

Welcome to our first newsletter for 2019.

The Committee of Bellarine Community Support Register Inc. has had a very busy start to 2019. We would like to share with you some of the work being done to improve our service to the community and to promote the Register more widely.

Register's new website - An exciting new development has been the launch of the Register's new website on February 7. Take a look – go to <https://bellarineregister.org.au> . Invite your friends and family to view it also. The site offers all the information a prospective Registrant needs to know, as well as an Application Form available for download.

We are most appreciative of the efforts of Marilyn Miller and Rory from Clever Digital, as well as input from our volunteers at a workshop held in February, that has culminated in the successful website launch.

Bellarine Community Safety Group Membership - Our Register is represented on the Bellarine Community Safety Group by two of our Committee members.

The Bellarine Community Safety Group was established by the Victorian Government in partnership with the local community to develop community safety strategies for the Bellarine. It is chaired by Police Minister Lisa Neville and is made up of representatives from local councils, community associations, service clubs and the Department of Justice and Community Safety.

Bellarine Age Friendly Steering Committee - Our Register is represented on this Committee. Our service will be promoted across their networks.

Promoting our Register and Attracting Registrants – This is another important task the committee is addressing currently. We are looking at new ways of promoting our service in the community as well as attracting new Registrants.

We welcome your feedback - We, the Committee, welcome your feedback at any time. Feel free to contact the Register, either by

Phone: 03 5255 3968 during office hours, weekdays between 9.30am and 12 noon.

Email us: bpsupportregister@bigpond.com

Mail to: Bellarine Community Support Register, PO Box 819, Ocean Grove, VIC, 3226.

We appreciate your support - As you are aware, the Register is a totally voluntary organisation and it is the donation support we receive from many of you that assists us in covering our costs and delivering on the projects outlined below. If you would like to make a donation, we will provide a tax deductible receipt and put your contribution to very good use.

Key Safes for Sale - The Register has a supply of Key Safes for sale.

These can be very useful to store a key for use in an emergency or simply to avoid carrying a house key with you.

The key safe costs \$50, and an optional cover is available for \$10. These can be purchased during our Office hours only - 9.30am till noon each week day at the Bellarine Police Station in Presidents Avenue, Ocean Grove. Please note: cash sales only.

Your keysafe code can be recorded on our Database.

CHANGE YOUR CLOCK, CHANGE YOUR SMOKE ALARM BATTERY

Daylight saving comes to an end on Sunday, 7 April 2019.

The Country Fire Authority recommends that, at this time each year, you change your smoke alarm battery with a long life battery when you change your clock.

House fires occur more frequently during the winter months, and making sure you go in to winter with a working smoke alarm makes good sense.



If you are unable to replace batteries and have no one available to do so, contact your local CFA and they may be able to assist you.

Smoke alarms don't last forever

Smoke alarms have a lifespan of about 10 years. After that, you should replace them.

Most smoke alarms have a use-by date printed on them. If your alarm is still beeping after you have changed its battery, it should be replaced with a photo-electric model.

New photoelectric smoke alarms with a long lasting lithium battery have a 10 year lifespan to ensure you and your family can feel the highest level of security.

BEWARE WHEN BUYING OR SELLING MOBILE PHONES VIA SOCIAL MEDIA OR ONLINE MARKET PLACES

Victoria Police are urging people to beware when buying or selling mobile phones via social media or online market places.

The majority of incidents reported to police involve the victim advertising to sell their phone and then having it stolen by force by someone posing as a buyer.

Police have also seen some instances where the person intending to buy a mobile phone has been robbed of their cash and mobile phone when they meet with a person posing as a seller.

Here are a few tips for staying safe when buying or selling a mobile phone online:

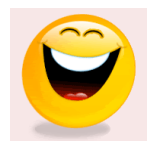
When selling your phone:

- Arrange to meet the buyer in a public place where there are CCTV cameras eg. A shopping centre.
- Consider what time of day you arrange to meet the buyer. Choose a time when there's likely to be a lot of people around.
- Take a friend or family member with you when you go to meet the buyer
- Co-ordinate the exchange via phone call rather than text message.

Courtesy: Victoria Police Instagram

HOSPITAL REGULATIONS

- Hospital regulations require a wheelchair for patients being discharged.
- While working as a student nurse, I found one elderly gentleman--already dressed and sitting on the bed with a suitcase at his feet--who insisted he didn't need my help to leave the hospital.
- After a chat about rules being rules, he reluctantly let me wheel him to the elevator.
- On the way down I asked him if his wife was meeting him.
- "I don't know," he said. "She's still upstairs in the bathroom changing out of her hospital gown."



HEATING YOUR HOME WITH GAS

Gas heating is generally a safe and efficient way to heat our homes. But if not maintained properly, these heaters can become dangerous, particularly in newer built homes or those that have been retrofitted to be better sealed and more energy efficient.

Carbon monoxide (CO)

All gas heaters have the potential to spill or leak carbon monoxide (CO). This includes central heating units, space heaters, wall furnaces and decorative log fires.

CO is a colourless, odourless and tasteless gas caused by incomplete combustion of hydrocarbon fuels.

Energy Safe Victoria and the Victorian Building Authority (VBA) recommend that all gas water heaters, space heaters and central heaters are serviced at least every two years by a qualified gasfitter. You can find your local registered gasfitter by searching online.

CO poisoning

Carbon monoxide spillage can be lethal. It can cause death or chronic illness.

Carbon monoxide poisoning can happen in any home or building with gas heating appliances, including newer ones.

Dirty, old and unserviced heaters operating in a sealed environment will increase the risk of CO spillage and smaller, poorly ventilated dwellings are at a greater risk.

Signs and symptoms of CO poisoning

The signs and symptoms of CO poisoning are non-specific and commonly misdiagnosed as the flu. Symptoms such as headaches, dizziness and nausea are common.

Get your gas heater serviced

ESV recommends all gas space heaters, central heaters and water heaters are serviced at least every two years by a qualified gasfitter.

A qualified gasfitter will inspect your heater and check its installation, including testing for carbon monoxide leakage.

The spring and autumn months are a good time to get this done ahead of the winter rush – however, contact a qualified gasfitter at any time if you have concerns.

Find a qualified gasfitter by searching online or contact the VBA for help on finding a local gasfitter.

Consider a carbon monoxide alarm

Carbon monoxide alarms can be a useful back-up precaution, but should not be considered a substitute for the proper installation and maintenance of gas heating appliances.

For more information, visit Energy Safe Victoria website - <https://www.esv.vic.gov.au>

WE WELCOME DONATIONS

Our Treasurer reminds us of the importance of your donations that assist the Register remaining financially viable.

It costs over \$10,000 per annum to run the Register to cover insurances, postage, printing etc. and all donations of any size are most welcome.

A Donation Form can be found on the cover of this newsletter.

BELLARINE COMMUNITY SUPPORT REGISTER INC.
PO BOX 819, OCEAN GROVE. VIC 3226 TELEPHONE: 03 5255 3968

DONATION FORM

NAME: ID NUMBER:

ADDRESS:

I ENCLOSE A DONATION OF: Please circle the appropriate amount.

\$5 \$10 \$20 \$100 Other \$

All donations of \$2 and over are income tax deductible.

Receipts will be issued only on request. Please tick the appropriate box. YES NO

Donations will be accepted at any Bendigo Bank Branch in the Geelong Region.

Our account details are: BENDIGO BANK Branch 633 108 Account 127715209.

Receipts will be issued only on request.

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