



2024 Summer Edition Crookwell / Goulburn / Yass

Update Your Contact Information

Have you changed your mobile number or your email address recently and forgotten to let us know?

We need to ask for your help to update your personal records with us at Argyle Housing.

We need your details so we can keep you up to date with the right information at the right time.

We love what we do, (mainly because it creates some of the most wonderful stories, funny and interesting) and we want you to have a good experience with us.

To update your phone number and email contact information, please call the office or visit the reception.

Argyle Goulburn Office
25 Market Street
Goulburn NSW 2580

P: 02 4869 0199

E: cssnorth@argylehousing.com.au

You can become an 'Active Bystander' for domestic violence by stepping in to provide support and reporting abuse.

Stepping in doesn't always mean confronting a perpetrator face to face, it might just be you providing a distraction such as asking for directions.

Rules for being an Active Bystander

Regardless of which way you choose to be an active Bystander there are three important rules.

- 1 Safe:** Keep yourself and others safe. Assess the risk and call 000 in emergency situations.
- 2 Active:** Do something. Focus on what you can do. Don't talk yourself out of action. Believe that you can influence others. Think about the most appropriate action to take.
- 3 Calm:** Always stay calm and try to calm others. The less agitated people are the less likely things are to get out of control.

Important Phone Numbers

If you or someone you know are experiencing domestic abuse, **HELP IS AVAILABLE**. You can reach out for support safely and confidentially, because everyone has the right to live free from violence.

Police / Ambulance **000**
In an emergency, always call 000

Crime Stoppers **1800 333 000**
Report domestic abuse (can be anonymous)

Domestic Violence Line **1800 737 732**
1800 RESPECT – information, counselling and support

NSW Domestic Violence Line **1800 656 463**
Counselling, information and referrals for women

Men's Referral Service **1300 766 491**
Counselling, information and referrals for women

Link2Home **1800 152 152**
Access to temporary accommodation

Other Support Numbers

Lifeline (24 hour support)	13 11 14
Child Protection Helpline	13 21 11
Ageing and Disability Abuse Helpline	1800 628 221
Kids Helpline	1800 551 800
Rape Crisis Line	1800 424 017

Explore NSW Fee-Free Short Courses by Industry Sector

Contact your nearest training services NSW office.
Ring **13 28 11** to be directed to your nearest office & locations.



Acknowledgement of Country.

Argyle Housing acknowledges the Traditional Owners of country throughout Australia and recognise their continuing connection to land, waters and culture. We pay our respects to their Elders past, present and emerging.

Tips for Fire Safety

- Report faulty smoke alarms
- Plan your escape from fire
- Keep roof gutters clear of leaves
- Keep an eye on smokers
- Cook carefully
- Do not use faulty appliances
- Report any electrical issues or faults
- Portable air conditioner safety
- Matches & lighters are tools not toys

STOP, DROP & ROLL

AH Maintenance

1300 274 953

Cost of Living Support

Did you Know? More than 70 rebates and vouchers are available at Service NSW to help with the cost of living!

Savings finder is a NSW Government initiative to assist you in finding rebates and vouchers that you are eligible for. It's easy to find out what discounts are available.

Service NSW Website

- www.service.nsw.gov.au/campaign/savings-finder
- Call 137788 to book an appointment at a Service NSW Centre near you.
- Staff will help you find and claim your savings.



Emergency Relief

Emergency Relief is carried out by conference members assisting people within the ACT/Goulburn and southern and western regional areas.

The conference responds on a person-to-person basis and as each case is different and dependent on the needs of the individual. They can assist in the following ways:

- Assistance with food
- Utility bills
- Clothing
- Education support
- Referrals to other services

Emergency Relief Hotline

 **13 18 12**

Reminder: Smoke Alarms are required by law to be tested every year. We have arranged for the Smoke Alarms Australia to conduct these tests. Letters have been sent, so please provide access. If you are required to change the appointment. Please contact Smoke Alarms Australia on **1300 125 276**