

Senior Safety Workshop

EVENT DETAILS

When: Thursday 31 October, 9.30am - 12.00pm

Join us for a safety workshop to celebrate Community Safety Month in the City. You'll enjoy a mix of presentations and information stalls to learn more about staying safe in your home and in the community.

Bring your portable device to this interactive session for advice and a practical demonstration on how to set your security settings, identify and report scams and identity theft

Morning tea will be provided and there will be an opportunity to have a chat with a WA Police officer.

CONTACT AND ADDRESS DETAILS

Venue: Lyal Richardson Hall at The Agonis Building

Address: 2232 Albany Highway, Gosnells WA 6110

Telephone: 9391 6022

Email Address: safecity@gosnells.wa.gov.au

Fees: Free - Bookings essential. Morning tea provided

Suitable: Seniors



Starting your own veggie patch is both rewarding and a great way to save money.

What vegetables to plant

Though September still has some pretty chilly mornings, that doesn't mean you can't start planting some hardy vegetables now! Vegetables such as **asparagus, beetroot, carrots, lettuce, potatoes, peas, parsnips, rhubarb and turnips** can all be safely planted now. By the time October comes around, you can add **cabbage, broccoli, cucumbers, leeks, potatoes, radishes...** the list goes on.



Emergency Phone Numbers and After Hours Contacts

Ambulance/ Fire/ Police : 000 Police Assistance: 131 444 Electricity: 13 13 51

Water: 13 13 75 State Emergency Services SES: 132 500

Salvation Army Housing: 9492 7135



Spring Edition 2019

WA Seniors Week in the City of Gosnells

Get active, get connected and get together by enjoying a range of free activities during WA Seniors Week, from Sunday 10 to Sunday 17 November.

Try a variety of different digital devices at the [Tech Savvy Seniors](#) workshop, where you can learn about accessing digital technology in a relaxed and social environment.

Register for the [Have a Go Day](#), a fun and informative event that boasts over 230 static sites and activities.

Come along and mingle while enjoying a delicious meal at the City's main event for Seniors Week, the free [Community BBQ](#) on Friday 15 November, at the Addie Mills Centre.

All these activities are open to residents aged over 55 and, because places are limited, early registration is essential. Register by calling 9391 6038.



The 2019 Perth Royal Show is set to explode into full carnival atmosphere over a fun packed 8 days of action and celebration from 28 September to 5 October.

The 2019 Perth Royal Show is the biggest ticket in town. Don't miss out on WA's biggest annual community event, celebrating all that's great about our incredible state.

Featuring a unique blend of a traditional agricultural fair; rides; educational exhibits; showbags; food and - of course - the iconic fireworks. With more than 101 free things to see and do on-site and more activities and experiences than ever before, there really is no better place to be than the 2019 Perth Royal Show from 28 September to 5 October. Buy your tickets from www.perthroyalshow.com.au.

Welcome back to Spring!

Everybody Needs Good Neighbours

We all have the right and desire to live in quiet enjoyment of our homes and Salvation Army Housing WA is here to assist you with any problems or questions that you have about your tenancy – and always endeavour to solve issues to everyone's satisfaction. However, sometimes there are some common problems that might require third party involvement such as neighbour disputes. These might require advocacy or mediation services from external agencies such as Tenancy WA ((08) 9221 0088) <http://www.tenancywa.org.au/> or Consumer Protection (1300 304 054) <https://www.commerce.wa.gov.au/> , particularly if there appears to be no apparent breach of a Tenancy Agreement for SAH to act upon.

Please also feel free to contact your Tenancy Worker , Marion Maxwell if you require further information or wish to discuss any aspect of your tenancy with us. Here are a few more tips for everyone!

Introduce Yourself! You may be new to the neighbourhood, or perhaps new neighbours may have just moved in, so introduce yourself...

Consider Your Neighbours Lifestyle - Get to know your neighbours – such as what sort of work they do and the hours they work. If we are more aware of our neighbour's lifestyles, problems can often be avoided before they are created.

Be Aware of Shared Walls - If you live in a townhouse, duplex, apartment block or any residence where you and your neighbours share adjacent living spaces, position noisy devices such as TVs and speakers away from the shared walls where possible.

Noisy Residential Equipment - Most households use noisy equipment from time to time, such as lawnmowers, power tools and musical instruments. Consider the time of day you're using noisy equipment to minimise disturbing your neighbours.

Communicate with Your Neighbours - Most importantly, take time to get in touch with your neighbours regularly and keep the lines of communication open.

TENANCY TIPS PEST & VERMIN CONTROL

The Spring and Summer period is when pests and vermin become more active. Tenants are required to take basic pest prevention measures such as storing food properly and using sprays and baits. The following advice will help make sure that common pests and vermin such as cockroaches, fleas, mites, spiders, mice, rats and ants never become a problem at your home.

Remove all sources of food, water and hiding places— Avoid leaving opened food out and try to keep opened items in air tight containers or zip lock bags. This can assist with minimising smells that attract unwanted pests.

Dispose of rubbish appropriately and always line the inside of your rubbish bin with garbage bags. When your bin is full, tie the bag up and dispose into your outside bin. Avoid your bin overflowing with rubbish as this will attract pests.

Declutter— The more clutter in your home, the more hiding spots for insects and rodents. Regularly cleaning out cupboards and moving furniture around to vacuum can help prevent pests. Clean up as you go and Don't leave unwashed dishes around the house or in the sink. Clean the stove and wipe down counters after cooking with disinfectant spray. Vacuum throughout the house regularly.

Don't get overrun by ants - Spring is when ants become active. A simple measure to keep them under control is to sprinkle talcum powder around doors and windows in a continuous line. This prevents entry points into the home because ants will not cross this barrier. If you use an ant poison remember to read the label carefully and only use as specified. Ants can be seasonal so may be present in the garden and home at certain times of the year regardless of using powders or sprays.

