



Neighbourhood Watch 3193

Welcome to our new readers in Brighton

Spring 2023

A new Neighbourhood Watch and Graffiti Busters Group is being formed in Brighton. NHW 3193 Beaumaris and Black Rock are pleased to assist.



NHW 3193 Forum "Safety Sense" held at BSC

Over 100 residents attended our recent "Safety Sense" forum. Speakers from Victoria Police held a frank and lively open forum which was appreciated, according to the feedback received. Sadly, the message that is repeated time and time again but ignored by many is **LOCK ALL DOORS and DONT CLICK ON LINKS. More tips inside!**



NHW 3193 Forum - "SCAMS REVISITED" Monday 4th September 6.00 pm - At Beaumaris Secondary College.

Over 500 attended our previous "Scams Events". It's time to revisit this topic. The scammers are becoming cleverer and too much money is being lost.

Register - "SCAMS REVISITED" nhw3193@gmail.com or 0421 344 442 (It's free)

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A message from the President of NHW 3193



Chief Commissioner Shane Patton with Philip Level

President of NHW 3193 - Philip Level

Our main event this year was the "Safety Sense" evening with Victoria Police, held on May 15th. We provide in this edition some tips on Home Safety, AGAIN!

We are pleased to be working closely with the Bayside Mayor Cr. Hanna El Mouallem on local safety issues and the formation of a Neighbourhood Watch and Graffiti Busters Group for Brighton

NHW 3193 is involved in working with the Bayside Community Safety Committee. One outcome soon will be a 40 kph speed limit on Bluff Road in the Black Rock shopping centre. Residents have wanted this for years.

During June we attended the 40th birthday celebrations of Neighbourhood Watch. Quite an achievement.

I would like to acknowledge Geoff Bransbury, our Vice President. He recently was awarded an OAM for Community Services which is richly deserved.



Vice President Geoff Bransbury

We are alarmed at reports received from residents about our kids being intimidated when going to the cinema and other places. This is unacceptable.

Police and Centre Management are trying but can't be everywhere. Parents and grandparents please take extra care.

We hope we will have another big audience at our "Scams Revisited" Forum at BSC on 4th September. [Please register for this at nhw3193@gmail.com](mailto:nhw3193@gmail.com)

We will also have a Coffee with the Cops and Therapy Dogs coming up soon.

**Philip Level AM.
President NHW 3193**



A message from the Mayor of Bayside



Mayor Cr Hanna El Mouallem

Bayside has adopted the 2023-24 budget, ensuring our community continues to receive vital programs and services.

We are expanding aged care services to ensure that we can provide our residents with the support they need to remain independent and safe at home.

Infrastructure assets will also receive significant funding through this budget with a renewed focus on maintaining Bayside's footpaths, cycle paths, street sweeping, drainage, and more.

There are more than 700km of footpaths connecting our shops, villages, landmarks, schools and residences which are inspected by Council annually.

You may have noticed our new fleet of blue waste trucks on the streets. Not only do they look great, but the fleet has the latest, innovative safety technology and advanced camera systems to track and check contamination.

Have you seen the Black Rock Clock Tower yarn bombed? Crafty volunteers created hundreds of knitted rectangles, which were draped over the clock tower. Other Bayside landmarks, including in Brighton and Beaumaris, were yarn bombed too.

This project also brings comfort for vulnerable people. From late August, the woolly rectangles will be used to create blankets for those in need.

Even though Bayside is considered a safe community, I encourage residents to be mindful that often offenders are opportunistic, so lock up, stay safe.

I welcome and congratulate Ed Davis for taking the lead in setting up the new Brighton Neighbourhood Watch group and encourage more resident volunteers to join, ensuring the safety of our community is a team effort.

Looking out for each other will help us take a collective, stronger approach.

I look forward to working with the new Brighton Neighbourhood Watch group. Keep up the good work.

Mayor Cr Hanna El Mouallem

Crime in Beaumaris and Black Rock. 30 days in June/July

Crime in Beaumaris and Black Rock in June and July consisted of burglaries and loss of property; theft of a bicycle, theft from motor cars, theft of a BMW badge and damage to a vehicle.

The following information below provides some detail regarding these crimes to assist in a better understanding of what is occurring in the area and encouraging residents to take simple protective measures.

Theft from motor cars:

Unlocked car in street, valuables taken from car also number plates stolen.

Unlocked car in street, valuables in car stolen and glove box and console searched.

Car in street, number plates stolen and replaced with other number plates.

Screwdriver used to smash windows in car to steal valuables left in car.

Burglaries:

Thieves accessed house through upstairs window via a fence and roof. Stole a large amount of jewellery, shoes, and handbags.

Thieves entered rear of house under renovations via unlocked gate, jemmied rear sliding door and stole builder's tools, cash, jewellery and watches.

Shed broken into and large quantity of builder's tools stolen, rear yard was unlocked due to work being undertaken

Thieves used a ladder from backyard to force side balcony sliding door. Safe was robbed of jewellery, watches, currency, and computers.

Ladder used to access upper sliding door. Jewellery and designer handbags stolen.

Theft of bicycle:

Bicycle stolen from driveway, gates were left open.

Damage to vehicle:

Side of vehicle was scraped.

Theft of BMW badge:

Screwdriver was used to remove BMW badge. Doors and windows also attempted to be forced open.

Theft/Attempted theft of motor car:

Unlocked motor car, offender attempted to unsuccessfully hot wire car

Police cannot be everywhere, so it is up to us to look after one another and do simple things to protect ourselves. That extra minute to check that your house and vehicle are secure, and you have not left valuables visible can save a lot of heartache and inconvenience.



**See something suspicious?
Say something
Call 000**



Believe it or not...

Over 70% of homes and cars that are broken into in Victoria are Unlocked!!

LOCK UP your property!



Need us but not urgent - Call 131 444

Graffiti Busters expands in Bayside

Brighton Coming soon



Beaumaris & Black Rock



Hampton & Sandringham

Graffiti Busters is a success story. Volunteers committed to ridding our suburbs of ugly graffiti.

It started in Beaumaris in 2018 and we now have an active group in Hampton/Sandringham. Soon we hope to have a new Neighbourhood Watch and Graffiti Busters group starting in Brighton.

We're sure Hampton residents are already noticing that there is less graffiti. They still have a way to go but it's a great effort by Phil Witherow and his team of "Busters".

Graffiti Busters Groups are a proven, cost effective and efficient way to eliminate Graffiti. It is also a great community project enjoyed by the volunteers and loved by residents who find their suburb clean again.

Everybody wins, except the hooligans.

We would love to see new groups established everywhere. The biggest obstacle is finding leaders.

The cost of establishing a group (to do it properly) with the help of grants is approximately \$8,000. Running costs are approximately \$2,000 per year. If you know people who might be interested in starting a new group in their area, ask them to contact us.



**Graffiti Busters
is part of
NHW 3193**



Painting a huge fence in Hampton

If you are interested in joining the new Brighton Group, email nhw3193@gmail.com.

To find out how it all works, visit www.graffitibusters.com.au

BRAD ROWSWELL MP

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It's Challenging???



WhatsApp

Form a WhatsApp Group in YOUR Street

A modern way to "Neighbourhood Watch"

Several streets in 3193 have formed closed "WhatsApp" groups amongst the neighbours.

It is a great way to get to know your neighbours in the street and to share information. It is also a great way to notify the neighbours if something suspicious is spotted. Two examples:

Tibbles Street residents use their WhatsApp group to share relevant information - Richard Wilson says it keeps everybody informed of matters affecting the street, for example, to advertise the Christmas Street party; to let neighbours know if there is a rubbish collection etc.

Rennison Street residents formed a group after there was some aggravated burglaries and other suspicious issues in the street. Since its formation, neighbours have shared concerns. One neighbour noticed someone jumping a neighbour's fence whilst the owners were overseas. This led to that individual being arrested.

How to start a group

First it requires someone to drive it and to collect phone numbers and to add neighbours via the app. Everyone who wants to participate needs to download the app. Only members of the group can send/receive texts. All in the group see all the texts. Nobody else.

It is suggested the neighbours clearly state the purpose of the group. If not careful, it might become a general "chat group" rather than an information group and hence possibly lose its purpose.

Interested in forming a group? Email Vivian at nhw3193@gmail.com

Tell us about YOUR STREET WhatsApp Group - email us

We feel we sound like a Broken Record



Remember the old 78's?

It's frustrating how our tips seem to fall on deaf ears. Police statistics prove it. Perhaps you, our readers, do listen but millions of Australians don't.

Please pass on these messages. Lets reduce scams and frustrate the hooligans trying to steal our cars, possessions and money.

Please Follow these Tips

Home protection routine

- **LOCK UP** your home, gates, cars. Get into the habit of a "9pm Routine" to check all is secure. Don't forget!
- Don't leave any belongings or valuables in your car.
- When away, ensure a friend is checking daily. Give the impression of someone being home by using timer lights, half close curtains etc. Make sure mail is picked up and rubbish bins tucked away.

Call 000 if you see something suspicious

Scams avoidance routine

- **ALWAYS** assume everything is a scam - It's sad but necessary to be on your guard - all the time.
- Don't click on **LINKS** on your computer or phone. Even if they look genuine. They are trying to catch you off your guard. Best to be safe.
- Don't pay an invoice received on your phone/computer, even if it looks genuine. They **MAY** have altered payment details. Phone the supplier first.
- Never give out your personal details.
- Don't allow anyone to take control of your computer, unless you are certain its safe to do so.
- Act fast if something goes wrong - contact bank etc.

Report to SCAMWATCH

What to do if you've been scammed (or think you have)

Steps you can take straight away to limit the damage and protect yourself from further loss.

Act fast to prevent further losses

Contact your bank or card provider immediately to report the scam. Ask them to stop any transactions.

Get help to recover

IDCARE is Australia and New Zealand's national identity and cyber support service. They can help you make a plan (for free) to limit the damage.

Call 1800 595 160 or visit www.idcare.org

Warn others and report the scam

Take the time to report it to Police and Scamwatch.

Watch out for follow up scams

If scammers have been successful, they will try to get more money. Unfortunately, one in three victims of a scam have been scammed more than once.

If you've lost money to a scam, be especially wary of new scams – including if someone offers to help you get your money back.

Get support in the aftermath

Being scammed is a horrible experience, and it can happen to anyone. If a scam is causing you problems with debt, talk to a financial counsellor. There are free and confidential services to help you get your finances back on track.

If you need someone to talk to, reach out to family and friends, or you can contact Lifeline or Beyond Blue to speak to someone online or over the phone.

Don't be embarrassed. You're not the first to be scammed.



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NHW 3193 President down but not out (for long)



Phil Level entertains the nurses and support staff at Holmesglen Hospital

Our President Philip Level was in hospital for three weeks recently following a seriously broken ankle (plafond) due to a fall in his garage.

Phil said, "this is my first time in hospital for over 60 years when I had my tonsils out".

The lesson of course is to watch your step. Accidents happen so fast. Phil thought he was indestructible!

Even the Bayside Mayor Cr. Hanna El Mouallem visited Phil with a beautiful bunch of flowers!

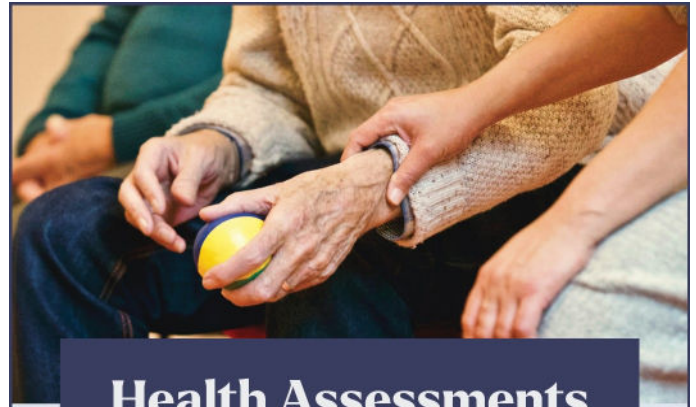
Bayside Police request to all artists!

I am putting out a request to all artists big and small.

We are seeking some artwork (paintings/drawings) that reflects our local Bayside community, environment and connection to Country and our First Nations People.

We would like to put this artwork up in the Bayside Police Station to make it more welcoming for all. Please bring any artwork to the Bayside Police Station by the 10 September 2023 with your name and a short description about the artwork. We will contact you.

Cath Wilkins Inspector Local Area Commander
Bayside & Glen Eira



Health Assessments for 45-49 and 75+

What is it?

A tailored assessment for the 45-49 age group, including those at risk of chronic conditions, or those over 75 and seeking a more comprehensive approach to their well-being. The assessment will provide a holistic understanding of your health, personalised recommendations, and identify risks early. Through facilitating vital lifestyle changes, these assessments can delay or prevent the onset of chronic disease, thereby empowering you to improve your quality of life.

What's involved?

Both the nurse and your doctor will conduct a thorough evaluation of your health, including factors such as medical history, lifestyle factors, mental health, and specific risk indicators.

What's next?

To learn more about health assessments for the 45-49 and 75+ age groups, we encourage you to enquire with your GP during your next appointment or contact your practice.



by Dr Joshua Jones
The Village GP Black Rock



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How much do you know about alarm systems?

*I've had an alarm for years. Reading this article made me realise how little I know!
Time to review my system - Your Editor*

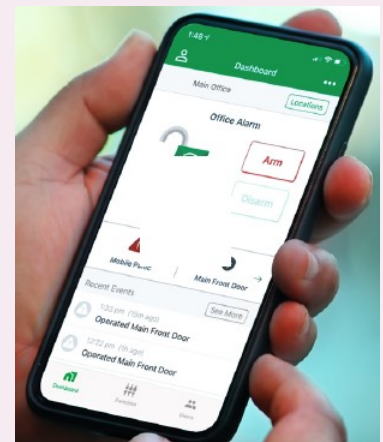
Consider the issues:

- ⇒ Does your alarm annoy your neighbours due to false alarms?
- ⇒ Does your alarm system alert you on your mobile, if your home is broken into?
- ⇒ Do you know what caused your alarm to trigger, and when?
- ⇒ Can you “arm and disarm” your alarm when away from home?
- ⇒ Do you protect your living area (e.g. downstairs) while you are asleep upstairs?
- ⇒ Do you have pre-arrangements with authorities to act on your behalf when away from home?

All of this *may* be available on your existing system with or without back-to-base monitoring.

The difference, and most of the cost, is to request the Monitoring Station to initiate response to alarms.

Have you considered self-monitoring with immediate notifications to your mobile phone, with 24/7 Monitoring Station access for help, guidance, and connectivity with emergency services if/when required?

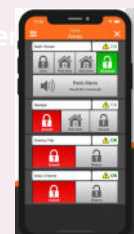


Do you set the alarm every time you leave the property ?

Would it be easier if you had a Key Fob or App on your phone without having to run to the keypad and remember your code?

Do you have pets that may trigger the alarm?

Did you know that there are Pet-Friendly detectors that will not be activated by cats and dogs up to about 45kg weight?



Did you know – You can have your alarm system on at night whilst you are asleep by segmenting areas of your house ?

For example – segment upstairs and downstairs. You could keep the alarm on downstairs and off upstairs. If a crook enters downstairs, it will go off hopefully scaring them off.

Did you know you can use your alarm as a manual “noise maker”

You can set off your alarm manually. For example, if the alarm is not on and you are in your house and suspect a burglar is in the garden, you could set off the alarm from a fob or your phone or of course the keypad. This could also be done remotely whether the alarm is on or off.

For complete peace of mind, select 24/7 support by a Grade A1 back-to-base Monitoring Station **without being locked into a long-term contractual commitment.**



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Tips - If you are considering installing a security alarm system.

Think like a burglar - it will help you assess whether your home is secure. Remember, most intruders are opportunists, looking to get in quickly and grab something (usually car keys). Are you an easy target? **Ask for an alarm that:**

- Is easy to maintain, able to be serviced remotely to avoid on-site service fees.
- Is able to be expanded.
- Can be remote controlled by a smart phone app with 4G communication (not reliant upon Internet access).
- Allows pet-friendly detectors, and even integration with electronic gates or garage doors.

The [Australia New Zealand Policing Advisory Agency](#) states "When seeking advice concerning the design, installation and maintenance of Alarm systems, you should always use an appropriately licenced security professional, who is a member of [The Australian Security Industry Association Limited \(ASIAL\)](#)".

Always check that your Security Professional is fully licenced and registered by Victoria Police and ask to see their current licence before inviting them into your home.



Make sure you put signs up and make them visible

#9PMROUTINE Lock up. Make it a habit.

- Remove valuables from vehicles
- Lock vehicle doors
- Close & lock all exterior doors
- Turn on exterior light



Newer - clever scams

They just keep coming. Here are a couple to watch out for and avoid:

Loyalty Points Scam



A new text message scam currently targeting Qantas Frequent Flyer, Telstra and Coles loyalty programs.

How the scam works.

- Consumers receive a text message or email stating their loyalty points are expiring.
- The text or email includes a link to a fake website, which prompts customers to login. Customers may also be prompted to provide credit card details to use loyalty points.
- Scammers steal customers' points, also login and personal information.

Incorrect address scam

Innocent looking text arrives!

Item cannot be delivered due to incorrect address. Please update the information
postau.eqepq.com

So easy to just click on the link. Maybe it's genuine? Maybe NOT!

Don't risk it. Delete.it.



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Intimidation of our Kids - a Warning. NHW 3193's message to Parents

There is a growing trend for violence in and around shopping centres and in particular movie theatres.

We have been made aware of instances where young people are being intimidated, attacked, and assaulted when they are alone or in a small group.

It is our advice that all your children and young adults should be made aware of the possibility of being targeted by groups of young youths who are INTIMIDATING these young people out to have fun.

We are advised that some places such as Southland are aware of this problem and have acted, but this does not apply in other locations.

So, our advice is to properly brief your children, supervise, where the opportunity is available and be careful yourselves. Life has changed in Melbourne!

R U OK Day is September 14th 2023



R U OK? Day is a day of action dedicated to reminding everyone that every day is the day to ask, "Are you OK?" and support those struggling with life's ups and downs.

R U OK? is a public health promotion charity that encourages people to stay connected and have conversations that can help others through difficult times in their lives.

Register to download the free resources available on the website and get your community involved

[Plan your R U OK? Day activities | R U OK?](#)



Lions Club of Beaumaris Donation to Sandringham Hospital

The Lions Club of Beaumaris is pleased to continue our 40 year support of the Sandringham Hospital. Latest donation, \$5000, for a Specialised Dialysis Chair.



Graham Head Beaumaris Lions Publicity Officer, Sharon Hade Director of Nursing & Operations Sandringham Hospital and Leigh Hutton President Beaumaris Lions

Sharon Hade, Director of Nursing and Operations said:

"Our hospital has 18 dialysis treatment spaces which require specialised chairs to provide comfort and support to patients during their 5-hour dialysis treatment.

On behalf of Sandringham Hospital, I would like to thank the Beaumaris Lions Club for your generosity. This custom designed dialysis chair will support several of our patients over many years."

Beaumaris Lions Community Donations last year included the following:

- Sandringham Hospital
- Flood Relief
- Lions Hearing Dog
- Kids for Cancer
- Prostate Cancer Foundation
- Diabetes Victoria
- Foodbank
- Lions Recycle for Sight Australia

Interested in joining to contribute to your community . Please call:
Beaumaris Lions Membership convenor - Vern Costelow Mobile 0417356694

Replacing faded NHW Signs



Simon Appel helps Geoff Bransbury

There are dozens of NHW signs throughout 3193 and other suburbs that were erected some 30 - 40 years ago. Many are faded and unreadable.

NHW 3193 is gradually replacing these signs.

If one needs replacing near you, please tell us. nhw3193@gmail.com

Did you know?

Do you use the digital wallet on your phone for payments, airline check in etc? It's great to use and surprisingly easy to set up! Ask your children or grandchildren!

Seniors Cards and Working with Children's Cards can now be downloaded as digital copies on your mobile phone. The download is available by creating a "log in" account to the Services Victoria app and then follow the instructions provided.

The URL and instructions are as follows:

Seniors Card -

<https://www.seniorsonline.vic.gov.au/digital-cards/how-to-get-digital-card>

Working with Children <https://service.vic.gov.au/services/working-with-children-check-digital-token>

For security purposes, a "QR" code is also embedded into digital copy and refreshed every 2 mins, so static copies of the digital app cannot be taken and used for fraudulent purposes.

The Victorian Government has announced that, from 2024, a digital copy of Vic. Drivers Licence on your phone should be available. It already is available in NSW.

Stay tuned for further announcements.

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Guy's gardening tips for spring

Spring is the time to prepare your garden for the coming warmer months. The days are getting longer and warmer. Local gardener Guy suggests you follow these simple tips to have your garden looking its best.

- **Mid to late Winter is a good time to prune trees and shrubs to get them ready for Spring.**
- **Clean up garden beds and planters. Preparing them now ensures they are ready for planting new plants.**
- **Prepare soil for new plantings. Rake off old mulch and leaves, remove weeds, turn over soil, finally add compost.**
- **Check over and spring clean your gardening tools. Make sure they are all in good working order.**
- **Clean up and divide perennials. Remove any dead plants so that you can plan for new plantings.**
- **Aerate your lawn. This will ensure that air gets to the root zone for healthy growth.**

Following these simple steps will ensure you get the most out of garden in the coming warmer months.



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Meet Dogtor Paddy and Dogtor Orla, beautiful therapy dogs



Dogtor Paddy and Dogtor Orla



Doctor Maureen Burke with Dogtor Paddy

In the heart of our community, at The Village GP Black Rock, therapy dogs bring warmth and solace to patients and staff. These four-legged healers create a nurturing environment, offering vital emotional support and reducing anxiety during medical visits.

With unconditional love and gentle demeanour, they foster a sense of connection and ease tensions, bringing a touch of healing magic to our clinic.

Meet Dogtor Paddy and Dogtor Orla, fully certified therapy dogs, spreading joy daily. They play a valuable role in our team, all for the price of a belly rub!

Wave hello when you pass by our Bluff Road window and witness their boundless affection in action.

Neighbourhood Watch 3193 intends holding a “Coffee with the Therapy Dogs” event later this year as part of our “Coffee with the Cops” events. This will be held most likely in October at Black Rock House.



NHW 3193 would like to thank The Village GP for supplying this article and photos.



Please send us your email address to nhw3193@gmail.com

We are trying to build a mailing file to send out community notices and information we receive from the Police and other sources. Your email address will not be shared and will only be used for community notices.

We are most grateful for any donations - BSB 633-000 - Account 167678424

**Editor Geoff Bransbury - contributions welcome - email: nhw3193@gmail.com Call - 0416 294 452
Follow us on Facebook - Neighbourhood Watch 3193 Beaumaris & Black Rock**