

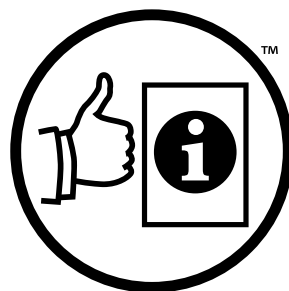


ACT
Government



Our Canberra October 2023

ACT Government



Easy English

Hard words



This book has some hard words.

The first time we write a hard word

- the word is in **blue**

- we write what the hard word means.

You can get help with this book



You can get someone to help you

- read this book

- know what this book is about

- find more information.

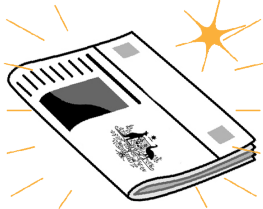


We will write contact information at the end of this book.

About this book



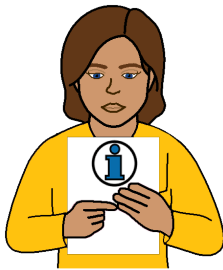
This book is from the ACT Government.



This book is the Easy English **newsletter**
Our Canberra.

A newsletter tells you about lots of new things that

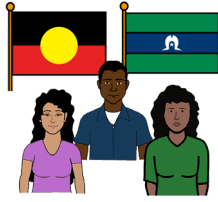
- you should know about
- you can do.



This newsletter is for October 2023.



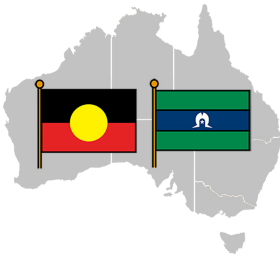
The next newsletter will be in November 2023.



We acknowledge First Nations Peoples

Acknowledge means we understand the importance of **First Nations Peoples**

- culture
- language
- history.

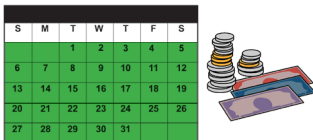
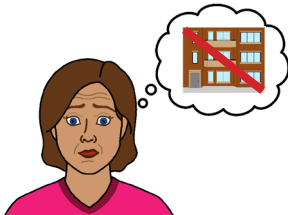
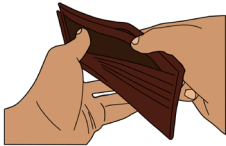
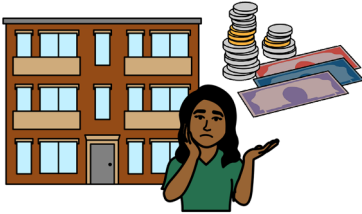


First Nations Peoples are the Aboriginal and Torres Strait Islander peoples.

Do you find it hard to pay rent?

We might be able to help you if

- you rent a home in the ACT
- you find it hard to pay rent
- you have little money
- you are worried you might lose your home.



We might pay up to 4 weeks of your rent.

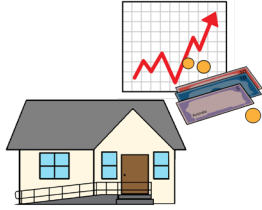
We call it **rent relief**.

You can check online if you could get rent relief.

carefcs.org/rent-relief-scheme



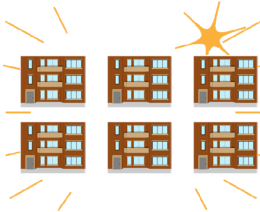
More homes for people with little money



We know rents are going up for many people.



We want to make sure people can still find cheap homes to rent.



We will get **6 hundred** new homes built in the ACT for people with little money.

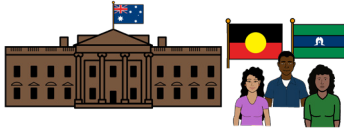


The homes should be ready by 2026.

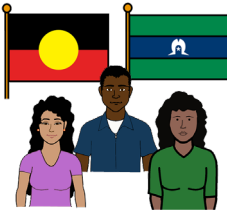
Remember to vote



There is a vote on **Saturday 14 October**.



The vote is about the **Voice to Parliament**.



The Voice to Parliament is about

- First Nations Peoples
- the way the Australian Government should listen to First Nations Peoples.

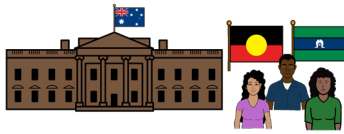


You **must** vote if

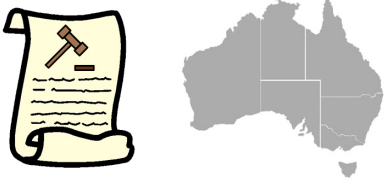
- you are an Australian citizen
- you are 18 years or older.



You will only get 1 question in the vote.



The question asks if the Voice to Parliament should be in the **Constitution**.



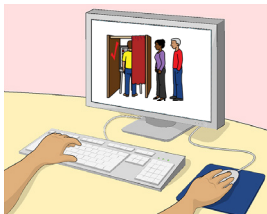
The Constitution is rules on how to run Australia.

You can vote

- **yes**

or

- **no.**



You can search online for a place to vote near you.



Website

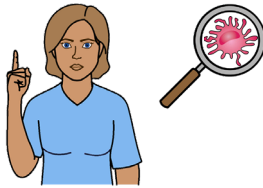
aec.gov.au/referendums/vote/find-my-polling-place.html

Free breast cancer checks



Breast cancer is a disease that

- starts in your breast
- can spread to other parts of your body
- can make you very sick.

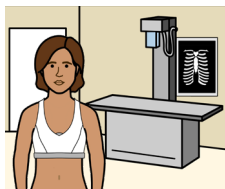


It is important to find breast cancer early.



You can get a free breast check if you are over 40 years old.

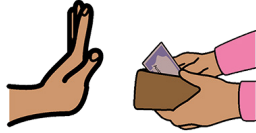
The check is called **mammogram**.



A mammogram is when a doctor

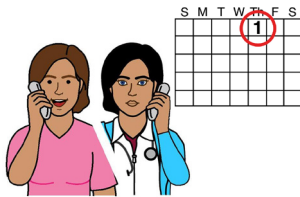
- takes an x ray picture of your breast
- checks for signs of cancer.





You can get the free breast check at special clinics in

- Phillip
- Belconnen
- Civic.



If you want to make an appointment

Call 13 20 50



Website

canberrahealthservices.act.gov.au/services-and-clinics/services/breastscreen-act

Get ready for storms and fires

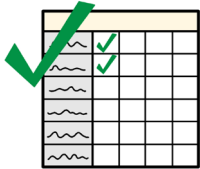


In summer there might be

- more bushfires



- more storms.



It is a good idea to get ready now.



If you live in a house you should

- clean up the gutters



- clean up old leaves and twigs in your yard



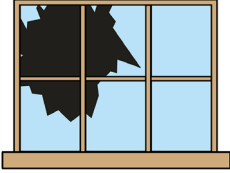
- cut branches that hang over your house



- put away things that might blow away in a storm.



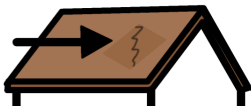
Think about how to make your house safe.



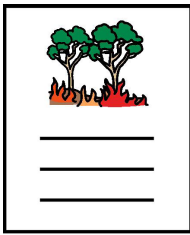
For example you might need to fix

- a broken window

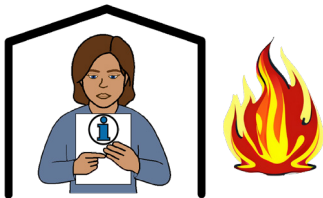
or



- a hole in the roof.



You should make a **survival plan** with your family.

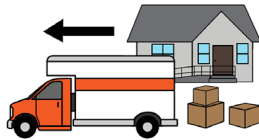


A survival plan says what you will do to stay safe if there is a bushfire.



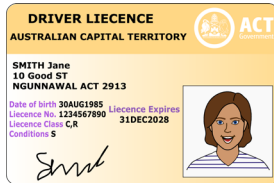
You can get help with a survival plan online.

[esa.act.gov.au/be-emergency-ready/
resources-plans/survival-plan](https://esa.act.gov.au/be-emergency-ready/resources-plans/survival-plan)



Let us know if you have moved house

You **must** tell us about your new address in Canberra if



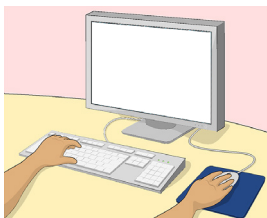
- you have a drivers licence from the ACT



- your car has a number plate from the ACT.

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

You must tell us the new address **no later than 2 weeks** after moving.



You can tell us your new address online.

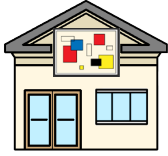
accesscanberra.act.gov.au/s/article/your-address-and-contact-details-tab-overview



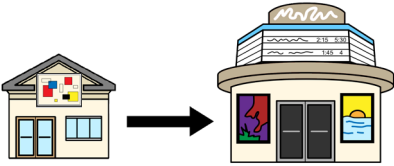
You can also call us.

Call 13 22 81

Have a say about the theatre



The Canberra Theatre Centre will change.



We have made plans to make the theatre bigger and better.



We want to hear more ideas from people in Canberra.



You can tell us how you want the theatre to be.

Learn more on our website.



Website

yoursayconversations.act.gov.au/

CanberraTheatreProject

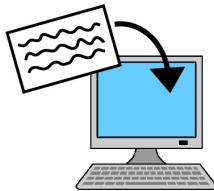


More information

For more information contact the
ACT Government.



Call 13 22 81



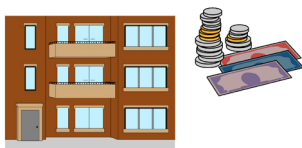
Email ourcanberra@act.gov.au



Read our full newsletter online



Website
act.gov.au/our-canberra

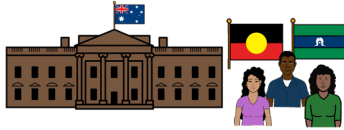


Rent relief

You can check online if we can help pay
your rent.



Website
carefcs.org/rent-relief-scheme

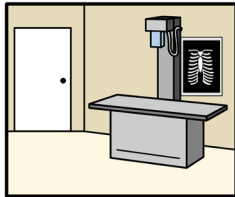


Learn more about how to vote in the Voice to Parliament



Website

aec.gov.au/referendums



Get a free breast cancer check



Website

canberrahealthservices.act.gov.au/services-and-clinics/services/breastscreen-act



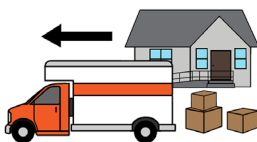
Bushfires and storms

You can see if there are any fires near you.



Website

esa.act.gov.au



Tell us your new address in Canberra



Website

accesscanberra.act.gov.au/s/article/your-address-and-contact-details-tab-overview



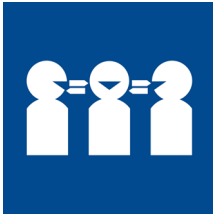
Canberra Theatre Centre

You can tell us what you would like to happen.



Website

[yoursayconversations.act.gov.au/
CanberraTheatreProject](https://yoursayconversations.act.gov.au/CanberraTheatreProject)



If you do not speak English

Use the free Translating and Interpreting Service or TIS.



Call 131 450

Give the TIS officer the phone number you want to call.

**National
Relay
Service**

If you need help to speak or listen

The National Relay Service can help you make a phone call.



Call 1800 555 660



Website accesshub.gov.au/nrs-helpdesk

Give the relay officer the phone number you want to call.

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