

If you feel unwell call Nurse On Call on 📞 **1300 60 60 24** or see a doctor. In an emergency call 📞 **000**.



the place to live

KEEP COOL IN DAREBIN map

Welcome to the Keep Cool in Darebin map. This is your guide to where to cool down, get a drink of water and access help on a hot day in Darebin – for free. **Did you know that heat kills more people than any natural disaster?** Climate change is making summers in Darebin hotter and longer and we need to look after ourselves and others during heatwaves.

Top tips for staying cool in a heatwave

- **Spend as much time as possible in cool or air-conditioned buildings** (shopping centres, libraries, cinemas or community centres) or shady places, preferably near water.
- **Drink plenty of water**, even if you don't feel thirsty (if your doctor normally limits your fluids, check how much to drink during hot weather).
- **Stay out of the sun** during the hottest part of the day (usually in the mid-late afternoon). When outside, wear a hat and sunscreen, and seek shade.
- **Try to wear light-coloured, loose-fitting clothing** made from natural fibres like cotton and linen.
- **Avoid heavy activity** and exercise
- **Avoid caffeine**, sugary drinks and alcohol as they dehydrate you
- **Eat smaller meals more often** and cold meals such as salads.
- **Keep yourself cool** by using wet towels, putting your feet in cool water and taking cool (not cold) showers.
- **Watch, read or listen** to news reports to find out more information during extreme heat
- **Check in** on older friends, neighbours or family members daily, as they are more vulnerable to heat stress.

To find out more about how to stay safe during a heatwave give us a call on **8470 8888** or visit www.darebin.vic.gov.au/heatwaves. You can also visit us at one of our customer service centres on the map.

Emergency and after hours support

| | | Address | Phone | Service provided |
|---|---|---------------------------|--|--|
| Emergency Assistance | Immediate concerns for safety and wellbeing. | N/A | Emergency services 📞 000 (triple zero) | |
| Nurse On Call | Free health advice, 24 hours a day. | | 📞 1300 606 024 | |
| St Kilda Crisis Centre After Hours | After hours crisis response service. | 29 Grey Sreet, St Kilda | 📞 1800 627 727 (free call) | State-wide after-hours service from 5pm to 9am Monday to Friday, 24 hours on weekends. |
| Frontyard Youth Services | Support to people aged 12-24 at risk of or experiencing homelessness, including referral for crisis accommodation and food relief. | 19 King Street, Melbourne | 📞 9977 0077 | Monday to Friday 9am-8pm; Saturday and Sunday 10am-6pm |
| Lifeline | Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia. | | 📞 13 11 44 | |
| Safe Steps Family Violence Response Centre | Safe Steps Family Violence Response Centre is Victoria's statewide response service for people experiencing family violence. | N/A | 📞 1800 015 188 | |
| Sexual Assault Crisis Line | SACL is a proactive leader in supporting, advocating and providing a crisis response for people who have experienced sexual violence. | N/A | 📞 1800 806 292 | |
| Kids Helpline | Kids Helpline is a free Australian telephone and online counselling service for young people aged between 5 and 25. | N/A | 📞 1800 551 800 | |
| Mental Health Service North East | North East Area Mental Health Service (NEAMHS) provides general adult psychiatric services including assessment and treatment to patients over 16 years of age. | N/A | 📞 1300 859 789 | |
| Rainbow Door | Rainbow Door is a free specialist help and referral service for all LGBTIQ+ Victorians, their friends and family during the COVID-19 crisis and beyond. | N/A | 📞 1800 729 367 | 10am-6pm daily, phone |
| QLife | QLife provides anonymous and free LGBTI peer support and referral for people in Australia wanting to talk about sexuality, identity, gender, bodies, feelings or relationships. | N/A | 📞 1800 184 527 , or webchat | 3pm-midnight every day |

CITY OF DAREBIN

274 Gower Street, Preston
PO Box 91, Preston, Vic 3072
T 8470 8888 F 8470 8877
E mailbox@darebin.vic.gov.au
darebin.vic.gov.au



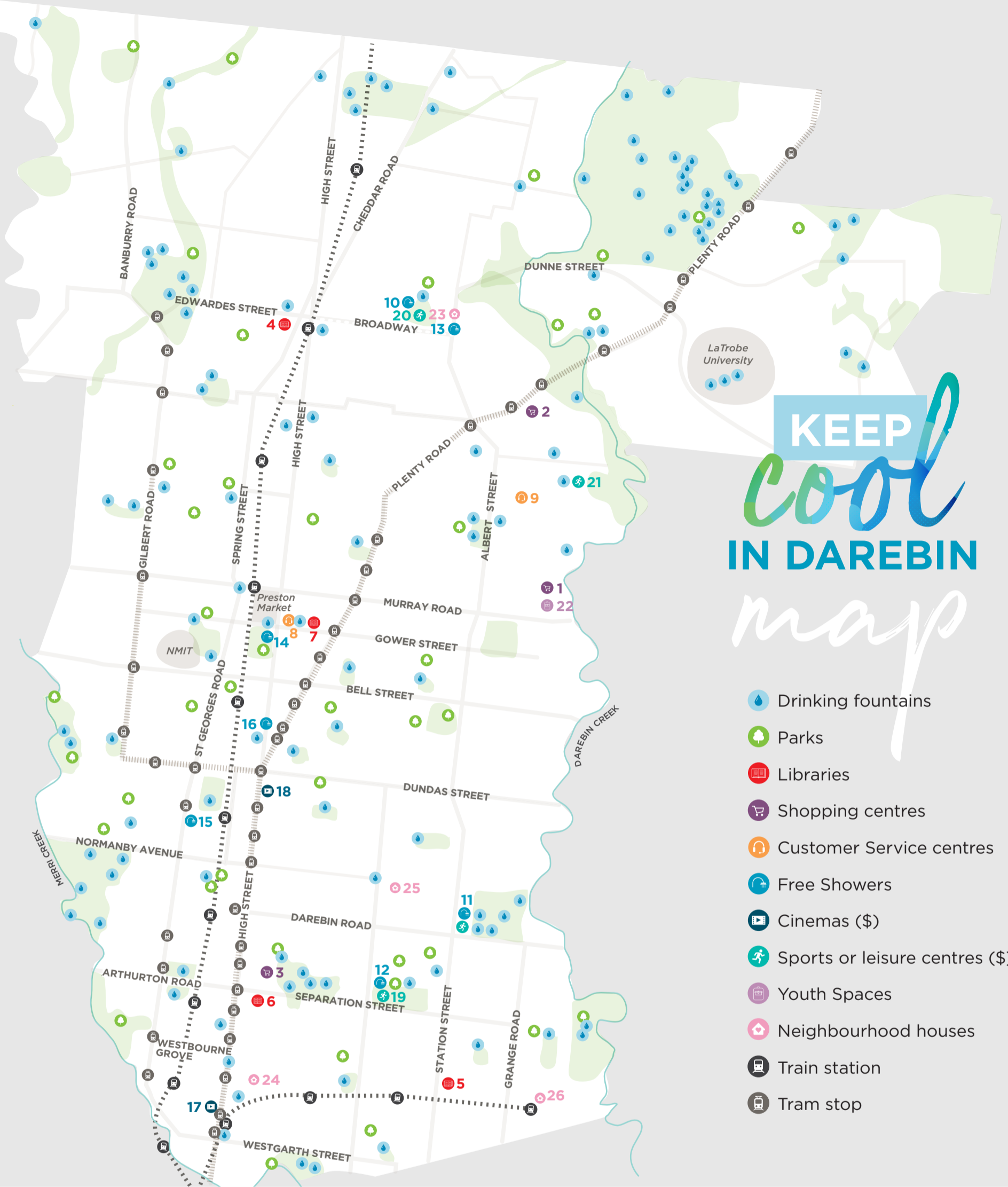
National Relay Service
relayservice.gov.au

If you are deaf, or have a hearing or speech impairment, contact us through the National Relay Service.



Speak Your Language
T 8470 8470

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| العربية | Italiano | Soomalii | हिंदी |
| 繁體中文 | Македонски | Español | ਪੰਜਾਬੀ |
| Ελληνικά | नेपाली | اردو | Tiếng Việt |



KEEP Cool IN DAREBIN map

- Drinking fountains
- Parks
- Libraries
- Shopping centres
- Customer Service centres
- Free Showers
- Cinemas (\$)
- Sports or leisure centres (\$)
- Youth Spaces
- Neighbourhood houses
- Train station
- Tram stop

GENERAL COOL PLACES

- 1 Northland Shopping Centre**
2 Murray Road, Preston
T 9478 1399
- 2 Summerhill Shopping Centre**
850 Plenty Road, Reservoir
T 9478 4278
- 3 Northcote Plaza Shopping Centre**
3 Separation Street, Northcote
T 9489 8162
- 4 Darebin Library - Reservoir**
23 Edwardes Street, Reservoir
T 1300 655 355
- 5 Darebin Library - Fairfield**
121 Station Street, Fairfield
T 1300 655 355

- 6 Darebin Library - Northcote**
32 Separation Street, Northcote
T 1300 655 355
- 7 Darebin Library - Preston**
266 Gower Street, Preston
T 1300 655 355
- 8 Preston Customer Service Centre**
274 Gower St, Preston
T 8470 8888
- 9 East Preston Community Centre**
7 Newton Street, Reservoir
T 8470 8107
- FREE SHOWERS**
Call ahead for times and availability
- 10 Community Shower Access Program**
Reservoir Leisure Centre
T 9482 3488

- 11 Community Shower Access Program**
Narrandjeri Stadium
T 9482 3488
- 12 Community Shower Access Program**
Northcote Aquatic and Recreation Centre
T 9088 4600
- 13 Reservoir Neighbourhood House Shower**
2B Cuthbert Road, Reservoir
T 9462 4611
- 14 Haven; Home, Safe Shower**
52-56 Mary Street, Preston
T 1300 428 364
- 15 Thornbury Church of Christ**
390-398 St Georges Road, Thornbury
T 9484 2918

- 16 Northern Community Church of Christ**
81 High St, Preston
T 9484 4788
- COOL PLACES**
Fee required
- 17 Westgarth Cinema**
89 High St, Northcote
T 9482 2001
- 18 Thornbury Picture House**
802 High St, Thornbury
T 9995 0040
- 19 Northcote Aquatic and Recreation Centre**
180 Victoria Rd, Northcote
T 03 9088 4600
- 20 Reservoir Leisure Centre**
2A Cuthbert Rd, Reservoir
T 9496 1050
- 21 ICE HQ Reservoir**
1 Blake Street, Reservoir
T 9478 2876

- YOUTH SPACES**
- 22 The Hub**
2 - 50 Murray Road, Preston
T 8470 8013
- NEIGHBOURHOOD HOUSES**
- 23 Reservoir Neighbourhood House**
2B Cuthbert Road, Reservoir
T 9462 4611
- 24 Jika Jika Community Centre**
1B Plant St, Northcote
T 9482 5100
- 25 SPAN Community House**
64 Clyde St, Thornbury
T 9480 1364
- 26 Alphington Community Centre**
2 Kelvin Road, Alphington
T 9499 7227