



# Neighbourhood Watch



## NORTH ROCKHAMPTON NHW #4

Come & join us Tuesday 2<sup>nd</sup> February 2016 at 6 PM for our next meeting at North Rockhampton Police Station, Robinson Street.

**TOGETHER WE DO MAKE A DIFFERENCE**



**Our Vision:** To create strong, safe, interactive, and inclusive communities where residents are supported and valued.

**Our Mission:** To engage and connect neighbourhoods and communities for a safer, brighter and united Queensland.

**Our Values:** We value the safety of every person in our diverse community and the security of their property; We value effective and supportive partnerships within our community; We value every individual in our community.

## NORTH ROCKY POLICE REPORT

The drug **ICE** also known as Crystal methamphetamine has emerged as a growing problem in the community.

### What is ice?

The drug Ice is a stimulant drug, which means it speeds up the messages travelling between the brain and the body. Ice can come in forms of crystals, powder and liquid, the most common form used is the crystal form.

Ice can be smoked, injected, snorted or swallowed. The most common method is smoking the crystal form in a glass pipe.

The short-term effects of methamphetamine include:

- ▲ increased energy and enlarged pupils
- ▲ a sense of euphoria and wellbeing
- ▲ increased attention and alertness
- ▲ increased talkativeness
- ▲ increased heart rate, breathing and body temperature
- ▲ decreased appetite
- ▲ jaw clenching and teeth grinding
- ▲ nausea and vomiting
- ▲ a dry mouth
- ▲ changes in libido
- ▲ nervousness, anxiety and paranoia.

High doses may lead to aggressiveness, hostility, violent behaviour and also cause 'ice psychosis'. The condition is characterized by paranoid delusions, hallucinations and bizarre, aggressive or violent behaviour.

Long term effects of using the drug ice may eventually cause depression, anxiety, paranoia, heart and kidney problems, financial and work problems.

Ice is highly addictive. Occasional use can quickly become a habit that damages your physical and mental health and impact the lives of those surrounded by you.

### Getting help:

If you need help or know someone that needs help please contact these agencies.

Counselling online: Phone: 1800 888 236

Family Drug Support: Phone: 1300 368 186

Lifeline: Phone: 13 11 14

### **"BE AWARE. TAKE CARE. SURVIVE"**

Back to School 27th January: Pay particular attention when driving near schools after the holidays. School zones are generally 40 kph 7.30 - 9am & 2.30 - 4pm Monday to Friday.

### **Remember - Our Kids Don't Bounce!**

Parents are reminded to park in designated areas to ensure that children are not put at risk by walking out onto roadways between parked cars. Young children are especially vulnerable when it comes to traffic because it is impossible for them to accurately judge the speed and distance of oncoming vehicles. Follow directions of school crossing supervisors. All kids should wear a safety helmet when riding a bike, always use pedestrian crossings and stop to look before crossing the road.

# Please support our sponsors & all the other small businesses in our area

Is your Club/Association seeking an easy way to help financially support itself?

## AFS Has The Answer

**How** When a club member chooses to obtain their health needs from any Rockhampton AFS Pharmacy (or the Independent Living Superstore), a proportion of the value\* will be donated back, to financially support the club.

### How simple is that!!!!

Just register your organisation (ask in-store for form), and your club/organisation (upon approval) will be supplied with special barcoded tags for distribution to members.



**Why** AFS is a "community-owned" organisation, who wishes to "give back" to the local community - as recognition of the long, strong and proud 120 year support it has received. \*Conditions apply

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Mon - Fri : 8am to 5pm  
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### FUTURE MEETING DATES

Other meetings for 2016 will be held on Tuesday 22<sup>nd</sup> March, 24<sup>th</sup> May, 26<sup>th</sup> July, 27<sup>th</sup> Sept, 29<sup>th</sup> Nov.  
These meetings begin at 7.30pm at the back of the North Rocky Police Station. Any enquiries please contact our Secretary Jan McSweeney on 0418 679 278 or email her at [nhwnorthrocky4@gmail.com](mailto:nhwnorthrocky4@gmail.com)

### CONTACTS

#### ALL EMERGENCIES - RING 000

For all non-urgent police reporting or general police inquiries, contact Policelink on 131 444 or email to [policelink@police.qld.gov.au](mailto:policelink@police.qld.gov.au) 24hrs a day.

Contact District Crime Prevention Co-ordinator 4932 3692 for general crime prevention info or NHW enquiries.

Anyone with information which could assist with any crime should contact Crime Stoppers anonymously via 1800 333 000 or on their website at [www.crimestoppers.com.au](http://www.crimestoppers.com.au) 24hrs a day.