

# Our Canberra April 2024

**ACT Government** 



**Easy English** 

### Help with this book



You can get someone to help you

understand this book



• find more information.

# We acknowledge the First Nations Peoples



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



**Acknowledge** means we understand that the First Nations Peoples belong to this land.



#### **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





The newsletter is for April 2024.



The next newsletter is May 2024.





# Free help when you are sick

Our walk in centres are open every day.



A walk in centre is a place where a nurse can help you for free if

• you feel sick



• you have a small injury like a cut or a burn.



You do not need an appointment.



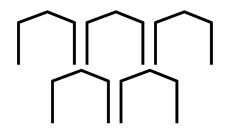
You do not need a Medicare card.



You do not need to pay.



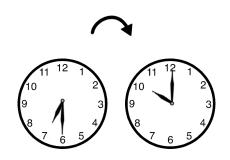
The nurses can help people who are over 1 year old.



There are 5 walk in centres in Canberra.

They are at

- Tuggeranong
- Weston
- Dickson
- Belconnen
- Gungahlin.



The walk in centres are open from 7.30 am to 10 pm.



Go to our website to find a walk in centre.

Website <u>walkincentre.act.gov.au</u>



# Save money on bills



There is a website that can help you save money on bills.



It shows all the companies near you that give electricity and gas.



The website says which company has the lowest cost.



You can decide which one is best for your home.



Website <u>energymadeeasy.gov.au</u>

### Help with school costs



We can help you pay for things your child needs at school if you

have a Centrelink card



• do not earn much money.



We can pay for things like

school uniforms



books.



Your child can be in any grade at school.



Find out how it works on our website.



Website

education.act.gov.au/support-forour-students/financial-and-resourceassistance-for-families



# Visit the War Memorial on Anzac Day



Anzac Day is on 25 April.

It is a public holiday.



Many people visit the Australian War Memorial on Anzac Day to

• go to the dawn service



• watch the **veterans** march.



Veterans are people who have been in the

army



or

navy

or



air force.

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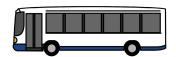




The dawn service is at 5.30 am.



The march is at 9.30 am.



You can catch a free bus to these events.



Go to our website to book a seat on the bus.

Website transport.act.gov.au

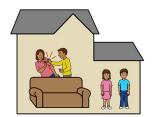






### We want to help you feel safe

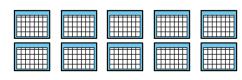
We will make a plan to stop family and sexual violence.



Family violence is when someone hurts another person in their family



**Sexual violence** is when someone does sexual things that another person does **not** want.



Our family and sexual violence plan will go for 10 years.



We will ask people in ACT what to put in the plan.



You can read our plan and tell us what you think before 28 April.



Website

yoursayconversations.act.gov.au/actdfsv-strategy



# We will have more buses on Saturdays



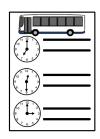
**Local** buses will come more often on Saturday afternoons.



Local means near where you live.



We will start a new bus timetable on 6 April 2024.



You can see the new timetable on our website.



Website <u>transport.act.gov.au</u>



#### More information



For more information contact the ACT Government.



Call 13 22 81



Email ourcanberra@act.gov.au



You can read our full newsletter online



Website <u>act.gov.au/our-canberra</u>



Find a walk in centre on our website



Website <u>walkincentre.act.gov.au</u>



Save money on bills



Website

energymadeeasy.gov.au



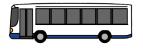


#### Get help to pay for school things



Website

education.act.gov.au/support-forour-students/financial-and-resourceassistance-for-families



#### **Book a free bus to Anzac Day events**



Website

transport.act.gov.au

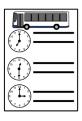


Tell us what you think about our family and sexual violence plan before 28 April



Website

yoursayconversations.act.gov.au/act-dfsv-strategy



See our new Saturday bus time table



Website

transport.act.gov.au





#### If you need help with English

Use the free Translating and Interpreting Service or TIS to make a phone call.

You can call the TIS in your language.



Call 131 450

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



#### If you need help to speak or listen

Use the National Relay Service to make a phone call.

You must sign up to the service first.



Website <u>accesshub.gov.au/nrs-helpdesk</u>



Call 1800 555 660





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