














COOL places

-  General Cool Place
-  Pools & Splash Parks
-  Library
-  Cinemas
-  Community Centre
-  Community Learning House
-  Free Shower
-  Youth Space

General Cool Places

- DFO Uni Hill**
2 Janefield Drive, Bundoora
☎ 8596 2944
- Pacific Epping**
Corner High and Cooper Streets
☎ 9401 4111
- Westfield Plenty Valley**
415 McDonalds Road, Mill Park
☎ 9404 4511
- Reading Cinemas** 
Shop Q005, Corner High and Cooper Streets
☎ 9408 8888
- Village Cinemas** 
415 McDonalds Road, Mill Park
☎ 1300 555 400

Pools & Splash Parks

- Whittlesea Swim Centre** 
Open November – March
50 Walnut Street, Whittlesea
☎ 9716 2137
- Mill Park Leisure** 
33 Morang Drive, Mill Park
☎ 8432 7600
- TRAC (Thomastown Recreation & Aquatic Centre)** 
52-54 Main Street, Thomastown
☎ 9463 0700
- All Abilities Play Space**
Splash Park open mid-November to mid-March
40 Morang Drive, Mill Park
☎ 9217 2170
(enquiries via City of Whittlesea)

Youth Spaces

- Edge Youth Services**
Level 1 – External entry,
via Commonwealth Bank Car Park
Westfield Plenty Valley,
415 McDonalds Road, Mill Park
☎ 9217 2170
(enquiries via City of Whittlesea)
- Public Libraries**
- Lalor Library**
2A May Road, Lalor
☎ 9465 2353
- Mernda Library**
Shop MM3, 16/180
Riverdale Boulevard, Mernda
☎ 9117 6116
- Mill Park Library**
394 Plenty Road, Mill Park
☎ 9437 8189

Thomastown Library
52 Main Street, Thomastown
☎ 9464 1864

Whittlesea Library
57-61 Laurel Street, Whittlesea
☎ 9716 3028

Community Learning Houses

- Creed's Farm Living and Learning Centre**
2 Snugburgh Way, Epping North
☎ 9023 4606
- Greenbrook Community House**
40 McFarlane Crescent, Epping
☎ 8401 6261
- Lalor Neighbourhood House**
47A French Street, Lalor
☎ 9465 6409

Thomastown Neighbourhood House
52 Main Street, Thomastown
☎ 0488 224 439

Whittlesea Community House
92 Church Street, Whittlesea
☎ 9716 3361

Community Centres

- Galada Community Centre**
10A Forum Way, Epping
- Jindi Family and Community Centre**
48 Breadalbane Avenue, Mernda
- Whittlesea Community Activity Centre**
57-61 Laurel Street, Whittlesea
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57-61 Laurel Street, Whittlesea
- Epping Views Family and Community Centre**
15 Lyndarum Drive, Epping North
- Laurimar Community Activity Centre**
110 Hazel Glen Drive, Doreen
- Jindi Family and Community Centre**
48 Breadalbane Avenue, Mernda
- Mernda Village Community Activity Centre**
70 Mernda Village Drive, Mernda
- Galada Community Centre**
10A Forum Way, Epping

Tips to Stay Cool in the Heat

Extreme heat days are becoming more frequent and intense. It's important to look after each other during heatwaves, as they can be very dangerous.



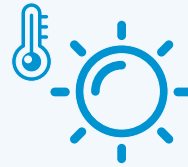
Stay Out of the Heat: Spend as much time as possible in cool, shady, or air-conditioned places. Try to avoid being outside during the hottest part of the day.



Cool Your Home: Use fans or air conditioning if possible and spend time in the coolest rooms in your house. Try to sleep in the coolest area of your home.



Drink Plenty of Water: Drink lots of water, even if you don't feel thirsty. Avoid alcohol, caffeine, and sugary drinks. If your doctor has advised you to limit fluids, check with them about what's safe during a heatwave.



Stay Informed: Check weather forecasts and news updates regularly to stay aware of upcoming heatwaves and warnings.



Keep Yourself Cool: Use a damp cloth or spray water on the back of your neck, soak your feet in cool water, or take cool (not cold) showers or baths. Wear light, loose-fitting clothing.



Check on Others: Reach out to friends, family, or neighbours, especially those who may be more vulnerable to heat stress. Never leave children in cars, as hot cars can be deadly.



Care for Your Pets: Make sure pets have access to shade and plenty of fresh, cool water. Avoid walking dogs during the hottest part of the day, and never leave them in cars.

Emergency and after-hours support

Emergency Services	Immediate assistance – ambulance, fire or police	000 (Triple zero)
Nurse on Call	Free health advice from a registered nurse, 24 hours a day	1300 60 60 24 Available 24/7
Virtual Emergency Department	Victorian Virtual Emergency Department (VVED) – a public health service to treat non-life-threatening emergencies	vved.org.au Available 24/7
Lifeline	Free, 24 hour telephone crisis support	131 114 Available 24/7
Orange Door	Free help for people who are experiencing family violence or who need support with the care and wellbeing of children and young people	1800 319 355 Monday to Friday, 9am-5pm
Rainbow Door	Free specialist helpline providing information, support and referral to all LGBTIQ+ Victorians, their friends and family	1800 729 367 7 days, 10am-5pm
Safe Steps	Free specialist support services for anyone in Victoria who is experiencing or afraid of family violence	1800 015 188 Available 24/7
MensLine Australia	Free professional telephone counselling support for men with concerns about mental health, anger management, family violence, addiction, stress and wellbeing	1300 78 99 78 Available 24/7
1800RESPECT	Free and confidential counselling, information and referral service for all people in Australia experiencing domestic, family or sexual violence	1800 737 732 Available 24/7
13YARN	Free and confidential Aboriginal and Torres Strait Islander national crisis support line	13 92 76 Available 24/7
Kids Helpline	Free Australian telephone and online counselling service for young people between 5 and 25	1800 55 1800 Available 24/7