using an AED before finding yourself in an emergency situation, St John Ambulance offers a range of first aid courses. Further details can be found at the Streetbeat website for ACT or for NSW.

CONTINUED OVER THE PAGE

HACKETT PROFILE

Laura Giltrap and Marcus Sainsbury



Laura was born in Bath, England, and moved to Albury in NSW, Australia at the age of three when her parents separated. Growing up she split her time between town, where she roamed the streets with friends, the only request “come home when the street lights come on”, and her father’s farm where she rode horses and picked up rocks to prepare the paddocks for ploughing. She now has 2 sibs and 3 half-sibs; with three of them farming in the Albury area.

Marcus spent his childhood at Maroopna in the Goulburn Valley, Victoria. He remembers running in speedos along the irrigation channels of the fruit trees. He remembers his terror as a small boy of the Red Man - in winter, kerosene candles were lit along the rows between the trees, to create an updraft to stop frost forming on the fruit. These made an eerie glow in the early morning fog. The family moved to N.W Sydney, to a 5acre block backing a reserve. Marcus would spend all day in the bush just “mucking around”.

At 18 years Laura moved to Sydney, moving into a share-house with her older brother and friends from Albury. She studied at the Sydney University, taking a combined Arts/Science degree in Sociology and Psychology. Her brother introduced her to his friend from University, Marcus. Marcus was taking a Science degree in Geology and Environmental Science.

After a few years living together in inner-west Sydney, they became engaged and shortly afterwards Laura left Australia for eighteen months working with UNICEF in Fiji and the Solomon Islands. On her return they married

and settled in Canberra, him working with an environmental consulting company, and her with the Federal Government Office for Women. Two girls were born. In 2013 they spent a year in the Solomon Islands, with Marcus working with the government on Climate Adaptation while Laura finished her Masters degree.

After battling confined living in an Ainslie cottage during the COVID restrictions, Laura and Marcus bought a lovely house in Hackett backing onto Mt Majura. The girls enjoy more space and freedom to roam around while Laura enjoys her daily dog walks on the mountain. Marcus is a keen gardener and is currently enjoying the long process of designing and building a bespoke chook pen, to house a future mix of decorative and egg-laying chickens.

Laura now works with the Asian Development Bank, safeguarding against sexual exploitation and abuse and harassment on large infrastructure projects. This work requires frequent travel to Pacific Islands. Marcus now works with the ACT Government on construction of the Light Rail and other major projects.

For 4 months in 2024 the family travelled around Australia (the “western loop”). Long drives were enlivened by listening to audiotapes – Laura and Marcus introduced the girls to murder-mysteries, with Agatha Christie a particular favorite. They loved the adventure but were happy to return home to Hackett.

AED QUESTIONS continued

4. How would I know if someone is having a cardiac arrest?

Cardiac arrest is caused by an issue in the heart’s electrical system, which may not be detectable beforehand. In cardiac arrest, the event is sudden, the casualty will be unresponsive and unable to breathe normally.

5. If I use the AED on someone who is not in cardiac arrest, will it damage their heart

Once applied to the casualty, the AED analyses the heart’s rhythm and determines whether defibrillation is required. If it detects a normal heartbeat, it will not administer a shock.

CRIME IN HACKETT AND NEARBY SUBURBS October 2025

	Assault	Burglary dwellings	Motor vehicle theft	Bicycle theft	Shop stealing	Number plate theft	Other theft	Arson	Property damage	Total
Ainslie	1	1		1		3	4		4	14
Campbell	1	1		2		1	3		2	10
Dickson	2	1		2	28		10		7	50
Downer	1	1		1			4		3	10
Hackett	3						1		3	7
Lyneham	2	2	3	1		2	3		4	17
O'Connor	1	2	2	1					2	8
Reid	1						1		3	5
Turner	2	3	2	5			4		2	18
Watson	2			1		3	4		4	14

Offence	Street	Date	Offence	Street	Date
Assault	Mills Street	11 October	Property damage	Maitland Street	24 October
Property damage	Madigan Street	11 October	Assault	Madigan Street	26 October
Assault	Holtze Place	19 October	Property damage	Madigan Street	29 October
Other theft	Jukes Street	22 October			

FRIENDS OF MOUNT MAJURA

Third Sunday working Bee Although weeds never take a holiday we won't have a December working bee due to the proximity to Christmas. The next working bee will be at 9am on Sunday 18 January

Weekly Mondays At The Fair sessions will continue throughout summer. Meet at the Tay and Ian Nicol Streets North Watson Park entrance at 9.30am on any Monday to join this friendly band of volunteers. Check FoMM's website for details: www.majura.org.

Thanks to all who have contributed to environmental conservation on Mount Majura throughout 2025.

HACKETT NHW CHRISTMAS MESSAGE

I don't know where 2025 has gone but here we are sending our annual Christmas Message.

2025 has seen some changes but our regular monthly newsletter has continued to be produced and provided to all letterboxes in Hackett. Thank you to all who have contributed to this including our volunteer deliverers, our sponsors and especially our newsletter editor, Barbara Inglis.

There have been some departures from our band of volunteers and some additions, thank you all.

We have farewelled our long-term Treasurer, Pat McNamara, who sadly passed away mid year. We have also welcomed a new Treasurer, Keith Simpson, who has applied his skills, expertise and enthusiasm to ensure that the financial contributions from sponsors, which we rely on to cover printing costs, continue to be received.

We have also conducted a survey about the newsletter and are continuing to work through your suggestions and concerns. This work will continue into the new year.

As we enter the holiday season, our friends in Gordon NHW have some good advice. So good in fact that we've printed some of it here .

Amid all of the hustle and bustle, and increased pressure, it is easier for mistakes to happen, for things to go unnoticed and perhaps forgotten. It is at this time of year when the incidence of theft, burglary, scamming and other shady activities increase. Those who are 'up to no good' will look to take advantage of our guard being down. Shopping Centres are busy, giving the potential pick-pocket more pockets to pick from!

Roads are busier, and with the festive season comes festive behaviour. This festive season be vigilant, careful, thoughtful and, of course, NEIGHBOURLY. Being a good neighbour or having a good neighbour can make a world of difference.

If you would like to assist Hackett NHW in any way, please contact the chair at Hackett@nhwact.org.au.

Thank you and best wishes from Jude Bowman, Hackett NHW Chair

DAVID MCREYNOLDS

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