



Neighbourhood Watch SA

August 2020

Bimonthly Neighbourhood Newsletter of Reynella NHW Area 048/146

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REYNELLA NEIGHBOURHOOD WATCH AREA 146



NOTICE: MEETINGS POSTPONED

We hope everyone in our area is keeping safe and well during the Coronavirus response.

Regretfully our meetings are still on hold, hopefully it will not be too long before we can return to normal.

In the meantime we hope everyone will keep following the rules and keep well.

We will still be producing and delivering our newsletters, meetings will resume when it is deemed safe to do so.

Area Co-ordinator:

Dianne Harvey Ph: 8381 3981

Email:

reynellanhw@bigpond.com

Secretary:

Joy Rolls Ph: 0418 839 046

Police Co-ordinator:

Constable Patrick Taylor,
South Coast Police

Area 048/416 News

Tony Csehi is leaving after being a valued member of NHW for 30 years. We wish him well. Thank Tony for all your help and support, especially in delivering our newsletters.

Thank you to all our volunteers for your help and support, it is most appreciated.

We congratulate **Kirstie and Stuart Rolls** on the birth of their second daughter **Alice Erin**.

Finally, we send our best 'Get Well' wishes to **Marlene Gill**.

Recipe: Macaroni Bake

Ingredients

4 cups cooked macaroni (cook for 4 mins less than directed)

200g sliced ham

100g grated cheddar cheese

400g can condensed tomato soup

Method

Pre-heat oven to 180°

In a bowl add macaroni, ham and 1/2 cheese

Add soup and season with pepper and stir to combine

Transfer to a casserole dish

Top with the remaining grated cheese and bake for 20-25 minutes

Tip: If desired, add 1/2 cup mixed vegetables to the mixture and breadcrumbs to the grated cheese topping



CAN YOU HELP?

We have recently had volunteers retire from walking or leave our zone and thus need replacements.

If you can spare about one hour every second month please contact us on 8381 3981 or email reynellanhw@bigpond.com

For a small amount of your time every second month you can help keep Reynella safe.

Noarlunga-Morphett Vale Lions Club

Garage Sale

Lions shed, corner of Lindsay and Brian Roads, Lonsdale

During our recent unavoidable closure, we have expanded our display area and made the layout more accessible.

Covid 19 precautions, such as hand sanitisation and social distancing practices are in place.

Third Saturday Each Month from 9a.m. to 12noon

We hope to see you there.

Come and grab a bargain, while helping Lions to help our community.

email: lionsnmv@gmail.com



COVID-19

TRUSTED SOURCES OF INFO

Check your symptoms
healthdirect.gov.au


National updates
health.gov.au

Local updates and information
sahealth.sa.gov.au/COVID2019

The latest travel advice
smartraveller.gov.au

For general questions

Coronavirus Health Information Line: 1800 020 080

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Identity Theft

In light of the COVID-19 scams currently circulating, it is timely to address the issue of identity theft and how you can prevent yours from being stolen.

Your identity is one of the most valuable things you have.

Identity theft is a type of fraud that involves a person stealing your name for the purpose of obtaining money, goods, services or other benefits.

If your identity is misused a person may access your money and accumulate large debts in your name, which will affect your credit rating.

To reduce your chances of becoming a victim of identity theft, please consider the following crime prevention tips:

- Secure your letter box with a lock and empty it on a daily basis. Arrange collection of your mail by a trusted person when on holidays. If you move, remember to re-direct your mail promptly.
- Protect your personal documents at all times. Never throw personal documents in the bin – destroy them using a shredder or a similar method.
- Limit the amount of personal information you publish on social media and online.
- Ensure your computers and mobile phones are protected with regularly updated anti-virus software. Avoid using public computers for personal activities like online banking and shopping.
- Never give your personal details to an unsolicited person.
- Always check your receipt and credit card statements carefully for discrepancies. If you discover unauthorised transactions, contact your financial institution immediately.
- Make enquiries on the arrival of unexpected credit cards or bills for goods and services you did not order.

To report a scam or for further information visit www.cyber.gov.au

SA Police is committed to working with the community to prevent crime and reduce the fear of crime. To access our full range of crime prevention posters, fact sheets and booklets (including Scams and Cybercrime and Internet Safety and Security) please visit: www.police.sa.gov.au/safety-and-security-tips

Statewide Website

A Statewide Neighbourhood Watch website has been launched!

Visit www.police.sa.gov.au/nhw



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New Online Safety Resources to Support Parents and Carers During COVID-19

Protecting children online continues to be a priority for law enforcement throughout the COVID-19 pandemic.

The Australian Federal Police- led ThinkUKnow program and the Australian Centre to Counter Child Exploitation (ACCCE) have developed a range of initiatives and resources to address the challenges associated with children spending more time online.

The COVID-19 pandemic presents a number of online safety challenges for children and young people.

Prevention is critical in countering the exploitation of children online, yet ACCCE research published earlier this year revealed that information seeking and discussion about online children sexual exploitation is generally only undertaken in response to a specific event.

ThinkUKnow at home learning packs

New home learning activity packs have been created for parents, carers and children to undertake and learn about online safety together.

Supported by case studies from the ACCCE Child Protection Triage Unit, the age-appropriate activities address online supervision, personal information and unwanted contact, safer gaming and smart usernames, and safer online interactions.

ThinkUKnow is Australia's only nationally delivered law enforcement-led online

child safety program that provides education for parents, carers, teachers, children and young people, to address the issue of online child sexual exploitation.

It is a partnership between the AFP and industry (Commonwealth Bank of Australia, Datacom and Microsoft) and delivered in collaboration with all State and Territory police and Neighbourhood Watch Australasia.

The ACCCE brings together resources from Government and Commonwealth agencies, law enforcement agencies, non-government organisations, and other partners to prevent and disrupt online sexual exploitation of children.

You can find out more about online safety by following ThinkUKnow and the Australian Centre to Counter Child Exploitation on social media.

Facebook: @ThinkUKnowAustralia

Twitter: @ThinkUKnow_Aus

Facebook: ACCCEaus

Twitter: ACCCE_AUS

For further information, or to download visit thinkuknow.org.au/for-parents-and-carers and acce.gov.au/covid19

Source: *NHWA Journal August 2020 p.36*



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1800 333 000

South Australia

000 EMERGENCY **THINK FIRST THEN DIAL** **POLICE ASSISTANCE 131444**

7 Day Family Online Safety Challenge

The 7 Day Online Safety Challenge aims to provide simple daily online safety tasks for parents and carers to complete over a week, to help keep their children safe online.

The daily tasks include reviewing privacy settings, creating a Family Online Safety Contract and helping children identify a support network.



- 1. Create a Family Online Safety Contract
- 2. Review location, privacy settings and parental controls
- 3. Talk to your child about sharing personal information online
- 4. Find out what apps and games your child uses
- 5. Check DM or chat functions on your child's apps and games
- 6. Talk about suspicious online behaviour and what it looks like
- 7. Help your child identify a support network

PROTECT YOURSELF KNOW THE SCAM

"I don't believe everything I'm told, do you?"

Anyone can be a target for scammers – so be on the look out. Scammers use sophisticated methods to take your money.

To learn how to **PROTECT YOURSELF** and **KNOW THE SCAM** visit www.scamwatch.gov.au

Report all scams to the police assistance line by calling 131 444.



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Protection from Phishing

- Don't click on links in emails or messages, or open attachments, from people or organisations you don't know
- Before you click a link, hover over that link to see the actual web address it will take you to (usually shown at the bottom of the browser window)
- If you do not recognise or trust the address, try searching for relevant key terms in a web browser. This way you can find the article, video or webpage without directly clicking on the suspicious link
- If you're not sure, talk through the suspicious message with a friend or family member, or check its legitimacy by contacting the relevant business or organisation (using contact details sourced from the official company website)

Source: Australian Cyber Security Centre

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LOCK IT OR LOSE IT!

- Park in well-lit areas
- Close all windows
- Remove all valuables from your vehicle
- Conceal valuables before you park – if they cannot be removed
- Do not leave personal documents in your vehicle.
- Always lock your vehicle if leaving it unattended.
- Carry your keys with you at all times.



Limit the opportunities for offenders to target your vehicle or belongings.

NEIGHBOURHOOD WATCH HELPING THE COMMUNITY



Neighbourhood Watch areas work against crime: the public are the eyes and ears for the police in our neighbourhood.

Keeping people informed, being observant and alert, is being proactive against crime.

The police can only be in one place at a time, and the area they cover is large.

Any information the public can give Police helps in their investigations.

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Government of South Australia WatchSA

TIPS FOR THEFT PREVENTION

Do they have to break in BEFORE you think about it?