



## Neighbourhood Watch in Ku-ring-gai and Hornsby eNewsletter #514 - 17 August 2021

This weekly eNewsletter is compiled by Neighbourhood Watch volunteers as a service for residents in Ku-ring-gai and Hornsby council areas. The eNewsletter is a new type of Neighbourhood Watch; utilising the available technology to keep people more connected and up-to-date with local crime and safety issues.

The eNewsletter includes a selection of posts from our local police at the [Ku-ring-gai PAC Facebook page](#) (also known as 'eyewatch'), primarily for those not familiar with Facebook. We add anything interesting from a Neighbourhood Watch point-of-view - this could be a local newspaper article, a roadwork warning, crime prevention tip(s), an upcoming Neighbourhood Watch meeting, Q&As from residents, or an item from another Police command ("Crooks know no boundaries!").

🚗 Have you seen anything we should share with the community? [Please email](#) our NHW in Ku-ring-gai & Hornsby volunteers. We do value your contributions and thank you for your support.

🚗 Please feel free to [share/forward this eNewsletter](#) with your friends, family, colleagues and neighbours.

🚗 Reading our eNewsletter for the first time? [Click here to subscribe](#).

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### **17 August, from Ku-ring-gai command: SCAMS – THEY ARE ON THE RISE!**

**Losses YTD: \$166,174,470 with 151,100 reports made**

Total lost in July 2021 \$27,113,305 with 26,785 reports made... and these figures reflect only the reported scams. Others go unreported due to a small

amount lost, a feeling of gullibility, embarrassment at reporting the incident.

With the advances in electronic communication, criminals don't necessarily need to be face to face to steal from you. Scams are constantly evolving, and scammers can go to great lengths to cause people to part with money or information.

Scammers may pretend to be from your bank or a service provider, offer sports betting or short term investment opportunities. They can claim the ability to return owed monies from overseas, often romance and dating opportunities plus numerous other approaches. On the surface these may appear to be genuine.

Here are some simple steps to help protect yourself against scammers.

#### **IF IT SOUNDS TOO GOOD TO BE TRUE . . .**

- \* NEVER send money or give credit card or online account details to anyone you don't know and trust.
- \* ALWAYS seek independent financial and/or legal advice before making any investment or purchasing decisions.
- \* NEVER rely solely on advice from the person trying to sell you the service or investment.

#### **DOOR TO DOOR SALES OR 'TRADIE SCAMS'**

- \* DON'T be pressured into signing or paying up front.
- \* ALWAYS research a company or service provider prior to paying or agreeing to a contract.
- \* ALWAYS read any contract or service paperwork carefully prior to paying for any work.

#### **PROTECT YOUR PERSONAL INFORMATION**

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- \* NEVER give your personal or bank account details to people you don't know and trust.
- \* ALWAYS contact your bank, financial institution or service provider if you have been contacted by a scammer.
- \* DON'T use the numbers provided on the email to confirm an email's legitimacy before replying.

### **DON'T TAKE THINGS ON FACE VALUE**

- \* DON'T be fooled by an email that looks legitimate or appears to link to a genuine website.
- \* DON'T open suspicious or unsolicited emails (spam) – ignore them.
- \* ALWAYS beware of 'Cold Calling' and confirm who you are actually talking to.



**16 August, from Ku-ring=gai command: Latest Covid-19 Updates?**

For more information, see [nsw.gov.au/covid-19/rules/greater-sydney](https://nsw.gov.au/covid-19/rules/greater-sydney)



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**16 August, from NSW Police: Operation STAY AT HOME has commenced across all of New South Wales.**

The increased fines for Public Health Order breaches are:

- \$5,000 for breaching self-isolation rules.
- \$5,000 for lying on a permit.
- \$5,000 for lying to a contact tracer.
- \$3,000 for breaching the two-person outdoor exercise/recreation rule.
- \$3,000 for breaching rules around entry into regional NSW.

Please stay at home unless you need to leave for an essential reason. If you must leave home, stay within your local area.

For more information, visit <https://www.nsw.gov.au/covid-19/rules>.



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### **16 August, from Ku-ring-gai command: Appeal for information after crash leaves man in critical condition - Pymble**

Police are appealing for assistance from the public after a man was left in a critical condition following a crash in Sydney's north overnight.

Just after 11pm yesterday (Friday 13 August 2021), emergency services responded to reports of a serious single-vehicle crash on Ryde Road, Pymble, near Yarran Street. Officers attached to Ku-ring-gai Police Area Command attended and found a man trapped inside a silver Hyundai Elantra, which had sustained extensive damage. The man, aged in his 20s, was eventually released and taken to Royal North Shore Hospital in a critical condition. No one else was injured in the incident. A crime scene has been established as investigations continue into the circumstances surrounding the crash.

Police urge anyone who witnessed the crash – or has dashcam or mobile phone footage – to contact **Ku-ring-gai Police 9476 9799** or **Crime Stoppers on 1800 333 000** or [nsw.crimestoppers.com.au](https://nsw.crimestoppers.com.au). Information is treated in strict confidence. The public is reminded not to report crime via NSW Police social media pages.



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**16 August, from NSW Police: The NSW Police Force will launch Operation STAY AT HOME from 12.01am Monday 16 August 2021, in a significant boost to public health order enforcement efforts across the state.**

The operation will utilise resources from all Police Districts and Police Area Commands under Metropolitan and Regional NSW Field Operations alongside officers attached to Traffic and Highway Patrol Command, Police Transport Command, Dog and Mounted Unit, and a number of other specialist commands as required....

To read the rest of this Media Release, the full Media Release can be [viewed here](#).

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**16 August, from NSW Health: Why you should always check in**

-  Whenever you step out of your home and step into a shared space, check in.
-  Scan the COVID Safe QR code using the Service NSW app, and don't forget to check out when you leave.
-  Checking-in helps us get vital information to you faster, which means protecting you and the community.



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## 16 August, from NSW Health: ⚠️ **STAY AT HOME ORDER - ADDITIONAL RESTRICTIONS** ⚠️

[Apologies for the length of this post. We couldn't find a Media Release with this same info to refer to - Ed]

To protect the people of NSW from the evolving COVID-19 outbreak, new restrictions have been introduced for all of Regional NSW, effective from 5pm 14 August, with additional restrictions for all of NSW including Greater Sydney effective from 12:01am 16 August.

This means the whole of NSW is now under stay at home restrictions.

You must stay at home unless you have a reasonable excuse to leave. You cannot have visitors to your home from outside your household, including family and friends.

You can have one visitor at one time to fulfil carers' responsibilities or provide care or assistance, or for compassionate reasons, including where two people are in a relationship but do not live together.

### **From midnight (from Monday 16 August):**

- the 10 kilometre rule will be reduced for essential shopping and exercise to be

done in your local government area (LGA) or if outside your LGA, within 5 kilometres of home. LGAs of concern must still exercise and shop within 5 kilometres from home only.

- In LGAs of concern, where prescribed work is being carried out there can only be 5 workers outside
- In LGAs of concern it will no longer be a reasonable excuse to leave your home to engage in outdoor recreation. You will only be allowed to exercise or supervise a child under 12 who is exercising or engaging in play
- There are new fines for providing false information to authorised contact tracers
- There are new restrictions on leaving your place of residence and inspecting property or moving between residence. This will only be permitted for:
  - o Regional NSW: people moving to a new place or between residence or inspecting property
  - o Greater Sydney: to move between a place of residence outside of Greater Sydney but only if the move is for work and only the 1 person working moves, or the move is for urgent repairs or maintenance or animal welfare but only 1 person moves
  - o Greater Sydney: inspecting real estate outside of Greater Sydney but only if there is a genuine intention to move and reside there
  - o supervising or facilitating a move

The rules relating to testing of workers, declared LGA areas (including authorised workers) and construction sites do not apply outside of Greater Sydney.

In areas that were not in lockdown before 5pm Saturday 14 August, weddings and funerals can take place until the beginning of 16 August. After that weddings are not permitted and funerals are subject to the 10 mourner limit. Similarly, for areas not in lockdown before 5pm, people can continue to stay in caravan parks and camping on a booking made before 5pm.

If you live in Greater Sydney you should not be travelling outside this area for

COVID-19 vaccination. You must reduce all movement, especially to regional areas, to stop the spread of COVID-19.

Please visit [nsw.gov.au/covid-19/rules](https://nsw.gov.au/covid-19/rules) for more information and regular updates

NSW Health urges people to continue to present for testing with even the mildest of cold-like symptoms.

There are more than 440 COVID-19 testing locations across NSW, many of which are open seven days a week. To find your nearest testing clinic, visit: [nsw.gov.au/covid-19/health-and-wellbeing/clinics](https://nsw.gov.au/covid-19/health-and-wellbeing/clinics)



**And in the comments; questions regarding learner drivers prompted these replies from Ku-ring-gai PAC:**

**Q:** Can we take learner driver's out to drive around our LGA to increase their hours?

We don't stop or get out of the car. We haven't done it since the lockdown but I do see quite a few "L" plates driving around.

**A:** Under the Public Health Orders, a person cannot leave their place of residence without a reasonable excuse. A reasonable excuse includes travelling for the purpose of work where you cannot work from home, so driving instructors can leave their house for their work - to teach people how to drive. It would be reasonable excuse for a person to leave their house to receive driving lessons (either from a driving instructor or a member of their family), given that

this is a learning activity that cannot be done from home and is listed as a reasonable excuse of travelling to attend an educational institution where you cannot learn from home. Learner drivers could also continue to drive with a supervising family member for any of the listed reasonable excuses for leaving the house - for example, driving to the supermarket.

**Q:** Does the learner driver lesson with 1 family member have to be in the 5 km radius of your home? (If they never leave the car).

**A:** Unless you have a reasonable excuse to leave the 5 km radius.

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**13 August, from NSW Health: If you live in Greater Sydney you should not be travelling outside this area for COVID-19 vaccination** ●

You must reduce all movement, especially to regional areas, to stop the spread of COVID-19. There are hundreds of GPs, pharmacies and NSW Health vaccination clinics across Greater Sydney to get your vaccination.

Find an appointment close to you here: [nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/get-your-covid-19-vaccination-nsw](https://nsw.gov.au/covid-19/health-and-wellbeing/covid-19-vaccination-nsw/get-your-covid-19-vaccination-nsw).



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**13 August, from Ku-ring-gai command/NSW Health: Hygiene advice for people living in residential buildings.**

[Please click on image for the [pdf to download](#) - Ed].



COVID-19

## Hygiene advice for people living in residential buildings

COVID-19 can survive on surfaces for a few hours or up to several days. This may vary based on the temperature, humidity and type of surface.

### Residents and common areas

People living in residential buildings should take care when moving through common areas to reduce the risk of COVID-19:

- Clean your hands with soap and water for 20 seconds or use an alcohol-based hand rub/sanitiser after touching any frequently touched surfaces in common areas. This includes doorknobs or door handles when you enter and exit the building or when using communal washing machines or dryers
- Cover your nose and mouth with a tissue when coughing and sneezing or use your elbow, not your hands
- Avoid close contact with people unwell with cold or flu-like symptoms
- Avoid touching your face and avoid shaking hands with others
- Try to maintain a distance of 1.5 metres from others as much as possible in your apartment block, such as in elevators, stairwells or hallways
- Do not gather in large groups in common areas such as rooftops or courtyards.
- Wear a face mask in indoor common areas

### Cleaning guidance for NSW strata managers and body corporates

- Regularly clean frequently touched surfaces in common areas with a detergent followed by disinfectant, or use detergent/disinfectant wipes
- Consider providing adequate alcohol-based hand rub (sanitiser) for residents to use.

For more information visit [www.health.nsw.gov.au/covid-19](http://www.health.nsw.gov.au/covid-19)

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## 13 August, from Ku-ring-gai command: PROOF OF EXEMPTION FOR NOT WEARING A MASK

For more information, see [nsw.gov.au/covid-19/rules/changes/face-mask-rules](http://nsw.gov.au/covid-19/rules/changes/face-mask-rules)

**PROOF OF EXEMPTION FOR NOT WEARING MASK**

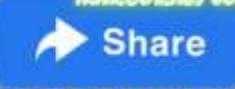
- a medical certificate or letter from the health practitioner or NDIS provider or
- a statutory declaration

You must also carry and produce evidence of your name and address to a police officer if requested.

A statutory declaration will require you to identify your disability, physical or mental health illness or condition and declare.

- you have the physical or mental health illness or condition or disability and
- the physical or mental health illness or condition, or disability makes wearing a fitted face covering unsuitable.

[NSW.GOV.AU/COVID-19/RULES/CHANGES/FACE-MASK-RULES](https://www.nsw.gov.au/covid-19/rules/changes/face-mask-rules)

  Share

 Ku-ring-gai Police Area Command

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**12 August, from NSW Police: NSW Police are continuing to appeal for public information to locate a man who went missing from Sydney's north west more than 50 years ago.**

**Cyril Levitsky** – then aged 37 – is believed to have left a facility in North Ryde to visit relatives living in **Roseville** on Saturday 28 November 1970. He was later reported missing to police by family members when he failed to arrive.

Since Mr Levitsky's disappearance, NSW Police have conducted extensive investigations to locate him and are appealing to the public to come forward with any information that may assist detectives with their ongoing inquiries.

Missing Persons Registry Coordinator, Detective Inspector Glen Browne, said specialist police continue to review all information received that relates to long-term missing persons in an effort to provide answers to loved ones.

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“NSW Police have conducted exhaustive inquiries to locate Cyril and believe his family – who are of a Russian background – migrated to Australia from China in 1950 or 1951,” Det Insp Browne said. “It is further believed that family members lived in the Redfern and Rockdale areas until the mid-1980’s. “Police are issuing an appeal to the public – particularly those members of the Russian-Australian community – to come forward with any information about Cyril and the circumstances surrounding his disappearance,” Det Insp Browne said.

At the time of his disappearance, Cyril was described as being about 178cm tall, of a medium build, with a fair complexion, brown hair and hazel eyes. He was also known to friends and family as "Kiki".

Anyone with information about Cyril’s disappearance is urged to contact **Crime Stoppers on 1800 333 000**. Information is treated in strict confidence. The community is reminded not to report crime via NSW Police social media pages.



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### **12 August, from Ku-ring-gai command: ARE YOU A FLASHER?**

Can you use your headlights/high beam to warn other drivers of police up ahead?



**From the comments:**

**And the answer is .....**

Although there are no direct offences relating to flashing headlights to warn others of police presence up ahead, you could still be infringed for flashing your headlights at oncoming vehicles

**NSW Road Rules 218 1(d)**

The driver of a vehicle must not flash any headlight or additional headlight permitted to be fitted to the vehicle .....

Fine \$117

**NSW Road Rules 219**

A driver must not use, or allow to be used, any light fitted to or in the driver's vehicle to dazzle, or in a way that is likely to dazzle, another road user.

Fine \$117

**Police take road safety very seriously.**

There are many reasons police conduct roadside stops and operations – not one of them is for 'Revenue raising' as suggested by a few here. When conducting roadside operations or vehicle stops, it isn't for the fun of it. It isn't that police have in the back of their minds, "I hope we fine a lot of drivers today because we want to fill the Government's coffer"

It is because an offence has been committed or police are attempting to stop

any offences being committed.

Speeding, manner of driving, drink / drug driving, unlicensed driving, unregistered vehicles, vehicle safety compliance operations are just some of the reasons police conduct these roadside stops.

Just think, it may be an unlicensed driver you warn. Perhaps a driver driving an uninsured/unregistered vehicle (Not covered by any insurance if the vehicle is unregistered at the time of a collision) It may be an intoxicated driver you warn of police presence which potentially serves to only enable that intoxicated driver to evade the site, continuing to place you, your family's other road users lives at risk.

So no, not revenue raising at all.

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### **11 August, from Ku-ring-gai command: Scenario**

You are involved in a motor vehicle collision. Both you and the other driver are a little shaken but otherwise uninjured. Both vehicles are drivable. What would you do?

1. Would you call police to attend and take a report?
2. Would you stop, speak to the other driver then leave the scene without exchanging details as there was only a scuff and small scratch to the bumper area and wouldn't affect the car being driven?
3. Would you stop and exchange details with the other driver so your insurance companies can attend to your claim?
4. Would you simply keep driving as you feel there was little to no damage?



**Thanks for your answers.** The correct answer is (3) - stop and exchange details with the other driver so your insurance companies can attend to your claim. There is no need to report to police as all obligations have been met by both drivers and that is to exchange details.

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**11 August, from Ku-ring-gai command: DO YOU HAVE CCTV FOOTAGE THAT MAY ASSIST POLICE WITH THEIR ENQUIRIES?**

**DO YOU KNOW WHO THE DRIVER WAS?**

THERE WOULD BE SUBSTANTIAL DAMAGE TO THE OFFENDING VEHICLE!

Around 04:13 on Tuesday 10th August 2021, a motor vehicle collision occurred in Porters Lane St Ives.

The driver of the small vehicle has collided with a parked vehicle and then continued along the footpath and decamped from the scene.

Anyone with CCTV footage that can assist in identifying the vehicle of interest

and or the driver, or who may have witnessed the incident, is encouraged to contact **Hornsby Police on 9476 9799** and ask to speak with the Crime Prevention Officer, Senior Constable Mitchell.

Click on image or [here](#) for cctv video [Unsure if Facebook login is needed - Ed]



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**10 August, from Ku-ring-gai command: Ku-ring-gai Pro-active Team are seeking public assistance in relation to a commercial break and enter at 272 Bobbin Head Road, North Turramurra about 11:45pm on Tuesday the 3rd August 2021.**

If anyone was in the vicinity of North Turramurra shops on Bobbin Head Road between 11:40pm on Tuesday the 3rd August 2021 and 12:30am on Wednesday the 4th August 2021 that may have dash cam footage, CCTV footage or mobile phone footage, please contact Hornsby Police and quote E 82817354. Police are look for any dash cam footage of a 2014 White Toyota Camry sedan in the area at the time, like the picture depicted below.

Anyone with information about this incident is urged to contact **Hornsby Police**

on 9476 9799 or Crime Stoppers: 1800 333 000 or

<https://nsw.crimestoppers.com.au>. Information is treated in strict confidence



**Neighbourhood Watch**  
*Creating Safer Communities*

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**17 August, from Marine Area Command: As part of NSW Police Operation Stay at Home, the following relates to boating and what is permitted within the current Public Health Orders;**

1. All New South Wales including Greater Sydney (but not LGA's of Concern/Declared Areas):

- Recreational boating and fishing are allowed. Boating includes, power, sail and paddle craft. It can include any type of activity that may be considered recreation, swimming, sunbaking etc.
- You must remain in your LGA or, if you need to go outside of your LGA, up to 5km from your residence.
- Boating/fishing activity is limited to the same household members or if from different households a maximum of two people. They must be able to socially distance from each other.
- A boat ramp location is not a consideration, you must be within your LGA or 5km from your residence.

- Coastal Waters are included in the adjacent LGA or to anyone living within 5km. Police will treat coastal waters out to 3 nautical miles.
- A person cannot travel along a water system outside of their LGA or further than 5km from their residence to reach coastal waters
- Where a body of water (harbour) is bounded by several LGA's a person may be on that main body of water but cannot travel through or past other LGAs to reach other rivers, estuary's or open sea.
- You must always be within your LGA area, 5km from your residence or if applicable coastal waters connected to your LGA.

## 2. Additional Restrictions for Declared Areas:

If you live within one of the Declared Areas "recreation" is no longer a reasonable excuse to be away from your residence.

- General boating is considered "recreation" and is NOT allowed
- Fishing from a vessel or on land is permitted as it is considered "exercise"
- Sailing, jet skiing, water skiing or other physical activities would be considered "exercise" and is allowed
- You must always wear a mask when outdoors. General exemptions from mask wearing apply.

As a guiding principle, if stopped by police, you must be within your own LGA or no further than 5km from your residence.

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**17 August, from 9News: Python in spice rack shocks Woolworths shoppers**



Full article and video [here](#).

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### **17 August, from Tasmania Police: "Police welcome announcement of National Assistance Card"**

Tasmania Police welcomes the announcement of the National Assistance Card - an important resource for people with brain injury to communicate their condition when they cannot otherwise do so. The National Assistance Card will help emergency personnel administer appropriate assistance should they attend a situation where a person with brain injury has become distressed or overwhelmed.

Police encourage people to be supportive, patient and understanding of community members should they be presented with a National Assistance Card.

For further information check out the National Assistance Card website at [nationalassistancecard.com.au/](http://nationalassistancecard.com.au/)



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**16 August, from NHW in Ku-ring-gai & Hornsby:** We have heard the rumour that people have been trying to change the address on their driver's licence to flout the Covid restrictions in place.

Here is the official note from the Service NSW website. You have been warned.

- If you're subject to stay at home orders, you now have 3 months to change your address with Transport for NSW when you move.  
Note: it is an offence to provide false or misleading information to a public authority. This includes false or misleading information about your residential address. Criminal prosecution may apply if you do so, and your licence may also be suspended or cancelled. Transport for NSW and NSW Police are monitoring change of address transactions to ensure that all requested changes are genuine and that false and misleading attempts to change residential addresses are not being made to avoid the requirements of public health orders.

Service NSW change address page [here](#).

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**16 August, from NHW in Ku-ring-gai & Hornsby:** Thank you to the Hornsby Ku-ring-gai Post for this article from our local Crime Prevention

**Officer at Ku-ring-gai Police Area Command, taken from the August 2021 edition.**

The digital edition is available at: <https://www.hkpost.com.au/digital-edition>

## Protection from identity theft

By Senior Constable  
Colin Mitchell

Modern life is all about easy access and convenience for the customer. This includes how we receive and send goods and information.

Items such as credit cards, drivers' licences and utility statements sent out in the mail include vital personal details of you and your family.

In the wrong hands some of this information can be used to create false identifications and used for crime.

This type of crime costs millions of dollars each year and can have devastating consequences for your financial reputation.

By following some of these simple tips we all can better protect ourselves from this type of crime.



### Secure your mail

- Always install a lockable mailbox.
- Always use a quality lock on your mailbox.
- Never allow your mailbox to become full or overflow.

### Protect your mail

- Always arrange to collect new credit cards from the bank or post office.
- Always have mail held at the post office or collected by a friend when you're away for extended periods.
- Always have your mail cleared daily.

### Protect your identity

- Always beware of 'cold calling' and confirm who you are talking to.
- Never give any of your personal details to people you don't know or trust.
- Always contact your bank, financial institution or service provider if you think you have been contacted by a scammer.

If there is anything else you'd prefer or have another suggestion, please ask.

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## 16 August, from NHW in Ku-ring-gai & Hornsby: NEIGHBOUR CARDS

Volunteers from Neighbourhood Watch (NHW) in Ku-ring-gai & Hornsby have been helping with the production of these Neighbour Cards as part of the NHW NSW Neighbourhood Network Program.

Thanks especially to Peter for suggesting the idea and following it through.

Neighbour Cards can be downloaded from the NHW NSW website Covid page: <https://nhwnsw.org.au/covid>. Scroll down the page.

Look out for the Neighbourhood Network in the very near future... 😊



## NEIGHBOURHOOD NETWORK

### Neighbour Cards

If you'd like to help your neighbours or someone you know, print out these cards (see next page) and drop them in your neighbour's letterbox.

COVID-19 is a serious, highly contagious disease. Please take all necessary steps to protect yourself and stop the spread.

- Follow advice from [government and health authorities](#)
- Only undertake activities that you feel comfortable and safe doing
- Wash your hands regularly with soap
- Practice physical distancing, keeping at least 1.5 metres between yourself and others
- Do not let people into your home, especially strangers
- Neighbours, please wear a mask

#### SPONSORS

If you or your Neighbourhood Watch group are able to get sponsorship for the printing of these Neighbour Cards, please invite the sponsor to include a line in the space available at the bottom of each Neighbour Card. Good luck!

#### HEALTH

If at any time you feel overwhelmed by any feelings, it is important that you talk to someone you trust. A GP, family member or friend, or call the Coronavirus Mental Wellbeing Support Services: 1800 52 246 or Lifeline: 13 11 14 (24/7). See also the Australian Government's [Need to Health](#) website.

Neighbourhood Watch NSW has a Fast Track as part of the [Neighbourhood Network Program](#) titled 'Get and COVID-19: Making what we are already'. It is available to download free from the Neighbourhood Watch NSW website: [AMWNSW.org.au/COVID](#)

See also the [WatchOut Website: COVID-19 page](#). Neighbourhood Watch NSW has a website called WatchOut.org.au which points you to the best crime prevention links and information on the internet. It has a page specifically dedicated to COVID-19 (Coronavirus): [WatchOut.org.au/COVID](#)

Neighbourhood Watch NSW can be contacted via Facebook, Twitter, their website, or please email [arlene@nsw.org.au](mailto:arlene@nsw.org.au) or phone 02 9546 1068 or 0401 308 005.

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NeighbourCard NM1002 V1.0



#### NEIGHBOURHOOD NETWORK—Can I help you?

Hello neighbour! If you are isolating or need support due to COVID-19, I am ready to help.

My name is \_\_\_\_\_  
I live nearby at \_\_\_\_\_  
My phone number is \_\_\_\_\_

#### I can help with:

- |   |  |
|---|--|
| <input type="checkbox"/> Picking up groceries or essential items (medicine) | <input type="checkbox"/> Collecting/posting mail |
| <input type="checkbox"/> Watering gardens and plants                        | <input type="checkbox"/> Putting out bins        |
| <input type="checkbox"/> A friendly phone call                              | <input type="checkbox"/> Walking the dog         |
| <input type="checkbox"/> Or _____   |  |

Just call, text, or leave a note and I will do my best to help. Please remember, COVID-19 is a serious, contagious disease. Please take all necessary steps to protect yourself & others. Items will be left on doorsteps, doorhandles and letterboxes—wherever it is safest and works best for you.

If you feel overwhelmed at any time by any feelings, please talk with someone you trust, a GP, family member or friend, or call the Coronavirus Mental Wellbeing Support Services: 1800 52 246 or Lifeline: 13 11 14 (available 24/7).

[AMWNSW.org.au/COVID](#)

Adapted from Red Cross Neighbour Card



#### NEIGHBOURHOOD NETWORK—Can I help you?

Hello neighbour! If you are isolating or need support due to COVID-19, I am ready to help.

My name is \_\_\_\_\_  
I live nearby at \_\_\_\_\_  
My phone number is \_\_\_\_\_

#### I can help with:

- |   |  |
|---|--|
| <input type="checkbox"/> Picking up groceries or essential items (medicine) | <input type="checkbox"/> Collecting/posting mail |
| <input type="checkbox"/> Watering gardens and plants                        | <input type="checkbox"/> Putting out bins        |
| <input type="checkbox"/> A friendly phone call                              | <input type="checkbox"/> Walking the dog         |
| <input type="checkbox"/> Or _____   |  |

Just call, text, or leave a note and I will do my best to help. Please remember, COVID-19 is a serious, contagious disease. Please take all necessary steps to protect yourself & others. Items will be left on doorsteps, doorhandles and letterboxes—wherever it is safest and works best for you.

If you feel overwhelmed at any time by any feelings, please talk with someone you trust, a GP, family member or friend, or call the Coronavirus Mental Wellbeing Support Services: 1800 52 246 or Lifeline: 13 11 14 (available 24/7).

[AMWNSW.org.au/COVID](#)

Adapted from Red Cross Neighbour Card

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**14 August, Shared with permission from the East Wahroonga Community group yesterday (Friday): Hi Neighbours, I hope you are doing ok during this extended lockdown.**

I just wanted to let you know that we have had two bicycles stolen from our driveway sometime in the last few days. Not new bikes, but I had just had them serviced. My kids are now without bikes. Don't be naïve like me - make sure your bikes are locked away! And please be extra vigilant.

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**12 August, from Cleaning & Organising Inspiration Australia/Facebook: This hack stops birds from getting into your wheelie bin.**



The hack stops birds from getting into your wheelie bin.  
Credit: Cleaning & Organising Inspiration  
Australia/Facebook

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## 12 August from Crime Stoppers NSW: Social Media & Teenagers

It can be difficult to understand why your teenager uses social media so much. It might seem like they're always online, and always distracted from the life in front of them. This page will help you learn more about social media and teens, why it matters to them, and what the risks and benefits of social media can be. This ReachOut.com webpage will help you understand all the different types of social media your teen may be using and help you both understand the risks and benefits of teens using these sites.

More information [here](#).

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## 12 August, from the Neighbourhood Watch WatchOut! website: Have you read our latest blog post?

We thought it was time to put a page especially for this Covid Pandemic, in order to give you the most important links to the correct information out there. It's not just about connecting you to the Public Health Orders & Restrictions to prevent crime. It's about ensuring the whole community feels safe and secure, especially the vulnerable, aged, or socially isolated residents in our community. That may include people's mental health; a difficult subject for many. Look after yourselves, and please watch out for your neighbours!

Please take a look [here](#). For example: Do you know that people without a smart phone can get a **Check-in Card**?



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## Dates for the Diary

**Wednesday 18 August:** 'All Areas' Neighbourhood Watch meeting for Area Coordinators/volunteers within in Ku-ring-gai & Hornsby. 6pm via MS Teams. Email us [here](#) for info and/or questions.

**Monday 23 August:** Ku-ring-gai Council FREE Coping with Covid.1030-1130am via Zoom, for Seniors. 10.30am Caring for family members without support networks. [Info](#).

**Tuesday 31 August:** Ku-ring-gai Council FREE Coping with Covid.1030-1130am via Zoom, for Seniors. 10.30am Reframing your response to COVID-19. [Info](#).

**Tuesday 07 September:** NightDrive for Learners FREE. Info & bookings [here](#).

**Monday 13 September:** eSafety Commissioner FREE 1-hour webinar Selling Safely Online 10-11am Info & Register [here](#).

**Monday 11 October:** eSafety Commissioner FREE 1-hour webinar Protect Yourself Against Scams 3-4pm Info & Register [here](#).

**Wednesday 13 October:** Turramurra (Gordon 3/4) NHW meeting. TBC

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**11 August, from NHW in Ku-ring-gai & Hornsby: We have been emailed about a local situation, where youths congregating for a drink in a disused house, has escalated into vandalism.**

Neighbourhood Watch cannot act on behalf of anyone regarding reporting; the report must come firsthand from the person seeing the problem. A summary of our response...

- \* Report to the police as it is happening.
- \* If you have any extra information, eg names, car rego, regular date/times, report it to Crime Stoppers 1800 333 000.
- \* Report, report, report. Oftentimes people assume someone else has

reported it, and the police are unaware.

- \* Never approach/intervene. You can put yourself in danger. Police are trained, have the legal powers, know the law, etc.
- \* Report, report, report. Please keep giving the police more and more information to go on.
- Often minor crimes escalate into worse crimes, and soft drugs escalate into hard drugs.
- \* If it isn't an emergency, call Ku-ring-gai Police Area Command (PAC) at Hornsby police station for their advice: 9476 9799. A car may be in the vicinity and able to investigate.
- \* If in doubt, the Police Assistance Line is for non-emergencies: 131 444 and they should also be able to help.
- \* In an emergency, always phone 000.

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### **10 August from NHW in Ku-ring-gai & Hornsby: COVID-19 vaccines are free for everyone in Australia regardless of Medicare or visa status**

If you don't have a Medicare card, or are not eligible for Medicare, you can get your free vaccination at:

- a Commonwealth Vaccination Clinic or
- a state or territory vaccination clinic.

See the list of Commonwealth vaccination clinics [here](#).

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### **From NHW in Ku-ring-gai & Hornsby: 'Our 20 Favourite Crime Prevention Tips for Personal Safety'**

- **Tip #15** If walking, use, or pretend to use, a mobile phone. Consider using an App such as Companion, Follow Me, Circle of 6, SafeZone, MyWitness, Get Home Safe (GHS), Glympse, etc. **DOWNLOAD THE**

## NSWPF Emergency+ App NOW!

- **Tip #16** When crossing the road & at intersections, never assume an approaching driver can see you. Get eye contact. Pedestrian crossings don't give you protection.
- **Tip #17** In a lift, stand next to the lift controls/emergency ALARM or HELP button and face those joining you. Be prepared to exit.
- **Tip #18** At an ATM, if you feel uncomfortable, cancel the transaction & leave. Or shout, "What do you mean, 'no money'?!". Do not display cash in public—put it away discreetly & fast. Get \$50 cash from supermarket EFTPOS (without making a purchase).

For more tips and translations, look at our website 'Tips' page [here](#). Or try our WatchOut! website [here](#), for links to some great information available on the internet. Or request a copy in your inbox [here](#).

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Thanks to David for this one. 😊

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### IMPORTANT CONTACTS & LINKS

**Emergency (Police/Fire/Ambulance): 000**  
**TTY: 106**

**NSW Police - Ku-ring-gai Police Area Command (PAC): 9476 9799**  
Hornsby Police Station, 292 Peats Ferry Road, Hornsby 2077

**Local Police Facebook page: [@Kuring Gai PAC](#)**  
Non-emergency two-way communication

**Police Assistance Line (PAL): 131 444**  
For non-urgent minor crime (Only victims may report.)

**NSW Police Community Portal**  
Online reporting of non-emergency minor crime: lost property, intentional damage, graffiti or theft.

**Interpreting & Translating Services: 131 450**

NSW Police - website for crime prevention advice  
Never be afraid or embarrassed to report a crime, concern or fear you have to the Police.  
The Police are here to help you.

**Crime Stoppers NSW: 1800 333 000**

Report crime anonymously

Report suspicious activity ASAP

**Neighbourhood Watch within Ku-ring-gai and Hornsby:**

**Website** [au-NHWKuringgaiHornsby.org](http://au-NHWKuringgaiHornsby.org)

**Facebook** [@NHWKuringgaiHornsby](https://www.facebook.com/NHWKuringgaiHornsby)

**Facebook Group** [NHWKuringgaiHornsby](https://www.facebook.com/NHWKuringgaiHornsby)

**Twitter** [@NHWKRGHornsby](https://twitter.com/NHWKRGHornsby)

**Email** [NHWKuringgaiHornsby@gmail.com](mailto:NHWKuringgaiHornsby@gmail.com)



**WatchOut! - our own one-stop-shop for crime prevention links:**

**Website** [WatchOut.org.au](http://WatchOut.org.au)

**Facebook** [@NHWWatchOut](https://www.facebook.com/NHWWatchOut)

**Local Facebook pages/groups:**

[Neighbourhood Watch - Berowra](#)

[Brooklyn Neighbourhood Watch](#)

[Neighbourhood Watch - East Killara](#)

[Neighbourhood Watch - Galston, Glenorie, Arcadia, Dural \(Rural Areas\)](#)

[NHW Galston, Glenorie, Arcadia & Dural \(Rural Areas\) Facebook Group](#)

[Neighbourhood Watch - Gordon](#)

[Gordon \(NSW\) Community \(incl NHW\) Facebook Group](#)

[Neighbourhood Watch - Hornsby](#)

[Neighbourhood Watch - Killara](#)

[Neighbourhood Watch - Mt Colah](#)

[Neighbourhood Watch - Mt Kuring-gai](#)

[Neighbourhood Watch - Normanhurst](#)

[Neighbourhood Watch - Pennant Hills](#)

[Neighbourhood Watch - St Ives](#)

[Neighbourhood Watch - Thornleigh](#)

[Neighbourhood Watch - Turramurra](#)

[Neighbourhood Watch - Wahroonga](#)

[Neighbourhood Watch - Warrawee](#)

**Face-to-Face/printed newsletter groups:**

Neighbourhood Watch - East Killara

Neighbourhood Watch - Gordon (part)/Killara (part)/Pymble (part)

Neighbourhood Watch - Hornsby (Jubilee St)

Neighbourhood Watch - Mt Colah

Neighbourhood Watch - St Ives (Lynbara Ave)

Neighbourhood Watch - Turramurra (The Chase)



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This email has been forwarded to you by Neighbourhood Watch within Ku-ring-gai and Hornsby. Please share the information with anyone you think may be interested, and encourage them to join our Distribution lists. Thank you. If you live outside the Hornsby/Ku-ring-gai area, please contact your local Crime Prevention officer for similar information for your locality. If you are unaware of an active Neighbourhood Watch group in your area, please consider starting one.

**Our mailing address is:**

Neighbourhood Watch within Ku-ring-gai & Hornsby  
c/o Crime Prevention Officer, Ku-ring-gai NSW Police PAC - Hornsby Police Station  
292 Peats Ferry Road  
Hornsby, NSW 2077  
Australia

[Add us to your address book](#)

