



# Neighbourhood Watch



*NORTH ROCKHAMPTON NHW #4*

Come & join us Tuesday 18<sup>th</sup> April 2017 at 7:00 PM for our next meeting at Nerimbera Soccer Club, Horner Street.

*KEEP WATCHING OUT FOR EACH OTHER*

**Celebrate National Volunteer Week 8<sup>th</sup> - 14<sup>th</sup> May**



**Our Guest Speaker for the next meeting is from the Public Trustee and will talk about issues relating to changes around enduring powers of attorney, free will making, deceased estate administration and the other services they offer.**

## **Domestic and Family Violence Prevention Month**

Each May, Queensland marks Domestic and Family Violence Prevention Month to raise community awareness of the social and personal impacts of domestic and family violence and the support available to those affected. The key aims of the month are to:

- promote a clear message of no tolerance of domestic and family violence in Queensland communities
- ensure those who are experiencing domestic and family violence know how to access help and support
- encourage people who use abuse and/or violence to take responsibility for their abusive behaviour and seek support to change.

Domestic and family violence happens when one person in a relationship uses violence or abuse to control the other person. It is usually an ongoing pattern of behaviour aimed at controlling a partner through fear.

Abuse can include:

- emotional abuse (e.g. criticising your personality, looks or parenting skills)
- verbal abuse (e.g. yelling, shouting and swearing at you)
- stalking and harassment (e.g. constantly following or phoning you, cyberstalking or tracking you through social media or GPS).
- financial abuse (e.g. not giving you enough money to survive, or forcing you to hand over your money)
- physical abuse (e.g. slapping, hitting, pushing)
- damaging property to frighten you (e.g. punching holes in walls or breaking furniture)
- sexual abuse (e.g. forcing or coercing you to have sex)

- social abuse (e.g. not letting you see your friends or family, isolating you from people you care about)
- spiritual abuse (e.g. forcing you to attend religious activities or stopping you from taking part in your religious or cultural practices)
- depriving you of the necessities of life such as food, shelter and medical care.

Someone experiencing domestic and family violence may:

- seem afraid of someone close to them
- try to hide bruises (e.g. by wearing long sleeves in summer months, or give unlikely explanations for injuries)
- have little or no say about how money is spent
- stop seeing friends and family and become isolated
- become depressed, unusually quiet or lose confidence
- show signs of neglect if they are older or have a disability
- have a partner who frequently accuses them of cheating or continually checks up on them
- be reluctant to leave their children with their partner
- suspect they are being stalked or followed.

If you, or anyone close to you, is the victim or perpetrator of Domestic and Family Violence, support is available. Contact DV Connect to assist you or someone you know.

**Go on – make the call!**

**DVConnect website <http://dvconnect.org>**

**DVConnect Womensline 1800 811 811  
24 hours a day, 7 days a week**

**Mensline 1800 600 636  
9am to midnight, 7 days a week**

# 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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School Age Care Rockhampton, Berserker and Yeppoon; AFS Pharmacies Men's Shed; Badminton; Baton Twirling; Bike Education; Bokwa Fitness; Boxing; Judo; Jujitsu; Karate; Play Development Class; Slimmers; Taekwondo; Trampoline.  
**Phone: 4927 7899**

**Kathleen Kahl**  
Mob: 0457 031 282  
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**FRENCHVILLE SPORTS CLUB**  
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Social Golf—Softball  
Rugby Union—Triathlon

Bistro - Buffet Lunch each day  
A-la-Carte Menu and Specials  
Bar, Gaming, TAB & Keno Facilities  
Function Rooms available  
Supervised Kids Club  
Bingo Tuesday & Thursdays

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Proudly providing dental services in Frenchville for 25 years  
Now in the newest rooms in Rockhampton  
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**THE BARBER**  
Mon - Fri : 8am to 5pm  
Saturday : 8am to Noon  
After Hours by Appointment

**2017 MEETING DATES**  
The next NHW meeting will be held at 7:00pm on Tuesday 18<sup>th</sup> April 2017 at the Nerimbera Soccer Club, Horner St, Koongal. Dates and venues for future meetings will be decided at that meeting.  
If you are unable to attend meetings, but are interested in working with us, or have any enquiries, please contact our Coordinator Jan McSweeney on **0476 449 826** or email her at **nawnorthrocky4@gmail.com**

**CONTACTS**  
**ALL EMERGENCIES – RING 000**  
Anyone with information which could assist with solving any crime should contact Crime Stoppers anonymously via 1800 333 000 or [crimestoppers.com.au](http://crimestoppers.com.au) 24hrs a day. Crime Stoppers is a registered charity and community volunteer organisation working in partnership with the Queensland Police Service.  
For all non-urgent police reporting, contact Policelink on 131 444 or via their website [Policelink.qld.gov.au](http://Policelink.qld.gov.au).

**Disclaimer:**-The information contained herein has been obtained from sources we deem to be reliable, however, we cannot guarantee its accuracy and interested persons should rely on their own enquiries. The views expressed in this newsletter are not necessarily those of the Queensland Police Service unless expressly so quoted.