

Neighbourhood Watch Ku-ring-gai & Hornsby

eNewsletter #745 - 20 January 2026

This weekly eNewsletter is compiled by Neighbourhood Watch (NHW) volunteers as a service for residents in Ku-ring-gai and Hornsby council areas. The eNewsletter is a new type of Neighbourhood Watch; utilising the available technology to keep people more connected and up-to-date with local crime and safety issues.

The eNewsletter includes a selection of posts from our local police at the [Ku-ring-gai PAC Facebook page](#) (also known as 'eyewatch'), primarily for those not familiar with Facebook. We add anything interesting from a Neighbourhood Watch point-of-view - this could be a local newspaper article, a roadwork warning, crime prevention tip(s), an upcoming Neighbourhood Watch meeting, Q&As from residents, or an item from another Police command ("Crooks know no boundaries!").

🔔 Have you seen anything we should share with the community? [Please email](#) our NHW in Ku-ring-gai & Hornsby volunteers. We do value your contributions and thank you for your support.

🔔 Please feel free to share/forward this eNewsletter with your friends, family, colleagues and neighbours.

🔔 Reading our eNewsletter for the first time? [Click here to subscribe](#).

19 January, from Ku-ring-gai command: 🚓 There will be an Australia Day annual state-wide road policing operation which will be conducted from 00:01hrs Friday 23rd January 2026 and conclude 23:59hrs Monday 26th January 2026 🚓

🚓 This high visibility operation will specifically target major causal factors contributing to road trauma, being:

- Alcohol and drug impaired driving
- Fatigue
- Non-wearing of occupant restraints and helmets
- Distractions (Mobile Phones etc)
- Excessive Speed

!! Double demerit points for speeding, mobile phone, helmet and restraint offences will be in effect.

17 January, from Ku-ring-gai command: Anyone with information about the below depicted persons is urged to contact Hornsby Police Station: (02) 9476 9799 or Crime Stoppers: 1800 333 000

or <https://nsw.crimestoppers.com.au>

Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.

**Appeal following a malicious damage –
E442526893**

Police are appealing for information to help identify the below persons they believe may be able to assist following a malicious damage in Mount Colah in December.



16 January, from Ku-ring-gai command: Anyone with information about the below depicted male is urged to contact Hornsby Police Station: (02) 9476 9799 or Crime Stoppers: 1800 333 000

or <https://nsw.crimestoppers.com.au>

Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.



Appeal following a fraud – C86759163

Police are appealing for information to help identify a male they believe may be able to assist following a fraud in Hornsby in December.

15 January, from Police Transport command: Police are seeking assistance from the public to identify a male who may be able to assist with their enquiries into an alleged assault which occurred about 3:25pm on Monday 7th December 2025 at Killara railway station.

Police are appealing for anyone who may have witnessed the incident or have knowledge of the identity of the person depicted to come forward.

Anyone with information is urged to contact **Crime Stoppers: 1800 333 000** or <https://nsw.crimestoppers.com.au> Information is treated in strict confidence.

The public is reminded not to report information via NSW Police social media pages.

Reference E85652737 / C85966313.



15 January, from Ku-ring-gai command: Anyone with information about the below depicted male is urged to contact Hornsby Police Station: (02) 9476 9799 or Crime Stoppers: 1800 333 000 or <https://nsw.crimestoppers.com.au>

Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.

Appeal following a stealing – E102196512

Police are appealing for information to help identify a male they believe may be able to assist following a stealing in Hornsby in December.



14 January, from Ku-ring-gai command: Anyone with information about the below depicted male is urged to contact Hornsby Police Station: (02) 9476 9799 or Crime Stoppers: 1800 333 000

or <https://nsw.crimestoppers.com.au>

Information is treated in strict confidence. The public is reminded not to report information via NSW Police social media pages.



Appeal following a stealing – E102801542

Police are appealing for information to help identify a male they believe may be able to assist following a stealing in Hornsby in December.

14 January, from NSW Police: Statement from NSW Police Commissioner Mal Lanyon APM:

Today, I can confirm that Detective Inspector Amy Scott VA is battling a rare and aggressive form of breast cancer. Amy and her family have been dealing with this diagnosis for some months now and we want her to know that she is surrounded by the unwavering love and support of the entire NSW Police Force. I also know that the broader community is holding Amy and her family in their thoughts and extend their heartfelt support during this time. Amy is a valued member of the Eastern Suburbs Police Area Command, and her colleagues have rallied around her. Despite everything Amy is facing, she continues to show the remarkable person that she is by going out of her way to support her work mates, regularly coming into the station to offer comfort and assistance to those impacted by the recent Bondi terror attack. Amy has requested privacy at this time. I urge anyone who wants to support her and her family to visit NSW Police Legacy's fundraising portal 🙌 [here](#).



14 January, from NSW Police: Can you help us find Rebekah?

Rebekah, aged 35, was last seen in Hornsby at 3:30pm on Thursday, 20 November 2025. She was last seen wearing a pink button up shirt, jeans, and UGG boots. Rebekah is known to frequent Wentworthville, Seven Hills, and Parramatta. Anyone who sees her is urged to contact **Ku-ring-gai Police Area Command (Hornsby police station 9476 9799) or Crime Stoppers on 1800 333 000.**

MORE INFORMATION [➡ here.](#)



14 January, from NSW Police: Can you help us find Mark?

Mark, aged 58, was last seen in Hornsby at 1.50pm on Friday, 9 January

2026. He was last seen wearing a blue shirt and blue shorts.

Mark is believed to frequent Turramurra and the Northern Beaches. Anyone who sees him is urged to contact **Ku-ring-gai Police Area Command (Hornsby police station 9476 9799) or Crime Stoppers on 1800 333 000.**

MORE INFORMATION [here](#).



20 January from Hornsby Shire Council: 🌐 Community Clean Up Australia Day 2026 – Registrations Now Open!

On Sunday 1 March, let's roll up our sleeves and join thousands of Aussies making a difference for our streets, parks, and bushland. Every piece of litter counts—and together, we can create a cleaner, greener Hornsby Shire. How to get involved:

- ✅ Register your own Clean Up event – at home, with friends, at school or work.
- 👉 Sign up here: cleanup.org.au
- ✅ Join an existing group – just search your postcode to find local sites. Here are some local clean-up sites you can join:
- 👉 Kenley Park (Normanhurst) and Brickpit Clean Up register [here](#).
- 👉 Pyes Creek Clean Up register [here](#).
- 👉 Around The Block Clean Up (Normanhurst) register [here](#).

Let's make our neighbourhood cleaner, greener and prouder. Who's in? ❤️

20 January, Shared with permission from the Pennant Hills Thornleigh Westleigh and Surrounds group:

If this is your car or know the owner I have the number plate of the van that hit you. You were parked in Pennant Hills shops car park (near the station) Today just before 1pm I saw the other car hit yours while exiting the park next to you. They hit the driver front side. If they didn't leave a note please contact me. ❤️



20 January from the Australian Centre to Counter Child


Exploitation: ⚠️ Trigger warning: content may be distressing to some people.

Do you recognise these framed football jerseys? These two jerseys, no. 11 and no. 8, have been framed side by side. Investigators believe they are not a commercial product. If you have any information about these jerseys you can make a report via our website accce.gov.au/trace. This image is part of our #TraceAnObjectAUS series. The #TraceAnObject initiative asks you to help identify objects and locations from the background of child sexual abuse


images and videos to help #StopChildAbuse.


Share this post to your community. Out of respect for victims, we urge you not to share any personal information (recognisable pictures, names, etc.) on social media.


Do you recognise these framed football jerseys?




To provide information, visit:
accce.gov.au/trace



 **STOPCHILDABUSE**
TRACE an OBJECT

 **AFP**

 Australian
Centre to Counter
Child Exploitation

20 January, from NHW Australasia: Returning to your car after work?

Follow these simple tips to stay safe:

👁️ Before you reach your car

- Pause and scan the area as you approach
- Be aware of anyone loitering, watching, or following you
- Trust your instincts — if something feels off, it probably is

🔑 Be prepared

- Have your keys in your hand and your phone accessible
 - Avoid searching through bags or pockets beside your car
-

- • Keep your head up and stay alert

Protect your vehicle and purchases

- • Lock your car every time — even for short stops
- • Store valuables out of sight
- • Park in well-lit, busy areas whenever possible

If you feel unsafe

- • Do not get into your vehicle
- • Ask staff or security for help or an escort if available

Your safety always comes before convenience. Trust your gut — even if it feels awkward.

20 January from NHTA: Staying safe is about being aware, having confidence, and knowing where to get support — at every age.

Here are a few simple ways older people can reduce the risk of crime and feel more secure:

- ✓ Be cautious with unexpected visitors — don't open the door unless you're expecting someone
- ✓ Keep doors, windows and screens locked, even when home
- ✓ Use a peephole, intercom or door camera if available
- ✓ Be alert to scams, especially phone calls, texts or emails asking for money or personal details
- ✓ Keep valuables and personal information stored securely
- ✓ Stay connected — regular contact with family, friends or neighbours adds an extra layer of safety

If something doesn't feel right, trust your instincts and ask for help. Personal safety is strongest when communities look out for one another. A safety message from Neighbourhood Watch Australasia.

19 January, from NHT Ku-ring-gai & Hornsby (NHT K&H): Today volunteers Julia and Gay spoke at the St Ives PROBUS group.

Lots of good suggestions and questions from the audience. Thank you for the invite!

One important item that we discussed was the NSW Police 'Next of Kin (NOK)' Register. The NOK Register holds the information for an individual against a Registered Number. This number is recorded on a keyring and posted to the registered person, for them to have with them in case of emergency. So the registered person's personal information is kept private. There is also an option to record their (and NOK's) spoken language.

Find the Registration Form [here](#).

From the NSW Police: "WHAT IS THE NEXT OF KIN PROGRAM? The Next of Kin Program helps people living alone to have the contact details of their nominated person recorded at a local police station. The contact details of the Next of Kin, as well as the nominated doctor, dentist and any medical alerts that would help in an emergency situation will be entered onto a register. Any information provided will be securely stored and only accessed by NSW Police. This information may assist the police and emergency services to contact a relative or other nominated person if needed in an emergency situation."

CONFIDENTIAL: Next of Kin Program

PERSON

REGISTRATION NUMBER

Surname

Given Names

Date of Birth

Address

Phone (H)

Phone (M)

Language Spoken

NEXT OF KIN #1 (This can be a family member, neighbour, friend, etc)

Name

Date of Birth

Relationship (to you)

Address

Phone (H)

Phone (M)

Language Spoken

OTHER CONTACT DETAILS

Name of Doctor

Phone

Name of Dentist

Phone

Additional Information

NEXT OF KIN #2

Name

Date of Birth

Relationship (to you)

Address

Phone (H)

Phone (M)

Language Spoken

I give permission for the NSW Police Force to hold my details on the Next of Kin register and contact any persons listed on this form in the case of an emergency.

Signature

Date

Next of Kin Program

Developed by NSW Police Force

Next of Kin is the person you would like police to contact in case of an emergency.

WHAT IS THE NEXT OF KIN PROGRAM?

The Next of Kin Program helps people living alone to have the contact details of their nominated person recorded at a local police station.

The contact details of the Next of Kin, as well as the nominated doctor, dentist and any medical alerts that would help in an emergency situation will be entered onto a register. Any information provided will be securely stored and only accessed by NSW Police.

This information may assist the police and emergency services to contact a relative or other nominated person if needed in an emergency situation.

HOW DO I REGISTER?

Contact your local police station and ask to speak with the Crime Prevention Officer about the Next of Kin Program or complete the Next of Kin Program form and email to crimeprev@police.nsw.gov.au

The Next of Kin Program is a **FREE** to join.

Your local Crime Prevention Officer is:

Name

Police Station

Contact No.

NOK Registration No.

19 January from NHW K&H: From the NSW Government ID Support - Learning modules.

Learn at your own pace using these short modules and discover how to protect your personal information. Get the low down on identity theft, scams, data breaches, social media, and more: nsw.gov.au/id-support-nsw/learn/learning-modules

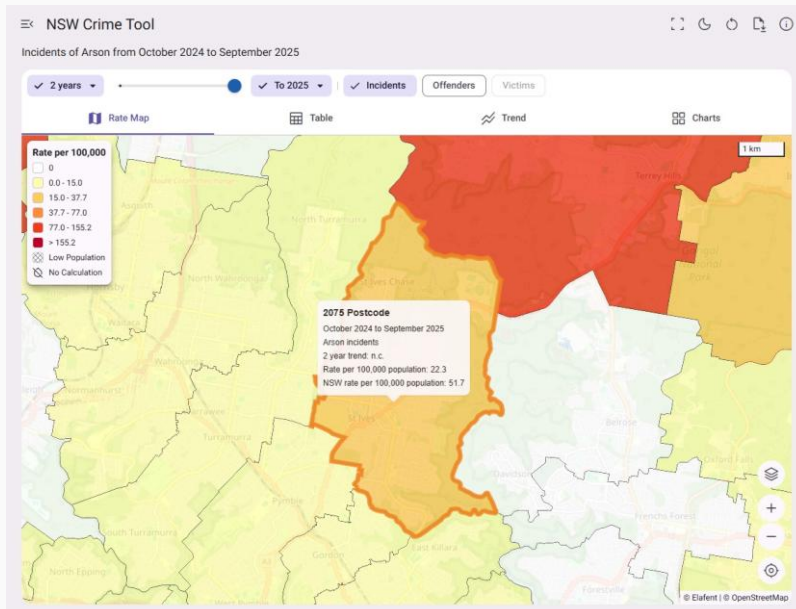
Learn how to protect your identity and stay safe online.

19 January, from NHW K&H: Focus on a postcode - 2075 ST IVES, ST IVES CHASE

The following crime stats were taken from the Bureau of Crime Statistics and Research (BOCSAR) website [here](#). The figures are for the period October 2024 to September 2025. A category with a zero figure isn't included in the list, eg murder, non-DV assault.

Domestic Assault 30
Non-Domestic Assault 17
Robbery without a weapon 1
Sexual Assault 11
Sexual touching, sex act & other sex offences 4
Break & Enter dwelling 19
B&E non-dwelling 2
Motor vehicle theft 17
Steal from motor vehicle 16
Steal from retail store 26
Steal from dwelling 8
Fraud 51
Other theft 9
Malicious damage to property 47
Breach ADVO 6
Breach APVO 1
Breach bail conditions 5
Resist/hinder officer 1
Trespass 14
Criminal intent 1
Use/possess cannabis 3
Other drug offences 1
Arson 5
Blackmail & extortion 4
Other offences against the person 1
Prohibited & regulated weapons offences 6

Neighbourhood Watch St Ives Facebook page [here](#).



19 January, from ACCC: Happy New Year!

We hope 2026 is as advertised, matches description, and is of acceptable quality.*

19 January, from ACCC: When you receive a fault(y product), put the ball back in the business's court 🔍

They can't refuse to help you by lobbying it to the manufacturer - serve up some consumer law knowledge by advocating for your rights.

Learn more [here](#).



19 January, from the Australian Government: There are a number of ways the public can observe the National Day of Mourning for the victims of the Bondi terrorist attack on January 22nd.

- You can leave a candle on your doorstep or window as a symbol of remembrance, mourning and solidarity with the Jewish community
 - You are invited to observe one minute of silence to honour those impacted by the Bondi Beach terrorist attack at 7.01pm AEDT.
 - Come together, share a meal and spend time with family and friends of all faiths and backgrounds.
 - You are encouraged to undertake a Mitzvah for Bondi. A Mitzvah is an act of kindness, compassion, and a moral responsibility. It is about taking practical action to help others, through simple everyday acts of kindness that together create a powerful wave of goodwill. This can be as simple as checking in on a neighbour, volunteering time, offering support to local businesses, or donating to those in need.
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The theme the Chabad Community in Bondi has chosen for us all is 'Light will win, a gathering of unity and remembrance'.

A message of hope and unity to guide and inspire Australians, as we move forward.

19 January, Shared with permission from the Thornleigh Westleigh and Normanhurst Community group:

Our camera captured someone coming onto our property at 2:30am in the early hours of 16-Jan on Bellamy Street. We have reported the incidence to police.



[Still taken from cctv video.]

19 January, Shared with permission from the Turrumurra Wahroonga and Warrawee Community Group 5 days ago (Wednesday?):

Anyone see my white car get hit in Turrumurra Uniting Church carpark today between 9.20-11.20am? Disappointingly no note was left. I am investigating footage gained from a friend's dashcam, but I'm hoping someone will come forward or might have seen it! Thank you!!

17 January, from the Australian Signals Directorate: 2026 ins:

- - always getting your password right on the first try because you use a password manager
- - upgrading your old tech
- - bringing your dog to work 🐾
- - calling the company if an email seems sus
- - saying yes to "Would you like to set up a passkey?"
- - "I'm not clicking that"
- - using MFA to make life harder for hackers

2026 outs:

- - using the same password for everything
- - Stranger Things
- - Windows 10
- - "You're on mute"
- - ignoring software updates
- - saving credit card details to your account or browser
- - apps that demand your soul

17 January, from The NRMA: In Australia, a standard drink is any alcoholic drink that contains 10 grams of pure alcohol.

But many common alcoholic drinks contain more than one standard drink per serve. Find out what exactly counts as a standard drink and why you should not be driving after drinking: [mynr.ma/standard-drinks](https://my.nrma.com.au/standard-drinks)

Full strength beer

Average pour vs 1 standard drink



Red wine

Average pour vs 1 standard drink



White wine

Average pour vs 1 standard drink

1.4 standard drinks
150 ml
11.5% alcohol



1 standard drink
110 ml
11.5% alcohol



Pre-mixed spirits

Average pour vs 1 standard drink

1.5 standard drinks
375 ml
5% alcohol



1 standard drink
250 ml
5% alcohol



17 January, from the eSafety Commissioner: Safer Internet Day [Tuesday 10 February 2026] is a global day of action bringing communities, schools, organisations and families from 180 countries together to raise awareness of online safety issues and work towards a safer internet.

Start the year strong with a focus on online safety. Whether you're teaching a class, leading a team or chatting with friends and family, this is the day to get people talking about how we can make online spaces safer and more positive

for everyone.

Help make the internet a safer, more positive place: [eSafety.gov.au/SID](https://www.esafety.gov.au/SID)

DATES FOR YOUR DIARY

Wednesday 21 January: GIVE BLOOD. 9am-5pm. Dural Lane car park. **Bookings Red Cross Lifeblood: 13 14 95.**

Thursday 22 January: National Day of Mourning for the victims of the Bondi terrorist attack.

Friday 23 January: \$30 Ku-ring-gai Council E-bike Safety Workshop 11am-1:30pm @ Gordon Library meeting rooms. [Info](#).

Tuesday 03 February: FREE 计算机简介 - Introduction to Computers (Mandarin). 10:15am-12:15pm @ Hornsby Library. [Info & booking](#).

Wednesday 04 February: FREE Tech Savvy Seniors - Introduction to Computers. 10:15am-12:15pm @ Hornsby Library. [Info & booking](#).

Tuesday 10 February: Safer Internet Day. [Info](#).

Tuesday 10 February: FREE Be Connected webinar - Can you spot a scam? 3-4pm. [Info & Bookings](#).

Tuesday 10 February: FREE 互联网入门 - Introduction to Internet (Mandarin). 10:15am-12:15pm @ Hornsby Library. [Info & booking](#).

Wednesday 11 February: FREE Tech Savvy Seniors - Introduction to Internet. 10:15am-12:15pm @ Hornsby Library. [Info & booking](#).

Tuesday 17 February: FREE Be Connected webinar - Safer online shopping and banking. 10-11am. [Info & bookings](#).

Tuesday 17 February: FREE 智能手机简介 – Introduction to Smartphones (Mandarin) 10:15-12:15 @ Hornsby Library. [Info & booking](#).

Wednesday 11 March: FREE Child car seat safety check day 9am-2:30pm @ Wade Lane car park. Bookings open 09 Feb. [Info & booking](#).

Sunday 01 March: Clean Up Australia Day [Info](#).

17 January, from The Hills command: ☁️ **Drive to the conditions, everyone** 🌧️

The heavy rain rolling through right now is making roads tricky and visibility low.

- 🚗 Take it slow
 - 🗺️ Plan your journey
 - 🔍 Check your tyres — tread & pressure
-

- 💧 Make sure your wipers have good tension

A few minutes of preparation can make all the difference. Stay patient, stay alert, and get home safely.



16 January, from The NRMA: After another tragic accident, the government is slashing power limits from 500W back to 250W.

What does this mean for riders, parents, and retailers?

Read more 'What are the rules for e-scooters and e-bikes?' [here](#).

16 January, from NSW Fair Trading: The NSW Fair Trading Commissioner has issued a public warning about Isla & James (Bondi Beach), which advertised a 'closure sale' linked to the Bondi attack and made false claims about being based in Bondi.

The website has since been taken down, but may reappear under different URLs.

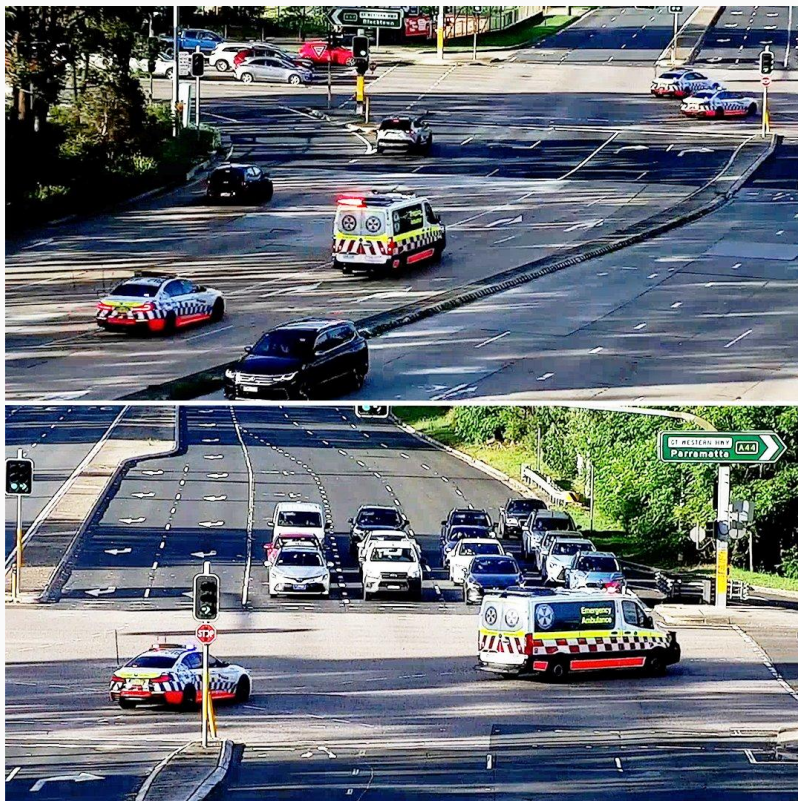
Consumers are urged to beware of 'ghost stores' which falsely claim to be closing down due to a tragedy to pressure people into buying goods. Be cautious if a website:

- • Claims a sudden closure linked to a tragedy
- • Has no Australian address, phone number or .au domain
- • Can't verify an ABN
- • Uses emotional stories to rush you into a purchase

If you spot a suspicious store, fundraiser or offer linked to the Bondi attack, report it to Scamwatch here: [scamwatch.gov.au](https://www.scamwatch.gov.au). Scams like these often increase during times of tragedy, so it's important to stay vigilant and take extra care before buying or donating online.

16 January, from Transport for NSW: These emergency vehicles are on their way to deliver a vital organ to the hospital, and the team at the Transport Management Centre work to adjust traffic conditions to get them there faster 🚑

The team have created what's called a 'green light corridor', essentially a flawless run of green lights so the emergency vehicles can move through completely uninterrupted 🚦 Doing this can reduce the time it takes to get to hospital and potentially help patients receive lifesaving treatment faster 🍌



16 January, from NSW Health: NSW Health is urging residents to immediately stop using and dispose of 'Dr Schwartz Hand Sanitiser' following a product recall by the Australian Competition and Consumer Commission (ACCC).

The ACCC has recalled the 'Dr Schwartz Hand Sanitiser' as it contains methanol, which is highly toxic if ingested, causing serious and irreversible injuries or death. Significant toxicity from skin exposure is unlikely. High concentrations of methanol are not permitted in alcohol-based hand sanitiser or any product used by the public. To view the recall, including product photos, visit [here](#).

If it is suspected someone has swallowed the hand sanitiser, immediately call the **Poisons Information Centre** for information and advice on **13 11 26**.

Residents of NSW can dispose of the 'Dr Schwartz Hand Sanitiser' in the general waste. NSW Health reminds the community to use hand-sanitiser products as they are intended and follow the product label instructions. NSW Health recommends all alcohol-based hand sanitiser products are stored safely and out of reach of children. Additionally, when these products are used by young children, it should be under the supervision of an adult.

16 January, from ACCC Product Safety: If you own an Anko Small Gel Pak or Large Gel Pak from Kmart, stop use immediately: they have been recalled.

Damaged gel packs may leak ethylene glycol, a toxic substance. There is a risk of irreversible injuries or death if swallowed. Learn more [here](#).



16 January, from NHW K&H: Have you seen the Charter of Aged Care Rights?

A guide from Seniors Rights Service: <https://seniorsrightsservice.org.au/> .We

support older people with free legal advice, advocacy and information. Seniors Rights Service is a community organisation dedicated to protecting and advancing the rights of older people in New South Wales. Call **02 9281 3600**.

A guide from Seniors Rights Service

Charter of Aged Care Rights

What they mean for you

YOU HAVE THE RIGHT TO:

1. Safe and high-quality care and services

You should be cared for by highly qualified staff who adhere to best practice in the delivery of personal care, clinical care and services and supports for daily living.

2. Be treated with dignity and respect

Your individuality is recognised and respected and aged care providers work with you to live your life the way you choose to.

3. Have my identity, culture and diversity valued and supported

The care and services you receive are responsive, inclusive and sensitive to your individual cultural identity. All interactions with you, as well as the delivery of your care and services, reflects you as an individual.

4. Live without abuse and neglect

You have the right to live free of abuse and neglect, and the freedom to speak up and tell staff if you have any feedback or concerns.

5. Be informed about my care and services in a way I understand

Your individual needs are recognised and staff communicate with you in a way that is clear and easy to understand. Where you have authorised a nominated representative to act on your behalf, the aged care provider will also communicate with your representative to ensure they are informed about your care and services.

6. Access all information about myself including information about my rights, care and services

You will be provided with access to your personal information in accordance with privacy legislation, as well as aged care providers' own privacy policies. Sometimes you or your nominated representatives may be asked to put your request for information in writing.

7. Have control over and make choices about my care, and personal and social life, including where the choices involve personal risk

Your right to make decisions that affect your life are respected, even where your choices may involve some level of personal risk. In these instances, aged care providers will have discussions with you and your nominated representatives to understand these risks and how they can be managed. Where your wish involves unacceptable risk, such as a wish that impacts the rights or safety of others, you will be supported in identifying alternative solutions.

To contact an aged care advocate call Seniors Rights Service 1800 424 079

8. Have control over, and make decisions about, the personal aspects of my daily life, financial affairs and possessions

Your right to have control over your personal life, financial affairs and possessions is respected. You have the right to make decisions about your life and how you want to live. You are supported to choose your social networks and have regular contact and care evaluations by staff to ensure your needs and preferences are understood and met.

9. My independence

You are supported and provided assistance to help you maintain your optimal independence. You are also supported to maintain the level of control you want and are encouraged to exercise your rights under the Charter.

10. Be listened to and understood

Staff listen to you, understand your needs and preferences and encourage feedback about your care and services. You are provided with opportunities to have your voice heard and understood.

11. Have a person of my choice, including an aged care advocate, support me or speak on my behalf

Your right to have any person of your choice to speak on your behalf is respected. Your advocate is treated in the same way you would be treated, and your advocate is supported to be involved as little or as much as you would like.

12. Complain free from reprisal, and to have my complaints dealt with fairly and promptly

Your feedback is valued and you have a number of ways that you can submit feedback or a complaint. Your feedback or complaint is treated seriously and dealt with fairly and promptly.

13. Personal privacy and to have my personal information protected

Your personal privacy is respected and aged care providers comply at all times with privacy legislation.

14. Exercise my rights without it adversely affecting the way I am treated

Your individuality is promoted and respected. You will not be adversely affected in any circumstance where you exercise your rights.

Everyone involved in the delivery of your care must respect your rights.

To contact an aged care advocate call Seniors Rights Service 1800 424 079

The Charter of Aged Care Rights was drafted by the Australian Government Department of Health and the Aged Care Quality and Safety Commission - July 2019

Contact us via the [website](#) for a copy in your inbox.

14 January Shared with permission from the Berowra Community Page group, posted by Ku-ring-gai Police Area Command:

Berowra Community; We're aware of ongoing community concerns regarding incidents of malicious damage, graffiti and anti-social behaviour involving groups of young people in your local area. Ku-ring-gai Police are actively monitoring this behaviour and are increasing patrols at key times and locations. Community information plays a vital role in prevention. Residents can assist by:

- -Reporting incidents of malicious damage, graffiti or suspicious behaviour as soon as they occur
 - -Ensuring homes are well-lit, gates and garages are secured and valuables are not left visible (in vehicles, through home windows, out the front)
-

- -Installing CCTV where possible (providing this to police ASAP)
- -Encouraging young people to engage in positive activities and reporting concerns early

If you witness anti-social behaviour occurring, please contact **Hornsby Police Station on 02 9476 9799** at the time so officers can respond appropriately, or call **Crime Stoppers anonymously on 1800 333 000**. The more information we have, the easier it is to investigate the incidents. Police remain committed to working with your community to reduce property damage, discourage anti-social behaviour and keep our neighbourhood safe. We're currently working with members of this page to create a local community forum to work on this exact issue - Stay tuned. At this stage, there is no Neighbourhood Watch for the Berowra area - If anyone is interested in starting this up again, please DM us and we will connect you to the appropriate persons. Thank you to residents who continue to look out for one another and report concerns.

14 January, from NSW Food Authority: #FoodRecall: Community Co Diced Beetroot 420g is being recalled due to a packaging fault resulting in potential rust inside of the can.

Sold in: Independent retailers including IGA, nationally and online. Batch numbers (marked on the can):

- 3700/01131 L24149
- 3700/01131 L24155
- 3700/01131 L24159
- 3700/01131 L24150

For full details, see [here](#).



14 January, from Transport for NSW: Ever wondered what to do if you see a faulty traffic light? 🚦

Near every traffic signal is a control box like this. Find it and call the number (131 700) to report the issue and quote the identification number (in this case 2522) to specify the signal of concern 🙄



14 January, Shared with permission from the Hornsby Waitara Community Group: Hi everyone, I'm hoping someone can help.

On 18 December at around 6 - 6.30pm, my partner was on his motorbike on Pacific Hwy, near Yardley Avenue, Waitara, when he was hit from behind while taking off at the traffic lights. Firstly, we really want to thank the two amazing ladies who stopped - one was a nurse, and the other stayed on the phone with me to explain what had happened. We are so grateful. He was taken to hospital and has a broken collarbone and four broken ribs. The police are investigating, and we're also trying to gather information for insurance. If you saw anything, stopped to help, or have dashcam footage, we'd really appreciate hearing from you? Even small details can make a difference. Please message me privately if you can help. Thank you so much.

14 January, from NHW Thornleigh: We have been contacted by a resident:

Hi all, We were burgled Saturday night in Morgan Street. This has been reported to Hornsby Police. Another house in Tillock Street and another house in Pritchard Street. If you have any CCTV footage of Saturday night between 10.00pm and Sunday morning 3.00am that could help, would you please share it here?

The Federal Government's Office of the eSafety Commissioner has a 'Be Connected' program.

Each week we will share a course that may help you. They are often designed especially for the elderly.

Setting up and using email

In these courses, we look at the big three free email services: Gmail, Outlook and Yahoo Mail. You will learn how free email works, how to set up and manage your email accounts, how to block nuisance emails, report spam, unsubscribe to newsletters, plus how to change your password and even cancel your email account. You will also learn what actions you can take to spot and avoid common email scams.

Online courses include:

- [Introduction to email](#)
- [How to set up and use Gmail](#)
- [How to set up and use free Outlook email](#)
- [How to set up and use Yahoo Mail](#)
- [How to avoid common email scams](#)

FREE Be Connected online learning courses [here](#).

Subscribe to the Be Connected newsletter [here](#) - Get the latest updates on new courses, articles and more straight to your inbox.



Early motorcycle riders experimented with helmet-to-helmet speaking tubes in the 1930s–1940s, allowing riders and passengers to communicate acoustically long before electronic intercoms existed.

Thanks to Some Amazing Facts

IMPORTANT CONTACTS & LINKS

Emergency (Police/Fire/Ambulance): **000**
TTY: 106

NSW Police - Ku-ring-gai Police Area Command (PAC): 9476 9799
Hornsby Police Station, 292 Peats Ferry Road, Hornsby 2077

Local Police Facebook page: [@Kuring Gai PAC](#)
Non-emergency two-way communication

Police Assistance Line (PAL): 131 444
For non-urgent minor crime. For Police to attend non-urgently without lights & sirens.

NSW Police Community Portal
Online reporting of non-emergency minor crime: lost property, intentional damage, graffiti or theft. No emergency/investigation.

Interpreting & Translating Services: 131 450

NSW Police - website for crime prevention advice
Never be afraid or embarrassed to report a crime, concern or fear you have to the Police.
The Police are here to help you.

Crime Stoppers NSW: 1800 333 000

Report crime anonymously

Report suspicious activity ASAP

Neighbourhood Watch NSW - Ku-ring-gai and Hornsby:

Website au-NHWKuringgaiHornsby.org

Facebook [@NHWKuringgaiHornsby](https://www.facebook.com/NHWKuringgaiHornsby)

Facebook Group [NHWKuringgaiHornsby](https://www.facebook.com/NHWKuringgaiHornsby)

Twitter [@NHWKRGHornsby](https://twitter.com/NHWKRGHornsby)

Email NHWKuringgaiHornsby@gmail.com

**WatchOut! - the NHW NSW one-stop-shop for crime prevention links:**

Website WatchOut.org.au

Facebook [@NHWWatchOut](https://www.facebook.com/NHWWatchOut)

Local NHW Facebook pages:

[Neighbourhood Watch - Berowra](#)

[Brooklyn Neighbourhood Watch](#)

[Neighbourhood Watch - East Killara](#)

[Neighbourhood Watch - Galston, Glenorie, Arcadia, Dural \(Rural Areas\)](#)

[NHW Galston, Glenorie, Arcadia & Dural \(Rural Areas\) Facebook Group](#)

[Neighbourhood Watch - Gordon](#)

[Neighbourhood Watch - Hornsby](#)

[Neighbourhood Watch - Killara](#)

[Neighbourhood Watch - Mt Colah](#)

[Neighbourhood Watch - Mt Kuring-gai](#)

[Neighbourhood Watch - Normanhurst](#)

[Neighbourhood Watch - Pennant Hills](#)

[Neighbourhood Watch - Pymble & West Pymble](#)

[Neighbourhood Watch - St Ives](#)

[Neighbourhood Watch - Thornleigh](#)

[Neighbourhood Watch - Turramurra](#)

[Neighbourhood Watch - Wahroonga](#)

[Neighbourhood Watch - Warrawee](#)

Face-to-Face NHW groups:

[Neighbourhood Watch - Mt Colah \(paused\)](#)

[Neighbourhood Watch - Turramurra \(The Chase\) \(paused\)](#)



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