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Penrith City Council - Community Newsletter • Friday, June 30, 2017

VILLAGE CAFÉ BREWS NEW WAYS TO STAY CONNECTED AND HEALTHY

Penrith Council, Community Junction and the Nepean Blue Mountains Local Health District have proudly launched the Village Café, a fortnightly pop up café in North St Marys promoting good health and happiness as we age.

The free, open air event will offer good coffee, fresh produce and arts and exercise programs for residents aged 50 and over. It is held every second Thursday (including Thursday 6 July 2017) at the Parklawn Place shops, North St Marys from 9 - 11.30am.

All are welcome, and Aboriginal and Torres Strait Islander community members, as well as people caring for older people are warmly encouraged to attend.

Penrith Mayor John Thain said it’s a fantastic initiative that’s trying to connect with people in the North St Marys community, find out about their needs and support greater access to preventative health services.

“We want to work together with services and the community to help our older residents stay healthier for longer,” he said.

Minister for Ageing, Tanya Davies, MP commended Council on our innovative program encouraging older people to actively engage in their communities.

“Our vision is that older people across NSW enjoy opportunities to participate in, contribute to and be included in their communities. Programs like The Village Café will help us achieve that vision and support older people in NSW to live longer and healthier lives,” Minister Davies said.

The Village Café is funded through the NSW Government’s Liveable Communities grants program, and is one of the projects of the Health Action Plan Council recently signed with Nepean Blue Mountains Local Health District and the Nepean Blue Mountains Primary Health Network.
Innovators and futurists took to the stage this week for the second event in Council’s Penrith Talks: Innovation series. The audience was challenged and inspired by diverse speakers at the forefront of business and leadership innovation including:

- Libby Christie, Executive Director of the Australian Ballet
- Dr Tim Williams, CEO of the Committee for Sydney, and
- Heather Chaffey, Place Coordinator.

Bernie Hobbs, judge on ABC TV’s The New Inventors and presenter of the Dear Science podcast, moderated the discussion that saw these diverse innovators share their transformational, real-world business and leadership experiences. The audience of local professionals, educators, students and others interacted with the speakers through a live Q&A session, generating healthy discussion, debate and ideas.

Architect of the Penrith Talks: Innovation, Penrith Mayor John Thain said the strong interest in the series was not surprising. The June event built on the success of the first, held in March, which focussed on innovation in science, mathematics, health and education.

“If innovation is the key to securing our future, what’s the key to innovation?”

This series of talks seeks to answer this question by exploring the role of innovation in the growth and future of Western Sydney, and showcasing innovation across various sectors.

“Learning how to harness ideas and apply them in creative and successful ways, is a skill that everyone can benefit from. We can all be innovative, no matter what we do. The series is really about building our capacity in the New West to think creatively, and giving us the tools to translate those ideas into real-world solutions.”

“Giving people the opportunity to hear from impassioned innovators can potentially transform the way they view and approach the opportunities our region provides,” he said.

The next Penrith Talks: Innovation event to be held in spring will examine innovation in design, engineering and technology. This will be followed by the final talk of the 2017 series at the end of the year, focussing on innovation in arts and humanities.

To receive updates on upcoming talks and speakers, register your interest by emailing events@penrithcity.nsw.gov.au or visit penrithcity.nsw.gov.au/PenrithTalks/
Residents frequently raise concerns about the danger and noise of vehicles speeding in their local streets. Sometimes drivers can be tempted to drive faster close to home or in a familiar area where they drive every day.

Council is urging local drivers to slow down on local roads. Police enforce speeds regularly, and Council is using bus advertising as one way to remind drivers to maintain a safe speed, thanks to a grant from the Roads and Maritime Services under the Local Government Road Safety Program.

Driving at an illegal speed or driving too fast for the conditions is the most common cause of crashing and injuries. Even a 5km/hr increase in speed gives a driver a much lower chance of reacting safely in time if something unexpected happens.

The Penrith area has a higher than average proportion of young people involved in crashes, with 11% of drivers involved in a crash in Penrith aged 17-20 years, compared to 8% in the wider Sydney Region. Young people are also vulnerable as passengers in vehicles, with 14% of passengers injured in road crashes in the Penrith area aged 17-20 years, and 33% of passengers injured in local crashes being aged 0-6 years.

Behind these statistics are local people with family, friends, neighbours and workmates who care for them. When driving, please respect the safety of the people walking, riding and driving near you as if they were your own loved ones.

Pedestrians are also vulnerable road users, with 28 pedestrians injured in Penrith City in 2015. You will soon see eyes painted on pavements in the City Centre as part of the Look out before you step out campaign. Council has received the stencils from the Centre for Road Safety (Transport for NSW) to help remind people to cross our busy roads safely.

When we are busy shopping or walking to an appointment, we’re often thinking about other things or using our mobile phones. It can be tempting to ‘duck across’ rather than walking to the nearest pedestrian crossing or traffic lights where drivers will be expecting pedestrians to cross. Always look for cars before crossing the road!

For more information about road safety visit Council’s website or roadsafety.transport.nsw.gov.au.

Council’s Children’s Services work tirelessly to provide quality care and education for children across Penrith. Quality services are vital in ensuring children get the best start to their education, which will continue to benefit them for life.

Studies into child development show that children who participate in a quality early childhood education program experience improved social, cognitive and emotional development. The right care and education early on boosts development, self-esteem and confidence, and these benefits continue well into higher levels of education and beyond.

Council runs some of the highest quality services in the region. We own and operate 26 childcare facilities, catering for children aged 0-12 across a diverse range of services, including long day care, preschool, out of school hours and occasional care services.

Our centres are not-for-profit, which means all our focus and energy goes into providing the absolute best care and education for the children in our community. Our services are also affordable for families, and most of our centres have an all-inclusive fee, meaning there are no additional or hidden costs for nappies or food.

Every Council centre meets or exceeds the national education standards and has highly trained and qualified staff. We offer a range of innovative programs for children including creative and expressive arts, music and literacy.

Find out more at penrithcity.nsw.gov.au/childcare or call 4732 7844 to secure your spot now.
Your local library offers a great range of events, activities and services to suit different ages and interests. Membership is free if you live, work, go to school or own property in Penrith. Members have access to a world of benefits at branches and online. Online services include access to the library’s catalogue, online tutoring for students and free eBooks and audio books.

Our digital help desk service is available at the Penrith Library 7 days a week from 10am - noon for minor technology issues and questions such as using your computer, iPad, smart phone or eReader; connecting to WiFi or making the most of the Library’s online resources.

Check out our website to find out about upcoming events, including after school and school holiday activities, author talks and exhibitions.

• Monica McInerney author talk
  On 5 July at 1pm, Penrith Library will host Australian-born, Dublin-based author Monica McInerney, who wrote the internationally bestselling novels A Taste For It, Upside Down Inside Out, Spin the Bottle, The Alphabet Sisters, Family Baggage, Those Faraday Girls, At Home with the Templetons, Lola’s Secret, The House of Memories and Hello from the Gillespies, as well as the short story collection All Together Now. Monica will be talking about her latest book, The Trip of a Lifetime. This is a free event but you’ll need a ticket, so book yours today!

• Yoga for Teens
  Penrith Library is offering an after school, 10 week yoga course for teens, weekly at 4-5pm from Tuesday 18 July to 19 September. Yoga helps you become stronger, more focused, calm, and relaxed. The 10 week term costs $80, including all equipment. For more information call 4732 7890 or email childrensteamlibrary@penrith.city

If you haven’t visited the Penrith Regional Gallery & The Lewers Bequest, on the western bank of the Nepean River at Emu Plains, there has never been a better time. Each year tens of thousands of visitors enjoy the former home and property of sculptor Gerald Lewers and painter Margo Lewers, which offers a great range of exhibitions, events, education programs, heritage gardens and a café. From now until 20 August, the Gallery is hosting a unique exhibition, American Visionary: John F. Kennedy’s Life and Times, a window into the life and times of the 35th US President, one of the most admired and charismatic figures of the 20th century. This exhaustively researched exhibition presents around 80 photos of JFK, from childhood through to his untimely death in 1963. The exhibition is part of the centennial celebrations of his birth, and supported by United States Government funding. The exhibition recently opened in Washington at the Smithsonian American Art Museum and is being exhibited concurrently across the world. Penrith Regional Gallery is honoured to be the first Australian Gallery to show the collection.
OUR LANGUAGES MATTER

NAIDOC

JAMISON PARK
FRIDAY 7 JULY

TIME: 9:30am - 3pm
WHERE: Jamison Park,
York Road, South Penrith
WHAT: Child and youth activities,
mixed netball, elders/seniors tent,
free BBQ, Aboriginal and
Torres Strait Islander Performers,
free health checks and more...

Registration for netball teams and Indigenous Traditional Games Team will be taken on the day.

STALLHOLDERS: To book an information stall (no commercial stalls) contact Sue Hunt on 4732 7837 or email sue.hunt@penrith.city by Friday 16 June.

Smoke and alcohol free event.

AMATEUR YOUNG TALENT QUEST: For children and youth aged from 8 to 16 years-old, contact Trudy Grant on 0407 782 766 or trudy@nepeancommunity.org.au to register by Wednesday 5 July.

Free transport from Penrith station is available, contact Sue Hunt on 4732 3837 or email sue.hunt@penrith.city by Wednesday 5 July.

NAIDOC 2017 Jamison Park Gathering is sponsored by an alliance between Aboriginal Community Members and the following:
PAVING THE WAY

Council is responsible for almost 1,080km of local and regional roads, a figure that has grown by around 80km over the past 10 years. We are also responsible for most street and car park signs. To report a problem to Council, including potholes or damaged footpaths, call 4732 7777 or visit our website. We work with a range of local and regional organisations as well as the Roads and Maritime Services and NSW Police to improve safety and awareness on our roads.

Major roads including the M4, Great Western Highway, Cranebrook Road, Elizabeth Drive, Erskine Park Road, Mamre Road and Mulgoa Road are the responsibility of the NSW Government (Roads and Maritime Services) rather than Council - including traffic signals, school zone and 50km/h signs and regulatory signs. Visit the RMS website or phone 131 700 (RMS Road Maintenance Hotline).

Visit the Live Traffic website for up to date information on major road closures, or follow Council on Facebook or Twitter to receive local road closure and roadworks information.

Council is continually working to improve the condition of our roads and to increase the connections for walking and cycling within the City.

SOLAR POWERING PENRITH

Council is a big supporter of solar energy, as it helps the environment and saves money too. We aim to have 10% of our organisation’s electricity supplied from low carbon sources by 2030. We’ve made significant progress towards achieving this target since its adoption in 2015.

We have installed 25 rooftop solar systems on a range of facilities, to generate clean energy from the sun. The most recent installations include our Works Depot (29.58kW), Joan Sutherland Performing Arts Centre (47.85kW) and the new Emu Plains Village Childcare Centre (5.22kW).

Council has also recently secured more than $84,000 through the Federal Government’s Solar Communities program to provide solar systems at nine more community facilities including the Penrith Regional Gallery & the Lewers Bequest, St Marys Memorial Hall and seven children’s centres. These systems will be installed in the coming months. Combined, they will have a capacity of more than 75kW, saving 70 tonnes of greenhouse gases each year - the equivalent of taking almost 20 cars off the road.

It can also be a great option for local households. Is solar energy right for you? How do solar panels work? What size will you need? Can you sell excess energy back to the grid? Are there incentives or rebates for going solar? What should you ask when looking to buy? Visit penrithcity.nsw.gov.au to find out more in our Residential Solar Power fact sheet.

Most home solar installations don’t need approval from Council, but some do. To check if you need approval for your planned installation, contact Council’s Duty Planner on 4732 7991.

LIVE LIFE, GET ACTIVE IN PENRITH

Council is supporting Live Life Get Active to provide free health, fitness and nutritional information to help people be more active in an environment that is fun and motivating.

Free weekday sessions run by professional trainers and catering for a range of fitness levels and lifestyles are available at a range of venues, including the Penrith Aquatic and Recreation Centre. Professional trainers and catering for a range of fitness levels and lifestyles are available at a range of venues.

Enjoy the benefits of being active:

- deal better with stress
- better control weight and conditions such as diabetes or high blood pressure
- improve muscle and bone health and
- improve sleep

Council is proud to support this initiative to bring people together and encourage community wellbeing.

Find out more and register at the Live Life Get Active website, as places are limited at each session.

Some recent projects...

- New footpath in Swallow Dr, Erskine Park
- We have recently constructed 1.8km of concrete footpath in Swallow Drive and Peppertree Drive as part of the Erskine Park Open Space Strategic Masterplan. This provides better all-weather access to James Erskine Primary School, Erskine Park High School, Peppertree Park, and childcare and community facilities.

- New roundabout in Chapel St, St Marys and Oxford St, Werrington
- We recently constructed two new roundabouts to improve safety, as part of the Nation Building Black Spot program.

- New shared path in Maxwell St, South Penrith
- We recently constructed 510m of shared path in Maxwell St, South Penrith between Aspen St and Greenway Dr, as part of the NSW Safer Roads program (Cycling Safety Project).

- New footpath in St Clair Ave, St Clair
- We recently constructed 476m of concrete footpath in St Clair Ave, St Clair between Alexandra Cct and Rochford St to maintain the continuity of the paved footpath network, as part of our annual footpath program.
All three levels of government have come together to work towards the health and wellbeing of people in the Penrith area, with the signing of the Penrith Health Action Plan on 10 May. The Action Plan is an agreement between Penrith City Council, the Nepean Blue Mountains Local Health District and the Nepean Blue Mountains Primary Health Network. It focuses on health promotion, prevention and early intervention to improve community health and wellbeing.

Penrith Council General Manager Alan Stoneham said the Action Plan is a unique strategic collaboration that will strengthen the work already being done together.

Chief Executive, Nepean Blue Mountains Local Health District, Kay Hyman was also extremely enthusiastic about the new partnership. “By pooling our expertise, knowledge and resources we can collectively make a bigger difference to the health of our community. The partnership is one of the practical ways the Nepean Blue Mountains Local Health District is integrating and coordinating care to help people get healthy, stay healthy and live well longer” she said.

Chief Executive Officer, Nepean Blue Mountains Primary Health Network (NBMPHN), Lizz Reay, said “this collaboration recognises that overcoming the inequities and barriers to good health is everybody’s business. The way our cities are planned, the ability to access information and services, the support from our GP and other primary healthcare professionals all impact our health. No one sector can address all these things and it is exciting to think how much more can be achieved by working together.”

Some of the projects already being worked on as part of the agreement include:
- Make Healthy Normal: which encourages people to make healthy changes in small steps with online support.
- Healthy Eating Active Living: a whole government framework designed to keep people healthy and reduce the impact of lifestyle related chronic disease.
- Working together for healthy built environments so people have better access to fresh healthy food and more opportunities to be active.
- Innovative projects to improve the health for people living in communities that are socially and economically disadvantaged.

Penrith City Council General Manager Alan Stoneham and Chief Executive, Nepean Blue Mountains Local Health District, Mrs Kay Hyman at the signing of the Penrith Health Action Plan.

PENRITH STATISTICS
- 59% of adults in our City are overweight or obese.
- 93% don’t eat enough fruit and vegetables.
- Over 50% don’t get enough exercise.
- Cervical cancer screening rates are below the state average.

SPICING UP PENRITH

Every two years the Spicy Penrith community event lights up the local night life, showcasing the unique cultures of India, Nepal, Bhutan and Sri Lanka.

These cultural groups have many established and emerging communities living in Penrith City, and they’re eager to share their culture, art and food with the wider community.

This year Spicy Penrith, on 1 April, was held at the Joan Sutherland Performing Arts Centre for the first time. Festivities kicked off in the afternoon on the Mondo space outside the Joan, with stalls, food and entertainment including henna painting and Pink Sari – who raise awareness of breast cancer in the Indian subcontinent community.

The concert spectacular followed with 170 performers wowing a near capacity crowd at the Joan.
YOUR COUNCIL

Everyone is welcome at Council meetings, which are held at the Civic Centre. Ordinary meetings of Council and Policy Review Committee meetings are held on Monday nights, usually every three weeks. For meeting times and dates visit our website: penrithcity.nsw.gov.au

WE CAN HELP WITH:

- Abandoned vehicles
- Advertising signs
- Aged care services
- Air pollution monitoring
- Approvals
- Building applications or inspections
- Bus shelters
- Bushfire control
- Cemeteries
- Certificates
- Children’s Services
- Citizenship ceremonies
- Civic functions / community events
- Clean-up bookings
- Compost bins
- Council carparks
- Council meetings
- Crossover inspections
- Development control applications
- Disability services
- Dog catcher / registration / dead dogs & cats on roads
- Drainage
- Elections - Local
- Environmental health
- Environmental planning
- Food handling
- Footpaths
- Garbage - new services
- Graffiti control
- Hall bookings
- Home Library services
- Immunisation
- Library services
- Local history
- Neighbourhood Centres
- Noise complaints
- Park bookings
- Parking control
- Planning approvals
- Policy matters
- Public buildings
- Publications
- Rates
- Recycling
- RID Squad
- Road construction & maintenance
- Senior Citizen centres
- Septic tanks
- Signs
- Street cleaning
- New street lighting
- Street numbers
- Sub-division
- Swimming pool fences
- Tourism
- Tree planting or removal
- Youth services
- Zoning

INTERPRETING ASSISTANCE

If you do not understand the information in this document, please come to Council and ask staff to arrange interpreter services.

ENGLISH

If you do not understand this, please contact the Telephone Interpreting Service on 131 450 and ask them to contact Penrith City Council on your behalf on (02) 4732 7777. Or come to the Council offices and ask for an interpreter.

ARABIC

إذا لم تفهموا هذه المعلومة، فسيُصلحهم من خلال خدمة ترجمة الهاتف على 131 450. ثم يطلبون منهم التحدث مع شركة خدمات التواصل/month (02) 4732 7777، أو فلنذهب إلى مكتب الشركة ونطلب منهم التحدث معكم.

CHINESE

如果您未理解本文件的文字，请拨打 131 450 联系电话预约服务，他们将代表拨打 (02) 4732 7777 维护 Penrith 市议会。您也可以联系市议会来安排面对面的会议。

GREEK

Εάν δεν κατανοείτε την έννοια αυτή, μπορείτε να παραλαμβάνετε την τηλεφωνική υπηρεσία της Ελληνικής συμβολικής στο (02) 4732 7777, ή μπορείτε να πηγαίνετε στο γραφείο για την επικοινωνία.

HINDI

यदि आप इस की समझ नहीं दे सकते, तो 131 450 पर टेलीफोन में कॉल करें और आपको पेनरथ सिटी कोष के नाम पर (02) 4732 7777 पर मौके पर आने के लिए पूछें. या आप स्थानीय आदेश ओपेटेटर पर तौर पर उन्हें आपकी मदद के लिए कॉल करें.

ITALIAN

Se non riuscite a leggere questo, contattate il servizio telefonico di interprete al numero 131 450 e attendetevi di contattarvi da parte nostra. Ciò è offerto in comune e richiedete un interprete.

MALAY

Jika anda tidak mengerti, hubungi Pusat Pengurusan Permulaan Perniagaan (02) 4732 7777. Kami akan merujuk anda ke jasa yang sesuai.

PERSIAN

اگر نمی‌توانید این مطلب را بفهمید، که می‌توانید در مورد این شرکت به شورای شهر برای شرکت در جلسات جمع‌آوری گزارشات انتخاب نمایید. آدرس و شماره تماس شرکت و شورای شهر (02) 4732 7777.

SINDHISE

ناکامی ولی البته نمی‌توانید به تلفن ارتباط نکنید. (02) 4732 7777 شماره کارگر خود را در مورد شرکت و شورای شهر تلفن کنید. آدرس و شماره تماس شرکت و شورای شهر (02) 4732 7777.

TAMIL

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VIETNAMESE

Nếu bạn không hiểu nội dung của bản tin này, hãy liên hệ với Council By Telephone: (02) 4732 7777. Họ có thể sẽ liên hệ với bạn để giải thích nội dung của bản tin này.