

November 2023

# Our CBR

Belconnen

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- ▶ Warnings coming for mobile device cameras
- ▶ Shop locally this festive season
- ▶ Funding boost for Walk-in Centres

## Enrol for free three-year-old preschool



[Find out more inside](#)

### Message from the Chief Minister

From next year, three-year-olds in the ACT will be able to access one day of free preschool education. Not only will this save families money, but it will also ensure all children have access to early learning before school.

Canberrans will also be able to access even more free public health services at their local

Walk-in Centre, thanks to an investment from the Commonwealth Government.

This additional funding will support ACT Walk-in Centres to hire more nurse practitioners and more allied health staff, including physiotherapists, increase onsite after-hours medical imaging services and provide more equipment to treat a wider range of conditions.

Andrew Barr



### Read more online.

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## Where to access free **three-year-old preschool**

From the beginning of 2024, Canberra three-year-olds will have access to up to 300 hours of free preschool.

This amounts to about one day per week for the year and means an average saving of \$1329 per child for eligible families.

Quality early learning sets children up for lifelong success. Funded by the ACT Government, free three-year-old preschool will be delivered through partner Early Childhood Education and Care services.

Scan the QR code to find out which services will offer the program next year.



## It's time to **make a splash**

Summer is just around the corner and Dickson, Manuka and Canberra Olympic's outdoor pools are now open.

All venues include shaded pool areas and grassy spaces, making them a great spot for a family day out.

Canberra's indoor pools are also ideal for cooling off, with Canberra

Olympic Pool, Gungahlin Leisure Centre, Stromlo Leisure Centre, Lakeside Leisure Centre and Active Leisure Centre open all year round.

The privately-owned Phillip Pool is also now open to the public for the summer season.

Head online for pool opening times.



## Drivers using phones to **receive warnings**

A three-month warning period will commence soon for mobile device detection cameras.

If a camera detects you using a mobile device while driving, you will receive a written warning notice before infringements start being issued from early 2024.

Taking your eyes off the road for more than two seconds doubles your risk of a crash, so leave your phone alone.

For more information visit [act.gov.au/roadsafety](https://act.gov.au/roadsafety)



## Read more online.

Scan this QR code for all your Our CBR articles in one place, or visit [linktr.ee/ourcanberra](https://linktr.ee/ourcanberra)



# Support local this festive season

With Christmas fast approaching, now is the perfect time to support local artists, makers and businesses.

By buying local, you're helping Canberra's artists, businesses and the economy, as well as giving someone a thoughtful gift or experience.

Some different ways to support local include:

- gift a membership to one of Canberra's galleries or museums, or a subscription to a local theatre

- celebrate with a meal at one of Belconnen's many cafés and restaurants
- support local charities and the environment by buying second-hand gifts
- attend a local workshop and learn how to make your own gifts
- grab a voucher from a local business, such as a beautician or hairdresser.

For more ideas on how to support local, scan the QR code.



Scullin business Change Yoga & Wellness



## Funding boost for Walk-in Centres

Canberra's Walk-in Centres have become part of the national network of Medicare Urgent Care Clinics.

This means all five ACT centres will have more equipment and nurses, giving you and your family more options when you need care for non-life threatening injuries or illnesses.

## Skates on for new Belco half-pipe

Work on the new competition-standard half-pipe at the Belconnen skatepark will start in early 2024.

The new half-pipe will be able to hold amateur and professional skating competitions and provide a space for skateboarding, freestyle BMX, scootering and more.

There may be minor impacts to the use of the skatepark during the six-month construction period.

This project is funded by the Australian Government as part of the Commonwealth's Local Roads and Community Infrastructure Program.

Scan the QR code for more information.



### Acknowledgement of Country



We acknowledge the Ngunnawal people as traditional custodians of the ACT and recognise any other people or families with connection to the lands of the ACT and region. We acknowledge and respect their continuing culture and the contribution they make to the life of this city and this region.



Accessibility  
Ph 13 22 81



Ph 13 14 50



## New ACT Seniors Card Discount Directory out now

Canberra seniors can take advantage of discounts on goods and services at almost 500 local businesses through the new ACT Seniors Card Discount Directory.

The directory also outlines ACT Government support available

to Canberrans who hold an ACT Seniors Card.

Collect your copy from any ACT library or from Hughes Community Centre. You can also explore the many benefits on offer at [actseniorscard.org.au](http://actseniorscard.org.au)

## Learn how to **spot a scam**

Scams are now a common and unfortunate part of life. Scammers target people from all backgrounds, ages and income levels.

The best way to protect yourself is to learn how to identify a scam.

The ScamWatch website is updated regularly with the latest information on current scams, how to spot them, and what to do if you think you have been scammed. Visit [scamwatch.gov.au](http://scamwatch.gov.au)



## What's on in November

**1–30 Nov** **SpringOUT  
Pride Festival**  
Various locations

**7 Nov** **Melbourne  
Cup Race Day**  
Thoroughbred Park

**10–26 Nov** **Canberra Short  
Film Festival**  
Various locations

**17 Nov** **CIT Open Day**  
CIT Bruce

**22 Nov  
–3 Dec** **Metaverse of Magic**  
Canberra  
Theatre Centre

**25 Nov** **Spilt Milk**  
EPIC

**26 Nov** **Sustainable Travel  
Street Party**  
Cnr Mort & Elouera  
Streets, Braddon

**30 Nov** **Stadium Golf**  
GIO Stadium

**Until  
6 Dec** **Science  
Time: Flight**  
Questacon

 For more events and details,  
visit [events.canberra.com.au](http://events.canberra.com.au)

**YOUR  
SAY**  
CONVERSATIONS

### How can the ACT best be ready for and recover from a disaster?

The ACT Government is working to ensure Canberrans are best prepared for and supported – before and after a disaster.

You can have your say in the development of the ACT's first Social Recovery Framework, which will guide social recovery planning, readiness and delivery in Canberra.

To be released early next year, the framework will help ensure social recovery practices focus on the issues most important to Canberrans.

Scan the QR code to share your thoughts.



## What will you do in a bushfire emergency?

Summer weather brings an increase in bushfire risk. Don't wait until a potential emergency is on your doorstep – now is the time to think about your family's bushfire survival plan.

Follow these simple steps to prepare your home and your family for an emergency.



### DISCUSS

#### What will you do during a bushfire emergency?

If you need to leave your home, where will you go?



### KNOW

#### Do you understand the emergency advice?

Find out more about bushfire warnings in the ACT below.



### PREPARE

#### How will you prepare your home?

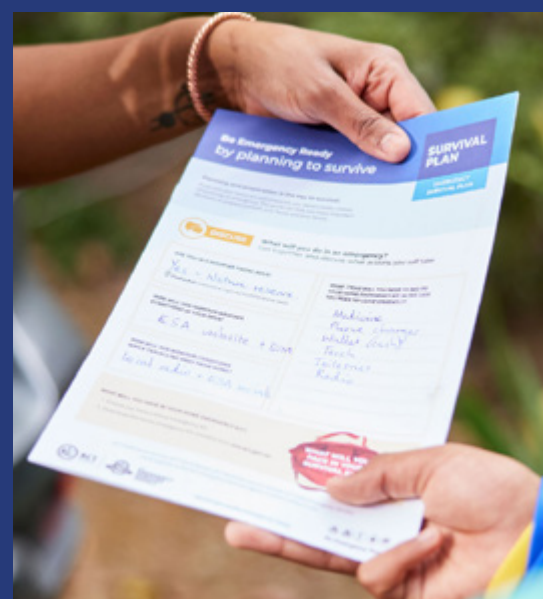
- Clean your gutters.
- Trim trees and shrubs.
- Remove and secure loose items.
- Prepare a home emergency kit.



### KEEP

#### How will you keep up to date?

Prepare your mobile phone to receive emergency warnings.  
For information on current bushfires visit [esa.act.gov.au](http://esa.act.gov.au)



## Have you heard of prescribed burns?

The ACT Government conducts several prescribed burns each year to prepare for the upcoming fire season.

These help to protect the region's natural, cultural and built assets and improve fire fighter safety by reducing fuel in areas vulnerable to bushfires.

Scan the QR code to find out when prescribed burns are happening in your area. If you see a fire unattended, call 000.



## Changes to emergency warning systems

Canberra's emergency information is now communicated using the Australian Warning System.



### Advice

An incident has started. There is no immediate danger but stay up to date.



### Watch and Act

There is a heightened level of threat. Conditions are changing and you need to start putting your survival plan into place.



### Emergency Warning

You may be in danger and must act immediately.



# Preparing for the summer season



## Be energy conscious this summer



On extreme heat days, the electricity grid can become strained.

It's important to be mindful of your energy use to help manage demand on days like these while still keeping your home cool and comfortable.

Some tips include:

- setting your air conditioner to 23 degrees or higher
- turning off your pool's heat pump
- switching off unused appliances at the power point. Consider purchasing timers or smart power adaptors that turn multiple appliances off at once.

For more ideas on how to stay cool for less this summer, visit [climatechoices.act.gov.au](https://climatechoices.act.gov.au)



## Be prepared with a **home emergency kit**

Packing a home emergency kit is a key step in preparing for hazard season. Scan the QR code for a list of items your kit should contain – from a torch and portable radio to those all-important spare batteries.

You can also find details of what to include if you need to evacuate, as well as important tips for maintaining your kit.

## Beat the heat and stay well

Extreme heat is serious, and everyone is at risk of heat related illness.

Some groups of people are at higher risk – such as babies and young children, those who are older, pregnant or have medical conditions.

Be prepared for hot days by:

- staying hydrated and cool
- knowing the signs of heat-related stress and exhaustion
- looking out for family, friends and pets
- talking to your GP about how to prepare for extreme heat – if you're at higher risk.

If you or someone you know becomes unwell contact a GP or go to the nearest hospital emergency department.

