

RSL WODEN VALLEY SUB-BRANCH



Current Items of Interest

15 December 2023

Christmas Gift Deliveries



We would like to thank all those wonderful people who volunteered to visit our older members again this year. We had 207 packages, cards and calendars going out.

I am certain that the visit, chat and gift was appreciated by the recipients.

Could you please return the address sheets to the Welfare Office as soon as possible so that we can process any follow-up that is requested.

Merry Christmas to all and thanks once again for your help.

Regards

Trish Low and Peter Sutton



REMINDER!

SUB-BRANCH ORDINARY GENERAL MEETING (OGM) 30 JANUARY 2024

Dear members,

A reminder that the next Sub-Branch OGM will be held at 1400 hours on Tuesday 30 January 2024 in the RSL Sub-Branch office in Holder.

Light refreshments will be provided following the OGM.

We look forward to seeing you there.

Kind regards,

Greg



Woden Valley Sub-Branch

Greg Kennett

Secretary

Woden Valley Sub-Branch

Australian Capital Territory

P: (02) 6285 1931

E: secretary@rslwoden.org.au

W: www.rslwoden.org.au



RSL WODEN VALLEY SUB-BRANCH DIARY 2024

08 Jan	Office reopens	
09 Jan	WV SB Board Meeting	1330 Corey Room
26 Jan	Australia Day public holiday	Office closed
30 Jan	WV SB OGM	1400 Corey Room
13 Feb	WV SB Board Meeting	1330 Corey Room
27 Feb	WV SB OGM	1400 Corey Room
01 Mar	Eddison Day Club Birthday	TBA Irish Club
11 Mar	Canberra Day public holiday	Office closed
12 Mar	WV SB Board Meeting	1330 Corey Room
26 Mar	WV SB OGM	1400 Corey Room
29 Mar	Good Friday public holiday	Office closed
01 Apr	Easter Monday public holiday	Office closed
09 Apr	WV SB Board Meeting	1330 Corey Room
24 Apr	ANZAC Eve Dinner	1800 Orion Room CSCC
25 Apr TBC	WV SB ANZAC Day Service	0830 Eddison Park TBC
25 Apr	ANZAC Day March AWM	1000 Sub-Branch Contingent
25 Apr	ANZAC DAY public holiday	Office closed
14 May	WV SB Board Meeting	1330 Corey Room
27 May	Reconciliation Day public holiday	Office closed
28 May	WV SB AGM/OGM	1400 Corey Room
10 June	King's birthday public holiday	Office closed
11 Jun	WV SB Board Meeting	TBA
25 Jun	WV SB OGM Dinner	TBC
09 Jul	WV SB Board Meeting	TBA
30 Jul	WV SB OGM	TBA
13 Aug	WV SB Board Meeting	TBA
27 Aug	WV SB OGM	TBA
10 Sep	WV SB Board Meeting	TBA
24 Sep	WV SB OGM	TBA
07 Oct	Labour Day public holiday	Office closed
08 Oct	WV SB Board Meeting	TBA
29 Oct	WV OGM Dinner	TBC
4-8 Nov	Remembrance Day Poppy Appeal	Canberra
12 Nov	WV SB Board Meeting	TBA
11 Nov	Remembrance Day Service	1030 at Australian War Memorial
26 Nov	WV SB OGM	TBA
10 Dec	WV SB Board Meeting	TBA
04 Dec TBC	WV SB Christmas lunch	1200 for 1230 CSCC TBA
13 Dec	Christmas closedown	From midday

Update for DVA National Consultation Framework

Dear OWP members,

I am writing to inform you that new capabilities are being added to MyService which will improve user experience when lodging Initial Liability claims to support Disability Compensation Payments (DCP). They will also be applied to Application For Increase in Disability Compensation Payment (AFI) claims. These new features form part of our response to recommendations in the Royal Commission into Defence and Veteran Suicide's Interim Report.

The new capabilities in MyService will improve service delivery for veterans and their families when they lodge claims. The improvements include:

- tailored messaging that explains what support documentation is required to complete claim submitted in MyService
- display of key information about the claims, regardless of which channel the claim was submitted through
- the introduction of a new status, 'awaiting your information', so the veteran or family member knows when they need to provide information for the department to progress their claim
- the introduction of new myGov notifications to remind claimants when there is outstanding information needed to progress their claim, and to alert them when they have tasks in MyService requesting documents

improved document upload capability for all claims, including those not lodged through MyService. This will allow veterans and their families to provide information through MyService rather than traditional mail. This provides clients a more intuitive document upload experience, including the ability to add 'Other' documents to their claim up until a determination is made. They will also be able to view all the documents uploaded in MyService against their claim at any time.

The new capabilities were implemented on Sunday 3 December 2023.

Further information [is](#) available for veterans and their representatives on the DVA website.

Kind regards,

OWP Secretariat

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



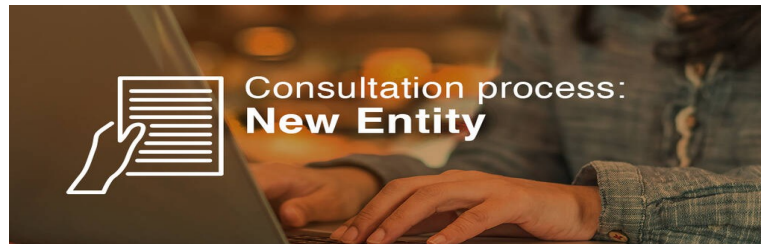
WWVP compliance
and reporting





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 individual's 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>



Christmas Close Down !!!

The RSL Woden Valley Sub-Branch office at Holder will close from noon Friday 15 December 2023 and will reopen on Monday 8 January 2024

The Eddison Day Club suspended during Christmas Break from Friday 15 December 2023 till Friday 12 January 2024



Contact Us

**Give us a call for more information
or access to our services
RSL Woden Valley
Sub-Branch
14/27 Mulley Street
HOLDER ACT 2611**

62851931

**admin@rslwoden.org.au
Visit us on the web at
www.rslwoden.org.au**

**Office hours are
9am-3pm Mon-Fri**

PS.

**Ever lost your copy of
*e-News, Current Items of
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All our publications are also
readily available to read on
our website
www.rslwoden.org.au**