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Making communities safer

OCTOBER is community safety month, so what better time than now to think about ways that we can make changes in our lives and environment, to make our community safer.

Community safety includes all areas of injury prevention, crime prevention, emergency management and safety promotion.

Southern Wheatbelt Primary Health Service health promotion officer Nicole Dawson encouraged everyone to get involved.

"According to the World Health Organisation, safety is a basic human right. We all have a responsibility for making the community which we live in safer," she said.

"Safety affects all parts of our lives. We can make our homes, workplaces, streets, neighbourhoods and communities safer. Small changes can have a big impact on safety."

What can you do to make your community safer?

Some ideas include: volunteer for the local St John Ambulance or FESA, make sure you and your passengers wear a seatbelt, have your child's car restraint checked or join a local Stay on Your Feet group.

Why don't you make a list of what you plan to do in community safety month, swap it with a friend or family member then swap back at the end of the month and have a chat about what you have been able to achieve?

A community action kit consisting of a range of online tools to assist community groups and individuals to participate in community safety month is available through the Injury Control Council of WA.

Tools will help groups to plan and promote events, seek support, invite participation, engage with media and evaluate the event.

Check the website for more information: http://www.iccwa.org.au/community-safety-month.

If you have ideas or need help with a community safety month initiative, please contact Nicole Dawson at the Southern Wheatbelt Primary Health Service on 9881 0385 to point you in the right direction.

Volunteering with groups such as the Narrogin Volunteer Fire and Rescue Brigade, pictured, is one way of helping your community.

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