

# Invercargill Neighbourhood Support NEWSLETTER



# Welcome!

Working on this newsletter has been very interesting, I am pleased to cover topics in this issue suggested by members of Neighbourhood Support: methamphetamine and safe use of fireworks .

Great ideas,  
keep them coming!

*Sarinya  
Thompson*

## WHAT MAKES A GOOD NEIGHBOUR?

It is taking the time to notice what is going on in the place you live and caring enough to act on what you see.

Simple, everyday things make a real difference, such as Smiling and saying “hello” on the street or striking up a conversation

You don't need to be friends with your neighbours, but putting out a wheelie bin on collection day, or picking up the mail for your neighbour while they are on holiday or Inviting people to an event happening in your community can show that you care about the area you live in.

Everyone wants to live in a safe, friendly environment and it starts with every one of us.



# Guy Fawkes Night

Sunday 5 November

The origin of Guy Fawkes dates back to 1605 when a group of 12 men, including Mr Guy Fawkes, tried to blow up Britain's House of Parliament. This event became known as the Gunpowder Plot. On the very night that the Gunpowder Plot failed, November 5th, 1605, bonfires were set alight to celebrate the safety of the King. Since then, the night has become known as Guy Fawkes Night.

For kiwis, Guy Fawkes has become an occasion signaling the coming of summer and a chance for family and friends to get together and take in the excitement of spectacular fireworks. Each year that the night is celebrated the fire service is stretched to its limits dealing with fireworks related call-outs. In addition, Emergency departments have the dreadful task of treating burns and injuries caused by the misuse of fireworks and families deal with lost and terrified pets.

Tips for the safe use of fireworks:

- ★ Choose a safe place to let off your fireworks. Check that there is plenty of open space well away from anything which could catch fire.
- ★ Make sure there is a good supply of water available.
- ★ Store and carry your fireworks carefully and safely. Keep them out of reach of young children. Keep them in a closed box or bag away from heat and flames and do not carry fireworks in your pockets.

- ★ Ensure that fireworks are lit by adults and not children. Read the instructions carefully on your fireworks, preferably before Guy Fawkes night and read each one again before you light it (remember to use a torch for this purpose).
- ★ Stand your fireworks in dirt, sand or on a firm flat surface. Please remember that throwing fireworks can injure people and animals and damage property.
- ★ Light your fireworks at arm's length and then stand well back. Keep well clear of fireworks which have been lit but have not gone off.
- ★ Keep animals away from fireworks and shut indoors.
- ★ Look after young children at all times.
- ★ Ensure that you are conversant with first aid for the treatment of burns and eye injuries.

Make sure you have access to a telephone for use in the event of an emergency.



## LANDSCAPE WITH PLANTS YOU CAN EAT

Backyard vegetable gardening has become so popular that these tasty plantings have finally broken into the decorative gardening space, especially for people with tiny yards.

Many vegetables and herbs produce aesthetically pleasing foliage and flowers, making them as delicious to behold as they are to eat. Enjoy having a gorgeous yard while saving on your food bill!

- Leafy vegetables such as lettuce, chard, and kale as borders
- Pole beans on fences and arbors
- Rhubarb in flower beds
- Blueberry and currant bushes as hedges
- Cucumbers and zucchini as climbing vines on trellises

If you're looking to grow a few herbs or veggies but don't want a full-on garden, try a simple plastic shoe organizer. Without drain holes, the soil may tend to stay moist, so watch out for overwatering.

# METHAMPHETAMINE

Methamphetamine is an extremely addictive, powerful stimulant. It is also known as speed, pure, P, burn, goey, crank, meth, crystal, ice and others. Methamphetamine comes in different forms: powder or crystal 'rock', pill or liquid form. It can be swallowed, snorted, smoked or injected.

Methamphetamine increases the amount of the natural chemical dopamine in the brain. Dopamine is the chemical that makes you feel happy. The drug's ability to release high levels of dopamine rapidly in reward areas of the brain produces a euphoric effect then causes an extreme low. Unlike such drugs as heroin, methamphetamine is a psychological, not physiological, addiction. Using it trains your brain to see methamphetamine as the only thing that makes you feel good, no matter what problems it causes. Apart from the impact on brain, this drug has many other negative health consequences. When people stop taking it, they have withdrawal symptoms.

Methamphetamine is manufactured in illicit laboratories in private homes, motel units, sheds, caravans, and in car boots. There are risks in the process due to the poisonous, explosive, corrosive, toxic and extremely flammable chemicals used. Manufacturing, importing, dealing and possession of methamphetamine for supply can lead to a life sentence. The following is a list of common occurrences or telltale signs of methamphetamine manufacturing. Alone, any of these activities or signs may not mean that drug dealing or manufacturing is occurring. However, some or several of them happening together may indicate a problem:

- + Frequent visitors at all times of the day or night
- + Frequent late night activity
- + Windows blackened out or curtains always drawn
- + Visitors with expensive vehicles
- + Unfriendly people, appearing secretive about their activities
- + People watching cars suspiciously when they pass by
- + Appearing to be paranoid by exhibiting odd behavior such as an extensive investment in home security
- + Strange odors coming from house or rubbish



+ Rubbish has numerous bottles and containers, especially chemical containers

+ Putting rubbish out in another neighbour's collection area

If you have information about offences relating to methamphetamine:

+ Call 111

+ Contact the organisation Crimestoppers 0800 555 111 anonymously.

If you or someone you know is having problems with methamphetamine, other drugs or alcohol, it is important to know there are people who can help. If you want to talk about your own, or someone else's drug use, Alcohol and Drug Helpline provides FREE confidential support 0800 787 797



*Welcome to: Ward Street, Bullar Street, Rimu Street.*

## Community



Neighbourhood Support Group:  
August meeting of Neighbourhood Support Contact people

A fantastic meeting was hosted for the contact people of Invercargill Neighbourhood Support on 2 August. Neighbourhood Support New Zealand deputy chair Lois Scott opened the meeting with a touching speech about importance of the community connectedness when a disaster strikes and a new deputy area commander Scott Lindsay from Fire and Emergency NZ spoke to the group about fire safety.



*Invercargill*  
Neighbourhood Support

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