

KEEP COOL IN DAREBIN



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. If you feel unwell call Nurse On Call on **1300 60 60 24** or see a doctor.

Emergency and after hours support

Service provided	Address	Phone	Service provided
Emergency Assistance	N/A	Emergency services 000 (triple zero)	Immediate concerns for safety and wellbeing.
Nurse On Call	29 Grey Street, St Kilda	1300 606 024 (free call)	Free health advice, 24 hours a day.
St Kilda Crisis Centre After Hours	19 King Street, Melbourne	1800 627 727 (free call)	After hours crisis response service.
Youth Services	19 King Street, Melbourne	9977 0077	Support to people aged 12-24 at risk of or experiencing homelessness, including referral for crisis accommodation and food relief.
Lifeline		13 11 44	Lifeline is a non-profit organisation that provides free, 24-hour Telephone Crisis Support service in Australia.
Safe Steps Family Violence Response Centre		1800 015 188	Safe Steps Family Violence Response Centre is Victoria's statewide response service for people experiencing family violence.
Sexual Assault Crisis Line		1800 806 292	SACL is a proactive leader in supporting, advocating and providing a crisis response for people who have experienced sexual violence.
Kids Helpline		1800 551 800	Kids Helpline is a free Australian telephone and online counselling service for young people aged between 5 and 25.
Mental Health Service North East		1300 859 789	North East Area Mental Health Service (NEAMHS) provides general adult psychiatric services including assessment and treatment to patients over 16 years of age.
Rainbow Door		1800 729 367	Rainbow Door is a free specialist help and referral service for all LGBTQIA+ Victorians, their friends and family during the COVID-19 crisis and beyond.
Qlife		1800 184 527	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.

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

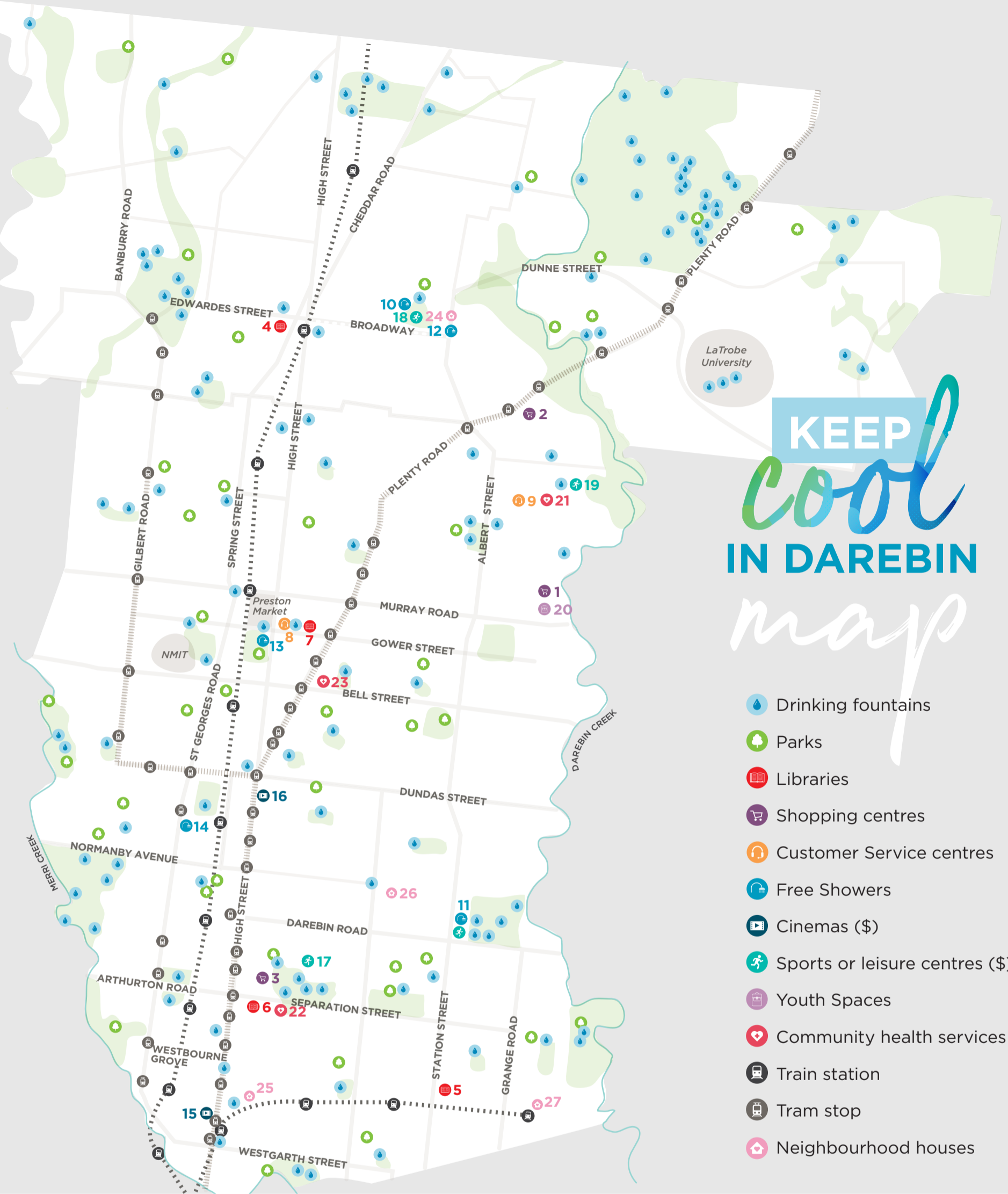
CITY OF DAREBIN
 274 Gower Street, Preston
 PO Box 91, Preston, Vic 3072
 T 8470 8888 F 8470 8877
 E mailbox@darebin.vic.gov.au
 darebin.vic.gov.au

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

العربية Italiano Soomalii हिंदी
 繁體中文 Makeдонски Español ગુજરાતી
 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
- Community health services
- Train station
- Tram stop
- Neighbourhood houses

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 Reservoir Neighbourhood House Shower**
2B Cuthbert Road, Reservoir
T 9462 4611
- 13 Haven; Home, Safe Shower**
52- 56 Mary Street, Preston
T 1300 428 364
- 14 Thornbury Church of Christ**
390-398 St Georges Road, Thornbury
T 9484 2918
- COOL PLACES**
Fee required
- 15 Westgarth Cinema**
89 High St, Northcote
T 9482 2001
- 16 Thornbury Picture House**
802 High St, Thornbury
T 9995 0040

- 17 Northcote Aquatic and Recreation Centre (under construction until 2023)**
180 Victoria Rd, Northcote
T 1300 760 379
- 18 Reservoir Leisure Centre**
2A Cuthbert Rd, Reservoir
T 9496 1050
- 19 ICE HQ Reservoir**
1 Blake Street Reservoir
T 9478 2876
- YOUTH SPACES**
- 20 The Hub**
2 - 50 Murray Road, Preston
T 8470 8013
- YOUR COMMUNITY HEALTH CENTRES**
- 21 East Reservoir Health Centre**
125 Blake Street, East Reservoir
T 8470 1111

- 22 Northcote Health Centre**
42 Separation Street, Northcote
T 8470 1111
- 23 PANCH**
300 Bell Street, Preston
T 8470 1111
- NEIGHBOURHOOD HOUSES**
- 24 Reservoir Neighbourhood House**
2B Cuthbert Road, Reservoir
T 9462 4611
- 25 Jika Jika Community Centre**
1B Plant St, Northcote
T 9482 5100
- 26 SPAN Community House**
64 Clyde St, Thornbury
T 9480 1364
- 27 Alphington Community Centre**
2 Kelvin Road, Alphington
T 9499 7227