

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

1 December 2023

Last this year RSL WV Sub-Branch Ordinary General Meeting on Tuesday 28 November 2023.





Marion O'Hara Kossatz was nominated by the Woden Valley RSL Sub-Branch, along with 13 volunteers from various community groups in the ACT, to be named as the "Volunteer of the Year for 2023". The award ceremony was held at the "Top of the Cross at the Canberra Southern Cross" Club in Woden on Wednesday evening. She, along with all those nominated was presented with a gift package and a framed certificate.



She was unaware of the reason for her having to attend until just before the start of the ceremony. Peter Sutton and his wife Kath attended with Marion for support. She was unsuccessful in being selected as the 'Volunteer of the Year'. However, she was recognised for her selfless volunteer work within the Woden Valley RSL Sub-Branch. The photos show the gift package and certificate awarded to her.

Invitation to Dedication Ceremony: For Every Drop Shed in Anguish



The Chair of the Council of the Australian War Memorial, the Honourable Kim Beazley AC, and the Director, Mr Matt Anderson PSM, are pleased to extend an invitation to attend the dedication of the Sufferings of War and Service sculpture, *For Every Drop Shed in Anguish*.

Informed by a committee of veterans and families, Australian artist Alex Seton created *For Every Drop Shed in Anguish* to provide a place at the Memorial for those who have experienced and witnessed the ongoing trauma that can result from service, and for visitors to reflect on this experience.

When: **Thursday, 22 February 2024 at 9.30am**

Where: **Sculpture Garden, Australian War Memorial**

Please RSVP by Thursday 18 January 2024

Poppies will be available for guests to place at the sculpture at the end of the ceremony. Guests may bring their own flowers or items to place at the sculpture at the end of the ceremony.

If you are unable to join us in person, the ceremony will be streamed live on the Memorial's [YouTube channel](#), and the recording will be made available on the Memorial [website](#).

Please do not hesitate to contact rsvp@awm.gov.au or telephone 02 6206 9813 if you have any queries. Open Arms support services will be available at the ceremony.

We look forward to welcoming you.



Tickets for international 2024 Anzac Day services now available.

The Department of Veterans' Affairs is pleased to announce that tickets are now available to attend the 2024 Anzac Day Dawn Services in France and Türkiye.

Recognising the 109th anniversary of the start of the 1915 Gallipoli campaign in the First World War, services will be held on the dawn of 25 April 2024 to commemorate our brave Anzacs on the fields where they fell.

The Anzac Day Dawn Service in Gallipoli, Türkiye will take place at the Anzac Commemorative Site within the Gallipoli Peninsula. This will be followed by a mid-morning Australian Memorial service at Lone Pine Cemetery, the site of one of the fiercest battles that the Australians fought during the First World War.

The Dawn Service in France will be held at the Australian National Memorial near Villers-Bretonneux, France, followed by a service at the Digger Memorial, just outside the town of Bullecourt. The local French government will hold a series of smaller services in Villers-Bretonneux and Bullecourt throughout the day.

Kahlil Fegan DSC AM, Repatriation Commissioner said, "Anzac day is a time to come together with your loved ones in solemn reflection of those who have sacrificed so much. There's something truly moving about sharing this experience on the sacred battle fields of France and Türkiye. If you're able to travel, I encourage you to get your tickets today."

Those planning to attend the Dawn Services can get their free attendance passes online at <https://commemorations.teg.com.au/en/>
Early registration is essential. For entry requirements and travel advice for France and Türkiye, visit smartraveller.gov.au.

For those unable to travel, the services in France and Türkiye will be broadcast live on the ABC.

WORKING WITH VULNERABLE PEOPLE CARDS

It is a legal requirement for all our volunteers to have a current Working With Vulnerable People Card. These cards are valid for 5 years but during COVID, the expiration dates of the cards were extended by Access Canberra.

Would Volunteers please check the expiry date of their cards and apply for a new card if required.

Please advise us of your registration number and the new expiry date of your card so we may update our records.

Information on renewing or applying for a Working With Vulnerable People Card can be found on the Access Canberra website :<https://www.accesscanberra.act.gov.au/business-and-work/working-with-vulnerable-people/apply-for-or-renew-a-wwvp-registration>

There is no charge for volunteers to have a Working With Vulnerable People Card.



Home > Business and work > Working With Vulnerable People

Working With Vulnerable People

Apply for or renew a
WWVP registration



Working With
Vulnerable People
scheme



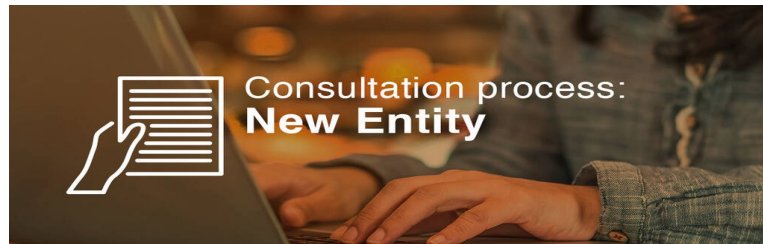
WWVP compliance
and reporting





Royal Commission
into Defence and Veteran Suicide

Have Your Say



Consultation underway for new entity to support Defence and veteran wellbeing

As the Royal Commission into Defence and Veteran Suicide moves into its final stages, we are also considering what the future might look like.

A consultation process is now open to inform a proposed new entity to follow the Royal Commission which would monitor the implementation of our final recommendations for meaningful and long-lasting cultural and systemic change whilst contributing to policies and programs that support defence and veteran wellbeing.

We have released a consultation paper outlining the Royal Commission’s preliminary ideas on this new entity, based on what we have heard from serving and ex-serving Australian Defence Force members, their family and friends, as well as other interested individuals and organisations; however, the Royal Commission’s views are not fixed.

Before making a recommendation to Government, we want to hear from stakeholders about what this entity could be and what it could achieve.

Organisations that support or represent the Defence and veteran community are encouraged to provide feedback on the proposed new entity. We encourage them to read the consultation paper and discuss it with their members before providing feedback.

Submissions close at **5:00 pm AEDT on Wednesday 20 December 2023**. Submissions will not be published and no late submissions can be accepted.

To access the consultation paper and the submission form, visit the Royal Commission’s website: [Proposed new entity to support Defence and veteran wellbeing | Royal Commission into Defence and Veteran Suicide](#).

[Read the consultation paper](#)

[Respond to the consultation paper](#)

Enquiries

You can call us on 1800 329 095 or +61 2 5122 3105, 9:00 am – 5:00 pm Monday to Friday AEDT, excluding public holidays.

For a free-of-charge translator or interpreter phone the [Translating and Interpreting Service](#) on 131 450. Ask to be connected to 02 5122 3105.

Or you can email us at DVSRC.enquiries@royalcommission.gov.au.

[Get support](#)

[Contact us](#)



Dr Peggy Brown AO



Nick Kaldas, Chair



The Hon. James Douglas KC



Royal Commission
into Defence and Veteran Suicide

© Royal Commission into Defence and Veteran Suicide
Website: <https://defenceandveteransuicide.royalcommission.gov.au> | Email: DVSRC.enquiries@royalcommission.gov.au

1800 329 095 or +61 2 5122 3105



Free 12 Month Health and Fitness Program

- Returned Veterans, Peacekeepers & ADF Firefighter Scheme -

Registrations open

Run on behalf of the DVA by Corporate Health Management, the program aims to help you increase your physical health and wellbeing through practical exercise support and 12 months of telephonic health coaching and advice on healthy lifestyle choices provided by one of our team of highly qualified allied health professionals.

The Heart Health Program is flexible and able to accommodate participants living in metropolitan areas, rural or remote areas, those still working or retired, studying or with other time constraints.



Am I eligible?

Started over 20 years ago for those returned from Vietnam, the Heart Health Program is free and open to all veterans with operational service, peacekeepers and those covered under the ADF firefighters scheme who have not previously participated in the Heart Health Program before.

To check your eligibility visit

<http://www.veteranshearthealth.com.au/eligibility>



How it works: Individual Heart Health Program

Each participant receives 12 months of healthy lifestyle coaching from a highly qualified and dedicated allied health professional via fortnightly health coaching calls with information and advice tailored to each individuals health and fitness goals.

The health coach will use their extensive knowledge along with health surveys and food diaries to guide you through the program.

The program covers a range of topics including:

- Setting healthy goals
- Nutrition and diet advice
- Advice on lowering alcohol consumption
- Developing better sleep patterns
- Stress management
- Managing diabetes
- Taking care of your body
- Managing your weight
- Maintaining a healthy heart

Program Exercise Resource – Exercise how you like to

The program can provide an exercise resource to help participants to exercise the way they like to or provide an opportunity to try something that's different than the usual.

Resources can take the form of:

- Assistance with the cost of a gym or pool membership or
- Provide a piece of exercise equipment for use at home or
- Provide assistance with accessing new exercise or training gear



Registering Your Interest

Registering your interest or checking eligibility is easy.

Visit <http://www.veteranshearthealth.com.au/eligibility> and follow the steps.

Call the program phone number 1300 246 262 at any time to speak to one of our team.

Heart Health Team - DVA Heart Health Program

Program proudly delivered on behalf of the DVA by:

CHM Corporate Health Management Pty Ltd

Toorak Place, 521 - 529 Toorak Road, Toorak VIC 3142

Direct: 1300 246 262

Email: hearthealth@chm.com.au

Web: <http://www.veteranshearthealth.com.au>



1 November 2023

Veterans to receive better access to a GP

The Albanese Government is committed to ensuring the veteran community is provided with the best possible services and supports.

With increasing costs of living and rising costs for business, the veteran community has told us they are finding it harder to find GPs who will treat them without out of pocket costs.

That changes today.

From today it will be easier to access a GP for more than 276,000 Australian veterans.

In line with the tripling of the bill billing incentive, the Albanese Government is investing \$33.3 million to triple the Veteran Access Payment (VAP) for certain GP services.

The VAP is an incentive payment GP's receive, in addition to the Medicare rebate, when treating veterans who hold a DVA Gold or White Card.

The tripling of this payment will help to ensure GPs continue to service veterans with no out of pocket costs.

These changes will see payment for a GP consultation of up to 20 minutes (Level B) increase by more than \$16 in metropolitan areas and more than \$31 in the most remote areas of Australia.

Payments apply to general face-to-face and telehealth GP consultations, including home visits for people who are homebound, and consultations in residential aged-care facilities.

In an effort to further reduce the burden on medical practitioners, a review is currently underway to simplify and consolidate the Department of Veterans' Affairs forms that medical professionals are required to complete.

The first package of the 19 most frequently used forms has been consolidated down to 7, while a process is underway to significantly reduce the remaining 54 forms by mid-2024.

MEDIA CONTACT: STEPHANIE MATHEWS - 0407 034 485

Who will benefit?

This measure will incentivise GPs to treat the more than 276,000 veterans and eligible dependents who hold Veteran White or Gold Cards.

From 1 November 2023, GPs who treat Veteran Card holders will receive increased VAP fees: Modified Monash	VAP as at 1 July 2023 (pre 1 Nov indexation)	VAP as at 1 November 2023
1 – metropolitan areas	\$8.05	\$24.25
2 – regional centres	\$12.20	\$36.90
3-4 large and medium rural towns	\$12.95	\$39.20
5 – small rural towns	\$13.80	\$41.65
6 – remote communities	\$14.55	\$43.95
7 – very remote communities	\$15.45	\$46.65

Notes: Indexation of 0.5 percent applied on 1 November ahead of VAP increase.

RSL AUSTRALIA WELCOMES GP'S VETERAN ACCESS PAYMENT INCREASE



MEDIA RELEASE

The Returned & Services League of Australia (RSL) has applauded today's lifting of the Veteran Access Payment for certain general practitioner services and says the incentive should improve access to medical services for many veterans.

The Government's initiative to triple the bulk billing incentive payment for GPs was announced in this year's Budget, with the extra payments to begin on 1 November 2023.

The payment, in addition to the Medicare rebate, is available for veterans who hold a Department of Veterans' Affairs (DVA) Gold or White Card and applies for a range of consultations and treatments.

President Greg Melick said the RSL welcomed the introduction of this measure, which would increase veterans' access to health care.

"It is an important advance, but much more is still to be done to improve the health and wellbeing of more than 580,000 veterans and their families.

"For example, the current Royal Commission into Defence and Veteran Suicide is painting a disturbing picture of the health challenges facing our defence and veteran community, particularly in the area of mental health," Greg Melick said.

"We are continuing to work with the Federal Government to ensure the full implementation of all recommendations of the Royal Commission and the establishment of a permanent implementation body.

"This will require a significant and ongoing funding commitment."

Greg Melick said the RSL had made a detailed [pre-budget submission](#) this year to secure funding to address the inequities and barriers that continue to be experienced by the veteran community.

"The tripling of the Veteran Access Payment is an important advance, as has been the increased DVA staffing, which has reduced the number of unprocessed claims and substantially reduced processing times for payments to medical practitioners.

"The RSL's submission also called for the [extension of non-liability healthcare to all reservists](#), further initiatives to reduce administration for healthcare providers treating veterans, the [harmonisation of funeral benefits for veterans](#), [funding to enhance our Advocacy Training and Development Program](#) and as well as a commitment to implement demand-driven funding to support veterans' welfare, rather than having to fight for funding each budget year.

"These measures were [missing from the Budget](#), and we will continue to advocate for their implementation.

"Our veterans are skilled and capable people who make significant contributions to the Australian community post-service. Investing in services, support systems and wellbeing programs to strengthen their health and welfare remains a core focus for the RSL," Greg Melick said.

Energy Bill Relief for Households

“Energy rebate to provide bill relief

The Commonwealth, state and territory governments are working together to provide targeted and temporary electricity bill relief to eligible households.

You can get bill relief if you are the primary electricity account holder or, for some energy providers, another named account holder on your electricity account. You must also hold a Pensioner Concession Card, a Commonwealth Seniors Health Card or a Veteran Gold Card.

Your household can only get one bill relief rebate, even if there is more than one eligible person living there. You can only get this bill relief for your principal place of residence. How much you get depends on where you live, with between \$175 and \$500 available to targeted households and \$325 to \$650 available to small businesses.

If you are eligible, are not named on the bill and you pay for electricity, contact your electricity provider to discuss your options.

If you live in Queensland or Western Australia, you do not need to take any action because these state governments are including this energy bill relief in their state rebate programs, which are being given to all households.

If you currently receive energy concessions, in most cases the electricity provider will automatically apply the bill relief to your electricity account and you do not need to do anything. This will reduce the amount you owe on your next bill. How and when this happens depends on where you live as each state and territory may do things a little differently.

If you don't receive energy concessions, please go to energy.gov.au/bill-relief to find a link to your state or territory with instructions about what to do. This could be to contact your energy provider or your state/territory government with your concession card type and the DVA file number on it. Give them consent to check your card online for payment of the rebate.

If you get your electricity from your strata or landlord in a caravan park, apartment building, retirement home or village and your household is eligible for the bill relief, you will not automatically receive the rebate. However, you will be able to access a direct payment through your state or territory government.

Please check www.energy.gov.au/bill-relief for the latest information.”

The rebate can be obtained by going through MyGov (if you have it) or by calling your energy provider in your State or Territory. There are different payment methods for this rebate for each State and Territory.

The information for your State can be found at –

[Energy bill relief for households - ACT | energy.gov.au](http://Energy%20bill%20relief%20for%20households%20-%20ACT%20|%20energy.gov.au)

Should you require any further information please call your local energy provider.



**COFFEE CATCH UP
EVERY FRIDAY 10-12**

Members and guests are welcome to join us for a chat and enjoy freshly brewed coffee & cake with former service mates. Every Friday from 10 to 12 in The Corey Room, Level 2A, of the Grant Cameron Community Centre, 27 Mulley Street, Holder.

The Eddison Day Club will continue to meet for a lunch each Friday at noon until we can once again meet at a reinvigorated Day Club.

Come and join us for lunch at Canberra Irish Club 6 Parkinson St, Weston ACT 2611



Contact Us

Give us a call for more information
or access to our services
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14/27 Mulley Street
HOLDER ACT 2611

62851931

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Visit us on the web at
www.rslwoden.org.au

Office hours are
9am-3pm Mon-Fri

PS.

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